



CHANGE YOUR  
THINKING,  
*Change Your Life*



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The promise that changing your thinking can change your life is not new. Although the phrase is frequently used by today's spiritual teachers, the principle itself is ancient. Even the Buddha said, "All that we are is the result of what we have thought." The power of our thoughts to change our experience is one of the fundamental teachings of Unity.

But how exactly do we go about changing our thinking? In this booklet, New Thought writers tell how they have consciously and deliberately shifted their thoughts to bring about different results in their lives. Some address the principle itself, and several discuss the use of prayer to change thinking. Others share personal stories of how changing their thinking helped bring about prosperity, new career paths, a life partner, or comfort after tremendous loss. Many offer tools and practices for you to use, including how the Unity Prayer Ministry and *Daily Word* can be utilized to shift thinking.

Believing that our lives reflect our thoughts demands that we take responsibility for what we are creating. The good news is that if we don't like our experience, we can start changing it immediately by shifting our thoughts. Let this booklet be your guide as you experiment and grow in your understanding of the power of your mind.

*Your Friends in Unity*

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# *Abracadabra: I Create as I Speak*

Rev. Sandra Campbell



*“There is nothing either good or bad,  
but thinking makes it so.”*

In this quote from Shakespeare's *Hamlet*, the main character is having a conversation with two friends who were commissioned by the king to spy on him. It was sort of a wellness check because there were questions about Hamlet's obsessive thinking about things over which he had no control. The phrase emphasizes the important role of perspective in shaping one's reality.

One of the first Unity teachings I learned is that thoughts are things and words have power. Since everything has its beginning in the mind first, our thoughts play a major role in our reality. That is why the old adage “Think before you speak” is so important.

As a child, I was fascinated by a magician on television who waved a magic wand and pulled strange things from a tall hat. I sometimes held my breath and put my hands over my eyes when the magician placed a person in a tiny box and appeared to saw them in half!

These tricks were often preceded by the magic word *abracadabra*! Sometimes the magician, looking directly into the camera as if talking to me, would ask, “What's the magic word?” As if he could hear me, I would confidently yell out, “Abracadabra!”



No sooner than the word was spoken, the magic happened right before my eyes. A rabbit, dove, or snake emerged from the hat, or the person I thought had been sawed in half emerged perfectly intact.

As an adult, I now understand these were optical illusions that played on my perception of reality. What is not an illusion is the power of our thoughts—not magic but principle.

Recently in preparing a Sunday message on the power of imagination, I looked up the word *abracadabra*. To my surprise, I learned that some believe it is Aramaic—the language Jesus spoke—and it means “I create as I speak.”

What a revelation! If everything starts in the mind, I am creating through my thoughts. Then when I speak those thoughts, I bring into reality that which I have spoken.

Jesus might not have used the term *abracadabra* when teaching the disciples how to live life more abundantly, but he might have meant the same when he said, “If you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you” (Matthew 17:20).

He might just as well have told them their thoughts are things, their words have power, and they create as they speak.

This does not mean I can wave a magic wand, repeat the word *abracadabra*, and change my circumstances. But by carefully choosing the thoughts I focus on, I have the power to change my reality.



It has to do with my perception of what is happening in my life. I can look at the situation through the lens of lack, fear, worry, and doubt. Or I can choose to look for the good no matter how things appear.

A favorite hymn we often sing before meditation at our Sunday services reflects this idea that we create what we allow our thoughts to focus on. The lyrics by Lucille Olson are:

Our thoughts are prayers, and we are always praying.  
Our thoughts are prayers; listen to what you're saying.  
Seek a higher consciousness, a state of peacefulness,  
And know that God is always there,  
And every thought becomes a prayer.

If you don't like the way things are going, change the way you think. When you change your mind, your attitude will change. When you change your attitude, you will see things in a new way. You might even ask yourself what lesson you can learn from the situation.

Just as Shakespeare's Hamlet said, "There is nothing either good or bad, but thinking makes it so," when we change our thoughts, we can change our world.

*Rev. Sandra Campbell is associate minister at Unity Temple on the Plaza in Kansas City, Missouri, and executive director of the Unity Urban Ministerial School.*



# Become Someone *New*

Rev. Ken Daigle

I attended a conference at Unity Village with influential thinkers, speakers, and ministers from all over the country. Before the host speaker led us in meditation, he began to tell us about the miraculous properties of the rose quartz beads he was wearing. They had been given to him by a friend, and he credited the crystals with getting him through his mother's death. Therefore, he said, he wanted to plant individual rose quartz beads around the world as he traveled to quicken the planet's healing.

It was a beautiful story and intention, and I was surprised as I noticed myself tighten and feel skeptical. Watching my body and mind do this, I became curious about why. I had voluntarily gone to this conference. I was excited to be there. But as this man spoke about quartz crystals, my intellect shut down my heart, and I could feel my body resisting. I was watching this transpire in real time.

Inside my head, my thoughts raged on: *I know that the quartz is not doing anything. The quartz has no intention—the choice of the people holding the quartz holds all the power. The quartz is just a rock!* I sat there feeling upset about this rock—even during the beautiful meditation—and it seemed I could not stop myself.

At that moment, the host gave each of us a tiny rose quartz crystal to hold as we meditated. I wanted to crush that little sucker into dust. And I was aware and mortified by the fact that I was standing in the way of my own good.

Just then, the presenter stood up on the platform and said the quartz itself could not do anything; our intention held all the power. Rose quartz or any other object, he said, is connected to us because of what we hold in our hearts and minds. What we carry in consciousness creates our world.

At that moment, I recognized I had been trained to be skeptical, taught that intellect was the most important thing: *Don't buy the snake oil. Don't believe everything you hear!* Those memorized ways of thinking and feeling took over my experience at the conference. In a flash, I knew I had to break my limiting pattern. If I wanted to have a better experience, a more expansive experience, I had to stop doing the same things that had gotten me to this point.

Further, if I didn't stop the mind, thought, and belief processes that resulted in arguing with myself about something the presenter and I actually agreed on, I would never know what lay on the other side of this veil—the other side of this illusion of separation, of them and us, of good and bad. My habitual thoughts, behaviors, actions, and inactions were keeping my pain in place.

In meditation at Unity Village, I remembered the Truth: I am not separate from the world I am experiencing. My intention



*There is creative power in man's word.  
When he decrees a thing it is established.*

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





to heal the world will manifest as I hold it. My mind is one with universal mind. As it is activated and awakens, so does the rest of the planet.

You may believe that your memories and your past created your personality—that situations, people, and opportunities made you who you are. Further, most of us cling to the belief that the past is immutable, but it's not. Our connection to the past keeps creating our present. If you want a new outcome, you must stop being your old self and make new connections within the present. You must align your whole being with your new desires and intentions.

That day at Unity Village, I saw I was limiting my experience and possibilities because my intellect told me a little quartz crystal couldn't affect the planet and couldn't change reality. I fell into the habit of being my memorized self.

If you want to change the world and your life experience, you have to be willing to examine your thought patterns and shift them. You have to let go of who you thought you were, let go of thinking *That's just the way it is*. Let go of believing *I've always been this way*. Become someone new.

*Rev. Ken Daigle is senior minister at Unity San Francisco, California.*

# Looking for the Good

Rev. Alberta Ware



Some years ago I discovered myself in a situation asking, *How did this happen to me? Why is this person in my life?* I even asked someone else's opinion. I realized that at some point I had to regroup and make some changes.

Now when things occur that are uncomfortable or concerning, I have learned to ask new questions. I attribute this to being a student of New Thought for many years as well as a teacher and minister.

