The background of the entire image is a Sri Yantra, a complex geometric figure composed of nine interlocking circles. The center of the mandala is a bright, glowing yellow circle. The petals of the lotus flower at the bottom are rendered in shades of light blue and lavender, with some darker blue outlines. The overall color palette is dominated by deep blues and purples, with the yellow center providing a strong contrast.

# FIVE PRINCIPLES FOR SPIRITUAL LIVING





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## **WORDS TO LIVE BY**

When Charles and Myrtle Fillmore began developing Unity in the late 1800s, they read widely from other religions. They noticed, as many have, that the same fundamental teachings run like a golden thread through the world's faiths. It has been called the Perennial Philosophy, which became the foundation of spiritual principles taught in Unity.

Fast-forward to 1990, when the founders' great-granddaughter Connie Fillmore was asked to synthesize the Unity teachings. She boiled down a century's worth of spiritual exploration into five statements that we in Unity call the Five Principles. Connie Fillmore must have been divinely inspired, because these five statements that appear so simple on the surface can take a lifetime to understand and practice at depth.

In this booklet, we have collected stories from spiritual leaders who are doing exactly that—spending this lifetime trying to understand and practice these principles—with remarkable results. You will read stories of what it means to live in true oneness, how we can accept our own divinity, and how we can focus our thoughts to create our reality. Prayer and meditation keep us in constant contact with the Divine, and we endeavor each day to practice these Truths in our human lives and circumstances.

The Five Principles may not seem new to you, and indeed they do not belong to any given faith or denomination. They have guided human existence around the world for thousands of years, handed down by master teachers.

We hope you enjoy reading and learning how these principles can be applied to your life!

*Your Friends in Unity*



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## PRINCIPLE ONE

God is Absolute Good,  
everywhere present.







# ONE PRESENCE AND ONE POWER

Rev. Elizabeth Longo

As early as I can recall, I wanted to know the great mystery underneath all creation. I desperately needed to make sense of my life, why I was here, and who created me and for what purpose. It didn't make sense to me that God was sitting on a cloud watching all my actions and judging me. I struggled and wrestled with the notion of a separate God and what religion was teaching me. I desperately wanted to know God, but I couldn't just accept on blind faith.

My teenage years were tumultuous. Consumed by insecurities, deep despair, and a longing for something greater, I was led to a yoga and meditation class. Immediately I noticed a sense of well-being, peace, and a connection with an invisible presence.

Through the practice of meditation, I began exploring my inner world, becoming familiar with the Silence and listening to the “still, small voice.” I read every self-help and mystical book I could get my hands on. I discovered Buddhist and Vedantic teachings that spoke of God as an energy everywhere present. While I didn't fully understand, this resonated with my soul. I was onto something. Knowing about God wasn't enough. I needed the existential experience.

Then I went to India. I immersed myself fully in a spiritual life, living in an ashram. I would wake before dawn and do a walking meditation, sit for hours in the Silence, sing spiritual songs, and perform sacred service. It was hot and humid, and I was sleeping on the floor on a thin mat with hundreds of women in a shed. And yet I had never been more fulfilled in my life. Without a care in the world, I was in bliss. Still, I had not had that profound experience that would crack open my shell to know my oneness with God. I had read about saints and sages and their mystical experiences, and my soul longed for it.

One day after a group gathering, I was asked by the spiritual teacher what I wanted. Well, I had a huge list of wants! I thought I knew what I needed to be happy. When I was about to open my mouth, “I” disappeared. I don't know how much time transpired. What I do know is that I felt at one with all of life, and in an instant I knew I was so much more than a body, my history, my experiences, and anything known. I was eternity appearing as me. And then everything returned to “normal.”

This was the deepening in loving awareness and a sense of oneness with my creator that my soul had longed for. Upon my return to America, I felt deep sorrow and longing for something more. All my unresolved issues were still there; I was just more acutely aware. Then I had the great fortune to discover a practical approach to



Christianity that resonated in my heart. Every part of my being was fired up at the discovery of the five spiritual principles taught in Unity.

Immediately I knew this was my path to freedom. I knew with absolute certainty that God is all there is! The other four principles are to be embodied so I can have full realization of my divinity within this human experience.

Knowing that God is all there is, I relax. I take time to learn more about the unified field and the latest science that confirms that there is an intelligence present everywhere. I bask in the Silence, knowing that I am one with my Creator, fully human and fully divine. My soul is aware of the sacredness of all life. And all is well, regardless of appearances.

**AFFIRMATION:** *The presence and power of God guides me in all my affairs.*

**AFFIRMATIVE PRAYER:** Centered in God, I know that all is well and all things are working for good, for there is only one presence and one power. I choose to live my life aware of this truth regardless of circumstances. There is no such thing as a separate life. I am not deceived by appearances. I remain centered in God, aware that all circumstances come and go. I live in gratitude with an open heart that welcomes the allness of God.

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



## LIVING ONENESS

Rev. Kelly Isola

The first principle tells us there is one presence and one power, God. What are traditionally known as the other four principles, I believe, are really practices. They are four ways of bringing that one presence and one power, that principle of oneness, into conscious awareness and then acting from that awareness of oneness.

In *Practical Metaphysics: A New Insight in Truth* (Unity Books, 2017), author Eric Butterworth wrote, “God is Spirit, present in its entirety at every point in space at the same time.” That statement is potentially impossible to grasp because the very moment we try to define the undefinable—that which is infinite, present at every point at the same time, what we call God, Spirit, Allness, Divine Mind, Principle, or whatever word we have for Ultimate Reality or Oneness—we have limited the very thing we hold as unlimited.



It's quite the paradox, but every spiritual truth is a paradox. While I am fully human and fully divine, I also know I am part of something beyond myself.

We build boxes for God in the hopes of knowing and understanding what likely can never be known. Still we keep trying. Why? Because I believe the most profound emotion we can experience is the sensation of what is mystical. We catch a glimpse of this in the Book of Acts, "In him we live and move and have our being" (17:28). We know this sense of oneness on an intuitive level, from a place in our brain that does not use language, rationality, or logic. Frankly though, we shouldn't spend time trying to maintain or keep those boxes for God safe. Or at the very least, let's make the boxes pliable and changeable, if for no other reason than the fact that we are constantly changing.

I used to think oneness was an amorphous, unknowable spiritual principle too daunting to experience unless I put great effort into it. Or did enough introspection and healing—*maybe then* it was attainable. So what does oneness really look like, not as a theory but lived in the reality of everyday life?

Most of us live oneness without even knowing it. It's anywhere that we naturally value and express compassion, love, being of service, listening, and belonging. We practice the first principle in an infinite number of ways. It is always arising as something different, depending on how we harness it, embody it, and demonstrate it—in other words, *how* we live and move and have our being.

If I am to live oneness, the question then becomes, How do I need to be for you to know love? How do I need to be if you are to be happy or have abundance? The power of oneness gives us access to great creativity and generosity. It is the principle that allows me to act with intention to serve all life, not just my own individuality or the glory of my own uniqueness.

Oneness is a bright energy shining a light on how all these different parts that make up my world are all "onenesses." It is an ever-present, shining beacon focusing us on how we can play together for our well-being and for the whole of life. Then we are living our oneness.

