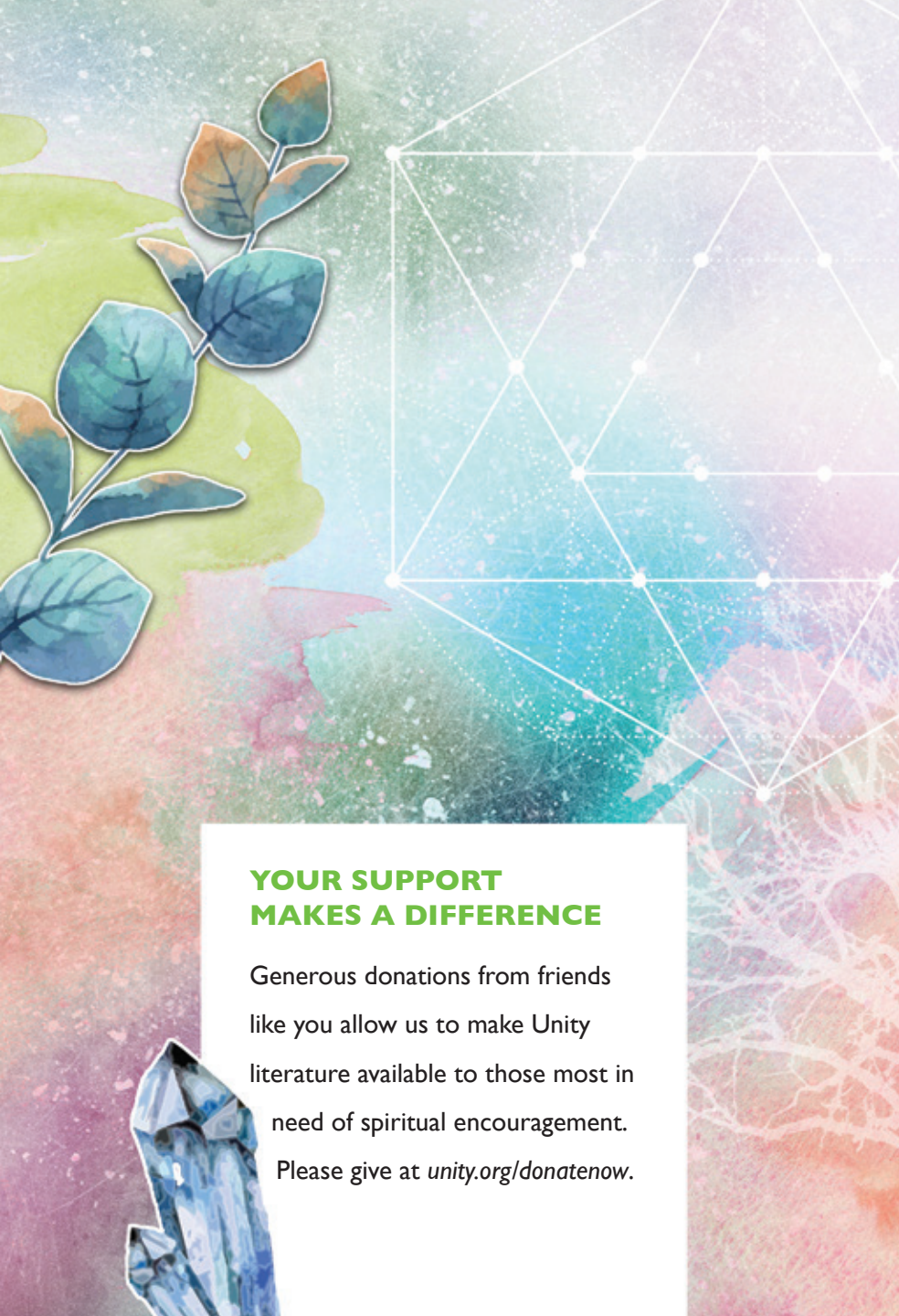




Return to Wholeness

Living Healed, Whole, and Healthy




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Since 1890 people around the world have been writing, calling, and now emailing and texting the Silent Unity prayer ministry to ask for support in their lives. In all those years, one prayer request has always topped the list: healing.

Healing of self. Healing of others. Healing of mind, body, and spirit.

In a sense, every prayer request is for healing, whether it's couched in terms of prosperity, guidance, relationships, or work. Healing is a return to wholeness, a natural state of balance.

The Unity spiritual movement was founded in 1889 because Charles and Myrtle Fillmore wanted to share what they had learned about universal healing principles and the power of mind over body. Myrtle used prayer and meditation to heal lifelong ailments—her story is told in this booklet—and never wavered in her belief that the life and intelligence we call God can restore anyone to health.

The practices she and others have used with success through the decades are still taught in Unity and shared in this booklet. We hope you will explore the many facets of healing with us and use this booklet to support your healing journey.

Your Friends in Unity



THE TRUE SOURCE OF HEALING

To realize healing is to have the awareness of God as a living presence, not apart from us but the very life in which we live.

—Martha Smock,
Halfway up the Mountain

The primary Truth, the foundation of all healing, is the realization of our innate oneness with God, our source and our true nature.

