

comes to the question of the truth of theism, it depends on my will to be certain of anything, the truth of which is independent of me. The free faith which we pretend to have about anything, is the free faith which we have about nothing. It brings belief in their possibility, and action according to that belief; belief creates action as the condition which the existence of God demands. Our ignorance of a real existence of any kind, is the condition which the existence of God demands. When we grant that the created universe is limitless, there is no room, and *man* grows by that infinity, not he without it. *Man* says he

Keepsake
COLLECTION

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Thank you!

For more than a century, Unity has been blessed to develop in the media age—first with magazines and books, then radio and television, and now of course the internet, email, and texts. Its spiritual teachings have been communicated all over the world.

However, nothing stirs us quite like the fire and passion of the early writers as they discovered universal principles that were new to them, yet ancient. They eagerly shared what they were learning, and we are blessed to have their powerful writings today.

In this booklet, we have put together for you a sampling of passages from legendary Unity ministers, teachers, and authors. This is far from an exhaustive list, and you might have other favorites. Some are likely familiar and others less so. We've added references so you may continue to explore each of them.

It is our hope that these authors' words of wisdom, truth, and inspiration will invigorate you, make you think deeply, and bring healing and comfort to you.

Your Friends in Unity

LEGENDARY UNITY WRITERS



Myrtle Fillmore (1845–1931) founded Unity with her husband Charles in 1889 as both were discovering spiritual principles they could use for physical healing. They shared their insights in what is now *Unity Magazine* and eventually built Unity Village outside Kansas City, Missouri. For more information, visit the online Myrtle Fillmore Collection at unity.org/myrtle.



Mary L. Kupferle (1916–2003) was a prominent Unity minister in Florida whose articles appeared in *Unity Magazine*, *Daily Word*, and other Unity publications beginning in 1944. She inspired millions of readers through her writings, including the classic book, *God Will See You Through*. Hear streaming audio at truthunity.net/people/mary-kupferle.



Charles Roth was ordained a Unity minister in 1953 and wrote frequently for *Daily Word* and *Unity Magazine*. His radio broadcasts became the basis of his books: *Mind, the Master Power*; *A New Way of Thinking*, and *More Power to You*. He had a thriving church in Indianapolis for 30 years. He is also the author of *A Twelve-Power Meditation Exercise*.



May Rowland (1890–1977) was the director of the Silent Unity Prayer Ministry for 55 years. She began work in 1916 shortly after she finished high school, taking over the prayer room from Myrtle Fillmore, who had founded Silent Unity. You may read her booklet *Come Ye Apart Awhile* or listen to her voice in a healing meditation at TruthUnity.net.



Lowell Fillmore (1882–1975) was the eldest son of Unity founders Charles and Myrtle Fillmore. Active in the Unity movement since grade school, he grew up to become treasurer then president of Unity School of Christianity in 1948. He remained at its helm until his retirement in 1972.



Dorothy Pierson (1916–2013) was hired in 1938 by Unity cofounder Charles Fillmore to work in the Silent Unity Prayer Ministry. In the 1940s she began ministering in churches and for 60 years served in numerous American cities. Along with her husband Rev. Phillip Pierson, Dorothy had a popular television program, *The Best Is Yet to Be*, which was seen on the West Coast for 25 years. Dorothy's poetry has been read by millions of people.



Eric Butterworth (1916–2003) was the author of hundreds of essays, articles, and numerous best-selling books including *Spiritual Economics*, *Discover the Power Within You*, and *The Universe Is Calling*. He was a Unity minister in New York City and conducted services at Avery Fisher Hall in Lincoln Center for more than 35 years. To read more and hear recordings, visit the Eric Butterworth Collection at ericbutterworth.com.



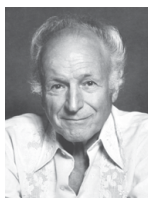
H. Emilie Cady (1848–1941) was a turn-of-the-century homeopathic physician in New York who treated her patients both medically and spiritually. Her writings appeared in *Unity Magazine* and *Progress Magazine* and were compiled into the classic Unity text, *Lessons in Truth*.



Hypatia Hasbrouck (1921–2001) taught high school English and drama for many years before she was ordained by Unity in 1974. She was the founding minister of Unity of Overland Park, Kansas, and went on to become dean of the Unity Ministerial School of Religious Studies. She wrote *Handbook of Positive Prayer* as well as *Trip to Bethlehem*, an exploration of the characters and symbols in the Christmas story.



Rosemary Fillmore Rhea (1925–2012) was an ordained Unity minister and granddaughter of Charles and Myrtle Fillmore, founders of the Unity movement. Rosemary created and hosted *The Daily Word* for television and later coproduced *The Word From Unity*, which appeared on more than a thousand television and radio stations nationwide. She ministered at two churches in Florida and opened the Unity Myrtle Fillmore Center in Kansas City.



James Dillet Freeman (1912–2003), Unity poet laureate, was an internationally acclaimed poet, author, and lecturer. Unity recently created a retrospective of his writings in a booklet titled *I Am God's Song*. He wrote *The Story of Unity*, and many of his poems and writings were collected in the 2004 book, *Angels Sing in Me*.



Frank B. Whitney came up with the idea to create *Unity Daily Word* in 1924 and served as the publication's editor. For the first 14 years, Whitney's writing and poetry made up most of the content of the magazine. Its name was shortened to *Daily Word* in 1937. His books are out of print, but *Mightier Than Circumstance* is available from Amazon.



Frances Foulks was ordained a Unity minister in 1923 and later that year studied with the famous New Thought teacher Emma Curtis Hopkins. A close friend of Unity cofounder Myrtle Fillmore, Rev. Foulks compiled Myrtle's correspondence into a book, eventually titled *Myrtle Fillmore's Healing Letters*. She wrote extensively for all of the Unity periodicals and published two books, *All Things Made New* (now out of print) and *Effectual Prayer*.