**AFFIRMATION:** *Whenever I am living with dignity, compassion, care, love, and belonging, I am living oneness.*

**AFFIRMATIVE PRAYER:** As I become aware of the entirety of God at every point, I am inspired to claim my full divinity and express oneness through my full humanity. Divine life is the creative force that is alive, eternally expressing as joy, beauty, grace, peace, and everything in between, because these are all in that ever-present oneness that is always arising.

*Rev. Kelly Isola is a speaker, teacher, writer, and ministry consultant based in Lee's Summit, Missouri.*





# MEETING GOD AT THE CLOTHESLINE

Rev. Lulu Logan

It was bright and sunny on this late spring day in central Tennessee, yet there was nothing but darkness inside of me. I continuously replayed an episode from the previous day that left my mind in a state of chaos. At the time, I was a young mother of three and an expert at cultivating a chaotic mind, with toxic weeds sprouting up everywhere. This time it was no different.

My best friend and I had taken our 1-year-old babies for an outing. We left our other children at their respective homes with their dads and looked forward to a few hours of near freedom.

When I returned home, it was evident something had occurred. My oldest child's face was tearstained, and his younger brother was clearly upset. The story relayed to me involved the sudden death of our family dog, a Great Dane named Crystal. The details were murky, but the loss of a beloved pet is difficult regardless of the circumstances, and I was bereft.

The following day, as I hung the baby's cloth diapers on the clothesline to dry in the bright sunlight, I wept. I cried out to a God I wasn't fully sure existed, and if there was a God, I was positive he had better things to do than watch me cry at the clothesline. "Oh, God," I said, because what else could I do? "I am totally unable to fix this. I am sick to death of trying to run my own life. I mess up everything I touch. Please help me! Please help me! Please help me!"

Each diaper I picked up from the clothes basket to shake out and hang with wooden pins brought a cascade of more tears and pleas for help. Yet by the time I reached the bottom of the basket and began to walk back toward the house, I felt a strange calm and sense of peace. And then something incredible happened that I would never forget. I felt, literally felt, a protective arm around my shoulders, supporting me and infusing me with peace.

Though this incident is decades old, never again have I doubted the existence of God or divine care and love for me. Although I



didn't have the words at the time, that was my first awareness of the presence and power of the one God in the universe and in my life as absolute good. I live now knowing I am always guided and guarded, cherished and profoundly loved.

**AFFIRMATION:** *I am held warmly and tenderly, profoundly loved by the divine creator of the universe.*

**AFFIRMATIVE PRAYER:** Thank you, divine presence, for supporting me with eternal love and protection. Although my human sight can be limited and shallow as I seek a higher consciousness, my inner inherited divinity is sure and solid. I know that begging and pleading is not ever necessary for help is *always* just a heartbeat away.

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

## PRINCIPLE TWO

Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good.





# THE PRESENCE OF GOD IN ME

Rev. Beatriz E. Gallerano Bell

Years ago when I first read about the five universal principles taught in Unity, something that amazed me powerfully was that while they were very simple at first reading, they had layers of depth. I was so impressed by each of them that I decided to put them into practice.

One of the greatest challenges was understanding and accepting that there was a divine spark in me—the spark of the indwelling Christ.

That Truth was very moving for me and at the same time filled me with doubts and questions. *Could this be true? Could I really be a magnificent being of light? Did my spiritual identity as proclaimed actually exist?*

And as if this weren't enough, the second principle also stated that all human beings possess the same inner divinity. So this included all humanity. We are all divine beings!

I had to check it out, and fundamentally, I wanted to start feeling it. So I decided to affirm every morning on awakening: *The divinity dwells in me*. And every time I came across another person, I would try to affirm: *The divinity dwells in you*.

At that time, I lived in the heart of a very populous city, so it was inevitable I would cross paths with countless people every day. In addition, my profession kept me in contact with many individuals, so I had numerous opportunities to practice this exercise.

Although at first it cost me a bit, as the days went by, it became easier for me—to the point that when I affirmed, *The divinity dwells in you*, I also tried to visualize a point of light in their hearts. Thus I came to understand the divinity that, potentially, was in me and in everyone had to be brought to the surface.

I also understood the light that I had to shine was my own light, because as the statement and command of Jesus says, “You are the light of the world ... Let your light shine before others” (Matthew 5:14, 16).



Many years have passed since I started this practice of affirming the divinity in each person. It has not always been easy, but looking back I can see that my heart has become more compassionate, I have become more understanding and tolerant of myself and others, and my life now unfolds in peace and harmony.

We are all in the same process of fulfilling the divine mandate to allow our light to shine. We may or may not be aware of this, but our soul knows this is our true purpose.

Every day I pray and focus on that innate divinity, on the Christ of my being, and I can feel that presence. There is no doubt or fear. In that divine presence there is only love, and that love fills me with peace.

**AFFIRMATION:** *The presence of God is my permanent abode.*

**AFFIRMATIVE PRAYER:** The blazing light of the Christ is the presence that inspires, sustains, and guides me. The pure indwelling Spirit heals me, strengthens me, and makes me prosper. Everything is in perfect divine order, here and now. I am blessed in all areas of my life. Nothing and no one can alter the peace that reigns in my heart. Rooted in God, I think, feel, and act according to the dictates of pure divine love. I am thankful for this awareness of the presence of God in me.

*Rev. Beatriz E. Gallerano Bell and her husband Frank have a ministry in Córdoba, Argentina, called Unity Sembrando Luz (Unity Sowing Light) and oversee distribution there for the Spanish-language Daily Word, La Palabra Diaria.*

# HUMAN BEINGS ARE DIVINE

Rev. Paul John Roach



I experienced a relatively benign upbringing in terms of my church and religious traditions. However, the prevailing perception of God was of a superbeing who was somehow above and beyond his creation. There was definitely a gap between God and humanity, and this was reinforced by the notion of humanity's sinful nature. This never rang true for me, and as a result, I found a closer connection to the Divine in nature than in traditional religion.

It was not until my 20s when I began to explore Unity and other mystical and metaphysical traditions that my concept of God began to shift. I heard terms like *Presence* and *Power* to describe the deity. This Presence and Power pervaded the universe, connecting everything, including me, as well as the rest of humanity and all living things.

This was revelatory. I remember God being described as energy, and this truly excited me. The Creator was no longer a superbeing distant from me but the energy that coursed through my body and mind. The word *energy* also helped to reconcile the scientific with the spiritual. God was not a being but Beingness itself, moving in and through the ordered harmony of mathematics as well as the inspirational words of poetry and song.

The concept that there is one presence and one power in the universe dispelled from my mind any lingering feelings of separation and sin. It made perfect sense for me because if God is all powerful, everywhere present, and all wise, then that Beingness pervaded the universe. There could be no other power.

This aligned with my understanding of the wholeness and interconnectedness of the natural world. What's more, it naturally followed that if there is only one true presence in the universe, then I am part and parcel of that energy and power too.

The ancient principle that the very essence of humanity is of God and that we have the spark of divinity within us is perhaps the most radical revisioning I have experienced on my spiritual journey. It was and continues to be a true breakthrough. In short, human beings are divine. We, you and I, are not created beings separated from God by our sinful nature, but inherently we are whole and wholly worthy children of the Divine.