The first questions take on a new design, starting with: What do I want to do about the situation, and do I really want to change its current status? I look at a new situation and ask myself what I am supposed to learn from the experience or the person involved. Next, I check my consciousness, my current level of expression, because I know what I draw into my life is based on my level of consciousness or awareness.

Sometimes I am so busy and involved in life that I fail to keep a firm grasp on or clear awareness of my state of consciousness. That failure allows "stuff" to creep in and shake up my day or my life. I now try to stop throughout the day and take a quick assessment of what is going on in my mind. I have to check my thought flow in order to stay ahead of the "stuff."

I then make a determination of how I really want the situation to be, whether I want it to stay or leave, and how I will accomplish my desire. I have learned that new thoughts must contain a new pattern for change and resolution.

This takes commitment, sincerity, and love. Even though the steps sound simple, they require a willingness to do the work and a willingness to stick with the process. Sincerity is needed in the desire for change, for if there is no sincerity, there can be no change. Love, because it is the harmonizer, draws to us only what is good. It heals hurt feelings and binds to us the good that God has already earmarked for us.

If the situation involves a person, I try to find something good about them, even if it is as simple as giving a compliment about something they may be wearing. If they are not in my presence and I am having difficulty finding something good, I ask God to reveal it to me. Asking God serves as a reminder that the other person is made in the image/likeness of God, as I am.

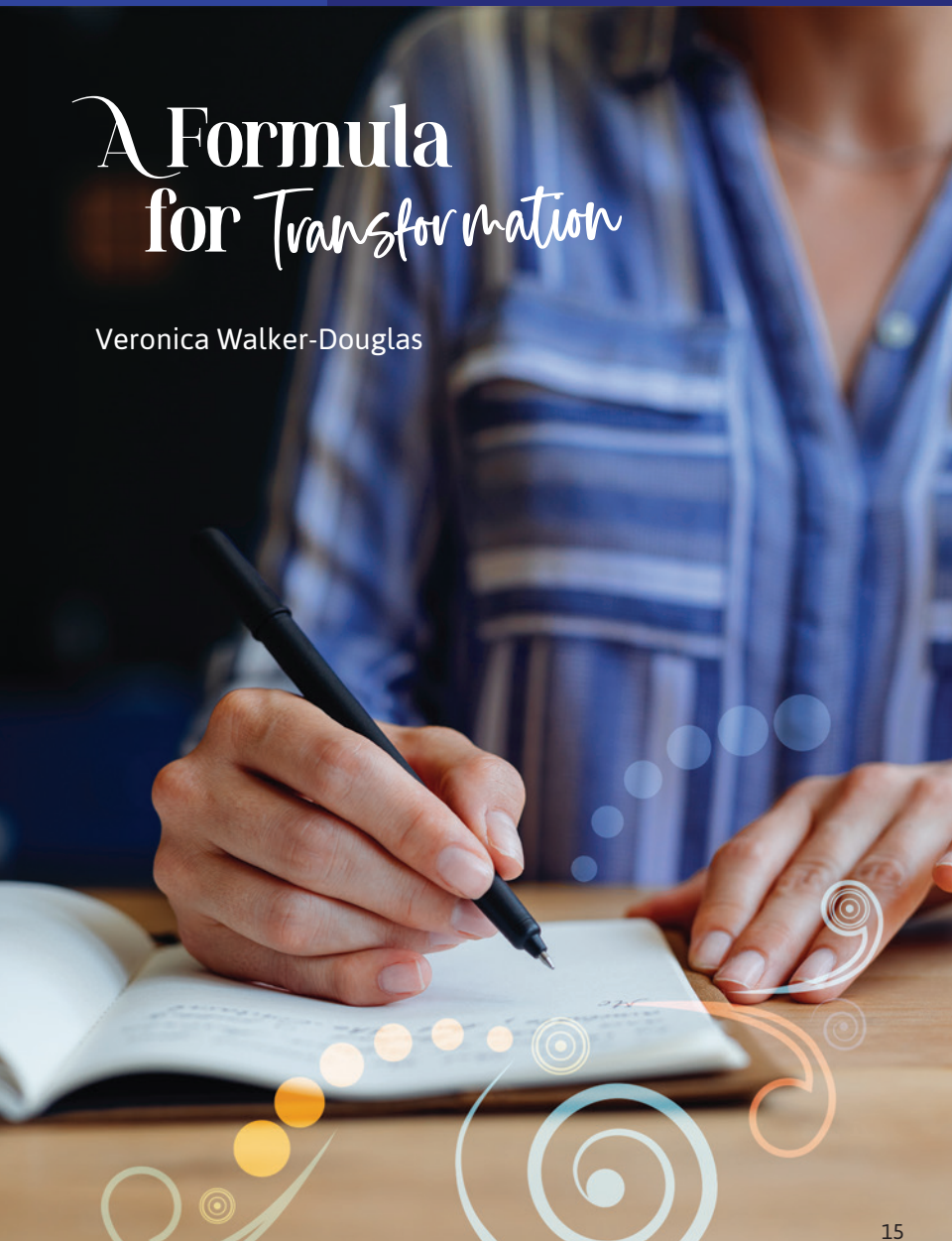
This redirection of my thoughts makes it easier to see the good, and as a result, I am able to move through or move away from any situation that is uncomfortable. This redirection also allows me to see people in a different light before there is an issue. For this I am eternally grateful as I continue to look for good.

*Rev. Alberta Ware is on the ministerial team at Christ Universal Temple in Chicago, Illinois.*



# A Formula for Transformation

Veronica Walker-Douglas



I became a member of Christ Universal Temple in Chicago, Illinois, in 1976. Through the years, I can recall several lessons taught by Rev. Dr. Johnnie Coleman on the power of thought. She reminded the congregation of our divine right and innate ability to exercise mastery, authority, and dominion. Rev. Coleman often proclaimed, “What you think about, you bring about.”

Life has presented me with many opportunities to remember that my thoughts, aligned with my feelings, create my experiences. As I reflect on my journey, I am in constant appreciation for each pivot from ego-based thoughts of limitation rooted in fear to love-based thoughts grounded in love.

The mantra *I am the thinker who thinks the thoughts that become things* infiltrated my belief system, and I have remained committed to the consistent application of prayer, meditation, affirmations, visualization, and taking inspired action. My thought transformation formula has allowed me to continue to grow and live a life of grace guided by thoughts of physical healing, financial abundance, and freedom from behaviors that no longer serve me. Some examples:

I was challenged by external appearances but made a conscious decision to think thoughts of health following a diagnosis of lupus in 1998.

I decided I was worthy of having more than enough money and began to think thoughts of abundance. Today I am reaching new levels of financial growth and stability.

In 2017 and 2020, I released thoughts of resistance and claimed my freedom from habits that were affecting my physical and mental health. In 2022, I stepped out of 14 years of wish-based thinking into faith-based thinking and was accepted into my current doctoral program.

At the core of each of these thought-feeling connections was a conscious choice to no longer be limited by my subconscious recordings of childhood, adolescent, and adult experiences. Once again, Truth principles propelled me forward as I opened my mind to be healed.

## Tools to Change Your Thinking

How do we change our thinking? The process begins with awareness of how consistent thought patterns are showing up in our life, world, and affairs. Consider setting aside time to list how your thoughts have yielded productive results in your life. Next, list areas where you are seeking change.

You can use the “wheel of life” approach and rate your level of satisfaction on a scale from 1 to 10 (10 is the highest satisfaction). Do this for each life area of physical/mental health, work, finances, relationships, activities, self-care, and spirituality. Add any other life areas that are specific to your well-being, and rate your satisfaction level. Notice where you want to improve your experience by changing your thoughts.

Then write a letter to yourself dated for the following year detailing how your elevated thoughts engaged you in a joyous process leading to desired outcomes.