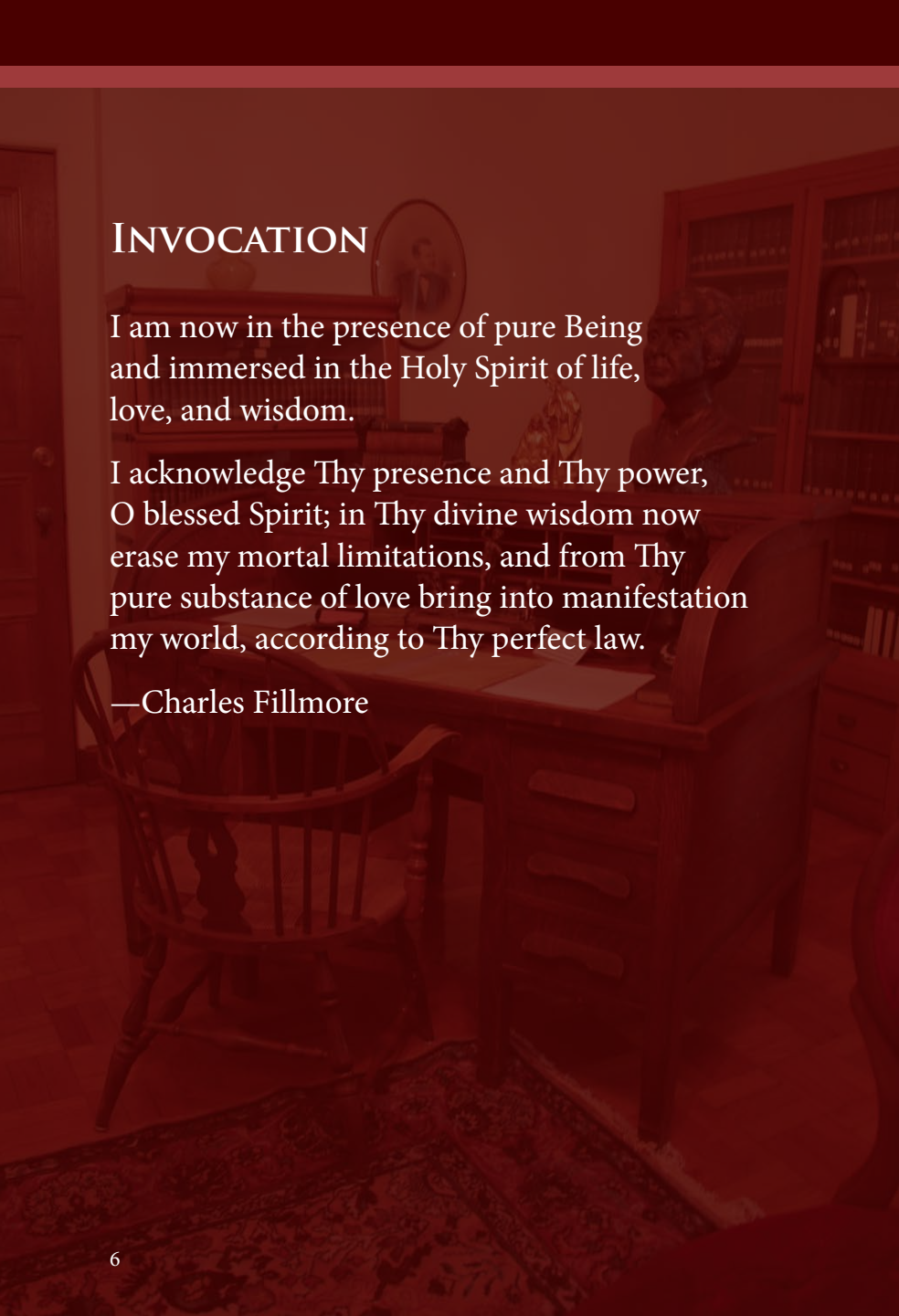
Martha Smock (1913–1984) served as editor of *Daily Word* magazine for 35 years. As a teenager, she attended classes taught by cofounder Charles Fillmore, then was hired as a letter writer for the Silent Unity Prayer Ministry. She began editing *Daily Word*, a booklet of daily meditations, in 1944. She said, "It serves as a daily reminder that nothing is hopeless or impossible and reaffirms that we are spiritual beings who can meet any situation happily, effectively, and constructively."



H.B. Jeffery (1872–1954) was a Divine Science minister who lectured on metaphysics internationally. He was also active in Unity, where he taught courses based on the work of Emma Curtis Hopkins. Myrtle Fillmore called him "one of the greatest healers in this country." His books are available on [amazon.com](https://www.amazon.com).



Charles Fillmore (1854–1948) founded the Unity spiritual movement with his wife Myrtle in 1889. He studied the world's religions to find universal principles common to all, which became the basis of Unity teaching. He wrote prolifically for Unity periodicals; many of his articles and sermons were gathered into books. To learn more, visit the Charles Fillmore Collection at unity.org/charles.



INVOCATION

I am now in the presence of pure Being
and immersed in the Holy Spirit of life,
love, and wisdom.

I acknowledge Thy presence and Thy power,
O blessed Spirit; in Thy divine wisdom now
erase my mortal limitations, and from Thy
pure substance of love bring into manifestation
my world, according to Thy perfect law.

—Charles Fillmore

Myrtle Fillmore

MYRTLE FILLMORE

OUR SOUL'S PROGRESS

From *How to Let God Help You*

All of us sooner or later come to the place in our development where we are no longer satisfied to go on living the old life, without the knowledge of our oneness with God, the Source of our being. Sometime, when we reach this point in our soul's progress, we do not at first know just what is taking place. We may become restless and dissatisfied. We may go through experiences which we do not understand. We may even be tempted to think that our good has gone from us. But just as surely as there is God—the one Presence and one Power—we shall find that ... we are but going from one room, as it were, into another, larger and lighter room.

MY FAITH

From *How to Let God Help You*

I do not believe in evil. I believe in Good.

I do not believe in sin. I believe in Truth.

I do not believe in want. I believe in Abundance.

I do not believe in death. I believe in Life.

I do not believe in ignorance. I believe in Intelligence.

There are no discords in my being. Being is Peace.

My faith, understanding, and love are becoming one.

“What, therefore, God hath joined together,
let not man put asunder.”

I BLESS YOU

From *How to Let God Help You*

I am not deceived by appearances. You are Spirit and you are Truth. I do not believe that anyone hides iniquity, nor do you. I do not distrust my fellow man, nor do you.

You are not filled with the spirit of condemnation; you do not willfully regard appearances. You see the true Substance. You are love itself and your pure love takes in all the world.

You love Truth for Truth's own sake. Truth sets you free from pain. Truth opens your ears to hear, Truth makes you willing to do.

You are Almighty God's useful and prosperous child. I bid you go in peace. In Jesus' name you are healed. Amen.

ALONE WITH THEE

From Unity Archives, Myrtle Fillmore's personal papers, 1913

Dear Lord of my Being,

Alone with Thee I am asking, *What am I? Who am I? Where am I?*

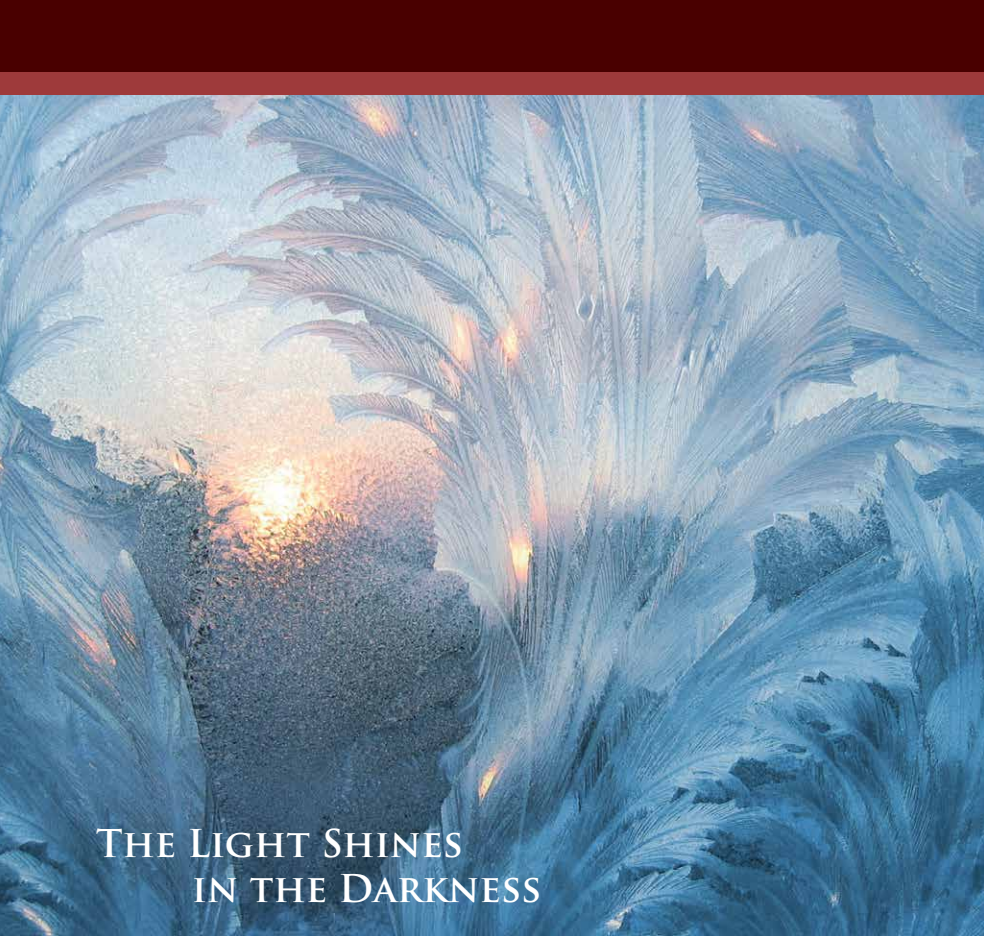
In answer there comes from within "I am not what I seem. Flesh and blood do not reveal me to myself." Back of personal estimate comes the consciousness that some way I am inseparably joined with Thee, and until my union is acknowledged and consummated through divine cooperation of Spirit, Mind, and Body, I am not content—not at one with Thee in consciousness.