Another shift I incorporated into my worldview was that this recognition of our divinity is not just for me but for everyone, including all sentient beings. I began to see the spirit in others. The same love that is my essential nature is yours too. From this, compassion and generosity arise. The world is no longer a collection of disparate and often confusing parts, but a seamless whole. There are no boundaries in truth: Every person is my brother and my sister.

This magnanimous awareness is expansive and practical. Working for the greater good is not just about changing outer institutions and power structures but harnessing the world-changing power of our minds. Real inner and outer change begins with me and with every other willing person. We have the power to create a happier and more contented life and the ability to help others through our spiritual awareness.



**AFFIRMATION:** *I am the divine energy of God in expression now and always.*

**AFFIRMATIVE PRAYER:** The one presence of God is moving in and through you right now. It provides you with all the energy, wisdom, and love you will ever need. Acknowledge who you are in reality. You are love; you are whole; you are divine. As we accept these truths, we become capable and remarkable spiritual beings in human form, bringing light and love into our life experience.

The inexhaustible energy and power of the Divine moves in and through me this day to bless, heal, and bring joy and peace to all, including myself. I live magnificently in the flow of God's everywhere-present good.

*Rev. Paul John Roach is the host of the World Spirituality podcast on [unityonlineradio.org](http://unityonlineradio.org) and author of Unity and World Religions (Unity Books, 2022).*

# GOD IS IN ALL BEINGS

Rev. Carolyn Warnemuende

I experience a sense of wonder and joy each time I remember that I am an eternal expression of God and that God lives within me every moment. I feel gratitude for having been born into this human existence with the opportunity to demonstrate God with each breath I take.

But sometimes I forget. Perhaps you, too, have lived through events where you were challenged in remembering that when we open to our divine nature, God is present in each aspect of our lives.

In 2018, my home burned down in the Northern California Carr Fire. My husband and I escaped through the flames with only the clothes on our backs. Neighbors helped each other flee, and one neighbor drove us to safety in his SUV. In my fear, I constantly repeated the mantra, “God *is*, even in this.” It helped ground me in a sense of sanity when what was happening around me was incomprehensible.

I continued to use my mantra over the next days and weeks. I believed that God would bring a perfect outcome for me and our community, yet often it was only an intellectual belief that didn’t reach my heart. I was afraid and challenged in feeling my divinity and in remembering how the Divine works in life.

The weekend following the fire, I visited my daughter and her family. They have a menagerie of animals, including two large dogs. I have a fear of big dogs, especially ones that jump. Pinecone, their hefty, white rescue Lab/Shar-Pei mix, particularly intimidated me. This dog, however, helped me begin to recover from the losses I felt.

From the moment I entered my daughter’s home, Pinecone became my rescuer. He gently walked up to me; looked at me with a knowing, compassionate, and loving gaze; and didn’t leave my side during my weekend stay. He rested against my leg. If I wept, he put his head on my lap and made soft, throaty, soothing sounds. I felt comforted. There was something in this dog that responded to

my pain with deep understanding. I felt as if Pinecone recognized my divinity and was reminding me of who I am, regardless of conditions. He knew that I am love, and he responded with love.

I no longer fear Pinecone. During a challenging time, we developed a relationship that continues to this day. When I visit my daughter’s family, Pinecone sits by my side or follows me through the house. He reminds me not only that all human beings and I are expressions of the Divine but that all sentient beings are. He reminds me that whatever is happening in the outer world, God provides emissaries to show us we are loved unconditionally, and we are expressions of that love whether we feel it in the moment or not.

When I feel disconnected from my divinity, I think about Pinecone and am brought back into my wholeness, knowing that God and I are one, and that God *is*, regardless of outer conditions. I remember that God always sends messengers to assist us, and there are times we need others to reflect to us what we are unable to see in ourselves. We only need to open our hearts to receive.

**AFFIRMATION:** *I express God with each thought I think, each word I speak, and each action I take. God and I are one.*

**AFFIRMATIVE PRAYER:** In this moment, I breathe the breath of God. I remember my divinity and honor the divinity in all humankind. I express God in my unique way, trusting my inner guidance. With a grateful heart, I nurture my divine self as I grow ever more greatly into my Christ spirit.

*Rev. Carolyn Warnemuende is minister at Unity in Redding, California.*



## PRINCIPLE THREE

Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.

## GATEWAY TO GOOD

Rev. Juan del Hierro

When my husband and I started working toward buying our first home together, I knew I was in for one of the most stressful processes a couple can go through. Instead, it became the process our family now uses to remember the creative power of our thoughts and feelings. Our home is a house of miracles, and the blessings that aligned to create our home could fill a book. Here is just one of them.

We were purchasing our home through a special community program. There were a lot of forms to fill out, financial documents that had to be produced, and credit scores we needed to bump up. It took us a few months to get it all together, but we finally had an appointment the following Monday to turn it all in. In just days we would be approved and start looking for a house. We felt prosperous!

That is, until we began to receive new credit cards in the mail. Supposedly, Tom and I had opened 11 new credit cards and charged more than \$12,000 on them. Our identity had been stolen.

We immediately worried and contacted the credit card companies. Tom swore this would affect our home buying. Maybe it was the years of being in Unity and the many prosperity classes I had taken, maybe it was simply grace, but in that moment, something reminded me of the third principle taught in Unity—that thoughts have creative power.

I told Tom we had the option to see it in a different light; we could choose to see the good in it. Suddenly I realized, “Tom, we’re prosperous! Our credit scores were so good that someone was able to open up 11 credit cards in our names—some of them with some of the highest credit limits I’ve ever had! *We are* prosperous!”

I was determined not only to say it but to believe it with all my being.

I showed up to my appointment that Monday and laid it all on the table. Everything we had assembled looked great, but I would have

to wait to fully clear up the issues with the new credit cards before I could continue. “Ugh” was quickly replaced by, “Nope, remember we are prosperous.”

I told Tom I would handle all the credit cleanup. As I did the sometimes stressful work, I kept reminding myself, “I am prosperous and abundant.” I let myself feel the excitement and gratitude I knew I would feel when I walked through the doors of our new home. I was creating my experience through my thoughts and feelings.

The credit cards became expressions of my abundance rather than bad luck. A situation that could have defeated me began to open the space for greater good in my life. Not only could I see myself as prosperous but I imagined this was for our highest good.

About three months later, I showed up for a new appointment. The credit card issues were behind us, and I was greeted with even more proof of my abundance. I was told, “You are so *lucky* you had to wait and clean up the credit card stuff.” What? Why?

In the months it had taken me to return, a new program had been created by the federal government that I qualified for. All of a sudden I was given a \$30,000 no-interest loan toward our house of miracles. After we had lived in our house for five years, the loan would be forgiven.

Not only were we so prosperous and abundant that someone else was able to open and use 11 credit cards in our names, but we received a \$30,000 gift. Experiencing the challenges as part of my abundance was powerful enough. The gift of the \$30,000 was simply icing on the cake—very awesome, prosperous, and principle-affirming icing!

It’s amazing what remembering Truth can do for our experiences. They become a gateway for our good.



