

# LOVE, HEALING, AND ABUNDANCE

BRINGING SPIRITUAL  
WISDOM TO LIFE



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## WORDS THAT CHANGE LIVES

The prolific Unity author James Dillet Freeman said Unity is “words that change lives.” Your friends here at Unity love to share our rich teachings with you, 130 years of spiritual exploration, practical suggestions, and brilliant writing—all part of a larger movement that has reshaped the Western understanding of God and humanity. The universal principles taught in Unity are not so much lofty ideas as practical tools you can use to create the life you want.

These teachings are still being explored today. That’s why each topic in this booklet pairs a legendary Unity writer of the past with a legend-in-the-making today. Some of today’s writers have authored books, others post blogs online, and still others speak and teach nationally and train tomorrow’s New Thought leaders. All are using words—in modern language—to uplift humanity and, yes, to save lives.

A note about the work of past teachers: Their language may seem dated; they were writing 50 to 100 years ago. Some of the language is also distinctly masculine—God is *He* and human beings are *man*—which was considered proper English until recently. Like language, the emphasis in some of these teachings has evolved. To be sure, the ancient spiritual principles do not change, but each generation offers a fresh interpretation for its times.

We hope this collection of classic and contemporary writing intrigues, informs, and inspires you on your ever-evolving spiritual path.

*Your Friends in Unity*

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# LET THERE BE LOVE

REV. WINIFRED WILKINSON HAUSMANN



(Excerpted from *Your God-Given Potential*)

Everybody loves somebody or something—sometime, somewhere, somehow ... Love must play a part in the life of every individual. It is our nature to love.

Love ... is a part of life and living, and without love, people perish ... As those who are seeking to unfold all the faculties under God's direction, we can be guided into the right use and development of this power. As we let the divine interpretation of love unfold in our lives, we will find that it opens the door to experiences of God's good, above and beyond anything we have ever thought was possible.

In Spirit, love is "the pure essence of Being that binds together the whole human family" ... It is the harmonizing, healing, unifying, attracting power in the universe. In nature, it works as gravity. In divine mind, it is the idea of universal harmony and unity, that which binds together the whole of God's creation into one harmonious unit so that even the tiniest movement of a person's finger displaces atoms out in space; and the thoughts and feelings of our civilization combine to form a [human] race consciousness which determines the future of all humankind. We are indissolubly linked with everything in God's creation, and the only place we can ever be separate from it is in our own thinking-feeling nature ...

Love *is*. Love continues to be, just as the sun continues to shine, whether or not we know it is there, whether or not we can see it, whether or not we believe in it.

On the level of mind, in the human plane, love (or oneness, a sense of identification) is the power that draws people together as families and friends. Also in mind, at a higher level of development, it can be the inner light that enables us to see good in all persons, to identify with the higher nature of other individuals, even when they fail to express it.

As Charles Fillmore explains it: “Love is an inner quality that sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good it causes that quality finally to appear uppermost in itself, and in all things” ...

It is not necessary for us to like all that we see in our world. We do not have to agree with the wrong things that people do. But regardless of appearances, we must love the Christ or God in all persons and all things. We must, because it is our nature to love and because “he first loved us.”

*Rev. Winifred Wilkinson Hausmann (1922–2012) served churches in the Cleveland, Ohio, area with her husband George and was the author of six books.*

# USING THE POWER OF LOVE

REV. JUAN DEL HIERRO



“Love is.”

Such a powerful reminder in “Let There Be Love” by Rev. Winifred Wilkinson Hausmann. A reminder that is so needed.

Let’s face it, it can be challenging to love. It can be challenging to face all that we have going on in our lives and the life of humanity and still find our way into love. Yet this reminder brings us back to knowing that love simply *is*.

Love is a power that is not only within us, but it is also actively being used by us. As the writer invites us to ask ourselves, what is the “right use and development of this power”? How can we lean into this innate power within us and use it to its highest potential?