—Robert Brumet,
The Quest for Wholeness

WITNESSING THE POWER OF MIND OVER BODY

Rev. Sandra Campbell




I heard a gurgling sound coming from my parents' bedroom just as I was getting into bed. I was 10 years old. Running in to the room, I saw my mother's fixed, glassy stare, as if she were looking right through me, saliva trickling down the corners of her mouth. There was no response when I called out to her.

My mother was diagnosed with epilepsy when she was very young, and that was my earliest memory of her having a seizure. Knowing it could happen at any time, my father, who worked nights as a metal finisher at General Motors, had taught me what to do should it happen while he was at work. I was to run across the street to get our neighbor, who would come over and put a spoon in Mama's mouth to keep her from swallowing her tongue (that's the old-school way). Then I would dial the GM switchboard and give Daddy's badge number so they could get him. Then I would wait.

That night, after I followed the instructions and was waiting for my father to come home, I cried, paralyzed and afraid to move, as the paramedics lifted my mother's limp body onto the stretcher and sped away with her in an ambulance. I scarcely understood any of it.

Years later, Mama shared with me that she had been on a very strong barbiturate for many years to prevent seizures. She told me that, despite the doctors' grim prognosis, she had faith that someday God would answer her prayers and she would be healed.



When I was in my late teens, Mama had the same dream three nights in a row: She saw a “vision” standing at the foot of her bed, pointing in the direction of the bathroom.

My grandfather had been known for interpreting dreams, much like Joseph in the Book of Genesis, so she called him for advice. He believed that having the same dream three times is a sign that God is trying to get your attention. After hearing her description, Grandpa told her he would pray about it and get back with her.

A few days later, he called and asked if she was still taking the strong medication, which she was. He told her that the “vision” was pointing to the bathroom, and he believed strongly that throwing her pills down the toilet was God’s answer to her prayers. (Of course, today we know better than to flush medication into the environment, and I’m not suggesting that anyone else stop their medication!)

Trusting in the healing power of Spirit and my grandfather’s gift, Mama did as he suggested. The next time she went to the doctor, she told him that she had stopped taking her medication and felt fine. The doctor gave her a polite tongue-lashing and wrote a new prescription for the phenobarbital that he claimed was her only protection from a major seizure. She smiled, thanked him, politely folded the piece of paper, and tucked it into her purse. She never filled the prescription. My mother will soon celebrate her 99th birthday, and she has not had another seizure since.

This was my earliest experience with the power of the mind to heal the body. My mother decided to trust in the healing power of God and to act on faith in that very moment. That's not to say everyone should stop taking their medications, but it is proof enough for me that the mind has the power to heal the body.

It is also confirmation of the scripture when Jesus spoke to the bleeding woman who believed that by touching the hem of his garment, she would be healed. "And he turned to her and said, 'Daughter, your faith has healed you. Go in peace and be freed from your suffering'" (Mark 5:34 NIV).

Mama touched the hem of Jesus' garment, and she was made whole.



The background is a collage of various textures and colors. At the top, there's a light blue area with white geometric lines forming a network of dots and lines. Below this, there's a watercolor-style background with shades of blue, green, and pink. A stylized plant with green and yellow leaves is in the foreground. On the left, there's a vertical strip of green with a textured, almost wood-grain-like pattern. On the right, there's a pinkish-red area with a watercolor texture and a series of white circles arranged in a vertical line.

THE MISSING PIECE

Rev. Dr. Paul Hasselbeck

Years ago, I sat back in my chair and wondered why there seemed to be more healings in the beginning of Unity than now. Did some missing piece of the teaching get lost throughout the years?

Since those early times, science has demonstrated that Charles and Myrtle Fillmore were definitely onto something more than a century ago. Today we have ample evidence of the mind-body connection. We know our minds impact our bodies, and our bodies impact our minds. Positive thinking supports the immune system, decreasing the chances of illness; negative thinking depresses the immune system, increasing the chances for illness.

I asked for help from Rev. Eric Page, who was the Unity archivist at the time. He put me onto the transcripts of the Unity Conference and Healing Revival that had been organized by Unity in 1923. I was amazed by how quickly I found a missing piece in the very first lesson given by Charles Fillmore. He said:

People say, "Why doesn't God do better than He does, why doesn't God do this or that?" God only does what man says He shall do. God is our servant. Did you ever think of that, that this wonderful Spirit of God, out of which everything is made, is here at all times, is always present with us, and we are using that God? (Unity Conference and Healing Revival, 1923, Lesson 1)

At first, my mind rebelled as I thought, *Sacrilege! I had always thought God used us.* I reread it. Sure enough, Fillmore was clearly saying we *use* God.

As I reflected on this radical idea, I remembered something else from the Fillmores. Myrtle once wrote:

We are studying spiritual science to get a broader conception of God, rather than holding to the view that He is a personal being with parts like man, a being subject to change and capable of varying moods. Though personal to each one of us, God is IT, neither male nor female, but Principle. (*How to Let God Help You*)

Charles defined it the same way:

Mind—By the term Mind, we mean God—the universal Principle, which includes all principles. (*The Revealing Word*)

Next, I did a simple word substitution where I replaced “God” with “Principle” in that same disturbing quote. This clarified for me what Charles was saying.

Principle only does what man says it shall do. Principle is our servant. Did you ever think of that, that wonderful Principle, out of which everything is made, is here at all times, is always present with us, and we are using Principle?

Now this quote was making much more sense. Of course, principles do not use us. We use them.