**AFFIRMATION:** *With my thoughts and feelings centered on Truth, I experience this moment as abundance and wholeness.*

**AFFIRMATIVE PRAYER:** I affirm the power that is within me, as I recognize the one presence in and as my life. Regardless of whatever situation I may be moving through, I trust that God is the source of my good. Centered in God, I have faith that the very experience of abundance, love, and peace is at hand. I focus my thoughts and feelings on Truth. I affirm this is a holy moment and a sacred experience. My heart and mind remember I am whole. Grateful for this knowing, I am filled with peace.

*Rev. Juan del Hierro is associate minister at Unity on the Bay in Miami, Florida.*



## THOUGHTS HELD IN MIND

Rev. Sandra Campbell

In the summer of 1968, I completed my junior year of high school, got married, and was four months pregnant with my first child. Tami was born in October, and at 7 months old, she attended her first high school graduation ceremony. Mine.

I had been an excellent student and had a passion for learning. My “fall from grace” was a shock and disappointment to my parents and teachers. Rumor had it that having a baby in my teens would be the end of the world for me. Many who held me in high esteem now saw me as a complete failure. I also saw myself that way until I was introduced to a new way of thinking when I was 21.

“Thoughts held in mind produce after their kind” were the eight simple words spoken by Rev. Martha Giudici at one of the first Unity services I attended. That phrase became a beacon of hope for me. Until then, I had not considered the correlation between my thoughts and my experiences. I certainly did not yet comprehend the spiritual principle that we are cocreators with God, creating reality through thoughts held in mind.

I was so captivated by this idea that I put it to the test several years later. I created a mental picture of myself walking onto the stage and receiving my college diploma. I imagined myself graduating in full honors regalia. The picture in my head was so vivid that I could almost touch it—long before I mustered the courage to enroll in a school.

I was so determined to realize this dream that I would not let anything stand in my way—not even the fact that I had no money for tuition.

A friend I confided in about my dream suggested I take a class at the church on treasure mapping, where I learned and practiced the concept of creative visualization. I clipped and pasted onto poster board inspiring pictures and words from magazines and a “selfie”

I drew of the way I would look when I eventually received my diploma.

Tami was 16 when I graduated *cum laude* with my associate of arts degree from the community college, just as I had pictured it. Since cause and effect is an irrefutable Law of Mind Action, I knew that if I had done it once, I could do it again. I went on to graduate *magna cum laude* with a bachelor’s degree and *summa cum laude* with my master’s.

The same principle worked every single time. Through conscious and deliberate use of the Law of Mind Action, my achievements surprised and disproved those who had said having a baby in my teens would be the end of my success.

Whenever I have doubts about something I want to achieve, I am reminded of the words attributed to a favorite writer, William Arthur Ward:

“If you can imagine it, you can achieve it.  
If you can dream it, you can become it.”

I do not consider myself to be special with amazing talents for manifesting what I want. I just know that when we set our mind, energy, and attention on what we truly desire, the universe will conspire in our favor. As I often say to others, “If it is for you, it will be.”

Everything starts in the mind first, and just as gravity is an irrefutable law, this Law of Mind Action is a powerful tool that works the same for everyone. Our minds are like magnets, and they have the power to attract to us whatever our thoughts hold on to.

This law proves there is no limit to what can be accomplished by harnessing the power of our thoughts. And I am living proof that “thoughts held in mind produce after their kind.”



**AFFIRMATION:** *Thoughts held in mind produce after their kind.*

**AFFIRMATIVE PRAYER:** As a child of God, I have inherent creative powers. With my thinking, I envision my success. I see with the eye of Spirit, and I behold Spirit at work in and through all. My mental pictures are filled with images of abundance, health, peace, joy, and love. I see and feel myself claiming the good that I seek. God desires only complete fulfillment for me, and I center my thoughts on the vision I hold of my greatest good.

*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.*

## A YEAR IN THE WILDERNESS

Rev. Vernelle Nelson

On Unity World Day of Prayer in 2017, I led a seaside silent meditation to hold sacred space to affirm love, healing, and peace. I had no idea how much I would need to call upon those spiritual qualities in the coming year.

A decade earlier, my partner and I had purchased a home together. He signed a quitclaim deed, giving me full ownership. He was my biggest cheerleader when I enrolled in the Unity Urban Ministerial School and when I established Unity Golden Life Ministries, an alternative ministry that includes regular beach meditations and pastoral care, including a partnership with hospice.

Over time, he and I drifted apart, living separate lives under the same roof. I prayed, seeking guidance regarding our floundering relationship. One evening an uninvited guest revealed that my partner was doing something seriously out of integrity. Immediately I recognized this as an answer to my request for guidance.

We agreed to sell the house and go our separate ways. I was financially dependent upon him, so I left my consultant work and got a job, rented a storage unit, and moved into temporary housing. He moved shortly thereafter, and the house went on the market.

By constantly affirming that God is my source, I was able to remain grounded as I went about the work of selling the house and working in an office while also building Unity Golden Life Ministries and speaking at Unity centers in South Florida.

Selling the house was much slower than anticipated. The first contract fell through three days before closing. A second contract fell through during the negotiation phase, and it started to look as though the house wouldn't sell at all. Through prayer and meditation, I knew everything would be fine.

In the meantime, expenses were mounting. Original parts in the Lincoln I inherited from my father were wearing out. My ex paid the mortgage, but I was responsible for everything else plus storage fees and the expense of living elsewhere. After hours of prayer and meditation, I was spiritually led to eliminate storage and temporary shelter fees by moving back into the unsold house.

God surely had something better for me. I signed another contract to sell. I found the perfect place to move. Prayers of thanksgiving and gratitude filled my days. Everything was going smoothly. Then closing was suddenly postponed indefinitely. I now knew what people meant when they said, "The darkest hour is just before dawn."

My car was constantly breaking down. I was not sure whether I should unpack or continue living out of boxes while the saga unfolded. Because I had a contingency contract on the new place, it, too, was in limbo. I wasn't sure how long they would hold it for me. But my faith never wavered. Every day, I rode past and claimed it as my own.

The series of events that unfolded over the next few weeks was unnerving. Closing took place with one day's notice. The new place was still on hold. My car broke down one last time. I went into seclusion at a friend's house and prayed, affirming that everything would unfold for my highest good.

I felt like Job, but his story had a great ending, so I claimed one for myself. The day before Unity World Day of Prayer in 2018, I purchased another car. The next morning, exactly a year after my affirmations for love, healing, and peace, I returned to the beach for the Unity Golden Life Ministries' Annual Silent Meditation. Afterward, I gathered my belongings from the Lincoln, and suddenly all the events and emotions of the year came crashing down on me. I sat in the driver's seat for the last time and cried like a baby.

An hour later, an email from the management office said everything was approved for the move to my dream condo. I cried again, this time tears of gratitude, relief, and joy. I thanked God. I gave thanks for all the people who had supported me in prayer. I still give thanks for this journey daily, knowing that only through prayer and meditation and by not allowing negative thoughts to invade my consciousness, I am where I am now.

That year in the wilderness wasn't easy. I pray I never endure another period like it. Still, I'm grateful for the experience and for the blessings of affirmative prayer. I give thanks for the grace that carries me and uplifts me, and I remain open and receptive to divine guidance to show me the way.