I am that I am. I am Thy all Possibility. Where I am in reality is in your Infinite Bosom. Where I am in the world of effects, depends upon what I think I am.

Lord of my being, I would be unentangled from the servitude and vicissitudes of the formed world. I would do all thou wouldst have me do. I would be in the world, but not of it. I would dwell in the glories of Thy omnipresent companionship. I would always be still enough to hear Thy voice instead of the confusion and clamor of the world of senses.

I would know and not assume. I would truly live and not merely exist. Give me dear Lord thy conscious support and let me be filled with the love and zeal that gives character and direction to the activities of my mind and body.

I in Thee, and Thou in me and they in us made perfect in one.



THE LIGHT SHINES IN THE DARKNESS

From How to Let God Help You

We are not to be too concerned with the appearances of inharmony, lack, and imperfections about us. These things are not real, and they will pass away quickly as Truth takes hold in the consciousness. We are to remember that the light shines in the darkness—and that in the very midst of the darkness, man's mind opens to the Light, and for him there is no more darkness.

MARY KUPFERLE

TRUST THE SPIRIT WITHIN

From God Will See You Through

Trust the Spirit within, dear friend, to help you relax and let go. Trust the Spirit within to increase your health, happiness, and contentment.

Trust the Spirit within to bring you refreshing rest, sleep, and renewal each night. Trust the Spirit within to reveal to you right companions and satisfying relationships. Trust the Spirit within to pave the way to effective action and enjoyable living.

Trust, truly trust, the Spirit within.

Your trust frees you from burdens and releases you from feelings of excessive responsibility. To trust the Spirit within enhances the working of your intellectual processes and helps you perceive when the suggestions of others are wise and right for you. To trust the Spirit within brings you inner freedom from heaviness of thought and emotion and lifts you above the strain of difficult striving ...

Trust the Spirit within to give you the right ideas to solve anything in your life that needs solving. Trust the Spirit within to illumine your mind. Trust the Spirit within to heal your body. Trust the Spirit within to release you from limiting relationships or habits. Trust the Spirit within to free you from agitation or irritation in regard to



the attitudes of others. Trust the Spirit within to quiet your impatience and bring new peacefulness to your soul. Trust the Spirit within to show you how to handle your business, to give you guidance in making decisions, to fill you with a feeling of well-being ...

Trust the Spirit within—within yourself, within others, within any situation or circumstance confronting you. Trust the Spirit within your business ventures, within everything around you, within the weather, the plane in which you fly, the car in which you drive, or the environment in which you live. If you think that your faith is not adequate or your belief not strong enough, start to build that faith and belief with these very words, saying them boldly and firmly: *I trust the Spirit within.*

Practice trusting God, practice trusting His presence in you, practice trusting God's presence in others. Practice and continue practicing.

Repeat the words: *I trust the Spirit within*, then let go.

Discipline yourself to affirm this at the very moment you become upset or disturbed about something. Use the

wonderful tools of your

mind and heart positively and constructively and stay with the affirmative attitude of trusting the Spirit within until you begin to feel an inner response. It will come. ...

Repeat the words: I trust the Spirit within, then let go.

If at first you find it a struggle to trust, trust anyway. If you feel that it is impossible for you to trust, trust anyway. If you think you cannot make the grade, trust the more. If you doubt your



own ability, potential, or capacity of faith, just be the firmer and more insistent that you can trust the Spirit within. Trust again and again and again. Trust by the moment. Trust in the morning, trust every hour on the hour, trust at work and at rest. Trust yourself, trust others, trust life, trust the Spirit in everyone and in everything. The reality of the Spirit of God lies within all, worthy of trust ...

You, dear friend, stand upon the brink of your good at this moment. It is there, right where you are now. Begin to accept and receive it, first mentally and within your heart by fully trusting the Spirit within. Declare often, to deepen this acceptance: *I trust the Spirit within*. You will be following the direction of the One who knew the way to receive the very best of the kingdom of good. You will be launching into the deep with greater awareness of the good that lies ready and waiting for your acceptance in faith.

Trust the Spirit within!

Charles Roth

CHARLES ROTH

HOW TO CHANGE YOUR LIFE

From *Mind: The Master Power*

Sometime, someplace, each of us must come to a point where we say, “I’ve had enough of this kind of life. I want to change. There must be more to life than I am experiencing.”

A spiritual approach to life holds the answer. In the world of effects, we may seem to be merely ants, computers, objects to be used. But in the inner world, the spiritual universe, we are individuals; we are points of expression of a miracle power. You have meaning and purpose because you are part of a spiritual whole—just as the smallest part of your body is important to the normal and perfect functioning of the whole body.

You can begin today, right where you are, with the knowledge and understanding you presently have.

GETTING AWAY FROM IT ALL

Take time to go apart and sit quietly. Get away from all the distractions that clutter your consciousness so that you cannot focus your attention on the outer universe; avoid the distraction of television, newspapers, books (even Truth books).

Then as you sit quietly in meditation, gently ease all distracting thoughts from your field of consciousness. Don’t hurry them, don’t force them to go; simply become aware of them, bless them and invite them to go. This may take more than a couple of minutes, for your outer-oriented ego with its go-go need



for continuous outer distractions may say, “Let’s get it over with. Hurry up! You’ve been sitting here long enough. Let’s do something useful!”

But if you are serious about changing your life and the direction in which you are headed, let something deeper than your personal ego take charge. This something cannot easily be described or labeled, but it can be experienced. We can call it the super-ego, the indwelling Christ, or the basic I AM of you.

LIVING IN THE NOW

The way to become excited or energized, or to feel fully and completely alive, is to look to and depend upon our inner contact with that inner energy field we call God, or the kingdom of God. This does not mean that we do not play golf, or bowl, or enjoy relaxation in many outer ways. The point is that we do not need these things in order to be happy. We are not slaves to outer things—we are free souls!