For example:

Dear (your name),

What an amazing year! You have manifested an overflow of abundance in so many areas of your life. You set an intention to live abundantly, and it came to be with ease and flow. You enjoyed fun activities with friends and family. You continue to exercise and eat healthier foods. You cherished daily reflection and quiet time. I am so proud of all that you have achieved through focus, faith, and persistence. I eagerly anticipate this coming year of joyous cocreation!

Love,

(Your name)

Keep the letter where you will find it in one year.

This is an example of writing as a powerful tool for tapping into the thoughts in your head that are fueling the desires of your heart. The Bible encourages us: “Now write what you have seen, what is, and what is to take place after this” (Revelation 1:19).

Finally, remember the key to changing your life is to remain open to learning about the power of thought. Keep the faith that change is necessary and always possible. Allow for a perspective that will open the door of your mind to new ways of thinking, feeling, and being. Always remember that you have the power to choose what you think about and bring forth, so think of the good things that bring you the greatest joy.

*Veronica Walker-Douglas is a clinical social worker in Illinois and affiliated with Christ Universal Temple in Chicago.*



A person is seen from behind, sitting on a ledge and looking out at a sunset. The person is wearing a dark grey hoodie and blue jeans. The background is a warm, orange-hued sky with a cityscape visible in the distance. Several decorative elements are overlaid on the image: a large green swirl in the upper left, a smaller orange swirl in the upper right, a red swirl in the lower right, and a green swirl in the lower left. There are also various colored dots (yellow, green, red, orange) scattered around the swirls.

# Prayer Changes *Our Thinking*

Rev. Linda Martella-Whitsett

Her secret desire was to sing professionally, but every time the desire surfaced, she remembered her first music teacher telling her she didn't have the talent.

The desire, buried for decades, arose again while she was studying Unity prayer. This time, she recognized the power she had given to her early teacher's pronouncement. Because of it, she had never pursued vocal training, never joined a chorus or auditioned for a community choir. Now, with the understanding that thoughts have real effects, she pivoted her attention away from past messaging and began lessons with a vocal coach.

He had been in hiding most of his 50 years. In his early teens, he knew he was gay, but he feared revealing such news would result in terrible consequences within his small town and insular family. Without resources or support, he gradually closed the door to all relationships, remaining distant from family and coworkers. He remained friendless for several years, miserable, self-condemning, and alone.

He found Unity at a low point. Over the next two years, engaging in therapy and study of Unity prayer and principles, he learned how to pivot attention away from limiting and self-condemning thoughts. Turning his full attention toward fulfillment of his deep desires, he broke his silence, forged friendships, and rekindled family relationships. Joyfully, tearfully, he shared with me that to the degree he had felt lost and worthless in the past, he now felt free and true, worthy of meaningful connections.

Associates who serve in the Unity Prayer Ministry, known as Silent Unity®, frequently hear good news from friends after we have prayed with them. The conditions about which they were praying have resolved and healing has occurred. The sweetest good news, however, is when someone shares they have “moved out of victim consciousness into manifestation consciousness” or they “know now that [they are] worthy.”

By receiving affirmative prayer—the message of humanity’s divine identity—again and again, a person learns to replace former bodies of thought with spiritual understanding. Transforming thought is the point of Unity prayer.

Rather than thinking of prayer as asking God for the things we desire:

Get still and acknowledge the guiding principle and the all-sufficient substance of the Universe. Have faith in God, in an opulent, orderly Universe. And have faith in yourself and your innate divinity, by which you can do what you need to do and have what you desire to have (Eric Butterworth, *Discover the Power Within You*).

In prayer, we open to a fresh understanding so that we may have insight into our circumstances and heal untrue thoughts and beliefs. We recognize the power of God that can be a guiding principle. We integrate our human identity with our divine identity as we affirm the truth that *God and I are one*. In oneness, we claim that the guiding principle is *our* innate power. We are capable of demonstrating the principle by our thinking. Appreciating this newfound understanding, we can proceed with actions that align with it.

Here's an example of the Unity prayer flow when my family members have been arguing with one another and I want peace in my home:

*I open my heart to the love of God. I open my mind to healing my thoughts and transforming my experience with my family. I begin knowing that God is love, the power and presence of harmony. Divine love is the power that unites me with each of my loved ones. Divine love is the presence that I draw from within, that inspires me to strengthen my relationships.*

*Affirming God is love, I also affirm that love is my true nature, for God and I are one. Divine love is mine, and this means that it is natural for me to seek and to express harmony in my home. Love is the truth about me. It's the truth about everyone in my family. I realize that I can hold the thought of harmony so clearly and I can speak from a consciousness of inner harmony so directly that I can inspire others in my household to live from love.*

*In deep appreciation for knowing a truth that sets me free, I affirm: God is love and I AM divine love, in harmony with my family.*

The process of changing our thinking has been known in classical Unity terminology as overcoming. Contemporary students refer to it as transformation, shifting, or pivoting. In affirmative prayer, changing our thinking is the reason for prayer. We heal at the level of thought.

*Rev. Linda Martella-Whitsett is vice president of the Unity Prayer Ministry.*



# Accept the *Possible*

Rev. DeeAnn Weir Morency



It had been 18 months since I had last seen a paycheck. All my savings were gone and my credit card debt was growing.

I was in the midst of a major transformation. I wanted to be happy, fulfilled, and whole in my work and in my life. I wanted not to feel broken anymore. Sadly, I didn't know what wholeness really was. What I did know was that there was something more, something waiting for me to step into.

Being new to Unity teachings and New Thought, I had eagerly undertaken affirmative prayer. For 18 months I worked with the teachings, trying to understand the idea that prayer was not asking but activating, that I was not praying *to* something but praying *from* something.

For 18 months I practiced activating my abundance, my financial well-being, and my freedom. For 18 months I prayed and prayed, but nothing new was showing up. The bills continued to pile up, the debt continued to grow.

Desperate, I was applying for jobs I had done previously and wanted to leave behind, knowing none of them would pay my bills or bring fulfillment. I kept applying anyway. I landed those jobs again and again. Then I would cry and realize I had to say *no* because they weren't enough.

Somewhere in the midst of this frustrating cycle, I finally realized what I was doing: I was trying to activate a new understanding while still choosing to live in an old awareness. Fear was blocking my expansion by clinging desperately to what was familiar.

With this insight and a deep and genuine willingness to break free, I again sat in prayer. For the first time in all those 18 months, I allowed myself to feel into a new realization of what was possible.

I will forever remember that powerfully transformative moment. As I said yes, as I was truly willing, I literally felt the world, the cosmos, and my understanding shift. Something within me gave way, and I had a direct experience of wholeness, abundance, and prosperity in a way I never knew was possible.

My fear evaporated and I stood rock-solid in my faith. I had a surety of just how supported and empowered I was. Not surprisingly, with this powerful shift in my consciousness, everything around me also shifted, and within two weeks, I had a dream job.

Over the years I have been blessed by numerous demonstrations of this foundational Unity concept. Time and again, because I was able to change, my life changed as well. Changing my thinking was not enough for me. I had to change on every level—emotional, physical, mental, spiritual—and then my life changed.

*The power of thought is the power of control ... We shall become what we wish to become, do what we wish to do, when our habitual thought corresponds with our desire.*

*—May Rowland, Dare to Believe!*

Affirmative prayer is not magic. It is a powerful process of revelation that offers a direct experience of what is possible. As we are changed, our world changes with us. I had a direct experience of my divine nature, which then demonstrated in my life. You can too.

Practice regularly. Notice where your choices aren't in alignment with what you are holding in prayer. Be willing to let go of what you think you know, of who you think you are, and be made new as you access your divine nature.

