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Dear Friend,

Every year, Unity chooses an annual theme to set an intention for the year and to act as a guide throughout. The theme reminds us who we want to be and where we want to go. It's also a way to join consciousness in a common goal.

Our 2018 theme is "Courage to Imagine ..."

What are you brave enough to imagine for your life? For our world?

What can you imagine in terms of prosperity, health, or love? Does it take courage to imagine peace? To imagine joy?

Imagination is one of the divine attributes born in each of us. We want to share with you what we've learned, and we hope this booklet stirs your courage and confidence to create anything you can imagine for your world.

In addition to articles by Unity leaders, we've mined the *Daily Word* archives for words of wisdom throughout the decades, including selections from its inaugural year in 1924. You will also find prayers from Silent Unity on each topic. Some of the language from years ago might sound dated or masculine in tone. You'll also see different translations of the Bible quoted and even different ways of understanding God. But the challenge of each message remains as powerful as when it first appeared.

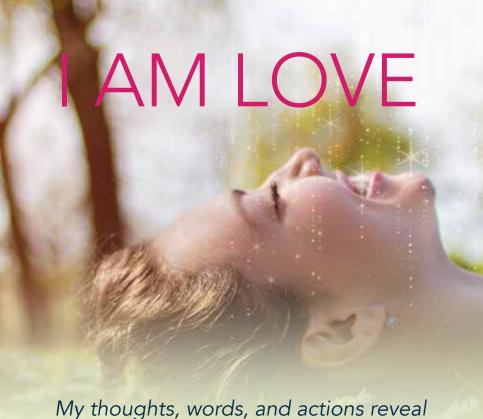
If you would like more on each topic contained within the "Courage to Imagine" theme—podcasts, videos, even graphics to share on social media—visit *unity.org/resources/courage-to-imagine*.

Blessings on your courageous journey,









My thoughts, words, and actions reveal my loving nature.

By Toni Cardarella

Love is easy and easygoing in the way that it unfolds in each of us. Love is yours and mine to feel and give, as it is centered in our very nature.

But that belief—love is a universal power—can be obscured by all the attention given to romantic love (think Valentine's Day) or the oft-complicated love we've grown to accept in our relationships with family and friends.

Instead, we can focus on the *power* of love.



Find ways you can draw from the source of love in thoughts, words, and actions every day, and let love's light and harmony shine.

Unity cofounder Charles Fillmore said of the power of love: "It insists that all is good, and by refusing to see anything but good, it causes that quality finally to appear uppermost in itself and in all things."

Here are a few ways to reveal the power of your loving heart:

Thoughts: To *think love* is not easy. You must *think good* of all people and things as you approach your daily situations, even when people and things are not showing their good side.

Think love when someone cuts you off in traffic. If you find

yourself stewing over a remark from a coworker or a disagreement with your partner, think the best of that person. Redirect your thoughts, and you'll access the harmonizing power of love.

Words: Speak love by affirming the divine love you hold within, whether aloud with others or in the quiet of your spiritual practice. Then speak with love to others. Let the joy of love flow through your words. Tell people you love them. Speak love with words of appreciation to those you appreciate.

Use your words to express harmony in situations that are less than positive. Think good and let the joy of love flow through words of kindness or a positive tone.

Actions: The purest action of love is living true to yourself. Acts of kindness will reveal the love you are, as will acts of giving, whether you're giving time or money.

Be mindful of actions toward yourself. Treat your body with care. Let it feel your love when you admire its beauty and tend to the essentials of your physical well-being—sleep, nutrition, personal care, and health.

You can also *act love* with meditation or other spiritual practices. Unity pioneer Rev. Eric Butterworth referred to meditation as an awareness that takes place in the heart.

"It is essentially an experience in and of love," Butterworth said. "It is an awakening and unfolding of our true nature by love. Just as a flower unfolds in the rays of the sun, so the heart center opens through daily meditation and the practice of the presence of divine love."

Love is our true nature. So let your love flow and reveal its remarkable, amazing, and spectacular power in your thoughts, words, and actions.

LOVE

God's love flows freely through my heart, and my life is blessed with satisfying good.

Trying to measure the boundless, limitless nature of God's great love is like asking someone, "How high is up?" However, the expression you give daily to this infinite love is quite another matter.

To allow a free flow of love from your heart into life is the secret of rich and full and satisfying living. Every thought or gesture of love, appreciation, and helpfulness brings rich returns. Looking at life through love-filled eyes that shine with inner vision enables you to see yourself and others in a true light. In a very real sense love is blind, for divine love is blind to limitations, weakness, lack, bitterness, fear, unforgiveness, and anything unlike its real nature.

The constancy of divine love brings freedom from worry and fear and provides a marvelous foundation for poise and peace of mind.

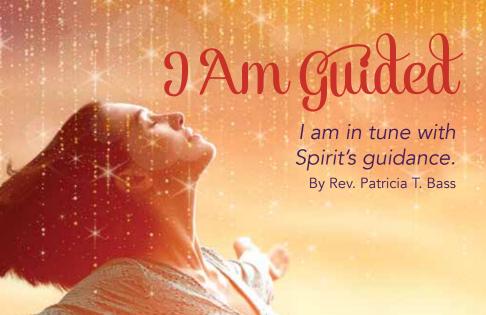
Therefore be imitators of God ... and live in love.

—Ephesians 5:1, 2



Love: A Prayer

I am an expression of God's infinite love, and I recognize the divinity in each person. The love of God radiates through me to others, establishing joy, harmony, acceptance, and peace in my life. The power of the living Christ presence lifts my thoughts and opens my heart. I grow in understanding as the Christ light of love shines within me.



I'm not asking for much. All I want is a little guidance. A burning bush would be nice. A few words written in the sky. Some days, I'd even settle for a particularly relevant fortune cookie. Please, God, just give me clarity in the midst of my confusion.

But alas, I've yet to discover a message emblazoned on the horizon, I've never seen a burning bush, and my most recent fortune cookie instructed me to learn Chinese.

The truth is we live in Spirit's wisdom. Like the fish in search of water, we are swimming in wisdom all the time but just don't see it. Guidance is not something for which we have to grasp. It is something to which we attune.

Be Willing to Ask

Attuning to Spirit's guidance starts with asking. I confess that sometimes I forget the obvious. When I am struggling with a puzzling situation, occasionally a trusted friend will say, "Have

you prayed about it?" Truth be told, I often haven't. Asking for Spirit's guidance is important because it is a statement of faith. It immediately declares our sincere intention to hear Spirit, and it sets us up to listen.

Be Willing to Be Still

Listening is the next step. We live in a fast-moving, multitasking world. In her book *The Seven Whispers* (New World Library, 2003), Christina Baldwin says we need to slow down and move at the "pace of guidance."

Speed is some guy running through the airport shouting into a cell phone. Pace is going around the block with a 3-year-old and noticing everything the child is noticing. When we move at pace, we have time to question and time to listen for answers before moving on. When we move at the pace of guidance, it occurs to us to wonder what plans the Divine might have for us, in the midst of the plans we have for ourselves.

Baldwin says speed tends to cancel out our guidance and keeps us out of touch with Spirit.

