

Special Edition

NEVER ALONE:

Facing Cancer With Faith

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Dear Friend,

Cancer has been called an enemy, a teacher, and, in hindsight, a gift. Yet receiving a cancer diagnosis is life-changing—it foreshadows a daunting journey ahead.

This booklet has been lovingly created for those navigating that journey, and for those who love and care for them. Its message is simple: You are not alone. Through the fears that arise, the decisions to be made, and the challenges that loom, you are one with the wisdom, power, and restorative energy of God—the very essence of which you are made. Knowing this, your healing journey becomes a transformational trek into the depths of your true Self and the discovery that with God, all things are possible.

Whether you are reading this booklet for yourself or for a loved one, know that these messages, articles, and prayers are here to uplift you, encourage you, and empower you to find your way to full health and well-being. You are loved, you are precious, and you are never alone.

With love,

Your Friends in Unity

AFFIRMATIONS FOR HEALING AND WHOLENESS

- ❖ *I am whole and healthy in mind, body, and spirit.*
- ❖ *I am open to the wisdom of Spirit.*
- ❖ *God's healing power is at work in me now.*
- ❖ *I am lifted up by the power of God within.*
- ❖ *The peace of God lives in the quiet of my heart.*
- ❖ *Divine life renews every cell in my body.*
- ❖ *I am wondrously made of infinite love.*





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YOU ARE NOT ALONE

By James Dillet Freeman

Most of us have friends or relatives who are very close and very dear to us. Yet there are times when we feel alone. We have challenges to meet, and we feel we have to meet them alone. But we do not have to meet anything alone. God is with us.

God is with you. Yes, God! You do not have to face your problems alone. You do not have to make your overcomings alone. There is One with you always who will help you in everything you have to meet.

This does not mean that you do not have to make any effort yourself. You have to make all the effort of which you are capable. You have to determine to see the problem through, and you have to devote your energy and intelligence to handling it. But you do not have to depend on your resources alone. You have access to God.

Seek God

You may feel, however, that you have no awareness that God is with you. If that is so, you can develop your awareness. How can you develop it? Through prayer. It may come immediately. It may come slowly. But if you consciously and persistently seek the presence of God, you will find that presence.

On waking, on sitting down to breakfast, on leaving the house, on starting to work, on taking on a new task, on meeting someone, on discussing a problem, on starting out in the evening, on lying down to sleep, remind yourself that God is with you. Whenever you feel that you need strength or freedom or wisdom or peace, remind yourself that God is with you, helping you.

In this way, you will come to know that God is truly with you. You will come to feel God's loving, living presence.

God is Spirit. God is intelligence, love, life. And you will feel God's presence as a greater awareness of your intelligence, love, and life. You will feel God as a new sense of assurance and peace such as you never had before. You will feel God as a new ability to meet and master problems. God will become evident to you, not in a strange and mysterious way but as better health, a more alert mind, increased harmony with others.

Be Patient

Do not be discouraged if you do not see instant results. Have patience with yourself. Remember, people do not always succeed the first time they try. Scientists may fail hundreds, even thousands, of times before they finally succeed. Success is often the result of patient persistence. The important thing is that you keep trying. "When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord" (Jeremiah 29:13-14).

Know that God is with you right now, this minute, helping you meet the present need. Put out of your

mind yesterday's regrets and tomorrow's fears. God is with you right now, and you have only the present moment. God is with you as you meet it!

Your Words Have Been Heard

Sometimes where no visible results appear, a great work has been done invisibly. "Do not fear ... for from the first day that you set your mind to gain understanding ... your words have been heard" (Daniel 10:12). The work of God is largely done invisibly; it is a spiritual work done in heart and mind. But it is no less real because it is invisible.

If you should come to the point where you feel like giving up, it is then you must hold on. Hold steadfastly to the thought that God is with you and keep faithfully on, for even in that moment the victory may appear.

God is with you! That is the truth. Keep it before you. Think it, affirm it, repeat it until you have fixed it indelibly in your mind and heart, until you feel it in the innermost fiber of your being. Then no challenge you have to meet will ever seem overpowering again, for you will know that with you is something infinitely more powerful, something braver than any fear, stronger than any

weakness, firmer than any wavering, wiser than any doubt. You will know that in you is the divine capacity to meet every situation, the wisdom to know what should be done and the strength to do it. You will know—and knowing, you will never be alone again—that with you is God!



For God
all things are
possible.

—Matthew 19:26

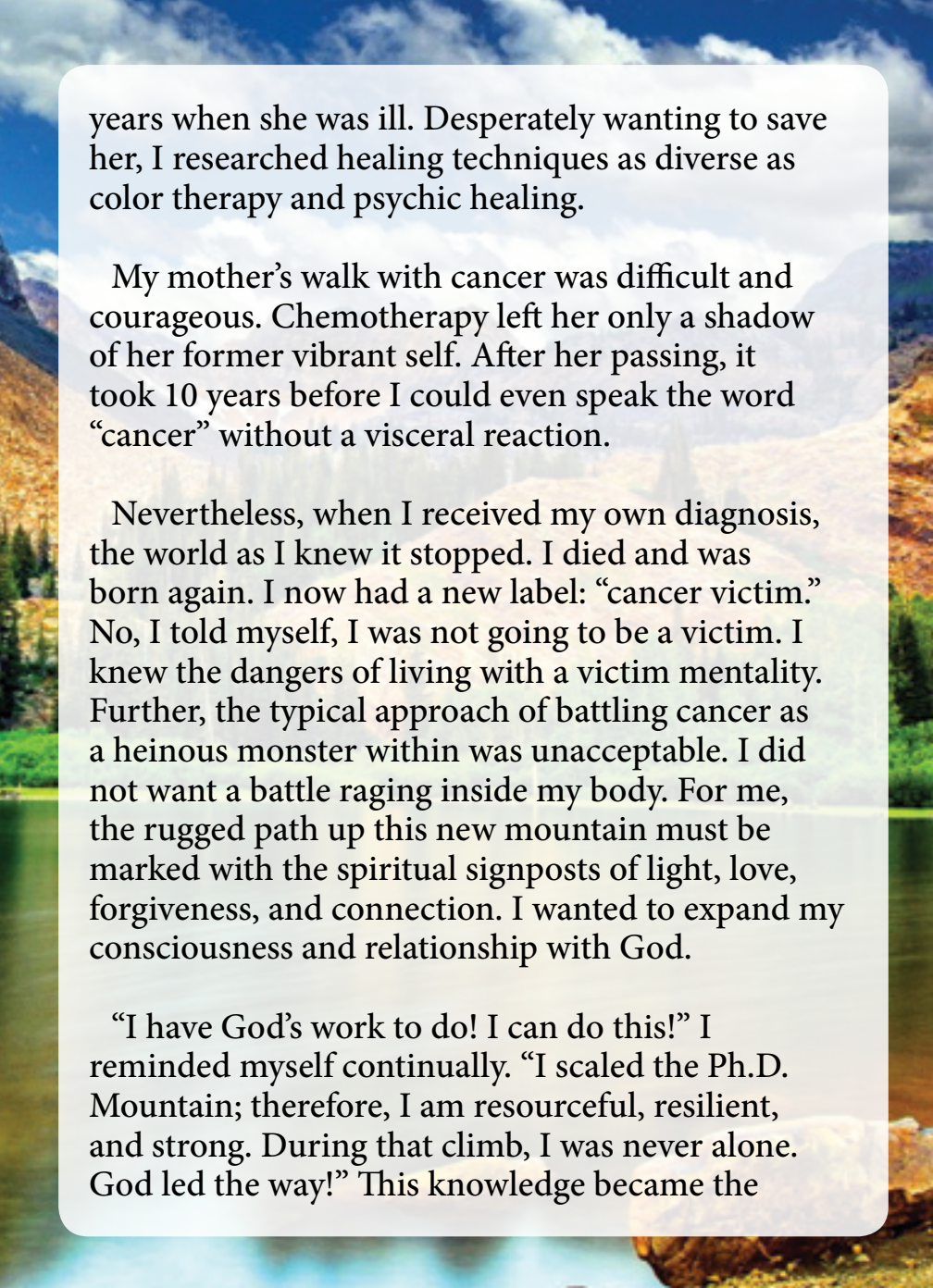


THE VIEW FROM THE MOUNTAINTOP

By Lynda Gail Salmon, Ph.D.

From center stage, I took a brief moment to freeze time. I gazed at the diverse sea of excited family members and friends who filled the commencement auditorium. At 64 years of age and after eight years of graduate work including a dissertation, I had earned my Ph.D. in Philosophy specializing in Early Childhood Education. I had made it “to the top of the mountain,” a metaphor I had frequently used in teaching gifted students. I had told them, “We all have mountains before us in one way or another, but it is persevering through the hard times, accepting support, and keeping an eye on the goal that gets us to our heart’s desire.” When they were challenged, I would say, “I know you can conquer this.”