*Rev. DeeAnn Weir Morency is senior minister at Unity In Marin, California.*

# A Forgiveness Prayer Process

Rev. Lulu Logan



I've struggled with forgiveness. It seemed to me that many people were able to fly through a forgiveness technique or practice and be done with it. Not me. I agonized for years over three or four people whom I was unable to forgive.

I bought audio CDs teaching forgiveness, bought books on forgiveness, and even went to therapy hoping to find the way to forgive. All that accomplished was to add another person to my resentment list—the therapist.

I went to see a minister friend for guidance as I was working through “mother issues.” He had me write a letter and bring an item from home that once belonged to Mom. We worked together for months, burning the letter and agreeing to dump the particular item into a giant trash receptacle. Standing in holy reverence (him, not me) in front of the dumpster, I apparently did not follow directions because I just chucked my Mom's item into the bin willy-nilly. He stared at me open-mouthed, shocked at my cavalier attitude.

As I write this today, it is clear to me, as it was to my friend at the time, that I was simply not ready to forgive.

Perhaps part of the obstacle was my belief that I was expected to condone unacceptable behavior. Of course, I now know this is not the case. Forgiveness is never about accepting abuse. It is not about what was done to me; it is solely about my reaction to it.

The people I held in my resentment box were unaware of the black cloud that hovered over them, placed there by me. Nor did they care. I learned over a long period of time that



the black cloud didn't actually hang over them—it hung over me. The heavy chains of resentment attached to my ankles and weighing me down were doing nothing to hinder the others' enjoyment of life. And attempting to sweep these resentments under the rug only created a mountain for me to trip over again and again. No one was suffering from my lack of forgiveness. No one except me. I needed to forgive so I could dance happily through a field of wildflowers. But how?

Gradually over time, I was taught a method that worked. If I blessed these individuals when bitter thoughts entered my head; if I prayed for them in the same way I would pray for a dear friend—in fact, if I prayed for their perfect health, great success, abundant prosperity, and fantastic relationships just as I prayed these things for myself—then very quickly I would no longer hold anything against them. They were released from the prison of my mind, and most important, I was released from my self-erected prison. The chains were broken. The heavy backpack of despair was lifted. I was free!

As I became more proficient in this forgiveness process, I learned that forgiveness was not necessarily a “one and done” activity. But I became softer around my very rough edges. I found myself gentling toward those who had previously irked me for ages. I also discovered that forgiveness needed to be offered to myself; after all, I was the one suffering.

*Words are a point of balance between the unseen forces of mind and their visible manifestation.*

*—Ernest C. Wilson, The Sunlit Way*

Forgiveness is a powerful tool to move us forward in our awareness of God because lack of forgiveness is a barrier to the love and peace that is inherently ours by divine right.

## The Forgiveness Prayer Process

- Settle into your prayer and meditation place.
- Set an intention to undertake the process willingly.
- Breathe deeply for several cycles.
- Bring to mind the person you need to forgive.
- Now pray for that person to receive the exact things you pray for yourself.
- Repeat several times a day.
- Pray again whenever this person comes into your mind.
- Continue for three weeks or as long as it takes. Just keep praying for them. Gradually they will not enter your thoughts as often.
- Soon you will experience peace when you think of them. There is no longer a “charge” around them.
- You are free.

*Rev. Lulu Logan is a minister at large based in Winter Garden, Florida.*

# How *Daily Word* Helps Change Your Thinking

Rev. Teresa Burton



These days, it is easy to find uplifting reading material or inspirational stories of good people doing good things. But too often the boost we feel is short-lived. Those stories can lift us up as we read them until something else comes along—a thought, a conversation, an experience—that knocks us off-kilter and drags us back down. Before long we are once again in familiar territory, thinking and expecting the worst instead of the best.

Most of us already know life doesn't change just because we want it to. But gradually we do come to realize we have the power to change our experience by changing our thoughts.

That's where *Daily Word* comes in.

From cover to cover, each issue is filled with words of Truth—from the pleasant rhythms of the poem and the inspirational journeys in the feature stories to the daily messages, each one highlighting an aspect of spiritual living. Each issue is full of reminders of the awesome spiritual gifts each of us possesses. Every page is an invitation to think—and to live—differently.

In almost 100 years of existence, *Daily Word* has touched the lives of readers in all walks of life. Over the decades, countless readers have reached out to Unity to share transformative experiences they credit to the power of this small magazine.

Of course, the power they describe is not in the magazine itself. The power is in each person who reads its inspirational and uplifting words and takes them into their heart and mind.

Here are some ways *Daily Word* can help you change your thinking:

Each day's message contains an affirmation, supporting text, and a Bible verse. Together, these three components open readers to the spiritual Truth of the day's word.

The affirmation—a brief statement of Truth—is meant to be read and repeated. Readers may meditate upon the day's word and the affirmation or speak it aloud during the day. Although it's certainly possible to read it once and agree with it, the affirmation takes on added potency when worked with throughout the day. With each repetition, the affirmation begins to build in consciousness, crowding out unwelcome thoughts and replacing them with thoughts of Truth.

The message text is written in “I” language, which invites readers to make the words their own. Notice how several of the messages mention our more unpleasant experiences—sadness, grief, worry—before getting into more empowering language of faith, joy, and trust. The reason for this is simple: If you're going to change your thoughts, you must first get in touch with your current experience and feelings, however undesirable they may be. To change your thinking, you must start where you are.

The good news is, of course, that we are so much more than our troubles and problems. *Daily Word* affirms this with declarations of Truth throughout its messages. These statements speak to the divine nature of the reader and the power of this awareness when we align our thinking with it.



Finally, a Bible verse caps each message, reinforcing the day's spiritual lesson. The verse also invites readers to reflect upon the Bible's timeless truths that transcend centuries, languages, and cultures. The Bible's wisdom may touch each person differently, but its Truth is universal.

It's possible to treat *Daily Word* as a mere magazine. Surely there are folks who enjoy reading it but quickly forget about it. But many of our readers go deeper, using *Daily Word* as a tool for transformation, a way to change their thinking and leave behind the limitation of the world to discover the liberation of spiritual living.

Over the decades, teams of talented people—from writers and editors to graphic designers and translators—have discovered this power for themselves. Their eagerness to share the power of changing their thoughts and living the Truth they know led them to answer the call to share this great gift, the power of the Word through this small but mighty magazine.

*Rev. Teresa Burton is editor of Daily Word. Visit [dailyword.com](http://dailyword.com).*

# Small and Steady Steps

Rev. Carolyn Warnemuende



One afternoon when visiting a wisewoman friend, my 10-year-old grandson asked how he could “get my power.” She said, “Sit here on the floor, fold your hands in your lap, close your eyes, and think of something you really enjoy doing. Pay attention to what happens.” In about a minute, he got up and said, discouraged, “Nothing happened!”

This is not unlike some of us who want quick results when beginning to use a spiritual practice. We hear a core teaching like *Change your thinking, change your life*, and it sounds exciting, energizing, and possible. Then after giving it a try, discouragement sets in because results don’t come quickly. Or we hear of miraculous changes in the lives of others and lose heart when we don’t experience such a change.

I am a process person. While I feel grateful after achieving a goal and appreciate my accomplishment, what excites me is the process of getting to that positive end. I love taking the steps toward the hoped-for result and paying attention when I need to veer from the course I thought I’d take. Changing my thinking is like that.

I’ve had a few seemingly miraculous life transformations by changing my thinking. For many of us, the principle works best by noticing the small ways that changing our thinking alters our daily existence, bringing more joy, more hope, and a greater degree of overall satisfaction.

I recently retired from pulpit ministry and moved to a new town. I missed my daily work. Even though I began speaking as a guest minister and actively serving on our regional Unity board, I went into a phase of melancholy that I couldn’t seem

to shake. I longed, ached, for my former church, my friends, and my familiar life.