The best way to move at the pace of guidance is to maintain a regular meditation practice. Meditation teaches us to listen, hones our awareness of our inner wisdom, and inspires us to see Spirit everywhere.

Be Willing to Be Present

Perhaps the most important action we can take is to be present and aware. In his book *One Minute Wisdom* (Doubleday, 1985), Anthony de Mello tells a story of a student who asked his spiritual master, "Where shall I look for enlightenment?" The master responded simply, "Here."

The student was not satisfied and asked the master what he should look for and how exactly he should look. The master told him just to look at anything and look in the ordinary way. The frustrated student asked, "But don't I always look in the ordinary way?" The master said, "No ... because to look you must be here. You're mostly somewhere else."

We really do live in a field of infinite intelligence, and it is not hiding itself from us. It's up to us to *decide* to be present. Right here in this moment is where the guidance is. To notice the metaphorical burning bush, we must be as observant as a 3-year-old, or we will walk right past it.

Be Willing to Be Open

Finally, attuning to Spirit's wisdom requires us to be open—open to the timing and open to the guidance. The answer we receive may not be one we've ever considered. I vividly recall the night I prayed fervently to know the next step on my career path. Boy, was I surprised when I awoke the next morning to the guidance that I was to become a Unity minister. It was not something I'd ever dreamed of, nor was it something I wanted. Nevertheless, the inner knowing was irrefutable.

Guidance comes in many forms. It can be a feather on the path. A book falling from the shelf. A profound inner knowing. A persistent idea. We cannot predict the form, the timing, or the content, but we can set a clear intention to stay open, awake, and attuned. The message will come in the perfect way and at the perfect time as long as we remain open.

The Courage to Imagine

Seeking guidance is an act of courage and faith. So let's take this moment to imagine and affirm some of the truths we know:

- We are immersed in a field of infinite wisdom.
- All the wisdom we need is already within us.
- Each of our cells is alive with divine intelligence.
- We can ask anything of this wisdom and we will be guided.
- No question is too large and no situation too complex.
- We are in tune with Spirit's guidance. Right here. Right now.

GUIDANCE

The wisdom of divine mind in me guides and directs me.

"Mind is that quality of Being that knows. It is sure knowing, and he who cultivates it becomes so filled with understanding that he intuitively perceives the right of every question or proposition submitted to him."

—Christian Healing by Charles Fillmore

To know the Truth of Jesus Christ is to be so in tune with the Infinite that one always perceives the truth about every situation. There is always but one direct road, one correct answer.

Teach me thy way, O Jehovah; and lead me in a plain path. -Psalm 86:11

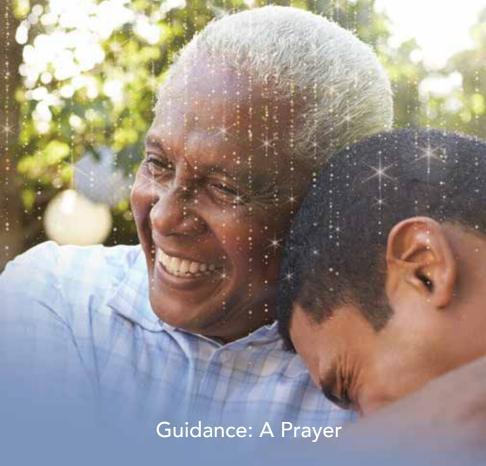
Many people do not listen for the voice of God before taking a step, and, consequently, are brought oftentimes into confusion. They often try then to console themselves by saying: "This must be God's

will for me, and I will look for the lesson." The lesson could quite easily be learned before the disaster—that there is but one way, one will of God. If one does not see this way and know the will of God, it does not follow that what he brings into his life through ignorance is God's will or has a God-given lesson for him.

Cultivate the disposition to bring Truth to bear upon every situation and upon every question. Make a practical use of your intuitional and your spiritual faculties.



In all thy ways acknowledge him, and he will direct thy paths. -Proverbs 3:6



I now let go of my human understanding and allow the wisdom of the living Christ presence within to guide me. As I turn my thoughts toward God, limitations dissolve. New depths of spiritual understanding unfold in my mind, and divine solutions set my world in order. I now move forward with confidence and strength, knowing God's guidance blesses all of my thoughts, words, and actions.

9 Am Blessed

I am blessed beyond measure.

By Rev. Kelly Isola

Say these words out loud: I am blessed.

Now say them again with a pause in between each word. I. Am. Blessed.

Now one more time with a longer pause and with your most powerful voice: I ... Am ... Blessed!

Even as I write the words, a smile emerges slowly across my face, my breathing slows, and my shoulders drop. Just saying these words activates my imagination of the blessings already in my life, knowing many are not yet in my present awareness.

The root of the word *bless* means "to consecrate, to make something holy." Interestingly, the word shares its origins with the word *blood*. To understand *blessing* is to know it as an invisible, cosmic bloodstream pulsating through the universe.

A blessing is life-giving; it is life itself. The great Jewish sage Abraham Heschel said, "Just to be is a blessing. Just to live is holy."

What does it mean to be blessed beyond measure? It means to bless what already is, simply for being. Whatever it is, bless it because it exists—there is no other reason needed. Then we must follow up by passing along our blessings. Blessings are life-giving but only if we pass them on. This is how we are blessed beyond measure.

There is a pattern inherent in being blessed and being a blessing. We first express delight when we realize we are blessed by something, just allowing it to be. Then we give thanks for that realization. Finally, we become the blessing—the life of God—by passing the blessing along. Then we repeat this pattern, over and over, beyond measure.

The Benedictine monk Brother David Steindl-Rast says, "Where blessing flows in and passes on, everything comes alive; where it flows only in and stops, it stagnates ... Repetition is the way time mirrors the eternal now."

At times life is hard, we struggle and we might see what exists in front of us as fraught with pain, anger, death, fear, violence, loneliness, overwhelm, or powerlessness. We may ask ourselves how this can possibly be a blessing.

There are times when we are challenged, when life stands still or seems too dark to find our way out. Experiences and difficulties with people can make us truly wonder how we are being blessed, when all we can feel is our sense of inadequacy or unworthiness. Our sense of belonging, of being loved and lovable, seems to disappear into thin air.

These are the times I bring my full attention to the present moment, remembering I am already full of life.

Whether I am walking firmly with great determination or I am

unsteady and unsure like a toddler—and every stage in between—I remember that cosmic bloodstream, that life-giving principle I call God, is everywhere present. I can feel grounded in knowing I am eternally rooted in this principle, walking my journey one day at a time.

When I claim this, I can see the challenges in my life are stretching the boundaries of my heart, urging me to grow in the midst of discomfort and to know I am expanding my wisdom and compassion. When I can feel the delight in seeing this blessing, I then must allow it to flow onward to another. I remember the gift

of being blessed, and then become the blessing.

I remember the gift of being blessed, and then become the blessing.

Since blessings are the life I see within all that exists, I simply cannot count them all because they aren't actually things to be numbered. Rather, I become aware that I am using that principle I call God—that

one life, one love, one power, one joy, one health, one wisdom, one substance—to imagine and create a patchwork quilt of blessings. This is a tapestry of immeasurable peace and joy that sharpens my view for this never-ending gift I call life.