I linked this new understanding of God as Principle with the definition of *body* found in *The Revealing Word*:

Body—The outer expression of consciousness ... God created the ideas of the body of man as a self-perpetuating, self-renewing organism, which man reconstructs into his personal body.

God creates the body idea, or divine idea, and man, by his thinking, makes it manifest. (*The Revealing Word*)

Now I know we are more than mere spectators of our bodies; we are active participants in bringing forth its well-being. You see, God does not heal as we traditionally understand it. God is the Principle that contains the principles of wholeness, life, and health. We use these principles to establish health and well-being, first in mind and then in body.

- Wholeness supports mental and physical wholeness and is the foundation of our unified, threefold nature: Spirit, mind, and body.
- Life forms the basis of energy, action, activity, vigor, increase, and the manifestation of growth and substance in the body.
- Health is the fundamental basis lying back of the expression of well-being and health of mind and body.

Since I discovered this early teaching, I have taken a more active role in the health, wholeness, and well-being of my body as a daily practice. Whenever the possibility of illness or sickness shows up, it is important to emphatically claim these principles as the underlying, fundamental reality of our bodies. We claim them with conviction while visualizing our bodies whole and well. This then supports the body in its self-renewing and natural healing processes.

THE IMAGE AND LIKENESS OF GOD

Rev. Jeanmarie Eck



God is health, and I am made in the image and likeness of God.

This is my go-to affirmation for remembering my true nature when I find my body is not expressing the vitality I expect. As I allow this idea to take hold in my mind, I recognize the flow of life energy moving freely throughout my being. Health is my natural response because it is the very essence of my being as the image and likeness of God.


I know the experience of health only in contrast to episodes of feeling less than whole. This past year, I suffered an outbreak of hand-foot-and-mouth disease, a virus that tends to be spread mostly among toddlers. Although I was grateful my toddler only had a short-lived fever, I experienced an intense reaction on my hands and feet, although thankfully not in my mouth.

I thought when I went to my doctor that I would be prescribed an antibiotic to heal the obvious and embarrassing red rash that consumed my feet and hands. However, I was informed that because of its viral nature, the illness would have to run its course, and I was provided only a topical ointment to reduce the sting.

When I took this into prayer, I recognized that my body already knew how to respond to this virus and return itself to greater health. This healing intelligence is installed in my divine blueprint. My body is an outer expression of the divine idea of body in my own unique manifestation.

Health is always seeking to express as my body, so it is my work to release any fearful beliefs, attitudes, or feelings I may be holding that resist this God-idea of health expressing within me.





Someone told me that my red hands looked angry, and I noticed the heat radiating off my hands and feet felt like something was powerfully moving out of my body. I chose to focus on allowing any anger and resentment to be released from my body along with the virus, affirming new life as my new skin was revealed. I rejoiced as I witnessed my peeling skin, seeing it as a means for the outer to reflect this new perspective taking hold within me.

I looked beyond appearances of illness and remembered my birthright of health. As I claimed life in my body, I experienced a return to wholeness in mind and heart and renewal in my entire being.

God is the only source of all healing because health is a divine idea in the mind of God. As I meditate on the divine idea of life, I consciously align with the full expression of life that I am, and I feel restoration on all levels of my being.

Healing is always a within-out process. I know I can never exhaust all the healing energy that is available to me when I let go and allow the revelation of wholeness.

MYRTLE FILLMORE'S HEALING LEGACY

Rev. Kelly Isola





The Unity spiritual movement began as a result of healing, when cofounder Myrtle Fillmore learned and explored spiritual practices to bring her life into a pattern of health and well-being.

Born in 1845, Myrtle spent a good part of her childhood and well into her early forties being “sickly,” as she calls it. She says in one letter, “I had all the ills of mind and body that I could bear.”

Some of the ills she describes are tubercular lungs, frail muscles, indigestion, hemorrhoids, ulcers, sleeplessness, anemia, and weakness throughout her body. Her father’s family had similar illnesses, so it was impressed upon her that her frail condition was simply inherited.

While her clinical diagnosis was never verified, many diseases in the mid- to late-19th century were labeled “tuberculosis.” She describes herself as “an emaciated woman” upon whom family and doctors had placed the stamp of illness.

In 1886, at the urging of some friends, she attended a lecture by metaphysician Dr. E.B. Weeks and discovered the power of healing through affirmation. What she heard at the lecture was: *I am a child of God, and therefore I do not inherit sickness.*

She realized she no longer needed to accept the beliefs or physical ailments her family had placed upon her. Instead, she could focus on the belief that because humanity is inherently good and endowed with God qualities, we inherit only goodness. Today we might translate this awakening as: “I am not the sum total of my story. I am not my family’s history.”

She learned to talk to the cells of her body with words of power and strength. She adopted a disciplined practice of prayer and meditation, careful not to become frustrated or discouraged at the slowness with which her organs woke up to new beliefs and feelings of vitality, life, and peace.

She would spend the rest of her life on this journey, not only for herself but for anyone who asked for prayer. She discovered along the way that we don't live, or heal, alone. As we heal, we become messengers of hope for everyone in our lives. When you read her letters and lessons, you learn that imparting hope to others isn't about cheering them on but rather encouraging the heart, inspiring the mind, and healing the wounds we all suffer along the way.

Although her physical healing certainly warrants attention, it's important not to lose the bigger picture—the emotional and mental healing that occurs and even precipitates physical healing.