One morning I woke up tired of feeling so desolate that I made a conscious decision to change my thinking. I listed in detail the many ways I had felt successful in my ministry and all that I missed about it. Then I made a second list with the joys resulting from my retirement, change in work, and change in community. This was harder. I persevered.

As I wrote each joy, I took time to clearly visualize and feel it resonating in my body. Daily, I read my list paying particular attention to my feelings. Feelings of joy. In time, I began experiencing more joy than sadness. It felt like a miracle.

I still miss my former church and community, yet I am happy with my choice to move in a different direction. When I feel caught up in what I lost, I recognize and honor the feeling then go to my list of joys. I change my thinking.

My thought experience was not a major life shift. It was not an *Oh, wow!* epiphany. It was a conscious decision to change my daily life into a more joyful one. With consciousness and intention, smaller recognitions of how changing our thinking changes our life can become common for most of us.

So now is the time to begin seeing small changes as miracles. Now is the time to honor ourselves for taking the steps of changing our thinking and staying the course when we don't quickly see the results we've longed for. When we do this, we become living examples of how changing our thinking, indeed, does change our lives, thought by thought and day by day.

## Creating Your Practice

- With focused intention, write a detailed list of where you feel stuck. Write a second list of what is working for you now and how you feel about it. When you feel low, look at your list of what is working and visualize the good that is happening. Remember to appreciate how it feels.
- Silly as you may feel, sing a happy song or do a happy dance. Music and movement work wonders in changing how we think about a situation.
- Read stories like those in this booklet to remind yourself that you are not alone. Find one you like, and read it again and again, saying to yourself, *I can do this too*.
- Be patient and persevere. Change is a practice!

*Rev. Carolyn Warnemuende is a Unity minister living in Sacramento, California.*



# Fact, Feelings, Fiction

Rev. David B. Adams



As we begin on a spiritual path, it is tempting to hope that all our challenges will simply disappear. We might even believe our burdens will be lifted away by a higher power. The challenge with this idea is that it's only partially true.

Of course, the one power and presence of which we are all divinely created provides guidance, support, and strength. But for such guidance to be of any benefit, our full cooperation is required. We must be willing to hear, recognize, and respond accordingly.

We have been given one of the most powerful tools known in all creation: the power of choice. I believe that when faced with any challenge, three major factors affect our choices. They influence how we willingly follow, attempt to sidestep, or simply ignore divine guidance. And while we might not readily separate them, doing so is key to releasing upset.

The three factors? Fact, feelings, and fiction.

**Fact** is the choice at hand.

**Feelings** are what come up as we weigh the options.

**Fiction** is old stories we tell ourselves.

At times, the decision is simple—choosing to take that morning walk rather than hitting the snooze button. Fact: Exercise is good for the body. Feeling: frustration because a few extra winks might feel better than getting dressed for a walk. Fiction: *What difference does it make? I have always been* [fill in the blank].

How might changing our thinking—our relationship to fact, feelings, and fiction—be of benefit when facing a major life change? Or help when faced with the illness of a loved one?

Years ago, I felt it was time to change careers. My work as an opera singer was no longer satisfying. Regardless of the successes I had had, I felt I was being called to something different. But what was it? What would it mean if I left a field I once enjoyed to do God only knows what?

Fact: Choose whether to continue in the industry or move on.  
Feelings: fear and anxiety over being a failure/disappointment.  
Fiction: I was a fraud and it was only a matter of time until the world figured it out.

Moving through this decision was not as cut-and-dried as it might sound. There were many sleepless nights, thousands of journal pages, and a host of conversations with my trusted community. It took years for me to admit my feelings and reveal the fictitious story. Through ongoing prayer, reflection, and willingness to follow guidance, the power of feelings and fiction diminished. While I still have days when they creep in, I am grateful for the ability to dismantle them.

At the end of 2020, a family member began to experience profound memory issues. Conversations that used to be filled with stories about their past were slowly being silenced and replaced with fabricated memories. I mourned this change, thinking how miserable their life must be without any real sense of lineage or relationships.

Fact: Dementia was present. Feelings: helplessness and sadness that life together as we had known it was gone. Fiction: They were suffering.

One day I realized they were not suffering. The suffering was my own. I was so caught in memories of time spent with them that I couldn't be present to the person in front of me now. With that realization, everything shifted. We might not enjoy trips down memory lane together anymore, but that didn't mean there were no joyful times ahead. With the fog of fiction lifted, feelings of hopelessness and sadness were replaced with love and compassion.

It serves us well to remember that we are innately whole, perfect, and complete. While on this human journey, we will face decisions and challenges that test us. Discovering how to separate out the facts, feelings, and fiction we encounter, we move one step closer to changing our thinking and potentially changing our lives.

*Rev. David B. Adams is cosenior minister at Unity of Independence, Missouri.*



# Work the Intention

Rev. Christina Garza





For many years, I was plagued by unfulfilling romantic relationships. I seemed to always find myself in a relationship with partners who were emotionally and/or physically unavailable. After many failed attempts at love, I started to believe I was destined to be single and that perhaps I was meant to dedicate my emotional energy to serving the world.

I resigned myself to focus on the other areas of my life. I had a great support network of family and friends, an amazing career, great health, a deepening spiritual self, and an overall great life. What more could a girl want? Who really needs a life companion?

Then on New Year's Eve in 2017 at a Unity Burning Bowl Ceremony, all that changed. During meditation, we were challenged to allow our heart's desires to speak and to set our intentions for the year. In the Silence, I received the message that my heart's desire was to have a life partner.

I quietly wrestled with myself in the church pew, refusing to accept this intention and feeling almost embarrassed to write it down. Couldn't I come up with something more profound or grandiose? Thinking I "needed" someone else made me feel weak and vulnerable, and I didn't want that. But after the mind fight, I conceded, writing down the intention and dedicating myself to working with it.

I created a worksheet with an affirmation for my intention and a list of qualities I wanted in a life partner. I knew that I needed to be specific and start to focus on creating a vision for what life with this partner would be like.

I kept the worksheet in my Bible. Every morning at the close of my meditation and prayer time, I pulled it out and read the

affirmation silently and out loud: *I am a radiating center of divine love, and the right and perfect romantic partner is being mightily attracted to me now.* Then I ran through my list of my soon-to-be partner's qualities. I allowed myself to feel what it would be like to be with someone who had these qualities.

From time to time, I added things to my list. I would always end with a gratitude affirmation from Unity author Rev. Catherine Ponder: *I give thanks for the immediate, complete, divine fulfillment of these desires. This or something better comes forth with perfect timing according to God's rich good for me.*

I worked with this intention for two years faithfully. At the start of 2020, I decided I had done my part and would now turn to other things. I was sure I had created enough energy around this intention that my partner would appear soon.

A few months into 2020, the Covid pandemic hit, we went into quarantine, and I figured I would have to wait longer to find my love. Then one day, I received a message on social media from an old friend. We began with messages, then video calls, then in-person dates, and three months later we were married. Yes, you read that right. She was the person from my worksheet list—every single quality.

What I learned is that you have to ask in order to receive, and you have to be honest and vulnerable about what you really want. You have to be disciplined in working your intention, and you have to be clear with vivid detail and feeling about your intention. Most of all you have to have faith and the patience for your faith to be proven.