Unity cofounder Myrtle Fillmore said, "Every individual has to live his own life and draw for himself upon the life, substance, health, and strength that are waiting to be brought forth. No one can eat another's food for him, or breathe for him; neither can one person express the indwelling life and health for another. Each one of us must draw upon the source of these things for himself. Blessed are we when we recognize that this is the way of receiving, and do it."

May you grow ever more blessed and be ever more a blessing.

RICH IDEAS

Identifying myself with God, I receive rich ideas which bring abundant good to me.

Your blessings do not come from any force outside yourself, but from divine mind, which inspires you with creative ideas to use and put into operation. You are endowed with the power to bring every spiritual blessing into manifestation. Assert your power by claiming your good, and abundant blessings will come to you from every direction.

Have you ever thought others were more favored than you? This is a limiting thought of the personal consciousness. In Truth, God is no respecter of persons but blesses all alike. God Himself is the fulfillment of every need and desire. If you feel a sense of emptiness or lack in your life, realize that you are constantly immersed in God's omnipresent rich substance, that all is yours now!

Not for one moment can you be separated from God and His blessings. Wherever you are, whatever you have to do, his blessing is upon you.

Consecrate yourselves today to Jehovah ... that he may bestow upon you a blessing this day.

—Exodus 32:29



Presence: A Prayer

I allow God's loving presence to fill every area of my life, and I am blessed with health, happiness, and success. I trust the divine presence within to guide, prosper, strengthen, and bless my life in all ways. This presence and power brings forth order, harmony, peace, and prosperity. I am patient, poised, and positive as my blessings come to me.

2 Am Inspired

I am inspired to do all that is mine to do.

By Rev. Mark Fuss

According to the Merriam-Webster Dictionary, to inspire someone is "to exert an animating, enlivening, or exalting influence on" them. The origin of the word is found in the Latin inspirare, meaning to "breathe into."

As I read this, my mind went to the people and the ideas that have inspired me. They breathed into who I am—what I think and believe about myself and the world around me.

Dr. Robert Fish, my teacher and friend, is one person who enlivened and inspired me. Fish, as he was affectionately known to his students, taught Homiletics, Storytelling, Reader's Theater, and other public speaking classes during my seminary experience. Fish taught me to plumb the depths of my thoughts, feelings, and experiences to bring a story to life for myself and for an audience. He taught me to breathe into the idea that a story is conveying, to bring it to life. Fish was particularly skilled at the use of metaphor and story in sharing an inspiring idea.

One such inspiring idea and story for me is "Acornology." Jacob Needleman popularized this metaphor in his book *Lost Christianity* and named it "Acornology." It was retold by Cynthia Bourgeault in her book, *The Wisdom Way of Knowing*, where I first came across it. I hope it inspires you as well.

Acornology

Once upon a time, in a land not so far away, there was a kingdom of acorns, nestled at the foot of a grand old oak tree. Since the citizens of this kingdom were modern, fully Westernized acorns, they went about their life with a purposeful energy; and since they were midlife baby boomer acorns, they engaged in a lot of self-help courses. There were seminars called "Getting All You Can out of Your Shell" and "Who Would You Be Without Your Nutty Story?" There were woundedness and recovery groups for acorns who had been bruised in their fall from the tree. There were spas for oiling and polishing those shells and various acornopathic therapies to enhance longevity and well-being.

One day in the midst of this kingdom there suddenly appeared a knotty little stranger, apparently dropped out of the blue by a passing bird. He was capless and dirty, making an immediate negative impression on his fellow acorns. And to make things worse, crouched beneath the mighty oak tree, he stammered out a wild tale. Pointing up at the tree, he said, "We ... are ... that!"

Delusional thinking, obviously, the other acorns concluded, but they continued to engage him in conversation: "So tell us, how do we ... become that tree?" "Well," said he, pointing downward, "it has something to do with going into the ground ... and cracking open the shell."

"Insane!" they responded. "Totally morbid! Why then we wouldn't be acorns anymore."

We Are That!

I have shared this story countless times throughout the past decade and it never fails to animate, enliven, and inspire those who hear it. An acorn is a seed, and its nature and destiny is to become an oak tree. We, too, are seeds—our nature and destiny is to become!

The idea that "we are that"—the Divine in expression—is central to Unity teachings. We are not broken but blessed. Our thoughts, words, and actions are creative. When we can crack open and go into the ground of our being, a world of growth and possibility opens before us.

I invite you to consider:

- 1. Who inspires you?
- 2. What qualities/abilities do they demonstrate that animate or enliven you?
- 3. What do they call forth in you?
- 4. What key idea or creative thought inspires you to be the Divine in expression—to do all that is yours to do?

I am inspired to do all that is mine to do. And so it is.

INSPIRATION

I find inspiration in all things.

The luminous dance of the aurora borealis has inspired many artists. The Grand Canyon hints at the incredible vastness of life. The kaleidoscopic Great Barrier Reef can feel transcendent.

While unique, natural wonders invoke awe, when I am attentive, I find great inspiration in everyday things. While sitting in any office or room, I can marvel at the slant of light in a corner, the din of children playing outside, or the wonder of everyday technology.

My own existence is a magnificently crafted miracle. When I meditate on my heartbeat, I feel a profound sense of home. I recognize how magical life truly is when I look for and find inspiration.

Ever since the creation of the world his eternal power and divine nature ... have been understood and seen through the things he has made.

—Romans 1:20



Inspiration: A Prayer

In the stillness, I turn to the divine light within and become open and receptive to inspiring ideas for my life. In this awareness, I understand all that is mine to do, and follow through with ease, grace, and perfect timing. I go forward to abundant living, confident of God's love and wisdom within me.



9 Am Confident

I am bold and confident.
I live with divine audacity.

By Rev. Linda Martella-Whitsett

When my aging father was hospitalized after a stroke, I heard in his voice on the telephone that he felt scared. I felt scared too. My thoughts began leaping from stroke to death, from having my dad to losing him. Tears welled and my voice caught.

I paused. In the pause, I breathed into my power center at the throat. Immediately, I became aware of my dominant intention in that moment to support my dad rather than focus on my own experience. Withdrawing my attention from frightening thoughts, I redirected my attention to the power I have practiced, the power of self-mastery.

Self-mastery is an innate capacity to guide thoughts, words, and actions in integrity with the infinite self. Essentially, self-mastery is an aspect of spiritual power that can be cultivated. I become proficient at pivoting my awareness away from reactive thoughts and feelings, directing attention instead to responding with spiritual power in the moment.

I have heard it said, and have said to myself, "I cannot trust my own thoughts and feelings!" Can I recall times when my reaction in a moment of trouble only inflamed the situation? Haven't I regretted the words that flew out of my mouth when provoked, and the decisions I made out of spite? Don't I feel the dissonance between consuming worry over my loved ones' well-being while also subscribing to knowledge of their divine identity? Such entirely human reactions are the stuff of sitcoms and docudramas because we can all relate.