Myrtle practiced forgiveness diligently—forgiving herself for the messages of judgment, condemnation, and disease she had sent to her body. While we see the physical results of the healing, we are restored by the mental and emotional healing that comes from forgiveness, allowing the body to wake up to health and wholeness.

She writes, “Thought is understood to prove itself in words and spoken language. Feeling may be said to prove itself in sensation in the body.” Now, 100 years after she wrote that, we are diving deeper into noticing the words we speak and feelings we have. We are using those as barometers for expanded self-awareness and





clues to where the focus and direction of our healing may lie.

Myrtle was disciplined. I know for some that word is not appealing; many of us may hear “discipline” as though it’s punishment. However, Myrtle is quite clear in most everything she writes that, just as mathematics has equations and solutions, there is a method to solving what she called “the great problem of life.” You must adopt behaviors you practice consistently that will change your thoughts of inadequacy, resentment, or fear to thoughts of Truth principles. She says, “Persistency in Truth brings healing.”

In being disciplined in her practice, Myrtle wasn’t necessarily focused on the results but rather the shift in consciousness that would make results abiding. As long as we are wedded to results, we’ll take on a smaller field of vision, as well as smaller tasks that narrow the possibility of growing more fully into our own potential, of expressing more of our inherent goodness.

Myrtle wrote poetry, prose, and hymns—a creative endeavor that flows from the heart when one is in touch with her gifts and passions. You can see as time went on that Myrtle expressed more and more of her creative nature.

Her healing story demonstrates that in being wedded to the disciplined practice of Truth, we move beyond specific results and discover how we can be faithful to our gifts and passions. More important, we discover the ways we can engage those gifts to offer the world the best of who we are and have come here to be. This was Myrtle’s lasting legacy.




THE MANY FORMS OF HEALING

In reality, spiritual healing is the only kind of healing there is.

—Lowell Fillmore, *New Ways to Solve Old Problems*

The deepest sense of healing is the restoration of wholeness in our mind and heart, inner and outer selves. It goes beyond the curing of particular diseases to the establishment of a free flow of life and energy throughout a person's being.

—Foundations of Unity



HEALING VS. CURE: WHAT DOES IT MEAN TO 'GET WELL'?

Rev. Bill Englehart

Recently, I went to the store to buy a card for a friend who was ill. I looked at the plethora of options and realized that none used the terms *healing* or *cure*—they just said: “Get Well.”

What does it mean to “Get Well”? Is it synonymous with a cure? Is a cure the only path? What about healing?


For most of my life I didn’t see a distinction between the terms healing and cure. That is, until I walked with a congregant I’ll call “Jane” through the many stages of cancer that eventually led to her transition from this earthly plane.

I had been visiting Jane for several months as she worked hard to cure the disease. We had many discussions about her life’s joys and sadness. While a cure had been Jane’s focus, it became clear the inner anguish of being estranged from her daughter for many years without any reconciliation or healing was far more painful than the cancer symptoms she was experiencing. Physical symptoms can be treated with medication, but there is no medication for sorrow and regret.

Jane’s daughter was her only living relative. Because of their estrangement, she chose me to make medical decisions when or if she could no longer communicate. I made sure I knew Jane’s wishes when it came to the treatment protocol or denial of treatment. She and I were prepared on the physical level. The disease progressed, finally coming to the point where Jane was bedridden and in the care of hospice.

I reached out to her daughter more than once, leaving several messages about her mom’s condition, along with Jane’s desire for reconciliation of their relationship. Time was getting short. If Jane passed without this happening,





her transition would be filled with intense sorrow and regret. I did my best to comfort her, but I knew in these last days, it wasn't nearly the solace for her as healing the relationship with her daughter would be.

To our surprise and joy, when it got down to the wire before Jane's transition, her daughter showed up and they had time together. Reconciliation and healing were at hand. I know Jane felt incredible joy at this development even as her mortal life was coming to an end. In fact, as I reflect upon it now, healing the relationship was more important than the cure of the disease.

I can say with certainty that despite the toll on her body and ultimate cost of her physical life, Jane saw cancer as an unexpected blessing. A blessing because it finally brought her and her daughter together and healed their relationship. This healing allowed her to pass over with a full heart and a sense that the last undone thing was now accomplished. Jane made her transition soon after.

So what does it mean to "Get Well?" It may mean recovery or cure from some form of physical dis-ease. It may also mean that healing in our consciousness, our relationships, or any area of our lives is just as vital, if not more so.

I believe the body is a barometer of the mind. If we are in a state of anger, unforgiveness, fear, or anxiety, these can manifest as mental and emotional disease. Left untreated and unresolved, those conditions can easily manifest as physical disease—or call it dis-ease. Regardless of the form, healing in the earliest stages of dis-ease is the best cure for what ails us.

There is no need to wait until the end of our lives to heal what needs to be healed. The time for healing is now. Let us emphasize healing on the path to "Getting Well."

DEATH IS A HEALING TOO

Rev. Ric Schumacher

When a healing need arises for us or a loved one, we often reach out to prayer partners. They may be family members, close friends, our minister, the prayer circle at our local church, or we may call Silent Unity for prayer support. When a healing need becomes apparent, we immediately assemble a spiritual support team to affirm and call forth the healing power of God.