Three weeks after receiving my Ph.D., I was diagnosed with stage three ovarian cancer. It was a new mountain to ascend, but the trail had been blazed before me by my mother, who died in 1991 from the same disease. I lived in terror for five

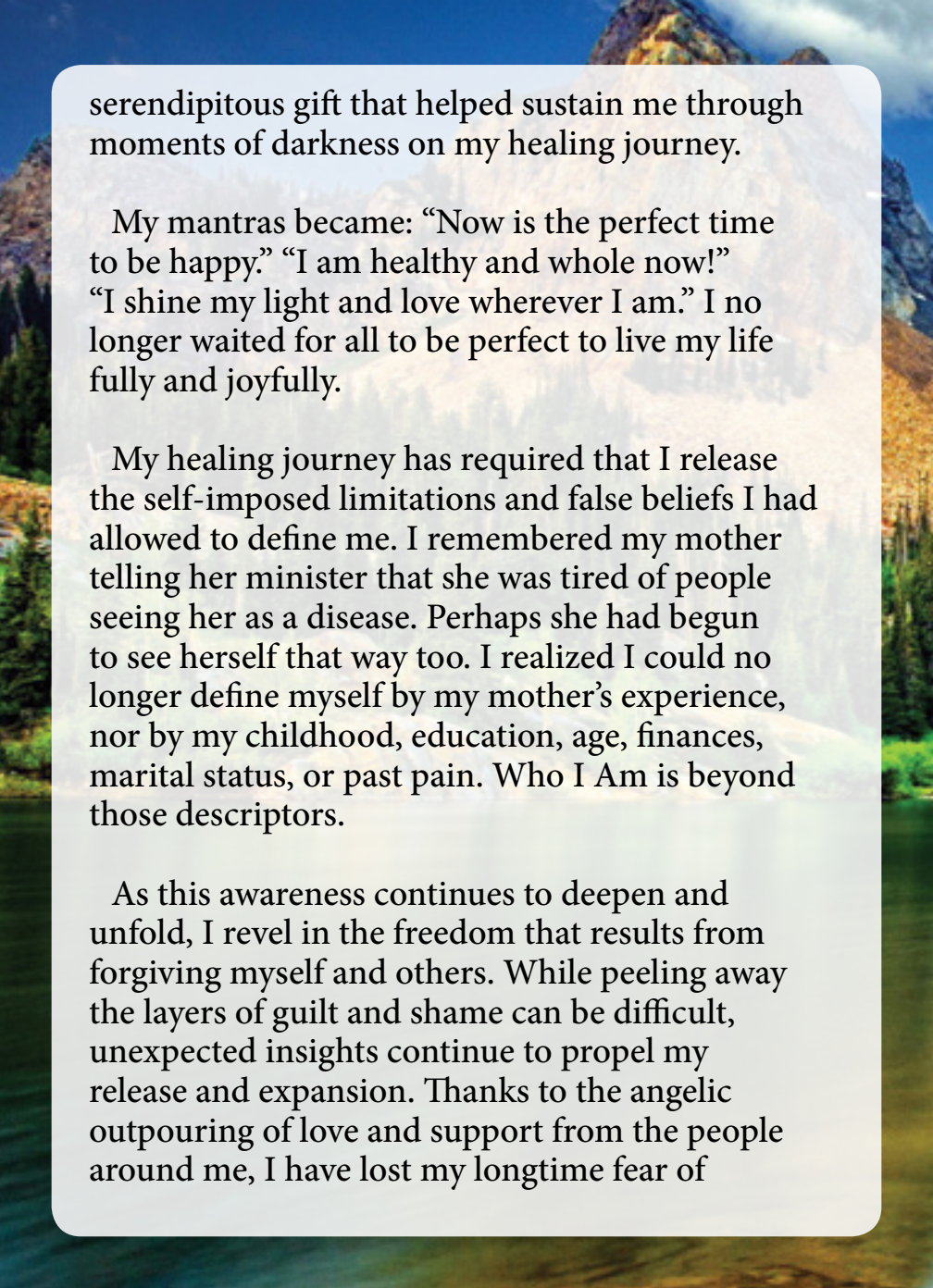


years when she was ill. Desperately wanting to save her, I researched healing techniques as diverse as color therapy and psychic healing.

My mother's walk with cancer was difficult and courageous. Chemotherapy left her only a shadow of her former vibrant self. After her passing, it took 10 years before I could even speak the word "cancer" without a visceral reaction.

Nevertheless, when I received my own diagnosis, the world as I knew it stopped. I died and was born again. I now had a new label: "cancer victim." No, I told myself, I was not going to be a victim. I knew the dangers of living with a victim mentality. Further, the typical approach of battling cancer as a heinous monster within was unacceptable. I did not want a battle raging inside my body. For me, the rugged path up this new mountain must be marked with the spiritual signposts of light, love, forgiveness, and connection. I wanted to expand my consciousness and relationship with God.

"I have God's work to do! I can do this!" I reminded myself continually. "I scaled the Ph.D. Mountain; therefore, I am resourceful, resilient, and strong. During that climb, I was never alone. God led the way!" This knowledge became the

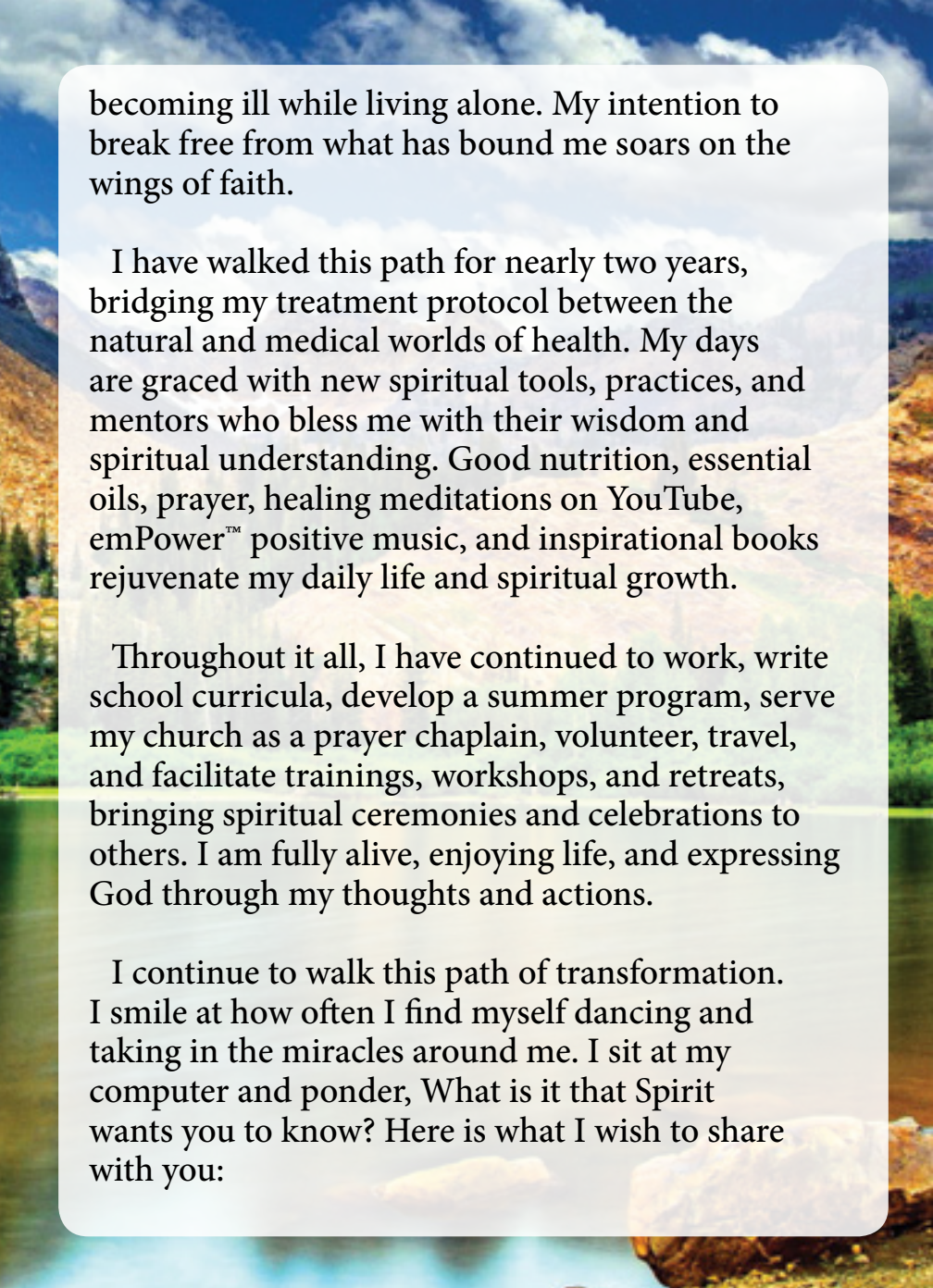


serendipitous gift that helped sustain me through moments of darkness on my healing journey.

My mantras became: “Now is the perfect time to be happy.” “I am healthy and whole now!” “I shine my light and love wherever I am.” I no longer waited for all to be perfect to live my life fully and joyfully.

My healing journey has required that I release the self-imposed limitations and false beliefs I had allowed to define me. I remembered my mother telling her minister that she was tired of people seeing her as a disease. Perhaps she had begun to see herself that way too. I realized I could no longer define myself by my mother’s experience, nor by my childhood, education, age, finances, marital status, or past pain. Who I Am is beyond those descriptors.