Asking ourselves this question is key to living a life of joy and, in many ways, living into our divine purpose. In 1 Corinthians 13:13, “And now faith, hope, and love abide, these three; and the greatest of these is love,” we are invited to trust unwaveringly in God, hope devotedly, and love extravagantly. But as Jesus said, the greatest commandment is to love one another and love God.

## LOVE DOES NOT APPEAR AFTER HEALING TAKES PLACE; LOVE IS WHAT BRINGS ABOUT HEALING.

Love is the key.

It unlocks the shackles we have created for ourselves and others and reveals our true nature. By developing the power of love within us, we release ourselves and others from our judgments and the limited definitions we have placed on each other. It brings us into greater harmony with the truth that we are all one. It binds the whole human family because it sees no separation, and through our experience of it, we realize that it heals our perceived notions that we are separate from each other.

Perhaps this is why we are told that love is the greatest of that which is in us. Protestant theologian John Calvin once said that “faith and hope are our own: love is diffused among others.”

As we share our love, it lifts up others. It not only allows us to see others as the expression of the Christ, but it also lets others feel themselves as the Christ. Love not only breaks down the walls between ourselves and others, but it also breaks down the walls others have built between themselves and their own Christ nature.

It is through this that love “opens the door to experiences of God’s good, above and beyond anything we have ever thought was possible.” The good we experience is in us and with each other. One of my favorite Bible verses is Matthew 18:20: “For where two or three are gathered in my name, I am there among them.” It tells me the Divine is in our relationships. What better way to honor that Presence than by unleashing the full power of love within them?

Our relationship with the realization of our own divinity can be difficult. Our relationships with others can be filled with even more challenges. Rather than thinking we must work on such relationships to bring us into a greater sense of love, we can recognize our ability to call forth the power of love to bring about healing. Love does not appear after healing takes place; love is what brings about healing.

Let our direction be guided by love. Let us see the Christ within others and within our experiences. And let us fully accept the power of love as it brings us into greater unity with others and within us.

Have faith in love, and place your hope in love. Trust it, because love never fails. Love is.

*Rev. Juan del Hierro is associate minister at Unity on the Bay in Miami, Florida, and has received congressional recognition for his social justice work.*

# IMAGINATION AND THE LAW OF MIND ACTION

JAMES DILLET FREEMAN



(Excerpted from *New Thought for a New Millennium*)

One of the great teachings of Unity is the law of mind action: “Thoughts held in mind produce in the outer after their kind.” Charles Fillmore taught over and over that it is the law of mind action which shapes our world. Our world is what our mental processes—our senses and perceptions, feelings and emotions, logical thoughts, passionate desires, and imagination—decree it to be.

Why are there so much misery and pain in our world? I don’t know about you. I hope you are more of a positive thinker than I am. I find myself continually thinking thoughts and feeling feelings of fear, worry, anger, guilt, confusion, and various other negative varieties. I am constantly trying to turn off such thoughts and turn on more positive ones ...

Imagination is the most entertaining and most frightening of all our faculties. It is the conjurer. It can beguile and bewitch us; it can frighten or enlighten us; it can lift us to ecstasy or plunge us to despair.

## IMAGINATION IS THE MOST ENTERTAINING AND MOST FRIGHTENING OF ALL OUR FACULTIES.

If we let it run unrestrained, it may take over our life. Many of us would live in our imagination almost as much as in our outer world ...

Our mind is busy every moment. When it is not under our conscious direction, it is just as active as when we are telling it what to think. If we have formed the habit of letting our mind dream up unhappy circumstances and events, it will do so whether we want it to or not.

In the early days of Unity, denial was almost as important a part of Unity’s methods of prayer as affirmation. Every moment, a thought is entering our mind and we’re saying *yes* or *no* to it.

That is why Paul tells us we should try to “pray without ceasing” (1 Thessalonians 5:17). Unless we keep our minds consciously turned toward God, we are likely to find that we have formed the habit of drifting unconsciously into troubled and troubling imaginings ...

We human beings learned long ago that we had a power in us which can call forth the likeness of things and that if we concentrate it on gaining some single aim and hold to it with all our will, it may call forth the thing itself. This is the magic of prayer.