**AFFIRMATION:** *Divine love, wisdom, light, and grace are with me every step of the way.*

**AFFIRMATIVE PRAYER:** No matter where I go, no matter what challenges I may face, I know I am never alone. The grace of God is my shelter and my light. The love of God is my comfort and my protection. The presence of God is my guide. The power of God is the source of my strength. The will of God is my will. The peace of God is my peace. For this I am so grateful. Thank you, God, for all blessings seen and unseen. Thank you, God, for carrying me across troubled waters. Thank you, God, for opening doors I did not even know existed.

*Rev. Vernelle Nelson leads Unity Golden Life Ministries in South Florida.*

## PRINCIPLE FOUR

Prayer is creative thinking  
that heightens the  
connection with God-Mind  
and therefore brings forth  
wisdom, healing, prosperity,  
and everything good.





# COMMUNION WITH GOD

Rev. Karen Romestan

Prayer is a mighty power in my life. While some people differentiate between prayer and meditation, for me, they meld together. Time in prayer and meditation brings unison of body, mind, and spirit along with the knowledge that we are spiritual beings experiencing the privilege of living in this human realm.

Unity cofounder Charles Fillmore believed prayer is “communion between God” and humankind. He went on to describe prayer as “the most highly accelerated mind action.” This in no way references the breakneck speed of random and distracting thoughts flying into and out of our minds. This highly accelerated mind action is purposeful focus of thought toward God the good, omnipotent.

This is the elevated vibrational frequency we enter when we pray and travel to the innermost realm of our being. This is the time and space in which our minds consciously connect with divine mind. This is where we recognize and remember our full and complete oneness with our God. This is where we are lovingly reminded of our oneness with the totality of creation. This is the exquisite space of knowing our true self and our divinity.

In this place of prayer, I can feel the energetic vibration of my physical form change and mold to the vibration of my divinity. The palpable movement of energy through me and as me is remarkable. You, too, may notice this in your time of prayer and meditation.

There are numerous ways to pray, such as reciting the “Lord’s Prayer,” “The Prayer of Faith,” or the “Prayer for Protection.” We may also call upon intercessory prayers on behalf of others. Most familiar to Unity is affirmative prayer—stating Truth, claiming our highest good here and now, and then aligning our thinking with this Truth.

When I pray, I go into my room and close the door (inspired by Matthew 6:6). In this place of silence, the beauty and mystery of life



is revealed. I notice that in my time of prayer, I am changed at depth. My view of life shifts to see little moments as fabulous gifts and treasures.

As I am consciously connected to my God self, I see humanity through my God goggles. My human mind may not comprehend the ways of this world, but I garner a sense of knowing that all will be well. In fact, all is already well. I am then energized and invigorated to return to the experiences of daily life, filled with spirit and guidance to do all that is to be done by me.

Indeed, prayer changes things. Prayer changes me. The everyday ups and downs and ins and outs of life remain in constant motion, yet through prayer and meditation, I am able to hold a countenance of peace and certainty as my contribution to the collective consciousness of my world. With frequent infusions of prayer, I am better equipped to move through the human realm with a vision of the goodness of all creation. Steeped in and supported by prayer, I am poised to hold a mindset of faith and love as I navigate this journey of life.

**AFFIRMATION:** *In a time of sacred silence, I pray knowing that prayer changes things. Prayer changes me.*

**AFFIRMATIVE PRAYER:** Entering the secret place of the most high, we are aware of our oneness with Source, with all humankind, and with all creation. Here we know that with each breath, each thought, and each word, we contribute love, joy, kindness, and compassion to the collective consciousness. We affirm that humankind is always moving toward the highest good for all. We look upon one another with a gaze of love as God looks upon us, and we see the goodness, the divinity, and the truth of all beings. We give thanks to the source of all love.

*Rev. Karen Romestan is cominister of Courageous Living in Unity and is based in South Carolina.*





# PRAYER AND MEDITATION CONNECT US

Rev. Dr. Norma Iris Rosado

It was the evening of June 12, 2016. I was getting ready to leave for the Unity church where my husband was the minister and I taught a course on prayer and meditation. Suddenly I felt an acute stomach discomfort. The church was walking distance from my home, so I decided to make my way there anyway.

I started to teach, and the discomfort became pain and got progressively worse. I taught while I prayed, “God, let me finish.” Once I concluded, I told my husband, “I’ll see you at home.” By the time he got home, I was vomiting and in desperate pain. He called our family doctor, who came and quickly called 911.

The nearest hospital was an hour away. On the way, my husband called friends and Unity ministers in Puerto Rico, asking for their prayers. They, in turn, contacted their congregations and the Unity Prayer Ministry. The prayer chain had begun.

At the hospital, staff began treating me immediately. I was sent to the intensive care unit (ICU) in an induced coma to avoid more harm to my body. Many thought I would not survive. Some of the main organs in my body were affected. Despite that, prayer, love, and faith were already in action.

I had held several positions at Unity in and out of the United States, including training ministerial students at Unity Institute® and Seminary. For that work, I was granted the Light of God Expressing in Unity Award from Unity Worldwide Ministries. The award presentation ceremony was the same week I was hospitalized. Many people knew me at Unity Village and also in the different countries I had visited representing the Unity movement. People were praying for me in the Unity Prayer Ministry and also in Puerto Rico, the United States, and many other countries.



Imagine, all those people connected and praying with only one faith and intention: my healing! Those I had helped were now helping me. When I was out of the ICU, my husband told me there were praying circles in the hospital lobby every day. After 20 days, I returned home, but it wasn't over.

I had to go back to the hospital five more times in six months. Those were six long months in which prayer and meditation connected us all and got me through a very challenging time. The spiritual tool of prayer that for many years I had used for myself and others was instrumental to my family, friends, and even people I didn't know who were asked to pray. They had faith in the strength of people praying together.

I remember asking myself at the end of each day and before going to sleep, "My God, will I be alive tomorrow?" Later, my prayer and meditation became: "Father, if you are willing, take this cup from me; let not my will but yours be done. Into your hands I commend my spirit."

At the end of those six months, after a gallbladder removal, I was discharged from the hospital and have been well and healthy since. My liver, pancreas, and lungs were also healed. The suspected cancer vanished. My faith was grounded.

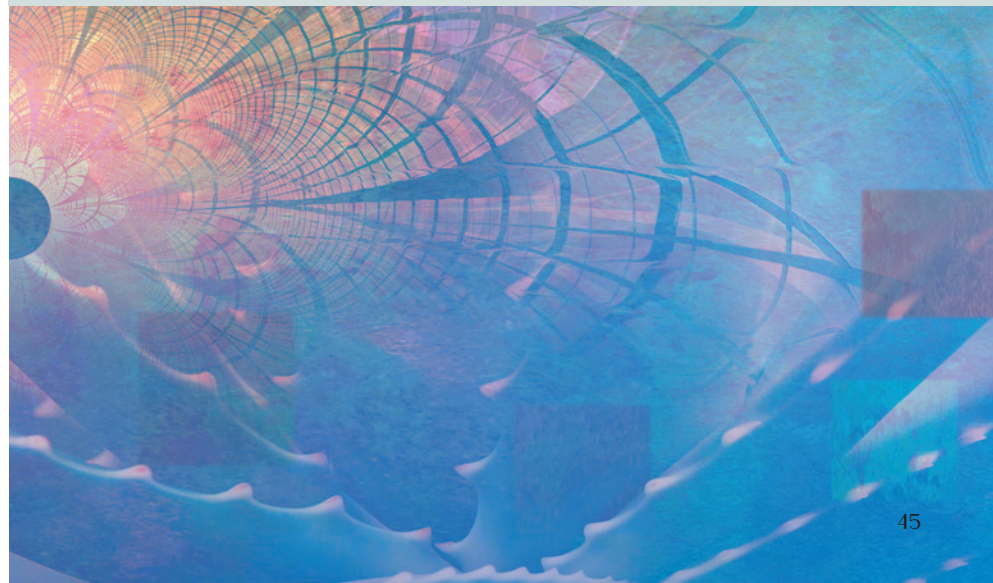
Prayer and meditation connected us all and were the catalyst for my recovery. Every day I feel grateful for my husband, family, friends, my students, the medical staff, and the Unity Prayer Ministry. Their presence and prayer connection were all instrumental in manifesting healing for me at that critical moment. Five years later, some of them still tell me that joining other people and praying for me taught them the power of prayer to connect and heal, regardless of the outcome.