As this awareness continues to deepen and unfold, I revel in the freedom that results from forgiving myself and others. While peeling away the layers of guilt and shame can be difficult, unexpected insights continue to propel my release and expansion. Thanks to the angelic outpouring of love and support from the people around me, I have lost my longtime fear of



becoming ill while living alone. My intention to break free from what has bound me soars on the wings of faith.

I have walked this path for nearly two years, bridging my treatment protocol between the natural and medical worlds of health. My days are graced with new spiritual tools, practices, and mentors who bless me with their wisdom and spiritual understanding. Good nutrition, essential oils, prayer, healing meditations on YouTube, emPower™ positive music, and inspirational books rejuvenate my daily life and spiritual growth.

Throughout it all, I have continued to work, write school curricula, develop a summer program, serve my church as a prayer chaplain, volunteer, travel, and facilitate trainings, workshops, and retreats, bringing spiritual ceremonies and celebrations to others. I am fully alive, enjoying life, and expressing God through my thoughts and actions.

I continue to walk this path of transformation. I smile at how often I find myself dancing and taking in the miracles around me. I sit at my computer and ponder, What is it that Spirit wants you to know? Here is what I wish to share with you:



Beloved traveler,

You may have just gotten a diagnosis, you may be well into the journey, or you may be a support for a loved one. It may be difficult for you not to define yourself by lab numbers, test results, and a body that is crying out. Feelings of helplessness may immobilize you.

Always remember, you have the power to:

Hold fast. Know that you are not alone.

Hold fast to the realization that, "... with God all things are possible."

Hold fast to your spiritual perfection.

Hold fast to the feeling and image of total health.

Hold fast to giving and receiving love.

Hold fast to expressing gratitude to the Divine.

By virtue of our common journeys, I proclaim that if you Hold Fast to defining yourself as a magnificent creation of God, your Divine Ph.D. (Powerful Healing Direction) will bring you to a mountaintop experience.

I'll see you there!

*I am
transforming
from the
inside out.*



Healing Light and Life

**The healing light and life of God
flow through me now.**

Ease is more natural than dis-ease, and health is more natural than illness. I affirm ease and flow in my life.

To invite healing, I relax, release my fears, and allow the healing light and life of God to flow through me. I affirm the power of God within to heal whatever needs to be healed.

Healing light fills me, permeating every cell and fiber of my being. God is greater than any appearance of illness, and healing light breaks forth as I affirm the power of God working in and through me now. First in mind, then in body, my healing springs up quickly.

Moment to moment, I give thanks for the healing light and life of God within me.

**Then your light shall break forth like the dawn,
and your healing shall spring up quickly.
—Isaiah 58:8**

Self-Acceptance

**I accept my life experiences
with love and compassion.**

Life may bring pleasure or pain. I may want to hold on to happy situations while pushing away hurtful ones. But to live fully, I must embrace both with deep acceptance and love for myself.

If I experience grief or loss, I release any self-judgment about feeling sad or confused. I let go of any resistance to my tears and let them flow. As I accept my emotions with compassion, I feel the love of God supporting me.

I open myself to joy. I am grateful here and now, and I know Spirit is with me. When the time passes, I let it go. As I accept my experiences with an open heart, I discover God in all of them, which brings me wisdom and peace of mind.

We are writing these things so that our joy may be complete.—1 John 1:4

Inner Peace

I am at peace in the present moment.

At times I may feel uncertain or anxious about my healing. Am I doing the right thing? Am I accurately interpreting Spirit's guidance? When that happens, I do what brings me peace: I rest in the Silence and feel the wholeness of this moment. I've "touched the peace that surpasses all understanding" of which Paul spoke.

I am in touch with the Truth during my moments in the Silence. Right where I am is where I am meant to be. My path is valid and my vision clear.

I know the changes I need to make and the right timing for each of them. I have faith in Spirit's ever-present, indwelling guidance. I am at peace in the present moment.

Go in peace. The mission you are on is under the eye of the Lord.—Judges 18:6

Overcomer

I am an overcomer!

God has given me everything I need to heal. What an empowering idea! The power of God in me is greater than any difficulty. I tap into the guidance of God to navigate unexpected barriers. One with God, I overcome any challenge and achieve any goal.

The love of God in me brings harmony into any chaotic situation. The strength of God in me provides me the will and energy to overcome any circumstance.

My faith gives me patience, insight, discernment, and positive expectations. I use my imagination to envision the best outcomes. Through the power of God in me, I achieve my dreams. I prevail. I am an overcomer!

For whatever is born of God conquers the world. And this is the victory that conquers the world, our faith.—1 John 5:4

FOCUSED ON THE TRUTH

By Rev. Joy Wyler

Early in 2015 I took a month of sabbatical. I was exhausted and burned out. Responsibilities in the community, church, Unity movement, and family left me so busy *doing*. I had no idea what parts I loved to do or how to make *being* myself a priority. I recognized my need to simplify, and by the end of 2015 I started to let go of several responsibilities and began reorganizing my priorities. As the holidays approached I didn't feel well, but I told myself, *I'm a minister and it's the holidays*. I did not go to the doctor until after the first of January 2016. To my shock I was diagnosed with a large mass in my abdomen. Although the surgeon was confident it was benign, the word cancer entered the conversation after surgery and the biopsy results.

I was oddly calm. *Focus on the Truth* was the thought that kept repeating itself. The Truth is that divine life within me is available to heal anything needing to be healed. I wasn't sure what all needed healing, some physical and some mental and emotional, but for the first time in my life I didn't

dwel on the details. The support I most wanted was for everyone around me to hold the same Truth I was focusing on. I didn't want people to be triggered by clinical words that evoked pity, sadness, or fear. So I wrote an affirmative prayer that claimed my vision for healing. I shared the prayer with my church. I took copies of the prayer to my surgeon's office and my oncologist's office. I posted it on Facebook. I sent the prayer to friends via email and they shared it with their prayer circles. I wrote the prayer in first person for my use and wrote it in third person for others. Here is the prayer I used:

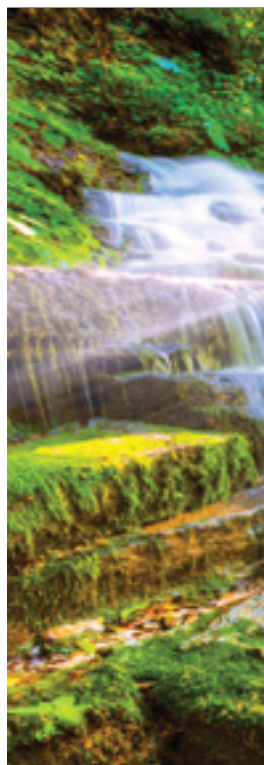
In every moment exists infinite possibilities. Right now I AM living as perfect Life expressing in every cell. My body is illuminated with healing Life and Light. Anything that is not my highest good is released and returns to nothingness. All the doctors and nurses and others who care for me are divinely guided and become part of the healing energy of Spirit restoring me. Everything that touches me and enters my body becomes a part of my healing. With God, all things are possible.

Throughout my treatment I maintained a focus on the power of Spirit. When those around me

clamored for more clinical details, we spent a Sunday discussing the enduring nature of Spiritual Truth and our ability to focus on that rather than “worldly facts.” My surgeon told me I was blessed to have two doctors praying for me. In reality, I was blessed with an army of people holding the Truth for me.

Today my morning routine includes the prayer I wrote and a time of journaling and meditation. At night I use prayers of gratitude as Myrtle Fillmore had used in her healing. I begin with my toes, end with the top of my head, and speak words of thanks to every part of my body. I have a new appreciation for the miraculous work my body does. The joy of living is clearer and my gratitude for *everything* is magnified.

My oncologist is an amazingly compassionate man, born and educated in Egypt. He is an Orthodox Christian who embraced my affirmative prayer with enthusiasm. My office visits consisted of skimming my current test results and treatment plan, and then discussing what I preached on Sunday and what



his church did on Sunday. Our theologies were different but our truths seemed to be similar.

My last visit with him, one year after my journey began, was to discuss my clear scans and ongoing follow-up. It was a joyous discussion but he sadly announced he was leaving the practice. He observed, “We may never see one another again but we can continue to keep each other in our prayers.” In my prayers, I stay focused on the Truth and let Spirit work out the healing details.



MY JOURNEY THROUGH CANCER

By Marcia Austin

As I write this article, I am amazed at the level of peace and calm I am feeling. This was not the case for several months. In September 2016, while being medically screened for knee replacement surgery, I was forced to address a sore on my right shin that was not healing. Initially the diagnosis was nonthreatening, but after a biopsy, it was determined that I had one of the most aggressive forms of cancer—stage 3b melanoma.

Upon hearing the diagnosis, I cried and then went into what I believe was a state of shock. In one afternoon, my whole life was turned upside down. I went to the nearest Starbucks and sat for 30 minutes. I was not present to any thought except that I had cancer. Others may think they know what that means and can have compassion, but you don't really understand the magnitude of it until it's you.

I didn't have a clue what to do with this new information. I felt my mortality like never before

along with disbelief, fear, anger, sadness, but most of all, a feeling of aloneness. *What am I going to do now? How do I tell my family? Who in my family should I call first?* I didn't have those answers but I did know the best person to call at the moment was my Unity minister. I cried through our conversation. She talked me through my anxiety and prayed the most beautiful prayer I've ever heard. I was so grateful and have remained grateful to her and many others.