*James Dillet Freeman (1912–2003) was a Unity minister and prolific author and poet. During nearly 70 years with Unity, he served as director of the Silent Unity prayer ministry and led the ministerial training program. Two of his poems, including the “Prayer for Protection,” traveled with astronauts to the moon.*



# CHOOSING WHAT TO IMAGINE

REV. DAVID B. ADAMS

How often have we been told when facing some new prospect or challenge to use our imagination?

As a child, doing so turned a hollow underneath a large shrub into the most powerful fortress in the world. I imagined myself the protector of this fortress, defending it from monsters of every type. This created endless hours of excitement and fun, the by-product of a vivid imagination.

At night, that same vivid imagination could leave me lying frozen in bed, certain that something under the bed would get me if I moved. Were these things, in either case, real? No, but the fantastic joy or paralyzing fear they generated felt quite real.

According to *The Revealing Word*, our imagination is the faculty of mind that visualizes and forms; it is the way in which “we lay hold of ideas and clothe them with substance.” When used in cooperation with our other spiritual faculties in alignment with the Christ within, it is the dynamic instrument with which we lay hold of a divine idea, envision that idea brought to fulfillment, and ultimately bring it into being.

However, it is important to remember that imagination will operate according to the framework of your consciousness. In other words, your imagination will function according to the Truth you are living in the moment.

If your ongoing focus is on creating a life of joy—being the best expression of the Christ you can be in any moment—these faculties will harness their energy into making this your reality. If your ongoing focus is on fear, lack, or disharmony—whether ideas you consciously cling to or the embedded beliefs from society and your upbringing—these same faculties will harness their energy toward that reality.

James Dillet Freeman mentions in “Imagination and the Law of Mind Action” the idea of turning our ideas on and off when we are working toward the right use of imagination. I find this problematic. When I am in the thick of fearful thoughts, trying to shut down those thoughts by just “thinking positive” proves ineffective and frustrating.

As I see it, every thought I have is the bearer of some information. It either offers insight toward my next step or points toward some learning or healing that is available. When I meet thoughts with understanding, the information they contain can be revealed. I ask questions like *What is this thought creating? Who do I wish to be in this moment?* My imagination affords an opportunity to observe, reshape, and reframe those thoughts so I can recognize or envision the good that is present. This leads to the next important step: action.

Without a willingness to act based on what it is we desire to call forth, our imaginings are little more than daydreams. If, however, our mind is fixed on the one power and presence always working on our behalf, then our imagination will find ways we can express that Truth in our thoughts, words, and actions. From this point of power, our next steps will be revealed toward bringing any desire into expression. Our work is to move from revelation to action.

In *Christian Healing*, Unity cofounder Charles Fillmore said, “The highest and best work of the imagination is the marvelous transformation that it works in character.” Using imagination to source divine ideas and envision their demonstration in the world will bring forth the life of joy and abundance we each desire.

And what will that look like? Well, use your imagination ...

*Rev. David B. Adams is senior cominister at Unity of Independence, Missouri, and a Grammy Award-winning tenor.*

# THE MYSTERY OF GOD IN MAN

ERIC BUTTERWORTH

(Excerpted from *Celebrate Yourself!*)

Dwell for a while on the idea of the universe as the allness that we call God, realizing that everything within it, from the vast galaxies to the subatomic particles, is created in and of the universe. You may wonder about the vastness of the universe and peer at it through a telescope. However, you are not on the outside looking in. You are on the inside looking out. You are the universe at the point where you are.

Attributed to Saint Augustine is this profound thought: *God is a circle whose center is everywhere and whose circumference is nowhere.* If the center is everywhere, it is where you are. You are the center of the universe, the center of God. This is not a point to be made egotistically, but transcendently. There is that of you which is centered in God, and which is a point of God-activity flowing forth into expression as you. And, the circumference is limitless. There is no limit to God, or to man in God consciousness.