But what happens when the physical body dies? Where is the healing in death? Did God's healing power fail us?

God's healing power never fails us, but we might fail to recognize it in the process we call death. We fail to recognize that life and death are not opposites. Birth and death are opposites. Life is eternal, and we are living a part of our eternal lives here and now in these bodies. Birth and



death are but doorways through which we pass as part of our eternal lives.

As a minister, I have officiated countless funerals and memorial services, and I have heard the following words again and again. In fact, I have occasionally said them myself: “She isn’t suffering anymore,” or “He is free from pain now.” Even in the dark moments that accompany the death of a loved one, we instinctively know that God’s healing power always expresses itself as freedom from pain and the end of suffering. We know God’s healing power never fails us.

What then is death, and can it be considered healing?

Since we are spiritual beings, children of God, experiencing a part of our eternal lives here and now, our soul nature can never be lost any more than God can be lost. The experience we call death is simply the separation of a soul from a body. In death, we lay aside the garment of the flesh just as we lay aside a garment at the end of the day.


Healing is freedom from pain and suffering. Healing always occurs first in mind and heart, and sometimes manifests as a physical cure. In death, healing comes after the transformation of the individual’s mind and heart. Pain and suffering end, and there is a full release of the individual soul to experience new dimensions of the presence and power of God.

In this, there is always perfect healing.

WHEN THE PROBLEM IS IN YOUR MIND

Rev. John Beerman





Healing affirmations often work well on physical conditions. Charles and Myrtle Fillmore, the Unity founders, both used words of Truth to heal their various ailments, invoking the power of mind over body.

But what about mental or emotional disease? How do you use your mind to assist in healing—by affirming, feeling, and believing in a cure—when the problem is what’s in your mind?

It’s a conundrum. I have experienced a lifetime of symptoms stemming from depression and a mood disorder. They sometimes manifest as an inability to engage fully with others and enjoy the benefits of a Spirit-filled life, like laughter, healthy self-esteem, and the boundless energy to cocreate with God.

I discovered Unity during my struggles with depression and found a little book in a Unity church bookstore called *Scientific Healing Affirmations* by Paramahansa Yogananda, an Indian yogi who lived about the same time as the Fillmores, and was instrumental in bringing Eastern spiritual teachings to the United States.

He wrote about how to use affirmations in a prescribed method, just as the Fillmores had successfully used them. I began to practice these simple healing affirmations every morning at a specific time and place in my home. Gradually, ever so gradually, I began to discover energy and a zeal for life.

Had I been set free from the prison of a disease that seemed so relentless and unapologetic? I learned that

when I stopped practicing these affirmations, the symptoms returned. Was I healed or not?

I began to view my low moods as a teacher. I would ask my low energy level or disinterest and discouragement, *What can you teach me this time?* Then I began to listen.

I started to see how the darkness contrasts with the light, how by remaining still, a low mood would pass, and the light would come out again. I began to see that in facing my low mood, it was not the dreaded disease I feared it might be.

I also sought out a spiritual counselor who helped me see that the healing I wanted would eventually come from within me. God loved me in my depression. It was not something I was doing wrong.

Today I don't pretend I am totally healed from depression. Rather I try to embrace all of me as a whole person, with my low moods at times and with all the other experiences as well. The truth is that my journey has included these symptoms, and healing for me means reframing how I see it.

This inspiring passage is from Paramahansa with my notations: "I am whole, I am healthy; in the temple of consciousness (my mind), there was the Light (God's Light). I saw it not, now I see, the (body) temple is light; the (body) temple is whole. I slept and dreamt that the temple broke, but Thou hast wakened me (from a state of fear and worry), I am whole, I am whole, I am whole."



The background is a complex collage. At the top, a network of thin white lines connects small dots, forming a web-like structure against a blue and purple gradient. Below this, there are large, organic, watercolor-like shapes in shades of blue, green, and pink. A prominent white silhouette of a tree with many branches is centered in the lower half. To the left, there is a vertical strip of yellow and green with a textured, almost wood-grain-like pattern.

A HEALING OF TWO HEARTS

Rev. Margo Ford

I broke my wrist that year. A couple of months after surgery, a cast, and many hours with a certified hand therapist, I regained full range of motion. Amazing how the body can heal! However, during that recovery period, I received a phone call that was, to say the least, unsettling.


The woman told me her name and a few moments later said, “His condition is really very serious, and he wants to see you.”

Although I had never met or spoken with her, she went on to say that if I could not drive due to my broken wrist, she would gladly make the two-hour trip to where I lived and take me to see him. Although taken back by the request, I was also moved by her kind gesture. I assured her I could drive, and we agreed upon a date for me to arrive.

The man who had requested to see me was her husband. Years earlier he had been my husband, and now he was preparing to die. It had been a very long time since our heart-wrenching divorce, and although I had since remarried and then been widowed, the memory of our parting those many years ago was still painful.

We had experienced many good years together, yet even long after the divorce, it was nearly impossible to recall happy times without images of the final days intervening to ruin those memories.

Preparing for the trip to fulfill his wish, I felt trepidation and uncertainty. How would I feel when I saw him, especially as I realized there would be evidence of his



impending death? How would I greet him? What would we say to each other? How would it feel with his current wife present? I almost decided to manufacture some excuse not to go.