Here's the rub: The fact that it's common to strike first when we feel threatened or to lash out when we feel accosted doesn't make it a best practice. It's not spiritual, either, to hold our tongues in the face of injustice, to cower in the presence of bullies, or to presume our loved ones are *only human*.

How do we get good at declaring, "I am bold and confident. I live with divine audacity"?

Confidence relies upon knowledge of our true nature. It's bold, audacious, and in many disciplines considered blasphemous to profess belief in nonduality or oneness. To study and practice claiming our divine identity *is* to declare that our identity is divine and therefore we are not imprisoned in an *only human* sense of self.

Unity cofounder Charles Fillmore spoke of consciousness as pivotal, meaning we can choose whether to relate to life from a human or divine perspective. We can practice and get good at leading our lives from our divine or Christ consciousness.

Confidence is an effect of mastering each of our spiritual capacities. Choosing divine identity becomes a moment-by-moment practice as we study and then apply each of the Twelve Powers.

In Faith, confidence is inspired by a state of conviction and expectancy.

In *Imagination*, confidence grows when envisioning and embodying possibilities.

In *Understanding*, confidence thrives in spiritual realization.

In Will, confidence is born of commitment.

In Zeal, confidence is inspired by devotion.

In Power, confidence arises in self-mastery.

In Love, confidence comes from knowing oneness.

In Wisdom, confidence is fostered by intuition.

In *Strength*, confidence is cultivated by steadfast courage.

In *Order*, confidence grows as I get good at adjusting moment by moment.

In *Release*, confidence comes from erasing false beliefs.

In Life, confidence shows in my presence.

Confidence grows as we dare to imagine the difference our presence makes.

CONFIDENCE

I am a positive, fearless, faithful child of God, aware of his power working in all and through all to bring about the establishment of His kingdom on earth.

Each of us has the potential to be a tower of confidence and faith, a cheerful companion in whom others can find comfort and joy. This is the moment to begin—to begin to listen to what is said, to confidently and faithfully respond, to be strong in the face of weakness, harmonious in the midst of unrest, cheerful and pleasant in moments of depression.

We need but call on our constant indwelling companion, the Christ, for the right words to speak, the positive attitudes to maintain; then His power will speak and act through us. We will be strong, peaceful, joyful, and radiate these same qualities to others.

When we are lifted up in consciousness, we will lift others just by our faithful words and actions. We will know together that God's good is being established in the heavens and in the earth and in the minds and hearts of men everywhere.

And I, when I am lifted up from the earth, will draw all men to myself.

—John 12:32



Confidence: A Prayer

As I seek greater spiritual understanding and maturity, I embark on a journey of self-realization. My daily practice of prayer and meditation aligns me with the indwelling Spirit. Divine mind is my mind. My commitment, faith, and confidence increase as I gain insight and a deeper awareness of my divine nature. That spark of divinity ignites my desire to live more fully and courageously, to serve joyfully, and to succeed in all ways.

I Am Creative

Creativity is my natural state of being; I am immersed in endless possibilities.

By Elaine Meyer

During World War I, a brilliant Austrian piano virtuoso was wounded and his right arm amputated. His musical career seemed to be at an end.

Yet his creative spirit persevered, and Paul Wittgenstein spent many waking hours and resources devising new techniques that allowed him to play chords once thought impossible for a one-handed pianist. His call to find a greater way to express his creativity continues to bless and inspire pianists to this day.

As an artist in residence on an oncology floor, Colleen Darby helped patients find a creative outlet. One day, she exchanged an innocent pleasantry with a patient, stating that it was a beautiful day outside. The patient replied, "It always looks the same from here."

That exchange sparked Darby's creativity with the realization that "every patient deserves a room with a view." She went on to create LandEscapes—painting with a purpose to take otherwise cold and sterile hospital environments and create large, beautiful collages that combine natural images and words.

These are just two examples of people answering the call of Spirit to find an outlet for unhampered and unlimited creativity.

Creativity can be more than just music or art. It can also be about ingenuity in solving problems and inventive ways to help humanity. There are cures waiting to be discovered for all kinds of conditions. The spiritual, physical, and intellectual expressions of who we are has the potential to motivate and inspire others.

Seek and You Will Find

Creativity is our impetus to a journey of discovery, and it is our nature to seek out and fulfill that desire to express and be more. When we are seeking creative outlets, the Universe responds. As Unity ministers Mary-Alice and Richard Jafolla write: "As our awareness of the presence of God expands, prayer becomes the experience of being part of God, of centering ourselves directly in the creative flow of the universe, of perceiving things not with human eyes or human ears or human minds but from the divinity within us."

To tap in to your innate creativity, ask yourself: What brings me joy? Contentment? Fun?

The soul seeks the experience of raising itself to a spiritual level, where it can think and feel from its innate divinity.

Daily Practice

In the beginning of any creative process, there is a void. Moving from vague thoughts to focused ideas can seem challenging and leave us asking ourselves how to move past nothingness to an abundance of ideas.

"Creativity can become a habit," says creativity researcher Jonathan Plucker, Ph.D., a psychology professor at Indiana University. "Making it one helps you become more productive."

According to a study made by *Creativity Research Journal*, there are four areas of focus that enhance creativity: Capture your new ideas, seek out challenging tasks, broaden your knowledge, and surround yourself with interesting things and people.

When combined with spiritual practices, we awaken a greater consciousness of our divine power that provides an outlet for expression.

1. Imagine the possibilities.

In other words, "To set it right, see it right" by calling upon the power of imagination. Begin by affirming: Creativity is my natural state of being; I am immersed in endless possibilities.

2. Step forward in faith.

When we trust the energy within, we find strength to take action toward our goals.

3. Recognize the Divine.

Anything we wish to achieve, we can accomplish, because the energy of God is working through us.

Cultivating our creative process takes consistent and concentrated focus, and the rewards are unlimited. With each idea we act upon that comes into fruition, we become an expression of creative energy. There is no end to divine mind and the creativity we can express.

CREATIVE ENERGY

Divine energy finds creative expression through me.

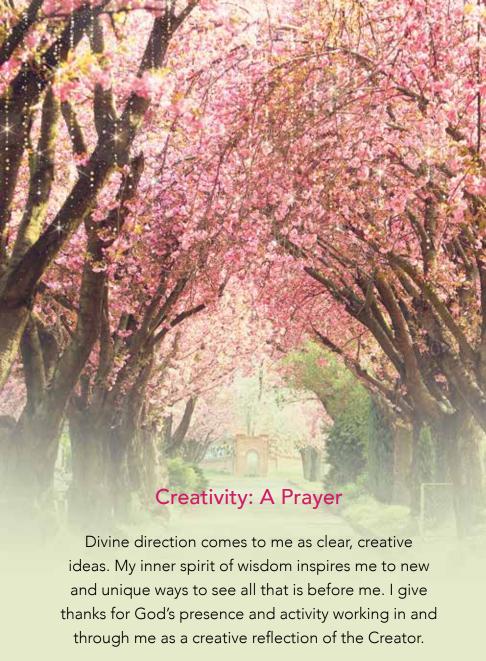
The energy of God is the fuel that excites me into action and empowers me to live boldly and with purpose. This energy finds expression through me as zeal and enthusiasm. My inflow of divine blessings surges forth as an outflow of creativity.