God is not in you like a raisin is in a roll, but like the ocean is in a wave. The wave is nothing more nor less than the ocean formed into the shape of a wave. And you are nothing more nor less than God expressing as you. Thus divine sonship is not a projection of the Divine into the human. God cannot project Himself outside Himself; He can only express Himself within Himself. Man is not an individual in God, for that would presuppose isolation and separation. Man is an individualization of God.

This is fundamental for all persons ... As Jesus said: *"He who believes in me will also do the works that I do; and greater works than these will he do ..."* God in each of us is the allness of which we are an eachness, and the constant need in our lives is to unfold more of our allness in a process of conscious evolution. It is not trying to get into God or to get God into us. It is to, *"Be still, and know that I am God"* (Psalm 46:10).

*Eric Butterworth (1916–2003) became a Unity minister soon after serving in World War II. He is best-known for his ministry in New York City, his radio shows, and his many books including Discover the Power Within You.*

# BEING HUMAN AND DIVINE

REV. LINDA MARTELLA-WHITSETT

You've read that you are the light of the world. You've heard that you are made in the image and likeness of God. You've been taught that you are one with God, filled with all the qualities of God and having access to all the power of God. Yet, it's not been easy to agree "I am divine."

It's not easy when you notice human thoughts and feelings that you would not classify as Godlike, or when you behave in ways contrary to your loftiest values and principles. You may see divine qualities in others but fail to accept them in yourself. Yet you are told and you want to believe you are divine. How could it be?

Rational human thinking can never fully grasp the truth of divine humanity. Spiritual practice, such as meditation, provides an opening to mystical experience.

Here's a practice to try: Start with your awareness on the surface of your body, at the intersection of your skin and the atmosphere around you. At that intersection, where physical sensations of temperature and pulse can be felt, think about the permeability of your skin, the largest organ in the human body. Recognize an invisible molecular exchange is always occurring, such that you are never separate from the air around you. Chemicals flow into and out from your body continuously. Imagine using an art eraser to smudge away the outline of your body, so that the imagined border between you and the universe disappears. Envision your "self" spilling out and mingling with open space until there is no separate self; there is only the universe. This is oneness, or nondual reality.

Granted, it's not as if we can do anything practical in a state of oneness, in human terms. Without form or definition, oneness is pure thought. It might not be practical, but Unity cofounder Charles Fillmore taught that thoughts are things, which means a thought of oneness is a reality or an awareness that permeates collective consciousness. This state of realization may be infinitely more impactful than anything we can do humanly.

That's not to say human action is valueless. In fact, drawing from an awareness of oneness in order to act in human consciousness is where the mystery of divine humanity bears fruit in our experience. We are 100 percent human, yes. And we are 100 percent divine. At the intersection of our humanity and divinity, we can claim the power of God and use it to transform our human experience. This is what it means to be divine.

Maybe it's challenging to accept our divine identity because of cultural and religious norms suggesting that being human means being weak and unworthy. Maybe you're thinking that being divine

would require saintliness or perfection. Or maybe it simply seems too big an assignment! Who among us could wield the full power of God?

I have good news for you. You never have to—in fact, you never could—be all that God is. You only have to claim and to be one quality of God, just one in any moment. In a moment of need for strength, you can claim divine strength and stand steady in the midst of shifting circumstances. In a moment of need for harmony, you can claim the harmonious power of divine love and think harmonious thoughts. In a moment of need for creativity, you can claim and embody divine imagination. It's easier to claim *I am strength, love, and imagination* than to say, "I am God." It's also easier to think and act according to these capacities.

In typewritten notes from 1923, Charles Fillmore wrote that as the offspring of one universal spirit, or God, you can rightfully declare "I am Christ." The full realization of your Christ identity comes as you demonstrate it ...

*And you begin your demonstration wherever you are. You can take it in small bites. You can say, I am life, and you will get life; you can say, I am love, and you will get a manifestation of love larger than you ever had before. You can say, I am strength, and power, and whatever you need ...*

You can be 100 percent human and be 100 percent divine. You can because you are!