I had studied Unity teachings for more than 24 years, but they all went out the window with that diagnosis. Fear and panic set in as my life became a series of doctor's appointments, scans, and follow-ups. Nevertheless, somewhere deep within, I knew I would be all right. I knew I could handle this.

I underwent surgery to remove the cancer from my leg and from an affected lymph node. Follow-up scans showed no other signs of cancer. However, the psychological impact remained.

I believed cancer had a message for me, and if I dug deep enough, I would find it. The answers started coming through intensive internal work, as I uncovered thoughts and feelings I had buried

for years. I had to find a way to release them in as healthy a way as possible. I had to clean up every aspect of my life.

I changed my diet. I started allowing all of my feelings to show. I prayed constantly, repeating affirmations and denying cancer's power over me. I cried a lot and sometimes not in the most appropriate settings. Sometimes I felt angry. I was angry at the cancer and angry with myself for waiting so long to see a doctor. I often felt sad and alone, even though I knew I had many wonderful friends ready to help. I had to be brave and honest and ask them for that help, not something that came easily to me.

Moments of grace came through too. A friend conducted an online campaign to raise financial support for me. Another friend did my laundry for two months after my surgery. Other friends went with me to doctors' appointments. I was grateful for their love and support.

I've realized that everyone with cancer has to handle it in the best way they know how. I've also realized that if you've ever received a cancer diagnosis, it creeps back into your life at

unsuspecting times. For me, the worst time was at night when I'd go to bed feeling every part of my body, checking for any odd lumps and bumps. I wondered: *Will the cancer come back?*

After battling that fear for months, I had an emotional meltdown—not pleasant, but necessary. It brought me to the point of surrender. I knew I couldn't shove my fear and worry down or hide it through addiction or denial. I could no longer resist what was. I would no longer resist whatever showed up in life.

After that, everything shifted. I returned to the Truth: No matter where I am, God is there. No matter what others may think of me, I know I am a perfect child of God, loved beyond measure. No matter what is showing up in life, God always intends it for good.

Having cancer brought my darkest night of the soul, but it also brought emotional freedom. I could have let it define me, but what it did is wake me up completely. I have been cancer free for almost six months now. I continue to affirm that no matter what life brings, *all* is and will be *well*.



GENTLE WITH MYSELF

By Karen Drucker and Robyn Posin

I will be gentle with myself,
I will be gentle with myself
and I will hold myself like a
newborn baby child ...

I will be tender with my heart,
I will be tender with my heart
and I will hold my heart like
a newborn baby child ...

And I will only go as fast
as the slowest part of me feels safe to go
I will be easy on myself,
I will be easy on myself
and I love myself like a
newborn baby child ...

And I will only go as fast
as the slowest part of me feels safe to go
I am gentle with myself,
I am gentle with myself
and I hold myself like a newborn baby child.

Temple

I bless my body temple.

Each day I take time to bless my body temple and affirm my strength, health, beauty, and vitality. Even when I am not feeling my best, my body is the holy temple of Spirit, blessed with the Divine blueprint of well-being.

As I awaken to the truth of my body's holiness, I become aware of practices and habits I want to add or change to support my ever-increasing health and strength. Changes in food, activities, or attitude may be in order. As I discern the right path for me, I release anything that is not in alignment with my highest good. I embrace the food, activities, and attitude that bless my body temple, and I claim my vitality.

**If then your whole body is full of light, with no part of it in darkness, it will be as full of light as when a lamp gives you light with its rays.
—Luke 11:36**

Guidance

One with God, I gain insight and understanding.

The statement “knowledge is power” has particular meaning when I have a decision to make. I gather information to gain a clearer understanding and locate the resources I need to move forward. The knowledge I gain is powerful and helpful. Once I have gathered it, I take time to rest in the Silence and open myself to divine guidance.

In prayer, I let go of worries, doubts, or concerns. I release my situation to God, my source of wisdom. In this sacred time, I am at peace. I emerge from communing with God with new insight and understanding. I am better equipped to make decisions for my highest good. Knowledge is power when it is united with the wisdom of God.

If I have found favor in your sight, show me your ways, so that I may know you and find favor in your sight.—Exodus 33:13

Forgiveness

**Thank you, sweet Spirit, for the
gift of forgiveness.**

I both give and receive the gift of forgiveness when I release my pain to God. This does not mean I condone what caused that pain—I simply choose to let it go. My past has only as much power over me as I give it. I can let my past hold me back or I can move on. I can carry the weight of emotional pain forever, or lay it down and release it to God.

I choose to be free from resentment, anger, and hurt. As I release the pain of the past, I claim the life of peace I deserve. My load lightens, my pain heals, and my heart opens. Forgiveness frees me to love and embrace a life of joy.

**He will wipe every tear from their eyes ...
mourning and crying and pain will be no
more, for the first things have passed away.
—Revelation 21:4**

Centered

Centered in Spirit, I live from peace.

I begin my day by sitting quietly and taking a deep breath. I follow my breath into my heart space while I affirm: *I am one with Spirit. I am one with Peace.* As this affirmation expands within me, I gently release my breath. I center my thoughts in the unchanging peace of Spirit.

During the day, many things vie for my attention. As I move into the physical world, I may experience confusion. If I feel overwhelmed, I pause to breathe. I return my focus to my heart space, release any tension, and recenter in the peace of Spirit. I complete my day's activities with thoughts and actions arising from my peaceful center. I end the day as I began it, with a centering breath. Peaceful gratitude prepares me for rest.

**Abide in a peaceful habitation, in secure dwellings, and in quiet resting places.
—Isaiah 32:18**

Self-Care

I care for myself and feel at peace.

Caring for others is an important part of my life. But do I take enough time to care for myself? The person I may be neglecting is me.

Jesus knew the importance of caring for oneself. He advised us to take time to rest and pray. Prayer is beneficial on a spiritual, physical, and mental level. In prayer, I pause, relax, and breathe deeply. I embrace the peace of being with God. In these precious moments, I feel renewed and empowered.

On my journey to health and wholeness, I make self-care a top priority. I commit to resting, relaxing, and treating myself with compassion and caring. In doing so, I experience the presence of God.

My presence will go with you, and I will give you rest.—Exodus 33:14

Let Go, Let God

**I release old habits, and fill my
mind with divine ideas.**

Old beliefs or habits sometimes reappear in my life. They may resurface if I am distracted or stressed. Every time I “wake up” from the actions of the old me, I pause for a deep breath and remember to let go, and let God.

Some deeply rooted habits or beliefs may take longer to eliminate from my consciousness. I acknowledge them as habitual energy that has lingered from the past. Yet no mind pattern is stronger than God.

In prayer, I affirm my truth: *I release old patterns, habits, and beliefs. I am filled with confidence and courage.* As I let go, and let God within lead my life, I am filled with strength and resolve. I am one with God.

**Now I know only in part; then I will know fully,
even as I have been fully known.**

—1 Corinthians 13:12

Comfort

**I turn within to the soothing
presence of Divine Love.**

Sometimes the sky is cloudy and I cannot see the sun, yet I know the sun is still there. Likewise, when times are tough and it is hard to see the light, I know God is always present.

If I need comforting, I find a place to meditate and connect with the Christ within. I let my body, mind, and spirit relax into the soothing presence of Divine Love.

If my emotions rise to the surface, I allow myself to feel them, then release them. Centered in God, I open to a flow of divine love, guidance, support, and wisdom—knowing God is my help in every need. Any concerns subside and I am at peace. My heart is comforted.

**Now may our Lord Jesus Christ himself and
God our Father ... comfort your hearts and
strengthen them in every good work and word.
—2 Thessalonians 2:16-17**

Healing

I trust in the healing power of God within.

Healing is always in progress, no matter what appears to be happening. Underneath the surface, the energy of life is always unfolding toward wholeness. I trust in the process of healing for my body, mind, and soul.

To help my healing, I remove my attention from any outer conditions and attune to Spirit. I affirm: *Wholeness is my birthright, my natural state of being. My healing is already under way.*

Beyond what I can see, feel, and touch, I trust wholeheartedly. I let go of any expectations as to how my healing may show up. I am grateful for the lessons the process brings. Every moment is an opportunity for healing and growth.

Trust in the Lord with all your heart, and do not rely on your own insight.—Proverbs 3:5

BE WITH ME, LORD

Hold me close, loving Presence;
Be with me through the night hours;
Be with me through the day.

Hold my hand;
Guide my feet;
Comfort my heart.

Fill me with new resolve and a knowing
that all is well.

I trust myself, my life, my hopes, my
dreams, my future, to Your care.

Where I am, You are.

In my need, You answer me.

In my joy, You smile upon me.

When I cannot fathom the
whys and wherefores,

Your light shines steadily, beckoning me
on to Truth as yet unknown, to depths of
understanding as yet unguessed at.

Be with me, Lord.

Hold me close

Today, tomorrow, and in the days to come.

I am holding Your hand.

I shall not fear.

Thank You, loving Lord.