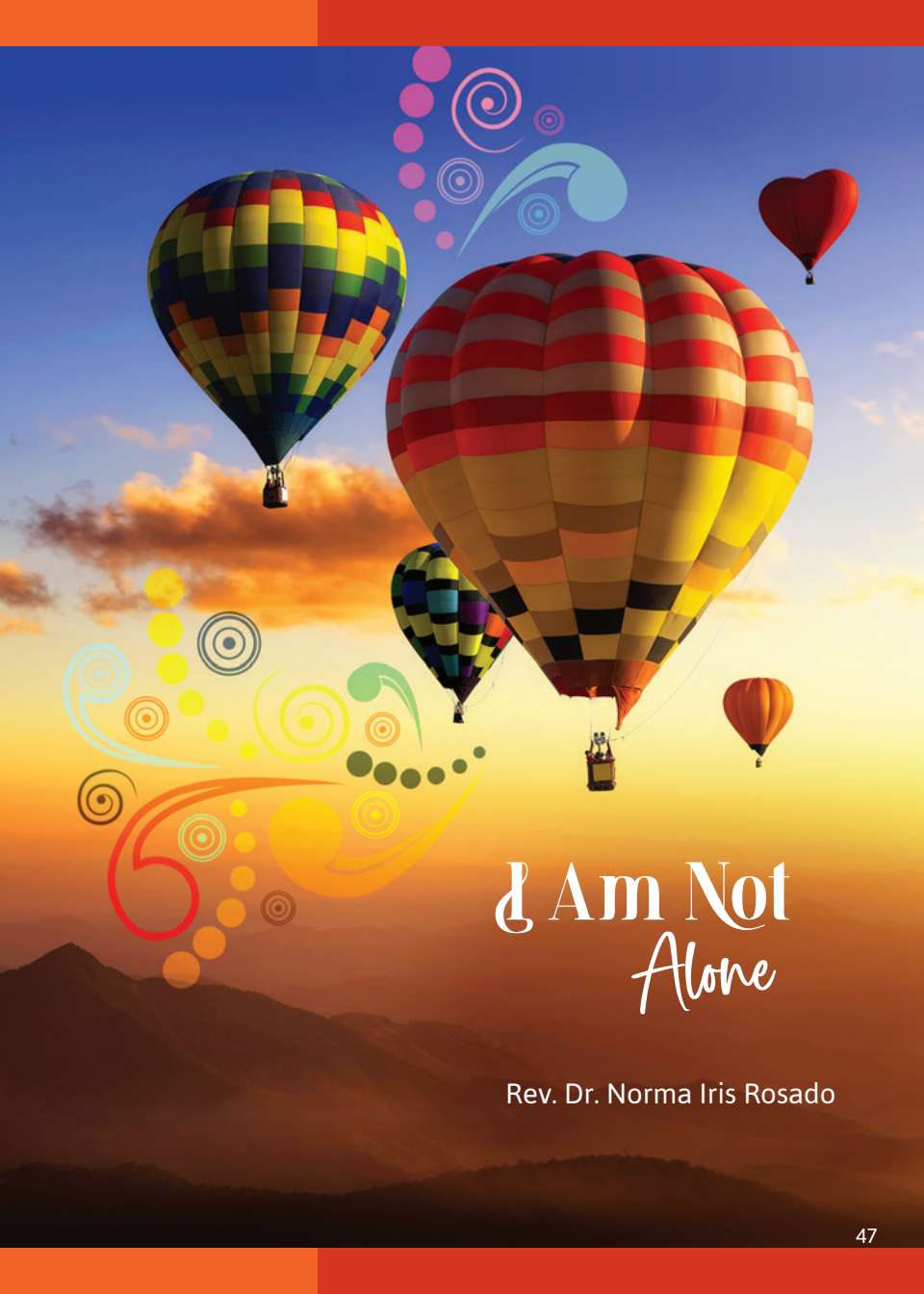
All of this takes courage to break old patterns and toxic beliefs about who we are and what we think we do or don't deserve. It takes the use of imagination to begin to (re)condition your mind to accept the fullness of life.

Myrtle Fillmore wrote in *How to Let God Help You* that we must “approach the throne boldly” if we are to receive our abundant spiritual inheritance. I invite you to be bold and invoke your creative power to build the life not only that you want but that you deserve. The universe will respond, but you have to put in the work. Are you ready to face and honor your truth and work it?

*Rev. Christina Garza is senior minister at Unity of Nashville, Tennessee.*

***With focused intention, we can bring about new realities in our world.***

***—Ellen Debenport, The Five Principles***



# I Am Not *Alone*

Rev. Dr. Norma Iris Rosado

It was the beginning of 1989, and I didn't know my life would change drastically. On the night of January 30, my husband Luis Montero, a Unity minister, unexpectedly suffered a heart attack and died. Moments before, we were having dinner with our teenage son. Afterward, they went to the garden to feed our dogs, and suddenly I heard my son scream: "Mother, help me; Dad fell!" I quickly went to assist, but we couldn't do anything. I felt a terrible sense of impotence. I felt sad and exhausted. I wondered, *And now what?*

At that time my husband and I managed the largest Spanish Unity ministry in the Caribbean. He was the executive minister, and I was his assistant. I felt an immense and unavoidable responsibility toward the parishioners. I felt fear, but I lay still and thought, *It's the moment to show that the principles and Truth we teach at Unity work.* I remember affirming with certainty: *God, you are in charge.*

The next day, then, without fear, I presided at my husband's funeral. Afterward, the Unity board of directors in Santurce, Puerto Rico, decided I would be the executive minister. I'm sure my strength throughout the process was instrumental in their decision.

During that time there was a lady at church, Celia, who did volunteer work. She became my right hand along with Rev. Francisca Méndez (Panchita), who had preceded Luis and me as leader in the ministry. For 16 years she mentored me and was my friend. Panchita's and Celia's advice and support, along with the affirmation *God, you are in charge*, were constant companions.

Much to my surprise and chagrin, two months after my husband's passing, Celia also passed unexpectedly. Three months later Panchita, my dear minister, mentor, and friend, also passed.

These consecutive losses made me feel alone in the care of my son, my home, and my church. Then an experience changed my perception and life forever. After presiding at Panchita's funeral, I went to the temple to offer the midweek healing service we held on Wednesdays. As I entered the church, I felt a heavy physical and emotional burden. I remember saying, *God, what am I going to do? I've been left alone!*

The response I immediately received from within was, *You're not alone. I am here, as well as the whole congregation.* I felt a heavy weight lifted from my shoulders. I straightened up and replied, *It's true; I'm not alone. There's you and them.* I walked firmly toward the platform, where I continued to conduct services until 1997 when I transferred to work at Unity World Headquarters in Missouri.

Never again have I doubted that God the absolute presence always guides my life. The phrase *I'm not alone; God is in charge* has been with me since. I give thanks for this affirmation and

***Whatever thought you send out will come back to you. This is an unchangeable law of thought action.***

***—Charles Fillmore, Christian Healing***



invite you to repeat it to release every fear until all fruits of Spirit manifest. I share the process I use to change my thoughts and change my life:

1. Be still, relax, and center in God, the divine presence in your being.
2. Declare that God is in charge, and surrender all your concerns to divine care.
3. Affirm words like these:
  - *Open and receptive, I now turn to divine presence.*
  - *There's nothing to fear since God is in charge.*
  - *I'm guided by God, the infinite wisdom.*
  - *I know what to do. I do it filled with faith in certainty the good that is mine will reach me now.*

Dear reader, always turn to God and affirm: *I'm not alone; God is in charge.* Remain in that dynamic conviction with assurance and faith. Your eyes will see the confirmation of the words: "We know that all things work together for good for those who love God" (Romans 8:28).

*Rev. Dr. Norma Iris Rosado serves three churches in Puerto Rico. She reports she has happily remarried another Unity minister, Rev. Dr. Juan J. Riquelme.*

# Thoughts of *Prosperity*

Rev. Edith Washington-Woods



As a child, I grew up with three role models. My mother Arla, who worked at Eastman Kodak in Chicago. Often she commuted to work from Gary, Indiana, on the South Shore train. My maternal grandmother, Annester, was a mail carrier for the U.S. Postal Service, and my grandfather, Alonzo, owned an insurance company.