*Rev. Linda Martella-Whitsett is vice president of the Unity Prayer Ministry and author of several books, most recently This Life Is Yours, a book about healing coauthored with her daughter, Alicia Whitsett.*

# TRUST THE SPIRIT WITHIN

REV. MARY L. KUPFERLE



(Excerpted from *God Will See You Through*)

Trust the Spirit within, dear friend, to help you relax and let go. Trust the Spirit within to increase your health, happiness, and contentment.

Trust the Spirit within to bring you refreshing rest, sleep, and renewal each night. Trust the Spirit within to reveal to you right companions and satisfying relationships. Trust the Spirit within to pave the way to effective action and enjoyable living.

Trust, truly trust, the Spirit within.

Your trust frees you from burdens and releases you from feelings of excessive responsibility. To trust the Spirit within enhances the working of your intellectual processes and helps you perceive when the suggestions of others are wise and right for you. To trust the Spirit within brings you inner freedom from heaviness of thought and emotion and lifts you above the strain of difficult striving ...

This affirmation: *I trust the Spirit within* has helped me to be calm instead of upset, quiet instead of angry, peaceful instead of irritated. It has brought me healing, guidance, increased blessings within and without, and is still doing so. It has relieved anxiety about those dear to me, helped me to release undue concern regarding any and every situation that could be difficult. It has opened up new ways and means to be helpful to myself and to others. It has kept me on the wavelength of positiveness and strength and courage, and it will do the same for you. Decree it now for yourself: *I trust the Spirit within* ...

You, dear friend, stand upon the brink of your good at this moment. It is there, right where you are now. Began to accept and receive it, first mentally and within your heart by fully trusting the Spirit within. Declare often, to deepen this acceptance: *I trust the Spirit within*. You will be following the direction of the One who knew the way to receive the very best of the kingdom of good. You will be launching into the deep with greater awareness of the good that lies ready and waiting for your acceptance in faith.

Trust the Spirit within!

*Rev. Mary L. Kupferle (1916–2003) was a longtime minister in Florida who wrote scores of articles for Unity Magazine and Daily Word. Of her six books, God Will See You Through and Effectual Prayer (e-book) are still available from Unity Books (shop.unity.org).*

# TRUSTING SPIRIT, TRUSTING OURSELVES

REV. SANDRA CAMPBELL



Years ago, I participated in a team-building exercise called a “trust fall.” I stood on a ledge about six feet above the laced arms of my coworkers, my heart pounding as if it were going to leap out of my chest. My friends below were yelling, “Trust! Trust! Trust!” but I was afraid no one would catch me. The minutes I contemplated taking that backward leap of faith seemed like hours.

With eyes closed and arms folded across my chest, I became still, took a deep breath, uttered a silent prayer, leaned backward, let go, and allowed my body to free-fall. I had to trust that my waiting coworkers would catch me. When I landed in their arms, I felt the exhilaration and confidence that only trust can build.

There have been times when I had nothing to fall back on except my deep, abiding faith and trust in the Spirit within to see me through. Those times often remind me of the words of a favorite gospel song, “Leaning, leaning, safe and secure from all alarms. Leaning, leaning, leaning on the everlasting arms.”

I try to recall what it takes to truly trust the unseen arms that are ready and waiting to break my fall. I think about how my mother would break my fall by reminding me, “The Lord will fight your battles if you just keep still.” Having overcome poverty, domestic abuse, and physical and mental illness, she taught me to live in complete and total trust in the Spirit within.

In my early years in Unity, I studied every practical way to build trust in the allness of God. Denials and affirmations became my go-to in the face of any challenge. One that I often fall back on is: *There is nothing in all the universe for me to fear, for I have faith in God; God satisfies my soul and fills my life with unending joy.* For me, that is an affirmation of trust.

Trust is not something that can be gained overnight. It is not a one-and-done proposition. For any relationship to grow and flourish, there must be trust. And lasting trust takes time to build. We must begin with trust in ourselves.

A good example of how we may lack trust in ourselves is taking a multiple-choice test. We choose an answer then allow fear and doubt to creep in, so we change our answer only to discover the first choice was correct.