Energy keeps me mentally focused—able to accomplish and reach my goals. Anything I wish to achieve, from a small household chore to a lifelong dream, I can accomplish because the energy of God is working through me.

My creativity is intrinsic to me, and I can draw upon it at any time. When I trust the energy within, I find strength to take action toward my goals.

Divine energy finds creative expression through me.

I can do all things through him who strengthens me.
—Philippians 4:13



I Am Healthy

In each moment, miracles are taking place in my body.

By Lila Herrmann

What does it mean to be healthy? We usually think of the physical aspects of health first. A perfect body. The imagery that bombards us daily illustrates healthy as thin. As tanned. Flashing a blinding white smile. Tossing back thick, glossy hair. But this is merely marketing. Health isn't based in appearance, and it isn't limited to our physicality.

Myrtle Fillmore, cofounder of Unity, diagnosed with tuberculosis, was sickly as a child and young adult. Then from a New Thought lecture by E. B. Weeks, she came away with a life-changing affirmation: *I am a child of God, and therefore I do not inherit sickness*.

Myrtle knew this to be true and she was eventually healed. She said of the experience, "It was a change of mind from the old, carnal mind that believes in sickness to the Christ mind of life and permanent health. I applied spiritual laws effectively, blessing my body temple until it manifested the innate health of Spirit" (*Myrtle Fillmore's Healing Letters*, Unity Books).

Myrtle knew without question that prayer works. She also taught that there is more to the healing process than just prayer for physical recovery. Myrtle believed in daily practices for mind, body, and spirit: "Daily, declare that your *spiritual* life and world, your *mental* life and world and your *physical* life and world are unified and that you are expressing harmoniously the ideas of the Christ mind on these three planes." The practices Myrtle espoused for wellness still ring true today.

ATTITUDE MATTERS. In the January/February 2018 issue of *Unity Magazine*, columnist Dawson Church, Ph.D., wrote, "Your beliefs are powerful determinants of your health and well-being. That's not a metaphysical proposition; it's a scientific fact." Church noted the great volume of research that links beliefs to biology, showing that beliefs affect blood cells, stem cells, muscle cells, and hormones. "When you fill your mind with an image of a benevolent universe and your heart with compassion for all living things, you're doing more than basking in the majesty of creation. You're sending signals to your cells that make you healthier and happier," Church said.

Myrtle stressed not only the importance of faith and prayer but of being optimistic, of practicing positive thinking for positive results. "Prayer is an exercise to change our thought habits and our living habits. ... When some of our thought energy is expended in negative beliefs and feelings ... we get those old negative results."

TAKE CARE OF YOU. Myrtle embraced healthy living. She taught the importance of self-care and believed eating right, exercising regularly, and resting were key to a healthy body. "The body responds to changes of the mind; and when this is accompanied by truly wise living habits, the conformity to true ideas ... will renew it and make it every whit whole."

Health expert Susan Smith Jones, Ph.D., says, "Sometimes we just need gentle guidance and daily reminders about how to invite more vibrancy into our bodies and lives." She encourages a diet that is at least 50 percent fresh, raw foods each day along with getting plenty of sleep and staying hydrated for increased energy, restored vitality, and radiant health. And she recommends simplifying our lives. "You will increase your joy and zest for living ... it doesn't necessarily mean restricting activities, but it does mean 'uncluttering' ... Put your energy into activities you really care about and enjoy."

FAITH MATTERS TOO. Myrtle taught that God is inward: "Sometimes we pray to a God outside of ourselves. It is the God in the midst of us that frees and heals ... You need to think of God, the all-powerful Healer, as being already within you, in every part of your mind, heart, and body."

Myrtle's faith practice focused on prayer. Unity offers a five-step prayer process, a gentle guide to quiet the mind and turn inward.

- 1. RELAX: Close your eyes. Relax, breathe deeply, and let go of outer concerns.
- 2. CONCENTRATE: Quiet your mind. Begin to focus your thoughts on the spirit of God within you.
- 3. MEDITATE: With an open mind and a receptive heart, feel the peace of God's presence. "Be still, and know that I am God" (Psalm 46:10 RSV).
- 4. EMBRACE THE SILENCE: In the silence of your soul, know that you are one with God. Allow this realization to permeate your being.
- 5. GIVE THANKS.

There is no one right spiritual practice. Find what works for you. But keep in mind the admonition of May Rowland, director of Silent Unity for more than 50 years, who said, "Faith is never passive. Do not delude yourself, *get busy*."

THE LIGHT OF GOD

The light of God fills my body with perfect health.

"The Light celestial will illuminate the redeemed body in which God takes up an eternal habitation."

-Christian Healing by Charles Fillmore

Man's body is the embodiment of his thought. Those who believe in disease darken the body by the outpicturing of their adverse beliefs. Those who have spiritually discerned that the body is the temple of the Holy Spirit illumine it with glorious light.

We redeem the body from disease when we redeem it from adverse consciousness. When the belief in disease no longer exists in the consciousness, it no longer inhabits the body. Then the heavenly light will radiate from the very center of our being and transmute the body into a body heavenly and perfect.

Let the light of God so shine throughout your body that the millions of little physical cells will be cleared of all stagnation and darkness. Be no longer dual-minded, believing in disease and health. If you keep the eye of the mind single to the Truth, only health can exist for you.

The lamp of the body is thine eye; when thine eye is single, thy whole body also is full of light.

-Matthew 6:22

Healing: A Prayer

There is a light within each one of us, and that is the light of God. This healing light fills my being and restores me to my natural vitality. God's powerful healing presence touches every atom of my body and every part of my spirit. Radiant wholeness prevails because it is my birthright, and I claim it now.

9 Am the Light

I shine God's light in the world.

By Rev. Ed Townley

As I consider the power of light, I remember a cold, dark October night in a small town on Long Island—a town in which I was a visiting stranger. I still recall the feeling of roaming up and down the confusing streets, looking for a light.

My life to that point—especially the preceding decade—had largely been spent in a sort of dark fog, trying to make my life work on my own terms. I think we've all walked those dark streets, in one form or another, at some time in our lives. Those uncomfortable memories are what make our eventual discovery of Truth so much richer.

To make a long story short, I painfully hit bottom in that darkness, completely powerless over my addictions, my health, my entire life. With great fear—and no hope—I picked up a phone and made a call to a friendly voice who assured me all was not lost. There were others like me, and in fact there was a meeting that night not far from where I was staying. "You can walk there," he assured me, and told me to look for the light beside the door.

Well, I got lost—hence the roaming—but finally I spotted a door across the street with a welcoming light shining beside it, and I crossed to check it out. I followed the light. As it turns out, it was the right light, and the darkness within me began to subside, little by little.

The dark has subsided considerably since then, not just for me but for all of us, for our collective consciousness, and that's progress. That's a sign we are moving in the right direction, learning to use our Christ power to create the new kingdom one tentative choice at a time.

I know, I know! We're not there yet. Those "Welcome to the Kingdom" banners are still a bit premature. We all have much work still to do. But it's truer now than ever that the kingdom is at hand. It was once a vague concept in consciousness. Now it's a work in progress!