Even though all three worked full-time jobs until they retired, I had no awareness of money management, financial freedom, or prosperity consciousness.

At age 17 after graduating from high school, I went to college. Credit card companies started sending me offers. I applied and received my first credit cards with miniscule credit limits. I was excited to have credit. During those years, there were times when I worked minimum wage at \$2.90 per hour and times when I was on public assistance as a single parent. I lived below the poverty line.

Fast-forward to 1993 and after graduating from a different college, I became a licensed electrician. Even though my income increased substantially, I continued to live paycheck to paycheck. I had more credit card debt and often could pay only the minimum due.

I became sober in 1994, and my sponsor introduced me to Unity. Once there, I started taking classes. One of them was the 4T Prosperity Program created by Unity minister Stretton Smith. The 4Ts stand for tithing of time, talent, and treasure.

After the first class, I was angry. I thought to myself, *You want me to tithe 10 percent of my money? Don't you know I am a single parent, I have bills, and I barely have any money left after*

*expenses?* I spoke with the minister teaching the course, and he suggested that I continue and see what happened. He promised if I still felt the same way at the end of the class, he would refund all the money I had tithed. I agreed because I didn't have anything to lose.

I started tithing 10 percent of my time, talent, and treasure (money). I read and said out loud 200 times a day the affirmation recommended in the 4T program—*I am prosperous, I am prosperous, I am prosperous*—even though I didn't believe it for a second. I repeated it when bills came in the mail, when I paid my rent, and when I wrote my tithe check.

Within six weeks, things changed. I had a shift in consciousness. I started receiving checks in the mail I was not expecting. Over and over again. I could see this class was working in my life. I also discovered prosperity is not about money at all. It is about mindset. It is about my perspective and knowing there is more to my life than what I see with my eyes.

I have since taken 4T many times as well as prosperity courses from Rev. Edwene Gaines' *The Four Spiritual Laws of Prosperity*, Rev. Mary Morrissey's *Prosperity Plus*, and Rev. Ken Daigle's *Absolute Abundance*. I have also taught many of these prosperity courses over the years.

Today, by practicing these spiritual principles, I am no longer in debt. I pay my credit cards in full each month. I purchase homes wherever I live, which builds financial wealth, money management, and prosperity consciousness. I have long-standing relationships. By continuing to do this work, my mind, body, and spirit are free.

There is a proven formula for shifting your thinking to a mindset of abundance:

- Pray daily, knowing prayer changes your mind to align with God-Mind.
- Create and repeat prosperity affirmations such as *I am prosperous.*
- Imagine what is possible, such as creating a vision board.
- Practice forgiveness, which clears blockages held in thought.
- Give your time, talent, and treasure without expectations.
- Understand you live in an abundant world. Look at the sky; see its vastness.
- Know all your needs are met.
- Trust the Universe will always pour out a blessing.

*Rev. Edith Washington-Woods is senior minister at Unity of Gaithersburg, Maryland.*

*Thought ... is the tool, the instrument,  
the means whereby we direct the master power  
of mind and shape what we will—an environment  
of sadness, lack, trouble, or of joy, happiness,  
fulfillment, success.*

*—Charles Roth, Mind: The Master Power*

# Wait for Love in Action

Rev. Luzette Rivera-Diez





During the time I was enrolled as a ministerial candidate at Unity Institute® and Seminary, I traveled once a year to Unity Village for credits. On my second trip, knowing I would be gone for two weeks, I called my car insurance company to make a premium payment over the phone.

The insurance company representative insisted that my payments were up to date and would not accept any additional payments. I shared my concern, and again she replied very politely that I should not worry, everything was okay.

Two weeks later I came home to a letter canceling my insurance for lack of payment. I decided to get in the car and go to the insurance agency office to reinstate the insurance.

To enter the insurance company's parking lot, I had to make a left turn across a three-lane street. The first two lanes had stopped at the red light and signaled me to pass. As I did, a car speeding in the third lane grazed the front of my car. I watched in shock as the other car started spinning, hitting two more cars.

As I got out of my car, I called my daughter for prayer. I had learned when you cannot hold Truth in your mind, reach out to someone who will hold it for you. We say, "Thoughts held in mind produce after their kind," but it is important to acknowledge that emotions can sabotage our efforts to pray, and I was in fear.

Afterward, I went into the insurance office only to receive confirmation that I was uninsured—and I had just had an accident! When I got home, I called again, insisting that I had

tried to pay and asking whether they recorded the calls. They said they would check, but chances were slim as they recorded only a random number of calls.

I barely slept, filled with fear and concern, not knowing what to do. I asked for guidance, and the following morning I woke with great peace. I understood clearly that I had to surrender to God since I had no answers. I took the insurance file folder and placed it on my altar as a symbol of letting go. If people asked me about the incident, I responded by saying I would not talk about it. I had given it to Spirit and now I waited. *Release and trust.*

Eric Butterworth in *The Universe Is Calling* says, “Prayer is not conditioning God with our needs but conditioning our lives with the activity of God.” All prayer is for *us*. In universal mind, in God-Mind, all is well, perfectly provided all the time, and there are no needs, pain, or lack.

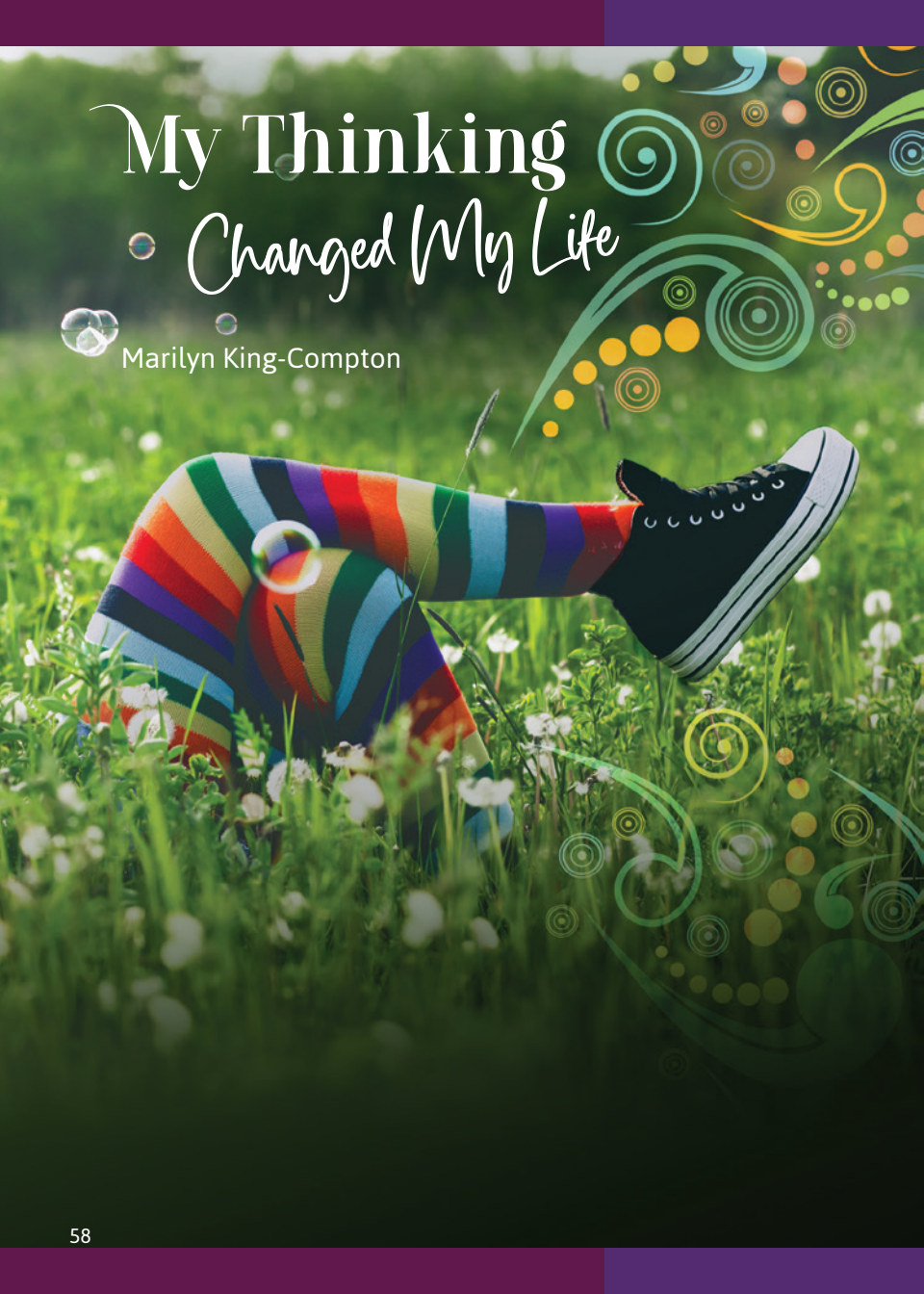
Two weeks later I received a call from the insurance agency saying they had found my call in the randomly recorded phone calls. They paid for the damage to all the vehicles involved, took care of the lawsuit, repaired my car, and renewed my insurance for another year without any increase as a result of the accident.