FOLLOW YOUR HEART

By Sandy Travis

It was a surprise diagnosis. A year earlier, I'd had clear results from my mammogram. But in June 2016, the results showed massive tumors, and I was diagnosed with an aggressive breast cancer. I took it like a 2x8 over the head. This was the way I was to respond to the call I'd received from Spirit to express more light in the world. And it has been.

I can honestly say the cancer has been a gift. It has fast-tracked my evolution. It has brought me experiences I wouldn't have had otherwise.

I was reluctant to do chemotherapy, but my research showed that for a cancer that is so aggressive, it's hard to get ahead of the curve energetically. I also wanted to educate the medical community on integrative health. I had chemotherapy and surgery, but I did not agree to radiation for reasons related to my circumstances and diagnosis. Instead, I have used healing touch, acupuncture, dietary changes, and HeartMath—a practice for bringing one's heart, mind, and spirit into coherence for optimal functioning. I

am a HeartMath trainer and mentor/coach, and HeartMath has helped me heal.

When I'm in chemotherapy, I do HeartMath. I focus on my heart and make a sincere attempt to experience a regenerative feeling such as appreciation, love, or gratitude, and maintain it. I used HeartMath during my surgery. Presurgery tests showed the tumors had completely disappeared. The surgery confirmed those results and also that the lymph nodes were clear.

The doctor said these were amazing results. She said, "You're in the top five percent of how people handle chemo. I don't know what you're doing, but keep doing it." And I said, "I do, and I will."

A few other things have made a very big difference for me.

I took responsibility for everything—including, on some level, creating my cancer. I also took responsibility for trusting my intuition, creating

my integrative health care team, and getting the information I needed. You have to be efficient in doing research when cancer is aggressive. There's a lot to sort through.

I was never a victim. I was proactive. The cancer was not something that happened to me. How you relate to the cancer is key. I didn't go to a cancer support group. For me, those were always some variation on the theme of "ain't it awful." I



didn't want to think that way. At the same time, I made a commitment to practice compassion and nonjudgment for other people's choices. They are making the choices that are right for them.

I became very conscious of my words. I was careful to say, "I have cancer cells," not cancer. It helped me maintain the distinction between having cancer, and it having me.

Similarly, I find "survivor" disempowering. Instead, I have chosen the words *thriving* and *transcending*. "I am thriving and transcending." I affirm: *Today my body is clear. Thank You, God.*

When you go in for a chemo treatment, they ask on a scale of 1-10 how depressed you are and how stressed you are. You're facing financial challenges, you have all these chemicals in your body, and you're uncertain about your future—so the rational response would be to be depressed. But throughout the past year, I have had only about two 12-hour periods when I felt depressed. I have consciously focused on resilience and energy and being open to synchronicities, which is really what faith is about.

I have learned nonattachment. I lost all my hair, including my eyebrows and eyelashes. I wrote in my journal I felt stripped naked of the identity I had worn in the world, down to my essential self. I then experienced people loving me for who I am. That has been liberating. I feel so much lighter and more joyous.

There was a two-week period when they thought the cancer had metastasized. During that time, I was in a place of profound bliss because I was in a state of complete nonattachment. I thought, *Well, I'll continue to have adventures here, or I'll have adventures on the other side.* I was at peace with it. It turned out the cancer had not metastasized after all.

Today I have targeted chemotherapy every three weeks through July. When I'm getting the infusion, I bless it for bringing love. I do HeartMath to shift my energy to gratitude and appreciation.

The message I want to share is that you may have a diagnosis, but it doesn't have you. I can honestly say my cancer has brought a quality of joy into my life that I've never experienced before. And it's joy for no reason, other than the joy of simply being here.

You've got *courage* to walk
through the darkness
Trust in *faith* to help
calm your fears
Feel your angels;
they're *always around you*
They're just whispering
in your ear.

—Karen Drucker



Protected

**Divine light within me illuminates
the darkness and dispels all fear.**

Just as a child might fear monsters in the darkness of night, there are times when I experience a similar intensity of fear. Some situations may seem like monsters in the closet. A momentary pause allows me to find the light again and relieve my fear.

Just as I would comfort a frightened child, I comfort myself by turning on the light to reveal that all is well. I call upon Jesus to be the presence of light as I find the way to my own inner Christ Light.

The light in me infills, infuses, and surrounds my being. Through the power of my prayers, divine light dissipates darkness, and I know that all is well.

Then God said, “Let there be light”; and there was light. And God saw that the light was good; and God separated the light from the darkness.—Genesis 1:3-4

Relax

I relax and connect with my Source.

Sometimes I may be anxious and catch myself holding my breath. I quickly center myself by relaxing my shoulders and breathing in slowly. Then I exhale all the air from my lungs. As I let go of tension, I connect with my Source. I concentrate on my breathing for a while—mentally using my outbreaths to bring relaxation to every part of my body.

The energizing activity of God flows in and through me. Breathing in, I open my heart. Breathing out, I release the old. I experience love, joy, and gratitude in the depth of my being. The rhythm of my breath draws me into the presence of God and I relax. I am filled with the life of Spirit, surrounded by the unbounded love of God. My soul rests in silence and peace.

Return, O my soul, to your rest, for the Lord has dealt bountifully with you.—Psalm 116:7

Acceptance

I live in acceptance, serenity, and peace.

Many people recite the Serenity Prayer to feel at peace: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

I deepen my understanding by focusing on each key word in this prayer. As I say “God,” I am turning to a Higher Power for help. Knowing Spirit is in me, I have the courage to move toward my good, and the wisdom to choose when to act and when to let go.

The word *accept* is especially important because it means to let go and trust. Acceptance teaches me to have faith that God is in every situation. When I live in acceptance, I am safe, serene, and at peace.

Let the Lord your God show us where we should go and what we should do.

—Jeremiah 42:3

Body Awareness

I am mindful of my body temple.

My body is a holy temple of Spirit. Its true purpose is to fully express and embody Divine Love and Life. I release any behaviors that may deplete my body. I support its vitality through my loving attention to its messages and needs.

I honor my body by eating nourishing food and living a healthy lifestyle. I regularly send love and thanksgiving to all parts of my body, energizing them with affirmative words of Truth. My increasing body awareness helps me recognize and release challenging emotions that I may have repressed and stored as physical pain or illness. I honor my needs for rest and renewal. As I devotedly serve my body temple, I create space for the sacred to unfold in my life.

Your body is a temple of the Holy Spirit within you, which you have from God.

—1 Corinthians 6:19

Positive Attitude

I align my thoughts with the truth.

My state of mind influences my experience of life. If I feel sad or troubled, I consider how my attitude is affecting my health, well-being, and relationships. Are my thoughts supporting me in achieving my highest good? Or am I blocking the way?

When I am ready for an attitude adjustment, I align my thoughts with the truth: I am an expression of God—capable, loved, and supported. I call upon my spiritual gifts to guide me. As I do, I experience greater wisdom, faith, strength, and well-being.

Blessed by Spirit, I maintain a positive attitude and bring love to all I do. With this mindset, I see good everywhere.

For it is God who is at work in you, enabling you both to will and to work for his good pleasure.—Philippians 2:13

Strength

I meet every challenge with strength.

Strength enables me to persevere when I am challenged; yet I don't need to endure alone. The presence of God strengthens me whenever I need energy to meet any adversity.

Just as I nourish my body at mealtimes to remain physically strong, I nourish my spiritual strength through prayer and meditation. Prayer reminds me that God and I are one, that everything I need is already available to me. I connect with God's mighty presence by affirming: *My resilience comes from Spirit within. My strength is the energy of God.*

As I partner with God in prayer, I become stronger physically, mentally, and emotionally. I meet any challenge through the presence of God that strengthens me.

The Lord is my strength and my might, and he has become my salvation.—Exodus 15:2

Gratitude

**I am grateful for the constant flow of
God's blessings in my life.**

I welcome this day with a thankful heart. Beginning my morning this way cultivates an attitude of gratitude for the day.

As I arise from a peaceful night, I give thanks to God for rest received and for blessings to come. This sets a positive tone, one that attracts life-enhancing experiences to me.

Sharing a simple “thank you” with others generates good feelings. My gratefulness is contagious and becomes a positive, attitude-changing influence.

At the close of the day, I again express my gratitude to God. I give thanks for the kind thoughts of others, a deeper understanding of myself, and happy times with family and friends. Most of all, I give thanks for the constant flow of God's good in my life.

**We welcome this in every way and everywhere
with utmost gratitude.—Acts 24:3**

Illumination

I am guided by the light of God.

Sometimes I may feel overwhelmed and unsure where to turn for help. I may feel as if I am walking in the woods on a moonless night. I may feel lost, like I am walking in circles, not knowing the way out. In the darkness, answers elude me.

In a moment of surrender, I ask God to guide my way. I close my eyes, relax my mind, and breathe deeply. In the stillness I notice a light beginning to emerge. The light radiates out from my heart. Like dawn breaking in the forest, the light of Spirit illuminates my mind.