How can we adequately describe to others the experience of being that progress? Where are the words that can explain the joy of discovering that we ourselves are the light—the divine energy we've been seeking, the energy that allows us to make manifest an uplifted consciousness?

Jesus clearly faced the same challenge; he used many different images in his attempts to get the idea across to his diverse listeners. The kingdom is like a farmer sowing seeds of new possibility; it's

like a housewife whose joy is great in finding a lost coin; it's like a merchant who finds a pearl of great price (all from Matthew 13).

I think the image he uses most, however, is the image of *light*. He wanted his listeners—as he wants us today—to find and recognize the light that is our true expression.

"I am the light of the world," he said.
"Whoever follows me will never walk in darkness but will have the light of life" (John 8:12).

"You are the light of the world" (Matthew 5:14).

"The light shines in the darkness, and the darkness did not overcome it" (John 1:5).

Other writers, from Paul through Revelation, used the same image of light to describe the ineffable—the effect the teachings of Jesus Christ will have upon our life experiences. What they describe is not the opposite of darkness; it is a light that has no darkness. It is the light we truly are, shining as new possibilities, new choices.

It's not that in the light we are free from fear-based ideas, whether from collective consciousness or from our own sensory input. Rather, it's that we now know the light we are, so our choices become surer and easier.

It would seem Jesus Christ knew what he was doing when he chose to speak to us often of the light. We are the Christ, and in that Truth our kingdom lies, waiting to express through our clear, loving, and light-filled choices.

GUIDING LIGHT

The Christ abides in my heart as guiding light. I express myself wisely and confidently.

Divine light illumines my heart, my mind, and my body, for I have been created according to God's perfect pattern of life.

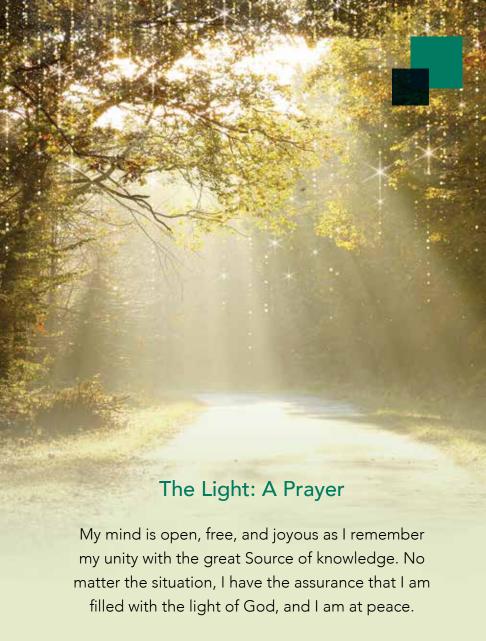
I walk in the light of truth. Light fills me, clarifying my thoughts and enhancing my understanding. The Christ light shines within me and through me, helping me spread light onto the paths of others.

As I knowingly carry divine light with me, I can radiate that light wherever I go. The Christ light radiating from me shines forth to others as healing illumination.

I give thanks for God's gift of guiding light, which directs me to right decisions. Uncertainty and doubt disappear as the Christ light brings new meaning and purpose to my life. The light of Christ shines through all perplexities, dissolves all difficulties, and nurtures my hungering soul.

Those who are wise shall shine like the brightness of the firmament.

—Daniel 12:3



9 Am Prosperous

I am prosperous, abundant, and fulfilled.

By Rev. Elise Cowan

When I think of prosperity, my mind automatically goes to thanksgiving for the people and things already in my life, and how blessed I am.

I haven't always felt prosperous. In fact, for many years I felt poor, so I was poor. Then I learned one of the spiritual principles taught in Unity: We create our experiences through our way of thinking.

Discovering this simple step didn't automatically cause me to start thinking positively. It was many years before I broke the habit of seeing lack and limitation in my life.



I needed courage to imagine I could do more and have more in my life. More friendships, more love, more peace and joy. I had to start by being thankful for the good that was already in my life. I had to learn how to know and claim the prosperity that flows in and through me in order to generate more prosperity.

This is how I do it:

Start by taking a deep breath. As you feel the air fill your lungs, give thanks that you are able to breathe easily and effortlessly.

Next, take a look around you and give thanks for the things in your life. Do you have a roof over your head? Give thanks for it.

Do you have food to eat? Give thanks for it. Do you have an automobile to drive? Give thanks for it every time you get in it. Give thanks for your friends and family, perhaps have a celebration of your relationships. Give thanks for the chair you sit in. For every little thing you have, notice it with a grateful heart and mind. Notice the beauty of nature around you. Gratitude is key!

When we give our attention to the things we are grateful for, we begin to notice more things to be grateful for. We create our life experience through our way of thinking. The magic is that whatever we give our attention to, we manifest more of.

For every little thing you have, notice it with a grateful heart and mind.

While you are doing this gratitude inventory, notice if there are things in your life that no longer serve you. Clean these things out of your life. This creates a vacuum that allows other things to come to you—it is the cycle of giving and receiving. Are there things you have that might serve someone else better? Give it to them. Tithe on your income to the places where you receive your spiritual nourishment. A healthy giving consciousness naturally draws more good into your life.

What would you like to have more of? Close your eyes and imagine what it smells like, what it tastes like, what it looks like, and what it feels like. Imagine it as if it were already yours.

If you are new to this type of thinking, you might want to start small. Would you like to have more happiness and joy in your life? Imagine what it would feel like to be happy and joyful. This small step works like magic because when you imagine that it is already yours, there it is! Would you like to be more

gentle and kind? Imagine what it would feel like to be gentle and kind. As you do these exercises, the power of the universe is put into motion, bringing whatever you can imagine into your life.

It is important to be very clear when you imagine what you want to manifest in your life. For example, if you imagine a new pair of shoes, be sure to imagine they fit well and are comfortable. Maybe you want a better job. What are you doing in the new job? Do you want better pay? What would you do with the extra money? Have the courage to imagine your highest and best in the world. Have the courage to imagine a deeper connection to Spirit. Anything you can imagine, you can manifest.

One final note: When you begin to draw greater prosperity to yourself, don't forget to be grateful.



PROSPERITY

God's bounty, like a living stream, floods my affairs with his supply and success.

Becoming prosperous is a matter of developing our spiritual aptitude for making use of prosperity ideas. We need to learn by putting ourselves in tune with the mind of God just what He would have us do in order to bring our prosperity into manifestation.

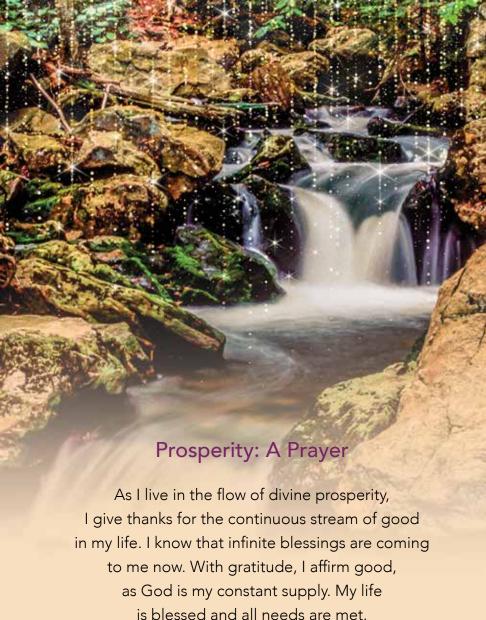
Prosperity consists of more than money alone. When we pray for prosperity we need to lift our thought above the need and open ourselves to the bounty of God that, like a living stream, floods our affairs. Then whatever we need to become more prosperous will be revealed to us.