Then, I was at their front door. As his gracious wife welcomed me, I saw him sitting on a chair in the living room. Had I encountered him on the street, I would not have recognized him. He was painfully thin, and he was obviously experiencing pain from the disease that ravaged his body. He rose and gingerly gave me a hug. "Please sit down," he urged.

What came next was clearly sincere and heartfelt. "For many years, I have carried guilt and sadness over the events that ultimately led to the demise of our marriage. In times when a memory of our life together came to mind, it was always followed by images of how it all ended. I needed to let you know that, and to ask your forgiveness."

I knew with absolute certainty that the presence of Spirit was speaking words through him to the presence of Spirit within me.

Then his wife gently spoke, assuring me she was grateful he could finally share these thoughts with me. I was deeply touched not only by his words, but also that she was so kind and accepting of his feelings and of me.

Twelve days later, I received her tearful call. He had made his transition. While he was not cured of his disease, I knew he had experienced a healing. Healing from the many years of guilt and regret.

He was not the only one who had been healed. I, too, was healed from the pain and sorrow I had carried for so long. The veil of resentment and unforgiveness had been lifted. I was at last able to remember with joy and loving feelings the many wonderful years we spent together. No longer were the thoughts of those times followed by images of the heartbreak that followed. His heart and mine had been healed.



THE POWER OF PRAYER IN HEALING

The healing you long for does not come as a result of frantic prayers. It comes naturally and easily, as you let the healing power of God flow in and through you.


—Martha Smock,
Listen, Beloved

The more we believe in the wisdom, power, substance, love, and life of the one mind, the greater is its activity in us and our affairs.

—Charles Fillmore,
Christian Healing

THE FAITH OF A CHILD AT ANY AGE

Rev. Michael Jamison



When my two children were young, they were well-known by my coworkers in the Silent Unity prayer ministry at Unity Village.

While on a vacation out of state, I took Kyra and Ben to a playground. My attention was divided between both children because Ben (age 4) was on a slide and Kyra (age 6) was on monkey bars.

Kyra called for me to watch what she could do, swinging from bar to bar, but I kept glancing from one child to the other, protectively. When at last Kyra saw my eyes were momentarily on hers, she made a leap for the first bar, looking steadily at me, not the bar. She missed.

Down she went, and the impact with the ground configured her left arm in the shape of an undeniably bad fracture.

After my daughter was secured on an emergency room gurney, I called my supervisor at Silent Unity, explained the situation, and asked that she pray for Kyra to have no pain. My supervisor told me she would ask Kyra's friends at Unity to join her in affirming no pain for my daughter. When I relayed the news to Kyra that her friends at Unity were praying for her to have no pain, she was tearfully glad to hear it.

The fracture was so bad that the local hospital refused to treat it. We were sent to the large and faraway regional hospital. There Kyra's arm was set in a cast, but we were told to go to our home physician as soon as possible to have the bone ends checked for slippage which, due

to the acute angle of the break, would likely occur. A prescription for pain medication was provided, which I dutifully filled.


Back home in Missouri, an X-ray showed the bone ends had indeed slipped. Further work on the arm set things right.

Throughout this ordeal for my little girl, the prescribed bottle of pain medicine was never opened because Kyra was never in pain. Why should she experience pain, since she knew her many friends were affirming she would have no pain? Even if this good result was the placebo effect—a result of childlike faith—it worked, for the same reason placebos do work: The patient has faith that they will.

Now, you might think, “Easy for her to have such faith; she was just a kid who did not know any better.” Ah, but she did know better, being Unity-raised. She knew her friends did not have some magical powers for healing others. She knew those powers were in everyone, for Spirit is within everyone. It was the awareness that many others who loved her were affirming she’d have no pain that strengthened her to do her own prayer work for the pain she initially thought she must experience.

This is a testimony to the power of united affirmative prayer. It is also clear evidence that Spirit can only do for us what Spirit can do through us. My daughter was open and receptive to the possibility of being pain-free, so she was pain-free. She had the faith of a child, yes, but an adult can have that faith as well.






For example, some adults dealing with the challenge of cancer set an intention to survive. They know that no matter how serious the condition, a percentage of cancer patients survive, and they vow to be in that percentage. Many may heal themselves and also set an example for others to follow, extending the blessing of affirmative prayer.

How do they stay positive while clearly knowing the severity of their medical condition? They do so by turning and becoming as a child, as Jesus suggested we all do to receive spiritual empowerment. (“Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it”—Luke 18:17.)

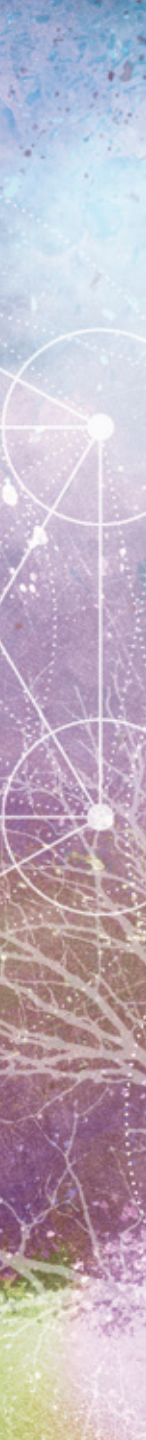
Becoming childlike in this way is not to be confused with becoming childish. To be childish is to be willful, whereas to be childlike is to be willing.