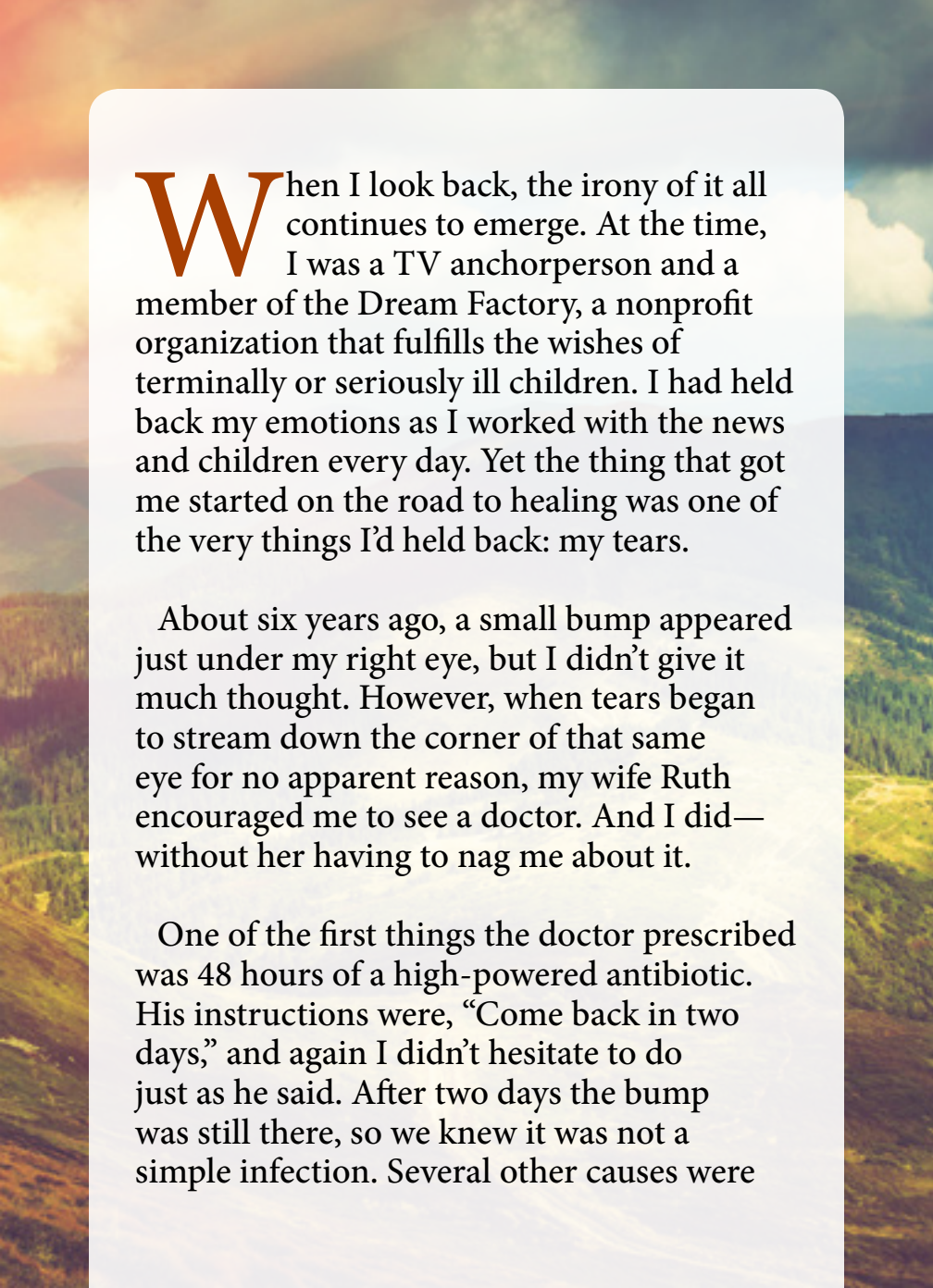
New ideas begin to emerge and answers present themselves. Peace washes over me as my path becomes clear. I know which steps to take. I am guided by the light of God.

**It is you who light my lamp; the Lord, my God,
lights up my darkness.—Psalm 18:28**

HOW DREAMS COME TRUE

By Larry Moore

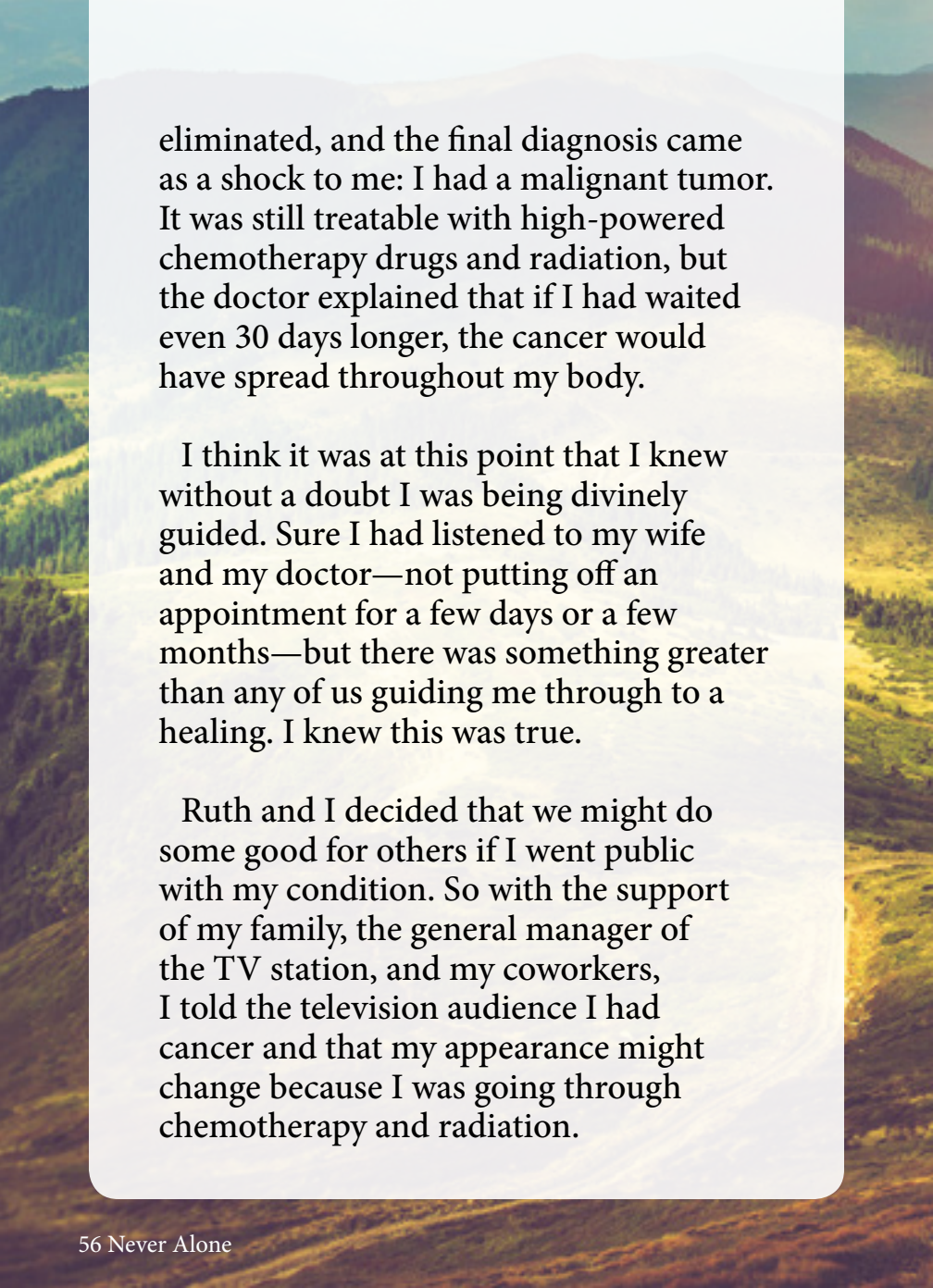




When I look back, the irony of it all continues to emerge. At the time, I was a TV anchorperson and a member of the Dream Factory, a nonprofit organization that fulfills the wishes of terminally or seriously ill children. I had held back my emotions as I worked with the news and children every day. Yet the thing that got me started on the road to healing was one of the very things I'd held back: my tears.

About six years ago, a small bump appeared just under my right eye, but I didn't give it much thought. However, when tears began to stream down the corner of that same eye for no apparent reason, my wife Ruth encouraged me to see a doctor. And I did—without her having to nag me about it.