Yes, prayer and meditation work; they connect and transform our lives.

**AFFIRMATION:** *Connecting in prayer, we uplift ourselves and the world.*

**AFFIRMATIVE PRAYER:** Together we pray and harmonize within God. All fear and anxiety vanish. In the Silence together we listen and feel our connection and oneness. There is no separation in love. We feel the light, the peace, the wisdom, and the fullness of the Divine we are within. From this faith and consciousness, we uplift ourselves and we uplift the world. In this assurance, let our words be *thank you, thank you, thank you*. We are grateful. We are blessed, and we are a blessing to the world.

*Rev. Dr. Norma Iris Rosado serves three churches in Puerto Rico: Unity de Caguas; Unity Dorado; and Unidos por la Paz y el Amor, Quebradillas.*





# LISTENING TO UNIVERSAL WISDOM

Rev. Bronte Colbert

Twenty-some years ago during meditation, I received strong guidance to go to Asheville, North Carolina, for a few days because “something of importance” was there for me. *What could it be?* I wondered as I drove. *How will I recognize it?*

Asheville and the surrounding mountains are beautiful. I set my intention to be receptive and aware. But after two days I felt no signs of further guidance or any important gift. Disappointed, I promised myself a hike in the morning before driving home.

I stopped in a small place for dinner. A woman at the next table started a conversation. I told her I was visiting from Georgia. Could she recommend a hiking trail?

“Absolutely!” she said. “Take the Blue Ridge Parkway, and turn off at the Folk Art Center. There’s parking on the left side by the trailhead. It’s the perfect hike!”

The next morning I set out, found the Folk Art Center, and parked near the trailhead. But as I opened my car door, I felt a distinct message, “Do *not* park here.” Everything looked fine, so I dismissed it. But it came again: “Move your car!”

So I started the engine and parked near the building instead.

“What’s next? Go inside?” I asked, getting out of the car. No answer. But parked right in front of me was a small truck that stood out with bumper stickers declaring *Namaste*, *Om*, *Cocreate*, and *Love Is the Answer!* *Hmm*, I thought, *a kindred spirit. Or at least, kindred stickers.*

A tall man with long, gray hair exited the building and walked toward the truck. I commented on his stickers, and we chatted about spirituality and meditation. When I asked if he’d been hiking, he answered, “No, I come here to write.”

“What do you write?”



He hesitated, then said, “I write from God, Spirit.” He went on, “I sit in my truck to be alone, to meditate. I allow my hand to start writing, knowing God is flowing through me, the pen, the ink, and onto my notebook. I receive guidance, answers, inspiration, and new ways of perceiving and processing life.”

How fascinating! I asked question after question. How often did he write? Did he use a special notebook? What did it feel like? He told me that the best description would come from trying it during my own meditation practice.

I would for sure! We exchanged contact info, and I went on my hike, buzzing with the idea of having a “direct writing channel” with God.

As soon as I got back home, I lotus-ed myself into meditation, pen and notebook handy. I waited. Nothing. I stared at the paper. Twiddled the pen. *Nada*. I called, “I’m ready, God!” No answer.

Then I slowed down, focused on breathing, exchanged busy thoughts for the calm of gratitude, and words came. I felt guided to close my eyes and just write across the page. And it flowed—then and in the days ahead. Sometimes crookedly, sometimes so fast I could barely keep up.

It flowed for months into a stack of spiral notebooks. Answers, advice, new ways of viewing life. Always encouraging, wise, uplifting, and loving. Had I tapped into God somewhere *out there*? I believe the flow of wisdom and insight comes from the higher self we all have within. It’s not unique to me. It’s universal wisdom we can all access—through meditation; prayer; walks in nature; or as Unity cofounder Myrtle Fillmore did, by writing a question and putting it under her pillow, expecting an answer in the morning.

As my new friend suggested, try it yourself. Have pen and paper handy when you meditate. Center, realize your connection to Spirit, and perhaps ask a question. Then expect guidance, nudges, and answers.

It’s made an important difference in my life. I’m so glad I listened when God told me to move my car.

From my meditative writing in 1999:

“Spider weaves on your window. Spider is work and rest, diligence and patience. Spider knows the place where she is the right one, and the web will bring her what she needs. The Universe is your web ... Open to this day, this moment. This is your freedom to fly, to weave.”

**AFFIRMATION:** *I am open and receptive to guidance, wisdom, and new perspectives. God is my source.*

**AFFIRMATIVE PRAYER:** I now relax and focus on my breath, easily releasing any thoughts of doubt, worry, lack, or fear. I turn within to the core of my being, that heart space where I remember and feel my connection to Source. I breathe with the calm and gentle knowing that God is with me now and in every moment. I hold this comfort like a warm hug.

As I now open to guidance, I receive answers to my questions and I gain new perspectives about life. I feel the well-being and joy that are with me on every step of my journey. Wrapped in the knowing that God is always available in me, I move forward with joy and confidence in my heart.

*Rev. Bronte Colbert is the minister at Unity Athens, Georgia.*

## PRINCIPLE FIVE

Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.



The background of the left page is an abstract composition of overlapping geometric shapes, primarily triangles and polygons, in shades of purple, blue, and red. A bright, starburst-like light source is positioned in the center-left, casting a warm glow across the page.

# CHOOSING OUR TRUTH

Rev. David Brian Adams

*It is not enough to understand spiritual teachings. We must live the Truth we know.* What I find most compelling in this statement is that we are always living into something we perceive as true. We are either expressing from a paradigm of love, embodying our innate oneness with all living beings to the best of our ability, or living from a mindset of fear, lack, loss, and separation, allowing outer conditions to hold sway over our lives. And we know that what we call into expression will stem from that paradigm.

There are times when making this choice is simple. When choosing between hitting the gym or grabbing drive-through fast food, knowing the more loving choice seems clear. When choosing between patience or annoyance in traffic, it might take some spiritual acumen to select a loving choice over a harsher reaction. But how do we live from love—the foundation of spiritual Truth—in situations that challenge us to our very core? When circumstances appear so contrary to all we know that we are left only with questions?

Over the past year, my mother, now in her 90s, has begun to experience cognitive impairment. At first, it meant hearing the same stories every time I called. As it has progressed, stories of our shared life experiences surface less. Memories of her life full of travel and excitement with my stepfather seem to have evaporated. The mother I knew growing up—a quiet, comforting, stubbornly resilient person—seems lost in a sea of conflated and fabricated memories that are both nonsensical and amazingly detailed.