When we pray for prosperity we are really praying for ideas.

God's bounty flows into our affairs in the form of dynamic ideas that we are to lay hold of, accept for our use, and put to work. He provides the ideas; we supply the work and activity necessary to translate them into the supply and success that we are seeking.

I will demand of thee, and declare thou unto me.
—Job 42:4





9 Am Peace

In quiet times of prayer, I am filled with a sense of tranquility.

By Toni Cardarella

If it is up to each of us to be peace, how do we find it, amidst the chaos, real-life tragedies, predicaments, and pain in our families, neighborhoods, and world communities?

Our paths to peace are as individual as we are. Like a diet tailored to your health needs or the spiritual practices that bring you a sense of well-being, your window to peace, and its expression, is *yours* to discover.

For example, Unity Arts Ministry (*unityartsministry.org*) believes the path can be through creative expression. Engaging in your creative impulses, the ministry says, can lead you to your deepest nature and truest self. Free your imagination and let your peace express itself, whether writing a poem or beading a colorful bracelet to painting a landscape or making pottery. Or just grab some markers and enjoy a coloring book.

Here are other ways to explore and live the peace that is yours to bring to the world:

Pray: Find your inner spirit of harmony with prayer. Whether privately or aloud with others, express your sacred value for peace in the world through words of prayer. Join a community prayer vigil for peace, a prayer event at a center, church, or temple, or connect with Silent Unity to ask for prayer (unity.org/prayer).

Pause: Take a few moments each day—in the morning, at lunch, or before bed—to pause. Write or speak gratitude, or take a minute to enjoy the peace of a simple moment, like petting your cat or dog.

Radiate: Let peace radiate in your easygoing tone with others. Allow your infinite peace to show in your facial expressions and actions. Speak with a voice that resonates with kindness and encouragement. Your spirit of peace will be felt around you.

Meditate: Visualize your peaceful heart as you let go of all that surrounds you. Experience your sense of tranquility in the quietness, or experience your peace in a guided meditation. Try a meditation video by going to *unity.org* and clicking on "Prayer," then "Meditations."

Movement: Awaken your peace by moving around in the spaces you occupy and enjoy. Feel peace flow as you walk on a nature trail or sway in dance across your living room. Do a yoga pose or a head-to-toe stretch, and activate your spirit of peace.

Give: A helping hand, emotional support, or just your sense of optimism—give to others as often as you can. Just like love and kindness, giving freely and willingly will deliver peace to your heart.

Affirmations: Affirm the power of peace. Remind yourself that you are in the peace of Spirit. Speak with zeal and Truth. Embrace your peace with daily affirmations such as *I AM peace*, or *Peace flows through me* to the world. (More peace affirmations can be found at *unity.org/prayer/affirmations*.)

Music: Whether listening to or creating it, music can open your heart to peace. Let it lift your peaceful spirit. Get out your instrument, sing, or just sit and let the music soothe your soul and fill you with magical peace. (Find uplifting songs, including sheet music, at *heartwindmusic.com*, the online music library for Unity Worldwide Ministries.)

Know that you are the power of peace, even in the midst of chaos. Discover your calming spirit and live your life from a peace-centered consciousness. Let your peace prevail to create harmony in the world.

PEACE

I willingly take the first step toward the establishment of peace.

If we find ourselves in a situation where we must give a little—a little more patience, a little more humility, a little more love—the giving of this little can be the first step toward the establishment of peace.

In personal relations that first step toward establishing peace can be difficult. But as we weigh carefully the good to be gained, we find that we want to have the courage and the poise to take the step that is needed to bring about understanding and order.

If we would have the kind of world where men can best express their God-inspired selves, someone has to take the first step toward the establishment of peace among men and nations.

Let us pray together that we—whoever we are, wherever we live, whatever the need—may have the courage, the faith, the willingness, to take the first step toward harmony, understanding, and peace.

The steps of a man are from the Lord, and he establishes him in whose way he delights.

—Psalm 37:23



Peace: A Prayer

Becoming still, I close the door on all outer concerns, and I focus on the presence of God. I feel God's peace embrace me. I open my mind and heart to the quiet realization and acceptance of divine love. God's presence fills my whole world. The spirit of God is flowing through me now, and I feel the security and tranquility of Spirit. My mind is poised and my heart is serene, for I know the spirit of God works in all and through all to bring forth great possibilities in my life.



2 Am Grateful

I am alive in the energy of gratitude.

By Rev. Margaret Flick

"Heaven and earth listen and respond to the soul that is quickened into praise and thanksgiving ... Praise is gratitude in action."

— Myrtle Fillmore (How to Let God Help You, Unity Books)

Gratitude is recognizing our abundance, acknowledging it, and openly appreciating it by giving praise and thanks. It is knowing everything is a gift. Even challenges and heartache bring opportunities for blessings. Gratitude is the spiritual practice of taking nothing for granted.

A wonderful gratitude story is the gospel passage about the 10 lepers. Jesus was traveling along the border between Samaria and Galilee when he was approached by 10 lepers. They stood at a distance, calling:

"'Jesus, Master, have mercy on us!' When he saw them, he said to them, 'Go and show yourselves to the priests.' And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus asked, 'Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?' Then he said to him, 'Get up and go on your way; your faith has made you well'" (Luke 17:13-19).

Nine lepers ran to show the priest they were clean but didn't stop to express gratitude. Their healing was different from the one who thanked Jesus. The 10th leper delayed his own gratification to show gratitude to the one who healed him. He was changed at depth.

There are three components to gratitude: recognition, acknowledgment, and appreciation.

- 1. We *recognize* that we have received something quite amazing. We recognize the gift of life and the presence of the Divine. Gratitude changes us, our thoughts, our feelings, and our perception of the world.
 - The underpinning of the leper's gratitude was recognizing the presence of God in his healing. He recognized Jesus' connection with God and that God was working in and through Jesus.
- 2. We *acknowledge* our good—one of the most powerful change agents in addition to love and humility. We can physically feel the difference when we move from negativity to gratitude. Try it, and notice the physical and mental change it brings about.
- 3. Appreciate the simple things. For instance, we can recognize, acknowledge, and appreciate the amazing gift of a hot shower. We can express gratitude for water, for the plumbers who installed the pipes, for the people who work at the water filtration plant so we will have clean water to drink and bathe in. Or appreciate your food. Express gratitude for the farmers, the people who picked and packed it, the people who distributed it for purchase, and those who prepared it.

Brother David Steindl-Rast, a Benedictine monk, reminds us that "gratefulness is the inner gesture of giving meaning to our life by receiving life as a gift." We go beyond the outward appearance to

acknowledge and appreciate the divine qualities that exist in all of life, such as beauty, design, purpose, and the interconnectedness of life.