When our spiritual power of will is applied as a trusting willingness to heal, our faith and our immune system receive a boost.



HOW DO WE PRAY FOR HEALING?

Rev. Linda Martella-Whitsett



Healing is a natural phenomenon. Except in rare cases, we have all experienced it. When we suffer the slightest injury, such as a paper cut to our finger, healing begins before we can even feel the sting. Blood platelets gather at the site and form a clot to stop the bleeding. The immune system directs specialized cells to search for and gobble up infection. A protective scab forms. These and many other autonomic processes occur without the need for conscious direction from us.

Healing is also natural when we experience mental, emotional, or spiritual suffering. Every worrisome pattern of thought is eventually resolved, as every condition is a temporary occurrence that has come to pass. Innate strengths and capacities arise to meet the need.

To *heal* is to restore, to resolve, to realize; essentially, to heal is to return to health. The meaning of *health*, usually defined as freedom from illness or injury, is wholeness (completeness) and well-being in every aspect of life. Health includes our bodies, minds, emotions, and spiritual concerns.

Although we have plenty of evidence that would lead us to feel at ease as we heal from any condition, we, too, often plead for healing. Understandably, an injury or illness seems never-ending when we are in the midst of it, and worrisome thoughts may multiply as time goes by. We may find ourselves reverting to long-practiced prayers of pleading: “Please, God, heal me”—as if we believe in a God that could withhold the natural power of healing.

We pray for health when we feel in any way unhealthy. We believe our prayer has been answered when all parts are working again, and when they are not, we imagine our prayer has remained unanswered—or we haven't prayed correctly, or enough. We know better than to conceive of God as a person-like figure who chooses when to heal and when not to heal. How, then, shall we pray when we feel worried?

Prayer, simply put, is turning our minds to what is most true. When our minds are swimming in confusion, alternately hopeful and worried, prayer can cut through the confusion to assert mental order. Prayer leads to spiritual realization, which leads to calm, confident thought and action.

Unity cofounder Charles Fillmore taught that a spiritual realization of health results from holding in mind a statement of health that satisfies the mind and reassures us of fulfillment. It is often called affirmative prayer.


How, in prayer, can we realize what is most true? What is the truth of health? Here are some statements of health that we may dwell upon in prayer:

God is health, the state of well-being that is natural to me regardless of my circumstances.

God is wholeness; therefore, I AM whole and complete in every moment.

God is Life, an ever-flowing vitality independent of changing conditions. God is the Life I AM.

My every thought of God-Life builds strength, vigor, and power.



Divine life is my life. Wholeness is my nature and well-being is my natural state of being.

A simple pattern for affirmative prayer begins with receptivity and openhearted willingness.

1. At a time and in an environment of calm focus, recite a Truth statement, perhaps one of the above.
2. Then reflect on its meaning, seeking to understand it as a truth that would alter the way you think and act. You might choose to write your reflections in a journal.
3. Afterward, sit in a state of meditation for a few moments, frequently referred to in Unity as “the Silence.” In meditation, the power of the truth may take hold in ways that logic alone cannot accomplish.
4. Returning to conscious thought, consider what actions you might take to live in realization of this truth.
5. When complete, express appreciation.

A sure sign of an effective prayer for healing is this: We go on with life. In other words, once we realize the truth of innate wholeness and well-being, we cease to worry over shifting conditions. A setback here or a new symptom there cannot shake us because we are anchored in the truth that leads us to live well today.

CREATE YOUR OWN HEALTH

You will have perfect balance of all the natural healing functions of your body if your mind is stayed on God in a consciousness of love, faith, and peace.

—Connie Fillmore,
The Unity Guide to Healing

All healing systems recognize joy as a beneficent factor in the restoration of health.

—Charles Fillmore,
Jesus Christ Heals



AFFIRMING YOUR WAY TO HEALTH

Rev. Ken Daigle



Affirmations are one of the most powerful medicines you can employ.

What are affirmations? Affirmations are concise, positive statements of a new future unfolding in your life.


Affirmations are the tool used by millions of people—from professional athletes to school-aged children—to transform their lives.

When you clear out an old habit or change a behavior, affirmations help to ensure the vacuum you have created is filled with the new things you desire, rather than more of the old patterns you have just cleared out. When you create affirmations that are positive, present tense, and grounded in truth, you cannot fail.

These four simple tips have always helped me create affirmations:

- ❖ **I Am.** *I Am* is one of the most powerful statements to focus your beliefs and funnel the power of the Universe on your behalf. The words that follow *I Am* are going to be seared into your consciousness and help you manifest in kind. *I am strong and resilient.*
- ❖ **Positive.** *I am vibrant. I am healthy and whole. I am beautiful and balanced.* We sometimes do not even see how our negative thoughts are embedded in our lives. Be careful if you find yourself affirming: “I don’t let things get me down; I overcome adversity.” You might be subconsciously affirming struggle.
- ❖ **Present Tense.** Set your affirmations in the here and now. *Vibrant health is mine now. I appreciate and honor my body.* Be careful of verbs that limit or postpone your good. For example, “I will lose





weight,” or “Next year I will be healed.” That small word can keep your good away from you for it always will be and never is. Words have power, so be clear. For example, “I am getting better.” While this may be true, it can keep your wholeness at bay.