How am I to live my Truth when her current truth argues against everything I remember? As with all spiritual endeavors, doing so begins within.

I take time to explore which truth I am expressing when we are together in person or virtually. Am I choosing to see her through the clouded lens of comparison, seeing who she is now as some fraction

of who she was? Am I holding a perceived truth that the mother I knew is no longer present? If so, is this a truth I wish to manifest? Or might I choose to see her as a divine expression of God in that and every moment? Might I look for all the ways she is still present, even if it is only the soothing sound of her voice?

If I chose these last questions as guides toward my Truth, how would our interaction and our whole relationship benefit?

As Truth becomes established, the clouded lens begins to lift. I see the person who provided comfort over the years now in need of that same care. I see her innate perfection and innocence when I am tempted toward frustration. I have learned to meet conditions that sometimes seem so unfair with a sense of grace. Most important, this Truth allows me to fully enjoy the moments we have together, however many might remain.

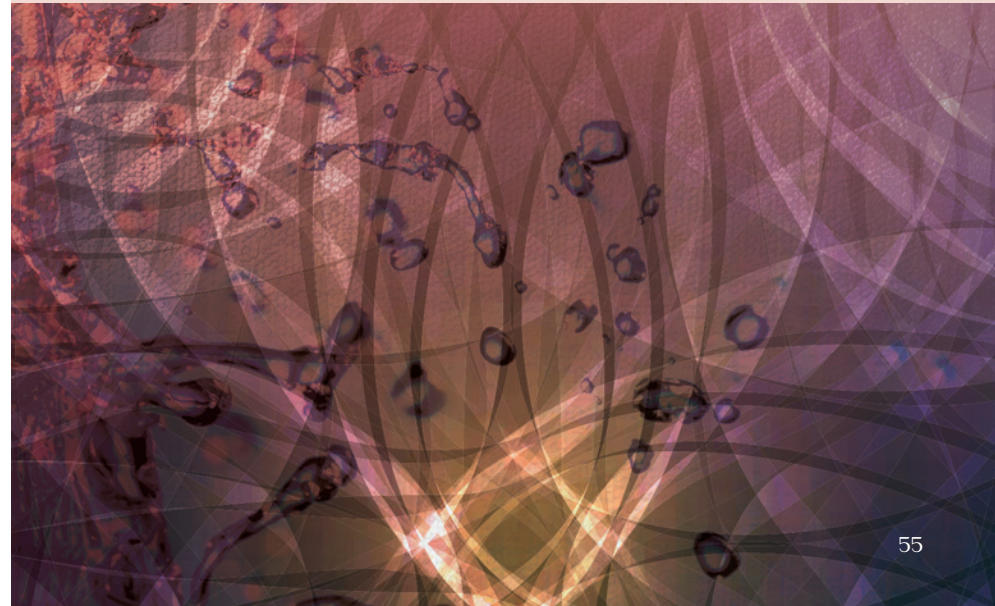
We are always living into something we perceive as true. At times, making choices that express Truth are the simplest, most obvious ones. We choose love as our primary way of being and bring that choice to life in whatever way we are guided. At other times, relationships or conditions may invite or even force us to question what we are holding as true at that moment.

However simple or complex the circumstance appears, some questions might be: *What is the most loving choice here? Who do I say I am at this moment? Who do I desire to be, beginning with my next thought, word, or action?* Your answers will determine whether you continue to wrestle with conditions or step more fully into your paradigm of love—and truly live the Truth you know.

**AFFIRMATION:** *In all circumstances, I willingly embrace and embody the most loving choice, declaring it to be my Truth.*

**AFFIRMATIVE PRAYER:** Love is the foundation of my Truth. In every moment, I choose to see or seek the presence of love. Should circumstances arise that question or challenge this Truth, may I draw more deeply on love's infinite inner wellspring. May my every thought, word, and action radiate the love I desire to see in the world. This I declare in the name and in the nature of the living Christ presence within.

*Rev. David Brian Adams is senior cominister at Unity of Independence, Missouri.*







# HOW I LIVE THE TRUTH I KNOW

Rev. Karen R. Shepherd

I was familiar with Unity in two ways before I learned about the universal spiritual principles it teaches, ideas reflected in many of the world's religions.

First, a friend introduced me to *Daily Word*, which had been a source of comfort for her. The second way was by attending a yoga class that met at a nearby Unity center. I would occasionally pick up some of the church's free literature and, as a result, learned about Unity before becoming involved.

I finally tried Unity at a time in my life when I was making a significant transition after deciding to end my marriage. The decision meant moving from one place to another. Complicating this was the fact that I had never lived entirely on my own, as I had gone from the safety of home into a marriage that didn't work.

One new acquaintance invited me to church with her at a Unity center. I agreed since I was already somewhat familiar with Unity, and I liked it so much I continued to go—participating in classes, reading Unity publications, and enrolling in courses for credit. I was like a sponge eagerly soaking up the teachings.

These teachings gave me the courage and the tools to learn how to forgive and rebuild my life. I learned about the nature of God and that God is in me. I learned about the importance of positive thought, prayer, and meditation and their role in establishing an optimal mindset for growth. Still, I had no idea how much I would need to know and practice these spiritual truths over the years.

I have come to know and believe in the power of prayer most of all. As I deepened my study, I became a prayer practitioner, a licensed Unity teacher, and eventually an ordained Unity minister. Prayer is the primary way I live the Truth and put spiritual principles into practice.

Prayer has strengthened and sustained me through many challenges, including the divorce and the loss of my beloved father, even as those events served as fuel for transformation.

Prayer has been a constant companion and a measure of *first* resort. When I experienced the loss of relatives, friends, and former colleagues due to the pandemic, I relied on prayer and its companion, meditation, for guidance.

I prayed through the illness and death of my mother. I prayed when I lost my beloved yoga teacher of many years and a dear friend. I was honored to officiate at the funerals and graveside services of aunts and uncles and, most significant, my father's cousin, for whom I served as a primary caregiver for 10 years.

Just when I thought I could breathe a little easier, my husband suffered a heart attack and had to have emergency triple bypass surgery. I pause to remember and give thanks to the young man in the emergency room who, waiting to hear about his loved one, immediately offered prayer aloud when the nurse told me the news about my husband.