It is common for us to doubt our own capabilities. When we do not trust ourselves, we may find it difficult to trust the unseen force we might refer to as the Spirit within or God in us.

Trusting Spirit within is as simple as the trust fall: Take a breath, turn within, say a prayer, wait for Spirit's guidance, then trust the direction we receive. Following those simple steps, I make the right choice and things fall into place.

Joann Franklin, a friend who introduced me to Unity, summarized in two words the kind of trust relationship I needed to build: "Just be!" To this day, that catchphrase often keeps me from falling into old, limiting thoughts and beliefs.

It took many dark nights of the soul before I understood how to lean into and trust the Spirit within. I had to grow through feelings of not being enough and not having enough before I realized there is a power greater than myself ready and willing to catch me when I fall.

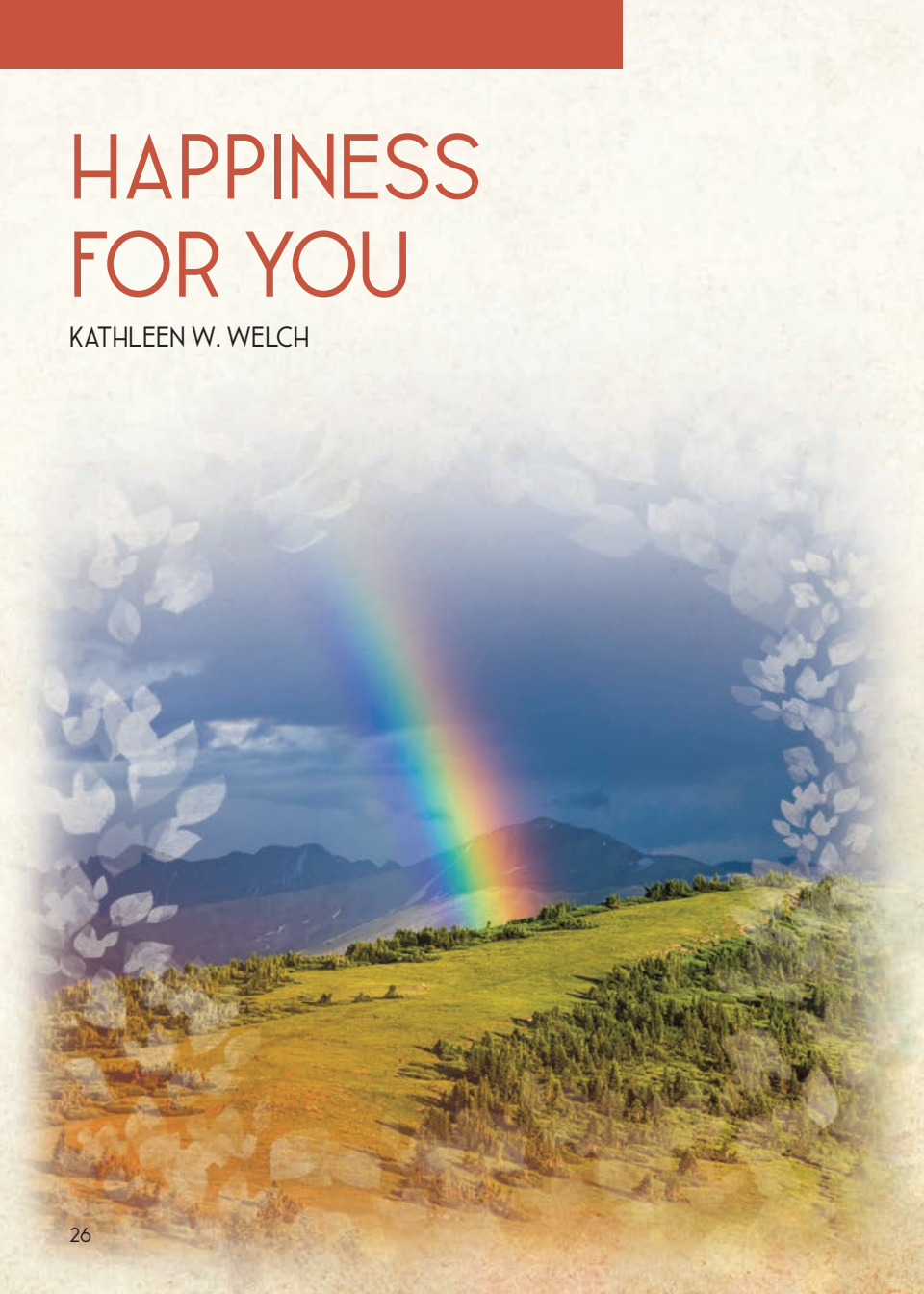
When one has complete trust and confidence in the Spirit within, there is no space for fear in one's heart.