Here are two suggestions for a start: first, make more than a halfhearted attempt to meditate; second, live deeply in the present moment. If you are going to work on the premise that real energy, real excitement (by which we mean that feeling of being fully and enthusiastically alive) comes from a source within you, then it follows that you have to spend some time getting acquainted, being at home in those far reaches of inner space.

EXPLORING INNER SPACE

Once you are launched on a program of inner space exploration and discovery—once you taste, experience, make a part of yourself that inner atmosphere of peace and wonder and humility—you will find a new quality in your consciousness. You find that you look forward to living deeply in the present moment. This happens not just in your meditation times but as you live the hours and days of your entire life.

Become self-energized by the power of God within you. You can live a truly wonderful life in the present moment. Gradually the light of the I AM suffuses your consciousness, spreading like the light of dawn.

Gradually you change. Your habits change, your values change, your circumstances change and your life changes. You are no longer utterly and hopelessly dependent on other people and outer conditions to make you feel right or good or secure.

Peace is power, for out of stillness, strength is born, and out of inner harmony, productivity flourishes. Rest in that inner peace.

MAY ROWLAND

MAKE JOY A HABIT

From *Dare to Believe*

Everyone wants to be happy. We know that the majority of people are eager to find happier ways of life.

Many persons are unhappy because they have not yet learned the art of living happily and joyously in spite of conditions and circumstances in their lives. But true happiness can be attained by anyone. Every one of us can learn to make joy a habit.

... It does not matter so much what our experiences are as how we react to them. This is what is definitely important to our well-being, to our health, happiness, and success.

What are your reactions to life? Have you analyzed them?

How do you react when something disturbing or unexpected happens?

Do trivial things bother you?

Are you in control of your emotions?

Do you dramatize the negative aspects of your experiences?

Many of us may hold to the thought that some persons are naturally happy and that other persons are naturally moody or despondent. This is not true. What, then, keeps us from being joyous individuals? It is our reactions to occurrences in our life that cause us to be happy or unhappy.



No matter what happens, let us “count it all joy.” Let us be joyous in every experience and pray to find the blessing in that experience. For the outgrowth of habitually dwelling on the idea of joy is happiness.

... When you are enshrouded in gloom, you can do something about it. If you have been depressed, unhappy, anxious, hurt, or disappointed, you do not need to wait for a certain turn of events in order to become joyous again. The change can come through a change in your thinking. Even in the midst of gloom, drop a thought of joy into your mind and you will begin at once to get a joyous reaction. Like the ripples that extend out and out when a stone is dropped into a pool, even one thought of joy reaches out and out into your entire life and starts a joyous reaction.

... When we touch the inner spring of joy, we feel the strength of it constantly sustaining us, no matter what may seem to go wrong in the external world.

True happiness is not dependent on conditions. It is not dependent on other persons or on things. It derives from our attitudes of mind. True happiness is an outgrowth of developing the habit of joy.

But often we think of happiness as dependent on only one word—*when*.

We may say: “When I get into a new home—” “when I can buy a new car—” “when I can take a vacation—” “when I get well again—” “when my husband stops drinking—” “when something happens—” “when something changes—” “when someone changes—then I shall be happy!”

A mother may say, "I'll be happy when the children are in school." Later on, she says, "I'll be happy when the children are out of school." Then when the children are grown and out of school she says, "I was so happy when the children were little and in school!"

We must cultivate and increase our ability to enjoy life today; then the very spirit of happiness will accompany us tomorrow. Our capacity to enjoy life increases as we use it.

All of us can learn to transcend conditions; we can learn to control our moods and our reactions to life; we can learn to make joy a habit. We can be the kind of person we want to be. The power lies within us. We may not have a great deal of understanding, but we can use what we do have. As we take even one idea of Truth and live with it and work with it, as we refresh our mind daily through prayer, we awaken our divine nature, and a transformation begins to take place within us.

Life is yours to enjoy. You can control your moods and your reactions to life. You can make joy a habit!

Lowell Fillmore

LOWELL FILLMORE

THE LITTLE FOXES

From *The Prayer Way to Health, Wealth, and Happiness*

Catch us the foxes, the little foxes, that ruin the vineyards—for our vineyards are in blossom. —Song of Solomon 2:15

Negative thoughts are like the little foxes mentioned in the Bible that destroy the vineyard. If such thoughts are not denied expression, they may grow in numbers and destroy a portion of the crop of good things that are growing into fruition in your life. God has planted fruitful vines in the vineyard of your soul; you must not let the little foxes of negative thought destroy them ...

Spiritual good things are growing in your consciousness and should bring you much fruit. Some of these fruits of your vineyard are peace, joy, success, and satisfaction. You can protect and encourage this crop of good things by using good thoughts. Every thought you think adds something to the sum total of your consciousness. Your consciousness is built of the thoughts, ideas, and feelings that you have stored in it by your daily thoughts and reactions through the years. The good fruits of your inner vineyard grow into perfect spiritual maturity with the help of your mental creative process when it is in accord with Divine Mind.

Of course, the nature of your consciousness is changing to some degree every day as you change the character of your thoughts and your mental attitude toward the things that



come into your life experience. When you persist in following a certain trend of thought, your consciousness becomes definitely colored and influenced by that trend. The optimist has a pleasant outlook on life as compared with the pessimist, who has a dark outlook. The consciousness of each is colored light or dark according to his outlook. One has more sunshine and the other more shadow in his soul consciousness, each according to his own outlook.

But just being an optimist is not enough to produce an abundant crop of good fruit. You must also train yourself to look for and discover the good in everything that happens to you and find a way to make use of this good by blessing it in

your thoughts, words, and actions. Do this with the faith that God's omnipresent wisdom and power is helping you.

Do not let the bad habit of negative thinking grow on you. It may start in a harmless kind of a way. You may begin by looking critically at a few negative points in your associates; you may not like something that someone is doing or the way he wears his hat or the tone of his voice. It is always possible to find something in nearly everybody to criticize, but there is always more good in everybody than bad.

You can always find and enjoy something good in every person if you look for it. When you discover this good and make the most of it even if you do not mention it, glory will be added to your inner vineyard. But when you pick at the faults in anyone who annoys you, a shadow flits across your consciousness.

Suppose a group of people go into a beautiful garden where there is much to please the eye and to praise, but one of the group who has developed a habit of negative thinking searches among the roses and discovers a worm on which he concentrates his attention and interest ...

Hunting for worms by the gardener in order to cast them out is quite different than when a guest who has come to enjoy the beauty of the garden calls attention to them. Cultivate the habit of looking for the good things of life and of praising these things as you enjoy them, and you will be happy. It is just as easy to find and enjoy these things as it is to complain about the unlovely things; in fact, it is much easier because there are so many more good things in life than bad.

If there is something wrong and you can fix it, it is right to give it attention while you fix it, but to indulge the bad habit of looking for flaws and dwelling upon them when you cannot remedy them actually hurts you more than anyone else.

Thinking about mistakes, troubles, disappointments, slights, and grudges opens the gates of your consciousness to the little foxes that destroy the fruit of your God-given vineyard ...

It is right to think about ways to solve your problems but your thoughts about these problems must be positive and be backed by the assurance that you can solve them by the help of God's power and wisdom. You must learn to cast your burdens on the Lord. When your negative thoughts are turned over to God they become as nothing, and if it is necessary for you to do something, it will be shown you ...