❖ **Grounded in Truth.** While your affirmations should challenge your entrenched beliefs, affirming what you believe to be false does not work. However, all you need is a tiny bit of faith for your affirmation to be powerful and transformative. Find some small part of you that knows the higher truth of your being and affirm that. What I am asking you to do is to shift your perspective to affirm the glass as half full instead of half empty. As Rev. Paul Hasselbeck says, “Faith it ’til you make it!”

For example, you can state, *I am healthy* and believe it because you know you are living a vibrant, active life, and the diagnosis you might have received does not limit your good. Are you in perfect health according to some medical standard? No, but by affirming *I am healthy*, you can open yourself to the areas where your body is thriving and open yourself to a state of appreciation and gratitude that allows your health to expand.

Claim your good right now by using the power of affirmations in writing. I know that one of the ways for me to remember something, to commit it to memory, is to write it down. I have often written out my affirmations longhand, over and over again, like the good Catholic schoolboy that I was and am.

Claim your good right now by changing the words

you speak. Words have power! Yet we use them so indiscriminately. “I am tired; I am worn out; I don’t have enough energy” are affirmations of the negative. Imagine what you could create by turning these spoken words around: “I am recharging; I am primed and ready; I have the perfect amount of energy.”

These alternative ways of using the power of your words may seem awkward at first, but experiment and find ways to make them your own, and you will experience the power within you to create health.

Step by step, affirmation after affirmation, we open ourselves to the power of God in our lives. “God is my health!” is an affirmation from *The Prayer of Faith* by Hannah More Kohaus that never fails.

God is my health, I can’t be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.



CARING FOR YOUR BODY TEMPLE

Rev. Bronte Colbert

Flying home after Christmas, I overheard a conversation from the seat behind me. A woman was explaining pressure and release points to a man next to her while she gently tapped on his back. Not the usual airplane conversation! She may have been a healer/energy worker for she mentioned ways that might help his back issues. She finished with, “We must take care of our bodies.”

It's easy to take our well-being for granted when we're feeling healthy. We breathe automatically; our hearts beat without effort. However, when we experience a broken bone, the appearance of a cold or flu, an unhappy test result or diagnosis, we suddenly are very aware of our bodies. We rest, we pray, we seek ways to feel better.

What if we pay more attention to our bodies—perhaps every day? What if we consciously love and take care of them? What if we see ourselves as a “body temple”—an intricate and amazing vessel that carries our spirit in this world? I believe that our focused consciousness supports health and healing.

You might already love the physical part of you and find it to be beautiful, vibrant, and strong. But perhaps we all can use some reminders on how to appreciate and nurture our body temples.

Here are some things to try:


When you wake and greet the morning, greet your body—even give it a hug. While you’re still lying on your back in bed, do simple stretches. Take a few moments to scan your body, giving thanks for each system, every cell. Affirm: *Thank you, God, for another day in this body temple!*

While washing and if you’re able, look into your eyes in the mirror. Notice the color and intricate patterns of the iris, the depths of your pupils. Say “I love you” followed by your name. Or close your eyes and explore the contours of your face with your fingertips.

Appreciate your unique physical shape. You are beautiful and “wonderfully made.” Notice your clothing—the textures, hues, support, comfort of the fabrics.

Praise and bless your food. Send love to every person who helped create it. Bless the water, tea, or coffee you drink. Bless your vitamins, supplements, and any medications you take.

Give yourself quiet times of contemplation, prayer, meditation. Inhale peace.



Listen to your body: the wisdom of your gut, the creative imaginings of your mind, the loving-kindness of your heart, the intuition you receive from Spirit. Ask your body what it needs or would like. It might ask for rest, more water, fresh air, certain vegetables, yoga stretches. If you hear “I’d like a box of cookies,” that might not be your body talking!

Consider spending a day focusing on your senses: touch, sight, sound, smell, taste. What is it like being “the hands of God” in this world? Where do you “see” the Divine? What sounds make your heart sing?

Choose and use affirmations that resonate with you, such as *I am beautiful!* or *I am vitally healthy.* Or from Florence Scovel Shinn, *Divine love floods my consciousness with health, and every cell in my body is filled with light.*

Remember who you are: a body temple. If you forget, repeat these words from Unity author H. Emilie Cady: “I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick or hurt or afraid. I manifest my real self through this body now.” It’s also a powerful blessing when we are concerned about the health of others. “You are Spirit, perfect, holy, harmonious ...”

Consciously love your body. Praise, celebrate, nurture it. Know your magnificence, strength, energy, intuitive wisdom, and divine well-being. Feel yourself aligned with the positive flow of the Universe. Allow it. You are a body temple. You are wonderfully made.

HOW MAY WE SERVE YOU?

Through prayer, publishing, and events, Unity is always here to support you in expressing your divine potential for a healthy, prosperous, and meaningful life:

PRAYER SUPPORT

Call Silent Unity® at 816-969-2000 for personal prayer anytime, day or night, or visit silentunity.org to submit your prayer request online.

INSPIRATIONAL PUBLICATIONS

Call 816-969-2069, Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit unity.org.

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- *Unity Magazine*®
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- CDs and DVDs

UNITY RETREATS AND EVENTS

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ONLINE RESOURCES

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- Spiritual programming 24/7 at unityonlineradio.org.
- *Daily Word* messages and related content at dailyword.com.

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—Your Friends in Unity



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Printed U.S.A.