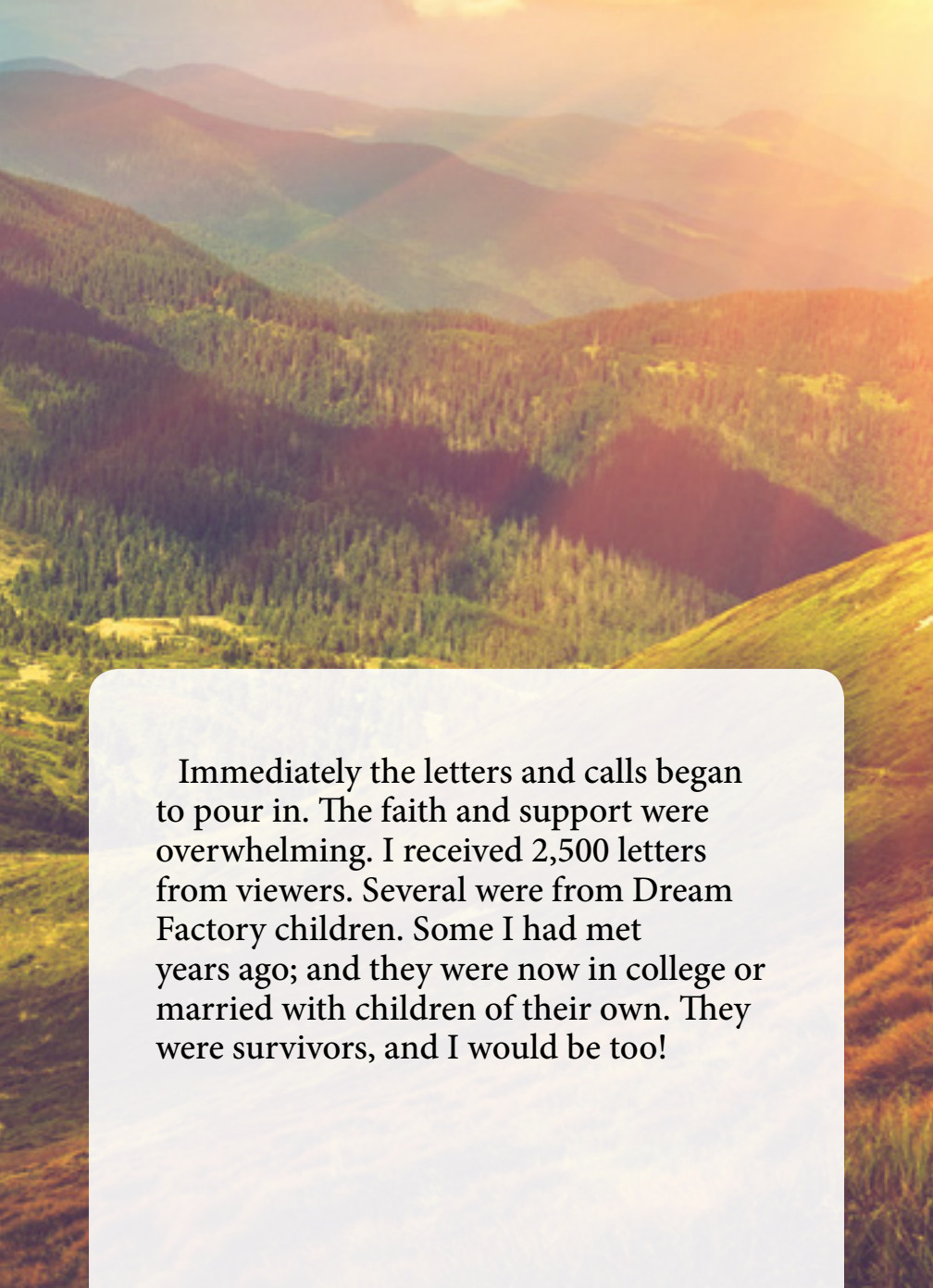
One of the first things the doctor prescribed was 48 hours of a high-powered antibiotic. His instructions were, "Come back in two days," and again I didn't hesitate to do just as he said. After two days the bump was still there, so we knew it was not a simple infection. Several other causes were



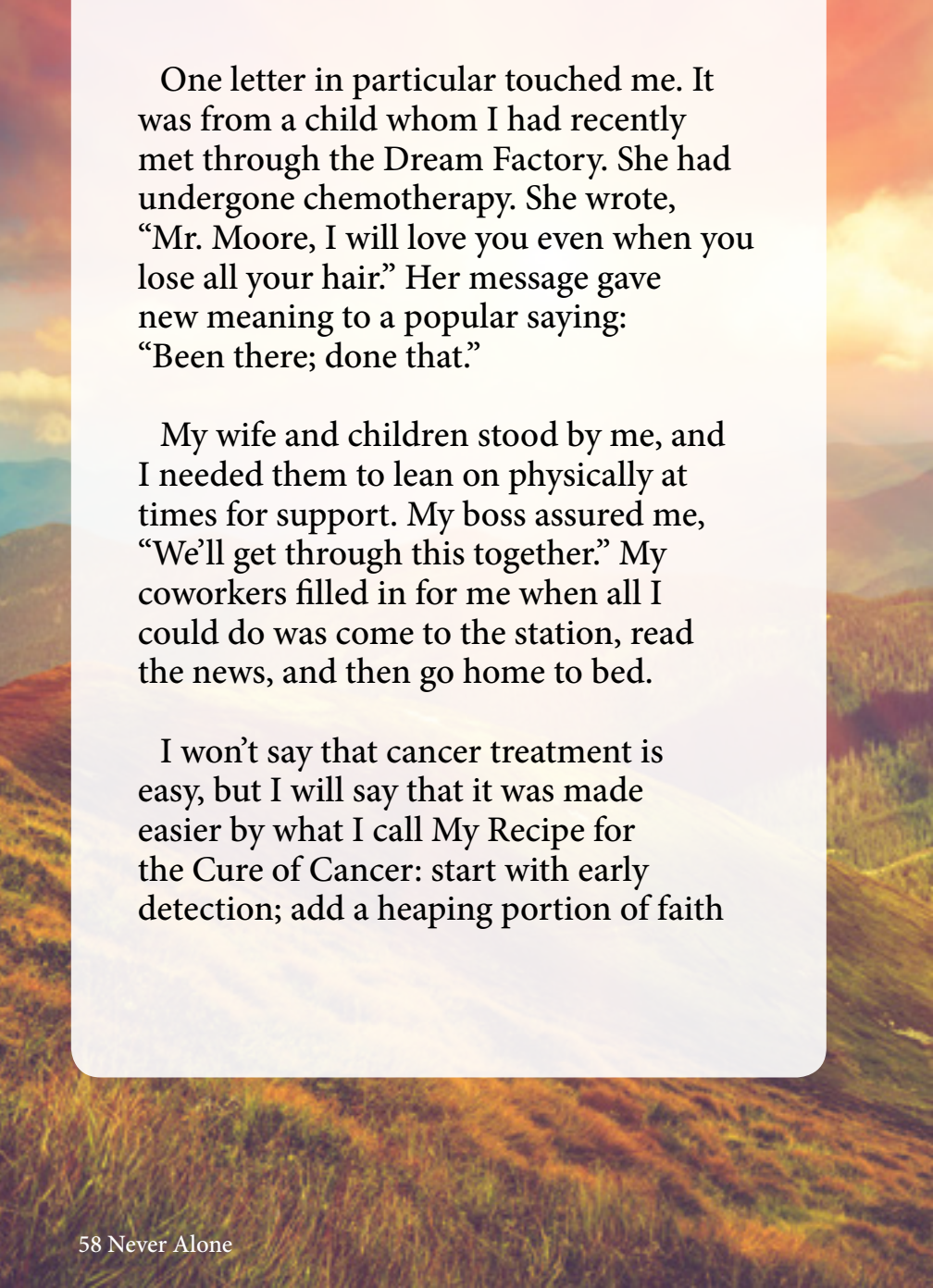
eliminated, and the final diagnosis came as a shock to me: I had a malignant tumor. It was still treatable with high-powered chemotherapy drugs and radiation, but the doctor explained that if I had waited even 30 days longer, the cancer would have spread throughout my body.

I think it was at this point that I knew without a doubt I was being divinely guided. Sure I had listened to my wife and my doctor—not putting off an appointment for a few days or a few months—but there was something greater than any of us guiding me through to a healing. I knew this was true.

Ruth and I decided that we might do some good for others if I went public with my condition. So with the support of my family, the general manager of the TV station, and my coworkers, I told the television audience I had cancer and that my appearance might change because I was going through chemotherapy and radiation.