The greatest burden that you have to bear is the burden of your own belief in the evils that you think you see. You can just as well work with constructive ideas that will protect your vineyard from the little destructive thought foxes.

The best way to deal with these little foxes is to remember that God's good words are always with you, waiting for you to express them in thought, word, and action. Think with God, and let the little foxes go back into the wilderness of unreality from which they came.

Dorothy Pierson

DOROTHY PIERSON

TRUST

From *Together: A Celebration of Truth*

Hold to the idea!
Steady the mind to
Single intent.

As a magnifying glass
Steadied to the sun's rays,
A single-pointed shaft
Is bent on a target, an
All-powerful light
Ignites and blazes bright!
The mind too moves through
Steady, single-idea thought,
And light as fire, is caught
And quickens and adjusts and heals.

Hold to the idea!
Steady the mind on God;
Let the single-mindedness
Ignite the divine spark.
Let the fire of Truth
Dispel ignorance,
Dissipate the dark.

Trust.

I hold to the idea! I center my mind on God.



Eric Butterworth

ERIC BUTTERWORTH

LIVING LIFE FROM WITHIN-OUT

From *In the Flow of Life*

It has been said that the starting point in spiritual realization is a right understanding of the One designated as the Almighty. But in a world of such broad diversity, how can we understand unity? How can we discover the One without lapsing into a duality that implies *two*?

There are many definitions of God, but none quite so insightful as this: *God is the sphere whose center is everywhere and whose circumference is nowhere.* It is not a picture that can be drawn. In fact, it should draw the mind away from the tendency to envision an anthropomorphic being.

A sphere whose center is everywhere? Impossible! But wait: If the center is everywhere, it must be where I am. Could this be the meaning of omnipresence? A point of life and light, present everywhere as each individualized expression? If this is true, then I am the center of God. It is an audacious thought with a sacrilegious tone. And yet, can a geographical center be otherwise located in a dynamic and expanding universe? Every point in this sphere, where God is, is thus a bubbling forth of the infinite flow of life.

What is the One that we call God? It is not a One off there somewhere, ruling the universe as an absentee landlord. It is *the One*, the whole of things, the *allness* of which and in which I am an *eachness*. No matter what I may think I am, I am the flowing forth of *the One*.

I am unique and different at the surface. There can be no other “eachness” quite like me. And yet I have no existence outside of the whole. My eachness can never be separated from the allness which is God. The Greeks said, “Man know thyself.” I can only know the One as I know myself as the self-livingness of the One. But I can only really know myself when I know that I am “in the flow of life ...”

The great Truth taught by the mystics of all ages is: *Life is lived from within-out*. This means that the whole universe is concentrated at the point where you are. More than this—you are the universe expressing as you. You are its living enterprise. It forever stands behind you with its full resources. However, the fullness of this universal support comes *through* you and not just *to* you. The most profound knowledge that you can attain is that your whole existence flows forth inexorably from a universal process, which is always from within-out.

How widespread and deep-seated is the belief that we are forever in competition with people and in conflict with the world around us. Our fears, resentment, anger, and even grief come because we feel that the instability of life in the world is a threat to our existence in it. Jesus gave the answer, “The kingdom of God is within you” (Luke 17:21). This is an absolutely amazing concept ...

The kingdom within is the realm of all-potentiality, all-substance, all-life, all-love, all-peace. Jesus said: “Do not be anxious about your life ... But seek first the kingdom and ... all these things shall be yours as well” (Matthew 6:25, 33). In other words, get into the flow and you will receive all that you desire or need.

H. EMILIE CADY

LIFE. A MINISTRY

From God a Present Help

Looked at from a purely commercial standpoint, the life of Jesus Christ was a failure. His place in the world was obscure, his occupation a humble one. The work of his hands commanded only the usual recompense. From the world's point of view, his contribution was merely that of an average man.

Even after his public life began, he seemingly failed just as notably as before. He made himself no reputation among men. In the field where his greatest visible success lay, the delivering of from sorrow and trouble, he sometimes failed. "He saved others; he cannot save himself" (Matthew 27:42), they cried when deriding him. All the way to his ignominious death, he stood before self-satisfied men, chief priests, and Pharisees as a failure. Why? Because he and these men lived from entirely different standpoints. Men lived largely from the external; Jesus lived from within. Men reckoned success then as the world reckons success today, largely in terms of numbers and figures and the possession of external things.

After 2,000 years, we can see that the life of Jesus Christ, lived so obscurely, so unostentatiously, really was not the failure it seemed, that he was living a life that in the long run was the only successful one. For today, when his contemporaries have passed away and are forgotten, his life stands forth as the inspiration of all love and all goodness, the inspiration of all success. ...

*"He saved others; he
cannot save himself."*

—Matthew 27:42



We speak of love as unselfish or selfish. There is no such thing as selfish love. Such a thing would be a paradox indeed. Love always gives; selfishness always expects to receive. The law of love must be the law of giving, the law of ministration to others, not from sense of duty but from spontaneity and delight. What mother ministers to her children from duty?

What father makes daily provision for his children because he is their father and the law says he must? Why, the very heart of parenthood springs out spontaneously and with joy supreme to minister to the child in every possible way even before he or she can ask or think what he or she wants.

*The law of love must be
the law of giving, the law of
ministration to others,
not from sense of duty
but from spontaneity
and delight.*

Pure love always asks, "What can I give?" never "What shall I receive?" God is pure love. Parenthood is a little of God, so to speak, come forth into manifestation, the offspring of God.