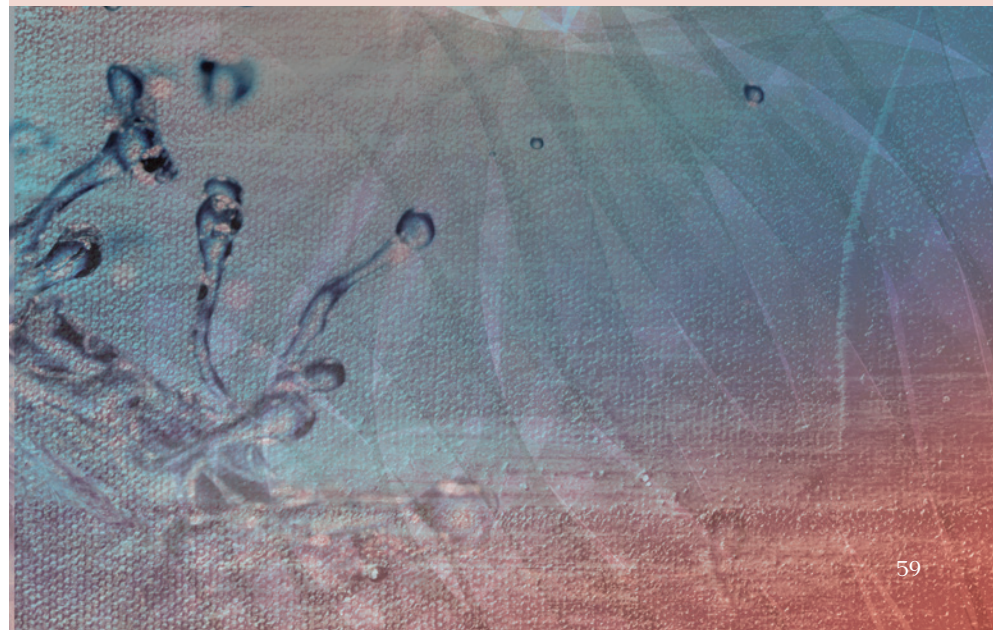
Once my husband was home, I fell back on my belief in prayer by calling the Unity Prayer Ministry and enlisting various prayer groups. I contacted what I call my "praying folks."

I have relied upon prayer to sustain and strengthen me through times both grave and joyful. I know prayer will continue to sustain and strengthen me on my journey.

**AFFIRMATION:** *I seek to live the Truth I know in thought, word, and deed.*

**AFFIRMATIVE PRAYER:** Divine mind assists me in living the Truth I know. Grateful for my constant connection through prayer and meditation, I know that I am guided by the divine presence within me as I experience the joys and sorrows of life. My spiritual nature sustains me and gives me access to all the attributes of God—the love, wisdom, faith, and order that I need for this human journey. As I have prayed for others, they pray for me, and we are one in God.

*Rev. Karen R. Shepherd leads Unity Good Shepherd Ministries, an alternative ministry in Oakwood Village, Ohio.*







# A LIVABLE TRUTH

Rev. Kathy Beasley

I am a logical thinker, and I understand that the roots of any situation are in the depth and breadth of what is known to be true in our life. For me, that meant some areas in my life would need to undergo a profound shift of great magnitude.

My story begins with my professional walk in the world, where I solved organizations' problems, where my title was problem solver. One autumn day, I came across these words often attributed to Albert Einstein: "If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and five minutes thinking about solutions."

These words changed both me and my perspective by allowing me to shift the paradigm of my thoughts and, ultimately, the outcomes in my work. I knew I would have to ground myself in the enduring power of principle to be successful.

The Truth I affirm today is that there is a divine solution to every difficulty and a spiritual answer for every question. I did not have to look for it, research it, or seek consultation. My work was and still is to wait for it! I know the question and the answer are often in the same room and, more often than not, in the same body. When I chose to change my way of work, it overflowed into my life, my being, my ministry, and my relationships. Behold, I found myself becoming a new creation. Not necessarily what I had planned, but it worked.

Living the Truth that we know is a practice available to all of us according to our individual and collective levels of receptivity. It is not about reading a particular work or repeating a verse or affirmation; it is about becoming the space where the Truth of our being shows itself proudly and promptly to the world.

When we begin to know our Truth, we begin to pour it out and live in the divine flow of our lives. This flow is never too warm, cold, deep, or turbulent; the flow is and has been alive within us.

Living the Truth you know is rooted in your willingness, awareness, engagement, and embodiment. Truth does not grow atop the highest mountain or in the depths of the deepest waters; it is always alive within each one of us.

My search for the livable Truth that I know has led me to be the person and soul I am today, and today I am a solutions consultant! I use my words, vibration, and energy to bring about necessary change in the world.

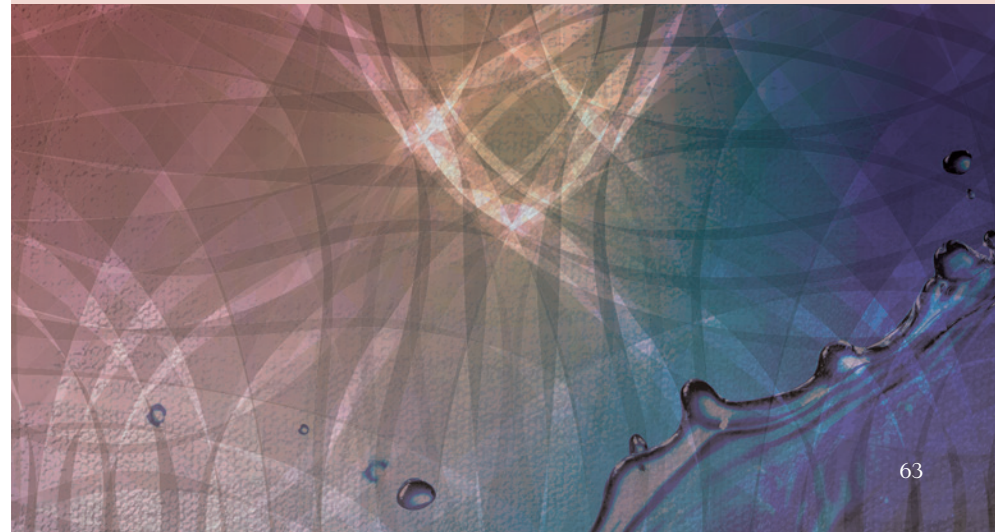
For me, a part of my spiritual practice has been to reframe Einstein's quote into a way of love and living. Nowadays, suppose I have an hour to generate a solution. In that case, I spend five minutes understanding the issue at hand, 15 minutes listening to what is within and surrounding me, 20 minutes creating a list of viable solutions, and 10 minutes acknowledging my gratitude for the journey.

This is how the Truth that I know about myself now comes to life. How does your truest Truth become a way of life for you?

**AFFIRMATION:** *I know divine ideas surround me now, and I live as a living, breathing demonstration of this Truth.*

**AFFIRMATIVE PRAYER:** I know that we are one! The essence of my being, as I know and experience it, is Truth; it is resident in the activity of my body, my breath, and my being. When I rest in the comfort of this knowledge, I also know that all is well. I am grateful for the activity of a livable Truth that unfolds in my every thought, word, and praise. I release these words now to do their good and perfect work, knowing they cannot and will not return to me void. For a deeper understanding of the Truth that lives in us all and in which we live, I'm grateful.

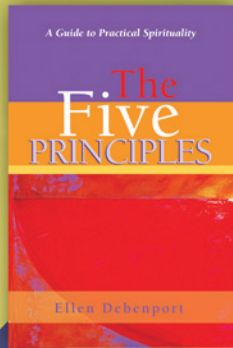
*Rev. Kathy Beasley is minister at Central Florida Center for Spiritual Living in Orlando.*



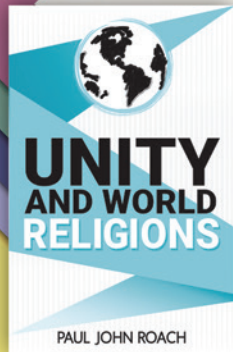


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