Lift your consciousness. Empty your mind and wait for the awareness of love in action. I learned that, for me, this is the best way to change my mind.

*Rev. Luzette Rivera-Diez is a semiretired minister who is actively involved in training and credentialing for Unity ministers in Spanish.*

# My Thinking Changed My Life

Marilyn King-Compton



As my conscious awareness developed into a higher state of spiritual understanding, life took on new meaning and purpose. There were certain revelations that caused my thinking to take a dramatic turn.

One was internalizing the awesomeness of God and me—that God’s name, I AM, was my name as well. I learned that what I attach to *I AM* “becomes” and will not return to me void. Also, there is power in the spoken word, power coming through my thinking processes followed by words flowing out of my mouth. *Wow*, I said!

I came to realize that being an heir to God brings responsibility. I must maintain right thoughts, right words, right feelings, right actions, and right reactions. There must be right use, not just expecting *I AM* to get me what I want. It can deliver what I may not want too.

That is why we refrain from using the words *I AM* with any offhanded negative comment. Words such as, “I am broke,” “I am unhappy,” “I am sick,” and so on. Or thoughts such as, *I doubt if I’ll get that job! That home/car loan might not go through. I may fail the test. I’ll never find the love of my life. There won’t be enough money. I’ll never get well.*

The subconscious mind records and returns that which was thought or spoken. Saying, “I was just kidding,” does not matter. Words do matter, giving flesh to the bare bones of what can eventually come into visible manifestation.

Another outstanding revelation that contributed to the change in my thinking was my introduction to the dynamic activity of divine order. Claiming or declaring divine order became most

effective when adversities were about to show up in my life or something or someone was getting out of alignment. Doubt would be detoured or diverted, frustration frayed, anxiety averted, and calm would be restored.

Calling forth divine order prevented the invasion of any unwanted disturbance from taking hold and upsetting the calm peace of my soul. Successes were shared with family and friends who, finding it significant themselves, encouraged others to engage in this divine practice.

I reflect upon my early past, not lingering upon it but noticing how things could have been better had I not allowed insecurities or other anxieties to get my attention. However, that was then, this is now, and I am eternally grateful for the lesson and the blessing!

For a good part of my life, regardless of seeming appearances, I have found courage and confidence in *I AM* and in the trust and belief that nothing is impossible with God. I rely on the power of my spoken words, I do my part, I sow good seeds, and I reap a rich harvest. I claim divine order, and I am at peace.

My new way of thinking changed my life, and it can change yours. *I am healthy. I am wealthy. I am happy. I am in tune with divine mind. I am all that God is. I am God's marvelous child.* And so it is.

*Marilyn King-Compton is a long-standing member of Christ Universal Temple in Chicago, Illinois, and for nearly 40 years has been a contributing writer to Daily Inspiration for Better Living.*

# Train Your Brain for New Thoughts

Rev. Elizabeth Longo





With certainty I can attest that we create our reality by the thoughts we hold in mind. I have had many situations in my life that radically changed when I transformed my thinking.

When we are not aware of our thoughts and beliefs, we continually fabricate stories and allow our imagination to run wild in worry and fear, projecting unwanted situations onto some imagined future. Our minds are meaning-making machines, and most of our thoughts are recycled.

Life is a play of consciousness. We are all living our own movies in a never-ending loop of projections until we have an awakening and realize that we can undo our stories and create a greater reality.

First, we must be aware of our thinking, our beliefs, and the endless chatter going on in our minds. Once aware, we must be willing to question our thinking and choose thoughts that serve our highest calling. Once I've changed my thinking, my perception changes and doors of possibility invite me to a new way of being.

Growing up I was shy, insecure, and had very low self-esteem; I believed I wasn't worthy or deserving of the things my heart longed for. I felt lost, sad, and depressed most of the time. This took me on a journey in search of a greater truth. I read every self-help book I could get my hands on and traveled across the globe hoping to find the magic wand that would fix me. I blamed everyone for my misery and believed my case was hopeless, my "karma" from another lifetime. I prayed to be shown the light that would save me.

Then I came upon spiritual teachings that gave me practical tools to get out of my misery. There was hope. I learned I did not have to be a victim of my past circumstances; I could rise up and be victorious. I committed 100 percent to the project of healing and transforming my life.

I learned to pray affirmatively. I learned about the power of denials and affirmations, forgiveness, and gratitude. I journaled daily and spent time in the Silence. One by one I questioned every thought that was not serving me, replacing them with empowering thoughts that affirmed the truth of who I am. Shifting my thinking from believing I was born in original sin, which I was taught as a child, to believing I was an original blessing helped me see that I mattered and that there was a place for me in the world.

Little by little, I trained my brain to focus on my worth and claim my divine powers. I paid attention to my thoughts and no longer allowed self-defeating thoughts to take the best of me. As my thinking began to shift, I noticed that my life started changing too. New opportunities started coming my way. I was attracting wonderful people into my life. The light of possibility turned on. I felt lighter.

Today I am passionate about teaching and supporting people who are ready and willing to go beyond their stopping points to create the life they desire. If you are ready to step into your best life, here is an affirmation and some helpful tips to get you started on your transformation:

*I am willing to question my thinking and will not give power to stressful thoughts, worry, or fear.*

- Start your day with prayer, affirming your divine nature.
- Spend a few minutes in the Silence, and listen to your divine guidance.
- Count your blessings.
- Be grateful for whatever comes your way. Gratitude amplifies your good.
- A few times a day, stop, take a breath, and notice the thoughts you are entertaining. Then focus your attention on what you want. Remember you have the power to change your thoughts.
- Affirm your worth and remind yourself continually that you are fully equipped to create your best life.

Love yourself through it all. You are on a journey of self-discovery. Watch your thoughts and remember you are powerful and fully equipped to create the life you desire. You are not your limiting thoughts. You are the presence of all there is appearing uniquely as you.

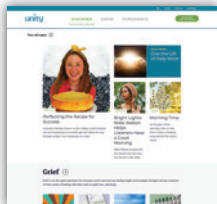
*Rev. Elizabeth Longo is a coach and ministry consultant in South Florida.*

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