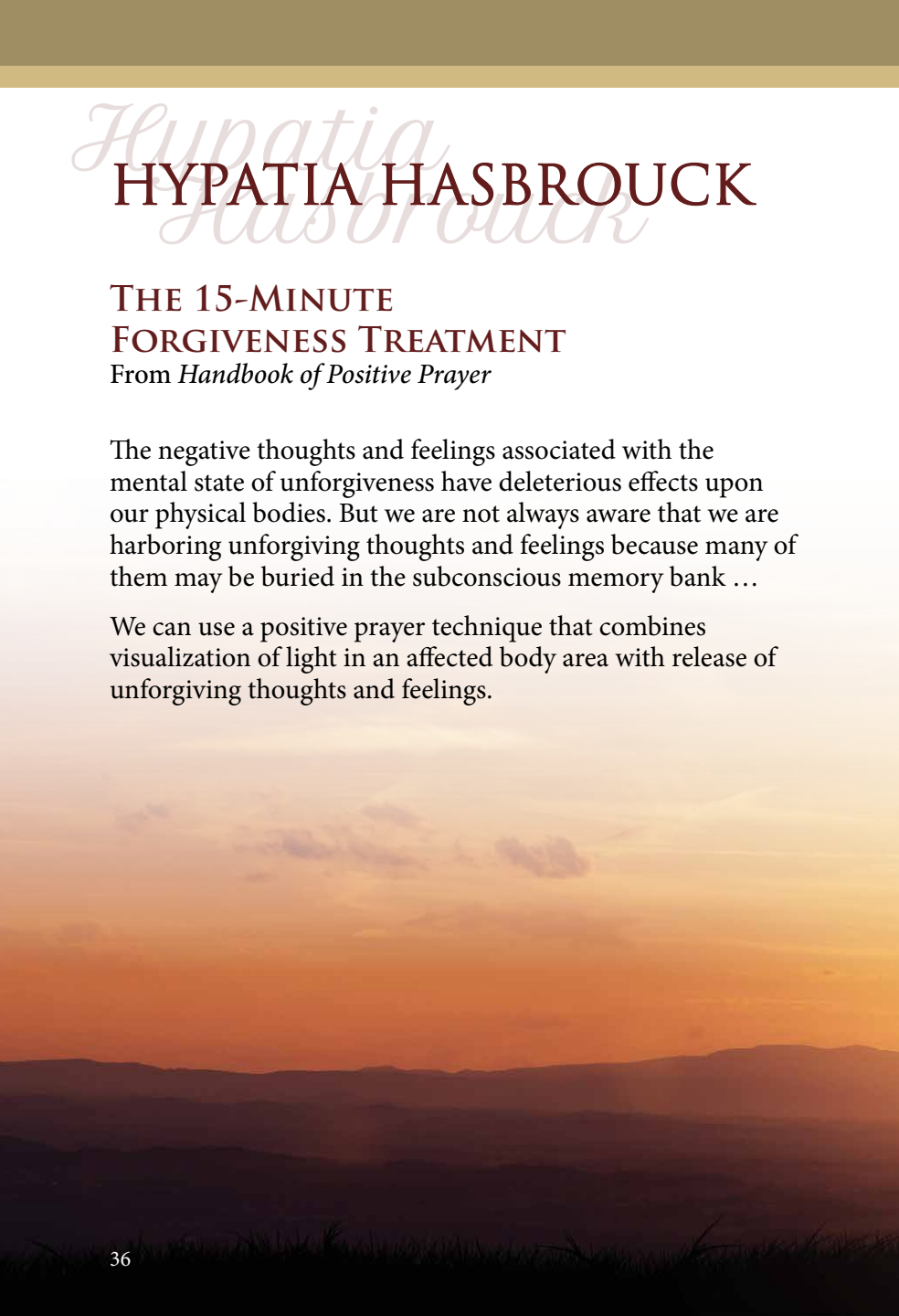
God, the source of all life spiritual and physical; God, the only source of real success and joy, abides in Christ within us.

God gives without thought or hope of return. So do we as soon as we become conscious of an indwelling Christ; we cease to expect or desire to be ministered unto.

If we would live the life of real success, real joy, real Christlikeness, we must keep the current turned to flow from within outward instead of in the opposite direction

Imagine a great reservoir fed inexhaustibly from ever-living springs within itself. Leading out from this reservoir but never separated from it are innumerable little streams, each ending in a fountain. A fountain is simply a receiving and distributing station; it is never self-existent or self-feeding. Each one of the fountains is an individual center for distributing the water it receives. It is constantly renewed from the one great source without any effort on its own part. Its sole business is to distribute what it receives. At its external extremity, each little fountain is separate and distinct from all the others, but at its inner extremity, at the center, it is one with them all.

This is exactly God's relation to His children. He is the reservoir; we are the receiving and distributing stations; He is the vine; we the branches ...



HYPATIA HASBROUCK

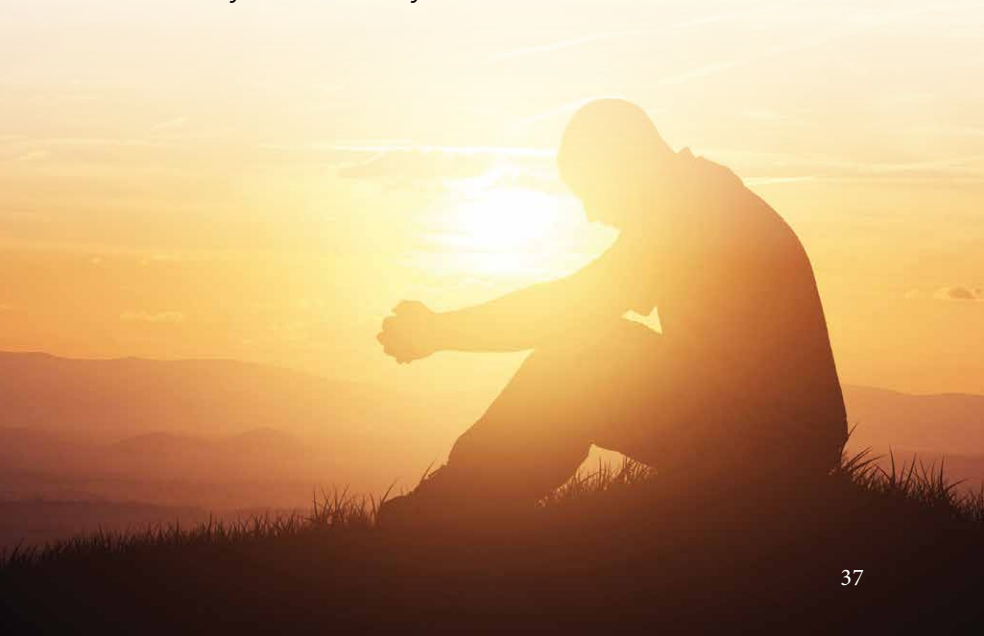
THE 15-MINUTE FORGIVENESS TREATMENT

From *Handbook of Positive Prayer*

The negative thoughts and feelings associated with the mental state of unforgiveness have deleterious effects upon our physical bodies. But we are not always aware that we are harboring unforgiving thoughts and feelings because many of them may be buried in the subconscious memory bank ...

We can use a positive prayer technique that combines visualization of light in an affected body area with release of unforgiving thoughts and feelings.

1. Assume a comfortable, relaxed position, either sitting or lying down.
2. Affirm three times, aloud or silently, resting quietly a few moments between declarations: *God is the life within me.*
3. Affirm three times, aloud or silently, resting quietly a few moments between declarations: *I now release every recognized or unrecognized feeling of fear, resentment, condemnation, envy, distrust, hate, or any other negative feeling or thought about myself or others or anything I or they may have said, thought or done. I forgive myself and others for everything, and I love and bless myself and everyone else.*



4. Affirm three times, aloud or silently, resting quietly a few moments between declarations: *Divine love now dissolves and dissipates every wrong condition in my mind, body, and relationships.*
5. Now visualize in detail and in color the most beautiful, peaceful scene you can. Bring all your senses to play and let the feeling of complete oneness with God and the universe fill your being. Feel yourself melting into the scene.
6. Gradually let the feeling become light that is going through your circulatory and nervous systems. See the light flowing into every dark corner. Use white light or a specific color, or simply allow the light to be the color determined by your subconscious mind.



7. If you know the specific body area that needs healing, gradually concentrate the light there and let it remain as long as required.
8. Gradually withdraw attention from the light as you affirm three times, aloud or silently, resting quietly a few moments between declarations: *God is life. I am one with God. I am one with life. Thank You, God, for perfect life. In the name and through the power of Jesus Christ, the Great Physician. After the last declaration, say Amen.*
9. Rest quietly and without conscious thought for at least a minute.

Of course, you may use affirmations of your own that have the same meanings as those given in the instructions. The words are powerful so long as they help you to release any unforgiving thoughts or feelings that may have blocked the free flow of the healing love and life of God.