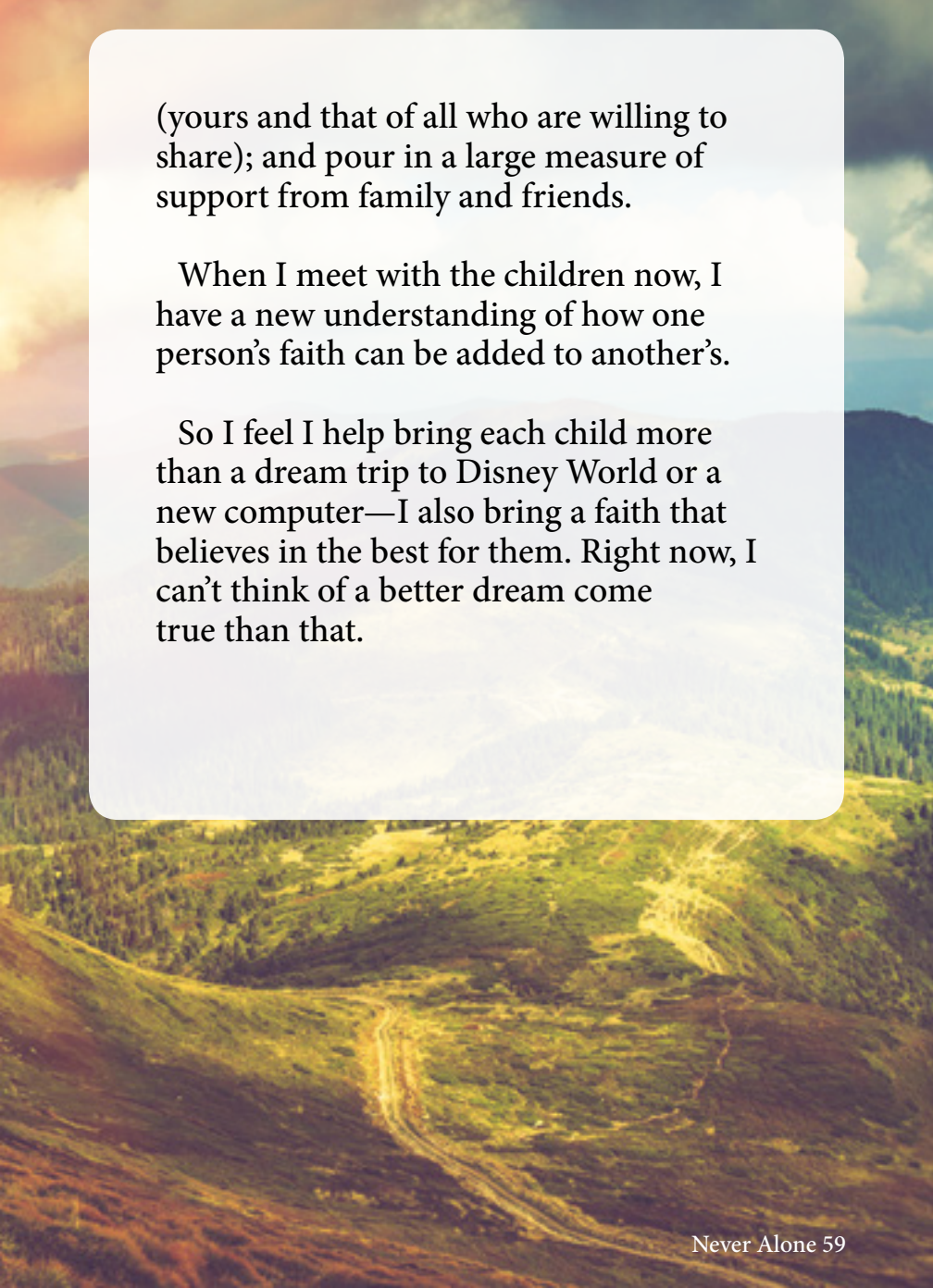
Immediately the letters and calls began to pour in. The faith and support were overwhelming. I received 2,500 letters from viewers. Several were from Dream Factory children. Some I had met years ago; and they were now in college or married with children of their own. They were survivors, and I would be too!



One letter in particular touched me. It was from a child whom I had recently met through the Dream Factory. She had undergone chemotherapy. She wrote, “Mr. Moore, I will love you even when you lose all your hair.” Her message gave new meaning to a popular saying: “Been there; done that.”

My wife and children stood by me, and I needed them to lean on physically at times for support. My boss assured me, “We’ll get through this together.” My coworkers filled in for me when all I could do was come to the station, read the news, and then go home to bed.

I won’t say that cancer treatment is easy, but I will say that it was made easier by what I call My Recipe for the Cure of Cancer: start with early detection; add a heaping portion of faith



(yours and that of all who are willing to share); and pour in a large measure of support from family and friends.

When I meet with the children now, I have a new understanding of how one person's faith can be added to another's.

So I feel I help bring each child more than a dream trip to Disney World or a new computer—I also bring a faith that believes in the best for them. Right now, I can't think of a better dream come true than that.



Mighty currents

of **God's**
healing love
flow through me now,
making me **whole and free.**

I AM THERE

By James Dillet Freeman

Do you need Me?

I am there.

You cannot see Me,

yet I am the light you see by.

You cannot hear Me,

yet I speak through your voice.

You cannot feel Me,

yet I am the power at work in your hands.

I am at work,

though you do not understand My ways.

I am at work,

though you do not recognize My works.

I am not strange visions.

I am not mysteries.

Only in absolute stillness, beyond self,

can you know Me as I am,

and then but as a feeling and a faith.

Yet I am there.

Yet I hear.

Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.

Even when you feel most alone, I am there.

Even in your fears, I am there.

Even in your pain, I am there.

I am there when you pray
and when you do not pray.

I am in you, and you are in Me.

Only in your mind can you feel separate
from Me, for only in your mind are the
mists of “yours” and “mine.”

Yet only with your mind can you
know Me and experience Me.

Empty your heart of empty fears.

When you get yourself out of the way,
I am there.

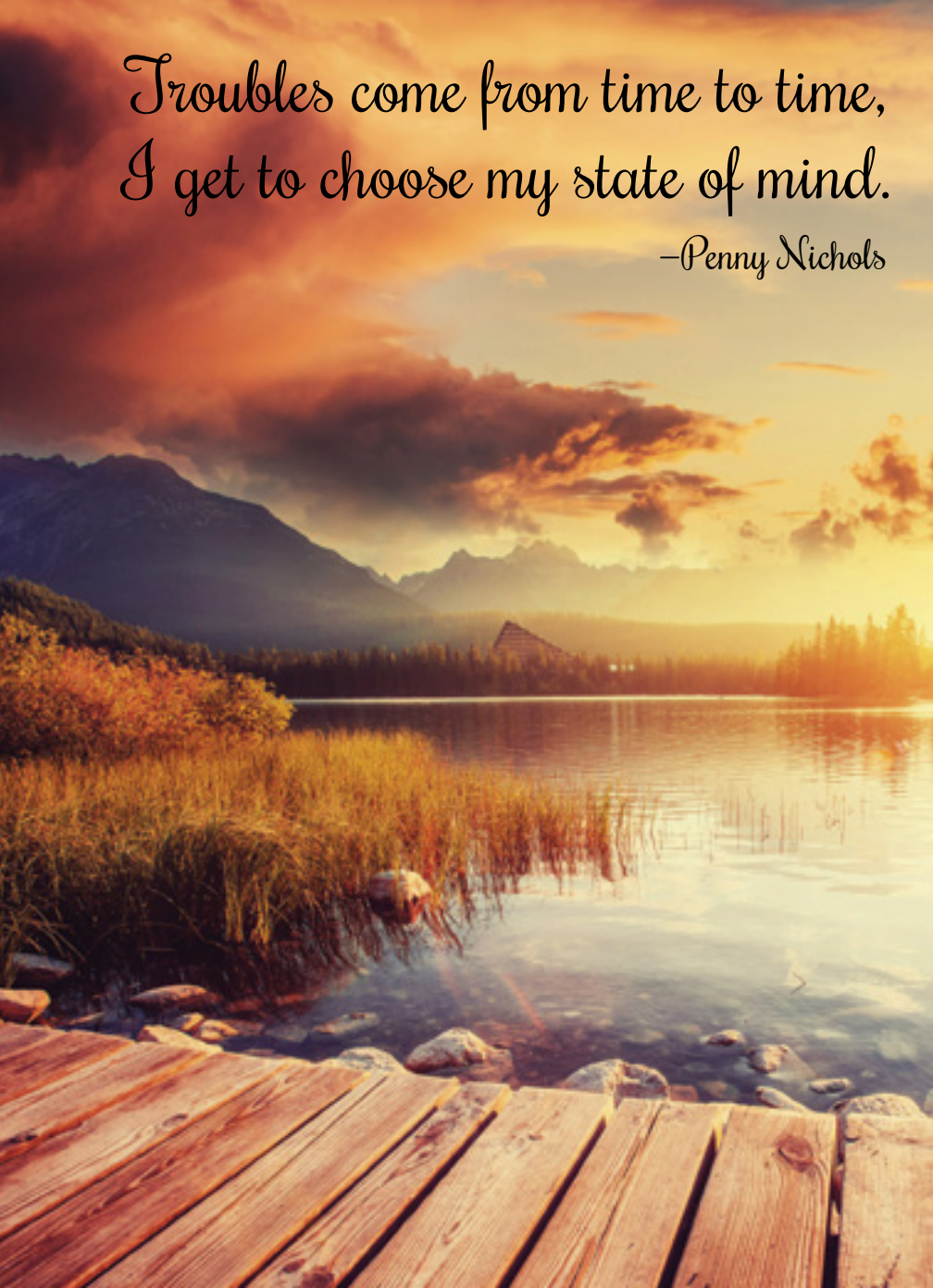
You can of yourself do nothing,
but I can do all. And I am in all.

Though you may not see the good,

good is there, for I am there.
I am there because I have to be, because I am.
Only in Me does the world have meaning;
only out of Me does the world take form;
only because of Me does the world go forward.
I am the law on which the movement of the
stars and the growth of living cells are founded.
I am the love that is the law's fulfilling.
I am assurance.
I am peace.
I am oneness.
I am the law that you can live by.
I am the love that you can cling to.
I am your assurance.
I am your peace.
I am one with you.
I am.
Though you fail to find Me, I do not fail you.
Though your faith in Me is unsure,
My faith in you never wavers,
because I know you, because I love you.
Beloved, I am there.

Troubles come from time to time,
I get to choose my state of mind.

—Penny Nichols



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Prayer for Protection

By James Dillet Freeman

The light of God surrounds me;

The love of God enfolds me;

The power of God protects me;

The presence of God watches over me.

Wherever I am, God is!

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