If you've had a bad day, try this: Look to the sky and notice the beauty of clouds and how they change and move. They demonstrate that nothing stays the same. Just appreciating the beauty in the world can change your thoughts and feelings.

When we are in the forest, we feel gratitude for the trees, plants, animals, and earth. Photosynthesis is amazing! Look into the face of a flower and truly notice and appreciate the intricacies of color and design.

We can express gratitude for what we see and don't see—mountains, oceans, animals, people, and cultures beyond our physical location or the inner workings of our bodies.

Gratitude brings us into a state of wonder. Gratitude brings us into communion with the Divine.

As a gratitude practice becomes a way of being, we can truthfully say, "I *AM* gratitude." It is who we are and how we move through the world—grateful for all of it.

"It is not joy that makes us grateful; it is gratitude that makes us joyful."
—Brother David Steindl-Rast

THANKFULNESS

God has blessed me with a spirit of praise and thankfulness, and I rejoice in the good that constantly flows into my life.

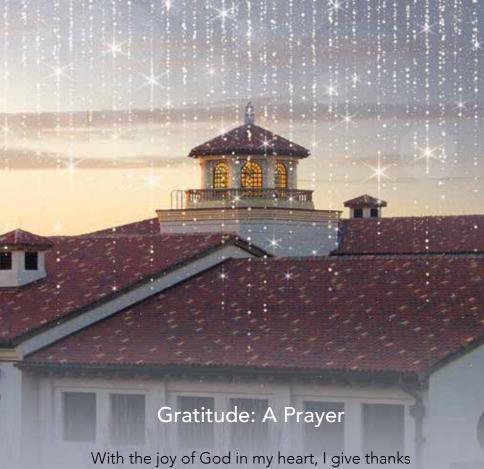
There is inherent in each of us a spirit of praise and blessing and the desire to express our joy and gratitude for all the good that we are constantly receiving.

When someone gives us something or does a kind deed for us, our first impulse is to thank him and in some way show our gratitude for the blessings received. This is because God has implanted within each of us a spirit that rejoices and gives thanks for our good. As we show our joy and gratitude for blessings received we are in a true sense praising and giving thanks to God. Daily there is something new to rejoice in and some new blessing that fills the heart with thanksgiving.

Let us begin this day in a spirit of praise. As we give thanks for our blessings we are lifted into a joyous, receptive state of mind wherein we put in action the law of increase and open the way for all the good we desire.

Enter into his gates with thanksgiving.
—Psalm 100:4 (A.V.)





With the joy of God in my heart, I give thanks for the fullness of life. My thoughts are uplifted and in tune with Spirit. God's goodness moves through me as a nourishing river of gladness and thanksgiving. I am assured that God is within me, and I am grateful that my blessings are a constant reality. My gratitude comes from an overflowing heart.

9 Am Joy

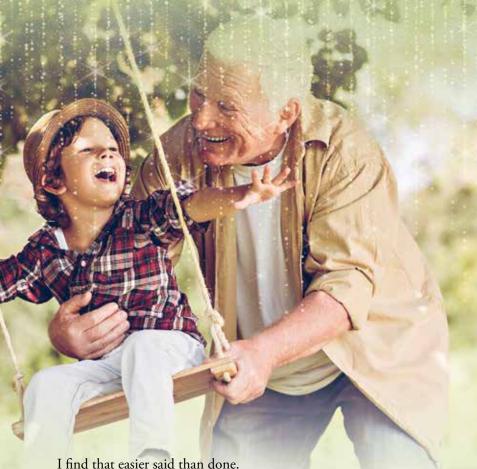
My life is an eternal celebration of joy!

By Rev. Michael Gott

Pierre Teilhard de Chardin said, "Joy is the infallible sign of the presence of God."

In Unity, we teach that the qualities of the Divine are present within us, and we can call them forward into our lives consciously. The spiritual quality of joy is simply part of our nature as expressions of Spirit, as children of God. It's in us, now and always. It's not dependent on the circumstances of our lives.

According to Unity principle, we can experience and express the joy of God even in the most difficult times of our lives.



I do believe in the absolute reality of Spirit and it's true that joy is always present. I also know there are times in life when it seems a million miles away. In the midst of loss and grief, in times of fear and uncertainty, indeed, in many times in our lives that what we might call our "dark nights," we may not feel joyful.

Does this mean God isn't present? Does this mean we've done something wrong? No. It means we are human.

The shortest verse in the Bible is John 11:35 (RSV): "Jesus wept." The story tells us when the Master arrived



too late to heal his beloved friend Lazarus, he saw the tears on the faces of those who also loved this man, and he responded in the most human way. He cried too. We sometimes think we must transcend our human experience to find God. I believe we reveal God by being fully human.

Ernest Holmes once wrote, "Humanity is divinity revealed." How do we reveal spiritual reality in our human circumstances?

There are two practices that have been so helpful to me in my spiritual walk. First: Be compassionate toward myself. Give my inner

Be compassionate toward myself.

perfectionist/critic the day off and accept that where I am is good enough. I can stop pretending. I don't have to put on a false spirituality to hide how human I am. I find this

brings a feeling of relief. It's okay not to feel buoyant and light all the time. Something in me relaxes, surrenders, and allows life to unfold.

And *then* I can use the second practice, which is simply to walk by faith. I trust the "joy of the Lord is my strength" and this joy is already here—whether I can access it in the moment or not. I also know in my spirit and in my heart that the full expression and experience of my joy *will* return. I *will* feel my joy again.

Psalm 30:5 (KJV) reminds us that "weeping may endure for a night, but joy cometh in the morning." When we are willing to feel our sadness, or our anger or frustration, it opens our capacity to feel *everything* more fully. We become able to feel our joy more deeply and more authentically.

In the season of Christmas, we are given the opportunity to birth the light of Christ into our lives anew. Can we find the courage to imagine living in joy—a joy that is so rich, so deep, so robust, that it carries us and sustains us through every struggle and challenge we face?



Today joy radiates throughout my entire being.

There is power in joy—healing power, harmonizing power, prospering power. Joy is a gift from God, available to each one of us.

I affirm joy. In so doing, I feel the joyous life in every cell of my body. Joy promotes life and brings healing where it is needed.

I affirm joy and my spirits are lifted. The inner joy which has perhaps not found expression now wells up from deep within me. I radiate this joy to those around me and into every circumstance of my life. Every contact with others becomes smoother and happier. The abundance of God flows into my life in wonderful ways.

As I affirm joy today I feel a sense of rightness, a sense that all is well. I experience this joy in my mind and body, in every area of my life.

Today joy radiates throughout my entire being. My spirits are lifted, my needs are met.

These things I have spoken to you, that my joy may be in you, and that your joy may be full.

—John 15:11



Joy: A Prayer

I am filled with joy, and I realize the love of God dwells within me and fills every fiber of my being. My thoughts and words are extensions of divine love. My heart sings with delight and gladness. I still my thoughts and allow God's unwavering, ever-present joy and peace to uplift and inspire me. God and I are one, and I am filled with happiness.



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