ROSEMARY FILLMORE RHEA

CHOOSE THE PATH TO FORGIVENESS

From unity.org/resources/articles/choose-path-forgiveness

As we look at our complex and conflicted world, we might agree that the one most needed ingredient to bring forth universal peace and harmony is the attribute of forgiveness.

When we study the history of civilizations, we see that there are old resentments, old hatreds, old injustices, which continually stir the fires of revenge simmering somewhere in the human psyche.

There are religious feuds, ethnic feuds, family feuds—feuds that continue from generation to generation. The memories of past injustices roll down through the ages, and few people seem willing to forgive or forget.

So to heal our world, we human beings must learn the art of forgiveness. And the healing process must begin with us.

How can we do it? How can we learn to forgive when the world teaches us that injustice must be answered, that those who have caused us pain and sorrow must be punished?

The answer lies within us—in that part of us which knows it is only through forgiveness that we can find freedom and wholeness. As long as we hold on to “victim thinking,” we are giving away our power to the kinds of people and things that bind us to our painful yesterdays.

The human part of us wants to get even, to make the other person suffer as we have suffered. We have all heard the expression, “I don’t get mad; I get even.” But it is this “eye for an eye” morality that has been the cause of so much human tragedy. Gandhi said that if everyone practiced an “eye for an eye” morality, soon the whole world would be blind. In the long run, revenge does not make us feel better; instead, it fuels the never-ending cycle of retaliation. Forgiveness is the only way to heal ourselves and our world.

When Peter asked Jesus, “Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?” Jesus said, “I do not say to you seven times, but seventy times seven” (Matthew 18:21-22 RSV).

Then in Romans, Paul admonishes us to “Repay no one evil for evil, but take thought for what is noble in the sight of all. If possible, so far as it depends upon you, live peaceably with all. Beloved, never avenge yourselves ... If your enemy is hungry, feed him; if he is thirsty, give him drink ... Do not be overcome by evil, but overcome evil with good” (Romans 12:17-21 RSV).

If someone has hurt us deeply, this might seem an almost impossible assignment, but Jesus knew we must forgive if we are to have peace and harmony.

We might be thinking, “Of course, I would like to be free of my anger, my hurt, but how can I forget or forgive, when the injustice was so blatant, the betrayal so devastating?”

It is not easy to forgive. At times, to make the intolerable tolerable seems beyond our human reach. And if we were only human, this might be true. But we are not only human, we are

also divine. At the moment we choose the path of forgiveness, the divine love that is the heart of us begins to work its miraculous power.

... The first step in freeing ourselves from our painful yesterdays is to forgive ourselves. It is difficult to forgive others when we are filled with self-condemnation and guilt. To forgive our past is to view our lives from a different perspective, from the perspective of love. When we look at ourselves through the eyes of love, we see that every experience, every person has been a part of our souls' unfoldment.

To forgive our past is to view our lives from a different perspective, from the perspective of love.

Don't we all sometimes make unwise choices? Don't we all sometimes do or say things we wish we hadn't?

The way we reacted to life yesterday is perhaps not the way we would choose to act today. However, each new day, each new moment is an opportunity to choose again.

... It is true that people do bad things to one another, and it is difficult to understand why some people behave as they do. However, if we can look beyond the act and into the person, we will see that it is their fear—their lack of awareness—which makes them act in destructive and painful ways.

That's not to say that we must accept bad behavior or that we should stay in abusive relationships. On the contrary, to do this is to not respect ourselves and certainly not to help the abuser. However, it is not our responsibility to try to change others. It is our responsibility to release them to God.

We do this through the power of love. The greatest gift we can give others is our faith that God's healing love is at work within them, bringing forth peace and harmony into their souls as well as into ours.

When we let go and let God, we free both of us. As we forgive, so we are forgiven.

... The following are healing affirmations to help you move into a conscious awareness of the love that is always with you. As you let go and let God, love's healing power will do its perfect work in you.

The forgiving love of Jesus Christ flows through my mind and heart, and I am free.

I am aware of the presence of love within me, healing and restoring my soul.

I let go of any feeling of anger, resentment, or hurt. I am a spiritual being on a spiritual journey, and no person or experience can keep my good from me.

I release you to God, and I bless you on your way. I forgive you as I am forgiven. When we meet again, it will be in the spirit of love.

Thank You, God, that this has come to pass.

JAMES DILLET FREEMAN

IF THOUGHTS HAD SHAPES

From *Angels Sing in Me*

If thoughts had shapes like things,
I wonder what they'd be—
would wonder not be wings
and reverie a sea?

If hope looked like a seed,
would lilies grow for grace,
would worry be a weed,
despair a barren space?

Would thoughts of Truth not find
a rainbow's radiant form,
and would not peace of mind
be sunlight after storm?

And love, what shape would show
love patient, warm and true?
All you I love, I know
that love would look like you.

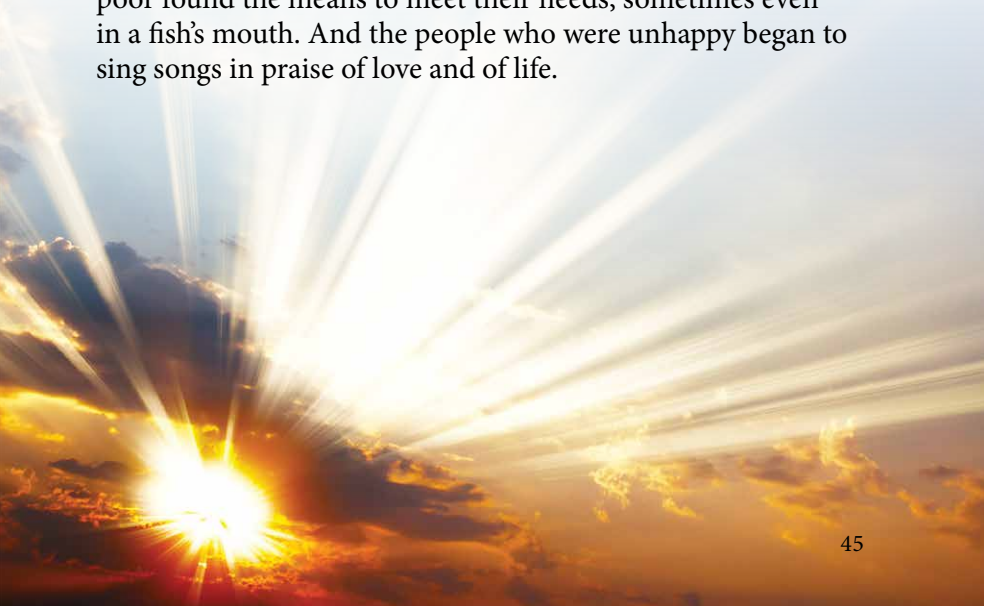
JESUS

From Angels Sing in Me

... The One we all might be saw through life's imperfections—through sickness and doubt, through poverty and fear, through hatred and pride, even through death—and he called forth wholeness, faith, joy, love, and life.

He showed us what life might be—lived to the utmost of its possibilities. He showed us what a person might be who held to the highest and best in himself.

... And the people who believed that what he said made sense got a new vision of themselves and their world. The people who were sick were made whole, and the people who were poor found the means to meet their needs, sometimes even in a fish's mouth. And the people who were unhappy began to sing songs in praise of love and of life.



FRANK B. WHITNEY

LIFE BEGINS FOR ME ANEW

From *The Unity Treasure Chest*

At the beginning of each day, life begins for me anew. At the close of each day, I emerge from an old world into a new. This is a provision of God whereby I am daily purified and renewed. Each new day gives me an opportunity to begin life anew.

When I go to sleep at night, the merciful and compassionate Spirit of Christ frees my mind from all memory of unpleasant events of the day that is closing. I give up all tendencies to blame myself for the mistakes of the day, since I have acted according to my best judgment at the time. I cease to condemn myself for what I have thought, said, or done during the day. I give myself into the care of the Spirit of Christ and I am loved and forgiven ...

In sleep, I am refreshed by the Spirit of peace and love. I awake to a new day, new possibilities, and new opportunities. I enter a new world into which I take no unpleasant memories or worries of the preceding day. I will not sully my new day by carrying into it any adverse or negative belief. I give thanks for each day and greet it at dawn with a happy heart and smile.

At dawn, I realize that I have never lived in the new day and that it will have pleasant surprises and many blessings for me. I realize that I have but 24 hours to extract from it all the blessings that it has to offer me



I rejoice each morning that I am freed from every limiting belief that I have previously entertained about myself ... I realize in the new day that my failures of the past belong to the past. My success belongs to the present, to the new day ...

I cease to look to tomorrow for my happiness. I realize that I can be happy tomorrow only through building up a consciousness of happiness today. In Spirit, today is the only time ... Today I realize that neither person nor thing can keep me from enjoying the blessings of God. Nothing external to me can keep me from realizing that Christ in me is greater than that which is external to me ...

This is the way I greet my new day. I rejoice to live in the consciousness that all good comes to me now!

Frances Foulks

FRANCES FOULKS

DIVINE LOVE

From *Effectual Prayer*

Divine love in me is a consuming fire, utterly destroying from my mind all thoughts of hard conditions, all hard thoughts toward others, and destroying also all hard thoughts of others toward me. Love sweeps clean from my consciousness all hardness of every kind, past, present, and future, and eliminates from my body consciousness all hard manifestations. Calluses, lumps, and hardened arteries are all cast out by the forgiving love of the Christ accepted by me.

Divine love in me is a lubricating oil, dissolving all criticism, hate, selfishness, condemnation, worry, anxiety, envy, self-pity from my mind and there resultant conditions from my body. In the love of God I live, move, and have my being; rheumatism, neuritis, stiff joints, indigestion, valve weakness—all these disappear in the sweetness that love is, that I am.

Divine love in me is a radiant light that shines out before me, making plain my way, guiding me in the ways of wisdom, illuminating the path for others; a light that constantly lifts higher my consciousness, drawing up my body organs from all fallen conditions; a light that no darkness of any kind, no disease or accident can dim; a light that gives out to others and draws from others to me justice and righteous judgment.



Divine love in me is a mighty magnet that draws my good from the seen and the unseen. Joy seeks me, friends flock to me, health and wealth make me their home, as the Christ Spirit within attracts to me that which is in its own likeness.

Divine love is the God spark within me through which I express compassion, tolerance, and patience toward all.

I am divine love, supreme, eternal!

Martha Smock

MARTHA SMOCK

THE SPIRIT OF GOD IN YOU

From *Fear Not!*

Within all persons, all things, moves the Spirit, which is God.

“Before Abraham was, I am” (John 8:58). Beyond speech, beyond thought, beyond sight is this living presence, this light that forever burns, this power that is life, that is God.

The mystery hidden for ages and generations ... Christ in you, the hope of glory (Colossians 1:26, 27).

“I am the resurrection and the life” (John 11:25). Jesus spoke from the divine. He spoke the universal language that all understand.

“I and the Father are one” (John 10:30).

“The Father is in me and I am in the Father” (John 10:38). This is the eternal unity. This is the eternal truth ...

We sit in a room surrounded by four walls, but Spirit in us feels no walls. We listen to a clock ticking, but Spirit in us knows no time. We celebrate a birthday, but Spirit in us knows no age. We suffer a sickness, but Spirit in us knows no pain.

There is not Spirit and us; there is in reality only Spirit. We have made a separation where there is no separation. We have created in our minds a God outside ourselves when all the time God is speaking to us from the depths of our own being.

We have tried to become holy when we are already hallowed, when already we are created in the image and likeness of God. We have sought God in churches and found God there because there is nowhere that God is not; because wherever we are God is ...

God is in all and through all. When you feel the presence of God, all things seem to shout God's glory. It is though you had recovered sight after blindness. Like the man that Jesus healed, you say: *Whereas I was blind, now I see.*

*... that only Spirit is eternal
and untouched by the things
that from a human standpoint
seem impossible to bear.*

Whereas you have been anxious and worried about yourself and your affairs, now you feel great calmness and trust in the eternal God who is within you, who is within all. You can say, "This too will pass," not with a feeling of resignation to unhappiness but with a feeling of inner poise that comes when you know that Spirit is greater than experiences, that only Spirit is eternal and untouched by the things that from a human standpoint seem impossible to bear.

When you know that you are Spirit, you are not afraid, for you know that nothing can hurt or harm or destroy the indestructible Spirit in you.

You are not afraid of life or death, for you know that, come what may, the Spirit in you is unchanging, unending, unafraid.

H.B. JEFFERY

A TRANSCENDENT TREATMENT

From *The Unity Treasure Chest*

“As Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up.”—John 3:14

Beloved of God—greeting!

In my integrity within me, where I know and see as God, I
know and see you, O Beloved, to be free, wise, and immortal!

I see you unfettered and unbound, triumphant! Glorious!
Splendid!

I see you unweighted by human thought of limitation,
unweighted by matter!

I see you unbound, undiseased, buoyant!

I see you strong! Mighty! Forceful! Powerful! Divine!

I see your eye lit with fire from on high!

I see your tongue tipped with celestial instructions!

I behold you bright! Joyous!

I see you victorious! Undaunted!

I see you spotless! Beautiful!



I see you deathless, abiding!

I see you flawless! Fearless! Transcending yourself and all your affairs—independent!

I see you smiling! Sound! Sane! Strong!

I see you to be the strong Son of God, sibling of Jesus Christ and joint heir of the Father to the Kingdom!

I see you alive with God and upheld by His free Spirit forever!

All the world sees you as I see you, now and evermore.

Charles Fillmore

CHARLES FILLMORE

THE DEVELOPMENT OF DIVINE LOVE

From *Talks on Truth*

Do not be afraid to pour out your love upon the so-called evil in the world. Deny the appearance of evil and affirm the omnipotence and the omnipresence of love and goodness. Take no account of the evil that appears in your life and your affairs. Refuse to see it as evil. Declare that what seems evil has somewhere a good side, which shall through your persistent affirmation of its presence be made visible. By using this creative power of your own thought you will change that which seemed evil into good, and divine love will pour its healing balm over all ...



THE CONSCIOUSNESS OF LOVE

From *Talks on Truth*

“Love suffereth long, *and* is kind.” Love does not resent injuries. It does not take affront and insult into account.

Pure love does not recognize personality; hence when a person is in the consciousness of love, he cannot be hurt at what may be said to him or about him. “A soft answer

turneth away wrath” is ever on the lips of love, and whoever makes this his thought focus will be able to reduce to peace and harmony the tides of impatience and anger that may be surging about him ...

*Pure love does
not recognize
personality ...*

1 Corinthians 13:4

Proverbs 15:1

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