As I continue to grow through life experiences, I will not forget the power of trust. I close my eyes, become still, whisper an affirmative prayer, lean backward, and allow myself to free-fall into the Spirit within. I let myself "just be," and I do as Rev. Mary L. Kupferle says, "Trust, truly trust, the Spirit within."

*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. She writes regularly for Unity Magazine and other publications.*

# HAPPINESS FOR YOU

KATHLEEN W. WELCH



In a certain comic motion picture produced some time ago, one of the players repeated many times, "Happiness is good for you! Happiness is good for you!" It was intended only as a joke, but those words are more true than perhaps even the author of that statement ever dreamed ...

Yes, "Happiness is good for you!" If you are interested, really interested in being happy, or happier than you are now, I have a few suggestions or rules for you. If you put them into daily practice, you are bound to find more of that happiness, which is so good for you.

1. Get it into your head and heart and religious creed that it is right for you to enjoy things, that Jesus taught enjoyment of all wholesome activities. He used children as an example of the way to be carefree and happy and to enjoy life ...
2. Make a mental list of all the things that have been given to you to enjoy and find happiness in—your home, your family, your garden, your friends, books, music, pets, and more. Then consciously learn the art of enjoying them by giving thanks for them.
3. Realize how many beautiful things are free gifts to us. Sunrise and sunset, the stars at night, the loveliness of moonlight, the warmth of the sun, all the beauties of nature ... Free to be enjoyed every day of our life ...
4. Realize that the greatest of all joys lies in making others happy, in bringing out the best in them, and in helping them to help themselves ... The simple, silent statement "I behold the Christ in you" will work seeming miracles in harmonizing relationships, bringing happiness to yourself and others ...

5. Cultivate your ability to see beauty all around you. In people, in nature, in experiences ... Refuse to see ugliness, imperfection; refuse to entertain fears, anxieties, and doubts ... On your choice hangs your happiness ...
6. Show by your cheerful disposition, your loving wisdom in dealing with others, your willingness to be understanding and helpful that you serve a master who is love ...

Do not be afraid to be happy, fun-loving, laughter-loving. Happiness is good for you. Good for your body, good for your mind and soul.

*Kathleen W. Welch began writing for Unity in 1935, and some of her articles, like this one, were shortened to be used as radio scripts for a show called Unity Viewpoints. The 15-minute program aired on stations in the U.S., Puerto Rico, and Australia.*

# BEING HAPPY

REV. KATHY BEASLEY

To be in integrity, I must admit I started writing this piece when I was anything but happy. Yet as these words began to flow from me, the burdening weight of unhappiness began to lift.

We live in a culture and society that paints many external and tangible images of happiness. We sum up happiness as the accumulation of things, wealth, and ideas. We paint with broad strokes images that can actually leave the world wanting for ever-elusive happiness.



Many themes in this world point to what can make us happy, yet there is a natural tension between our happiness and the struggle to hold on.

Kozma Prutkov penned the words, “If you want to be happy, be.” I realized that in my search for an understanding of happiness, the question and the answer that lie within us all are tenderly wrapped and bound up in our willingness to be, breathe, and exist wholly in this world.

Our being in a place, state, or moment of happiness is to recognize that our happiness does not reside beyond the horizon of the self, nor is it anchored to the floor of the deepest ocean, nor is it atop the highest mountain. Our capacity to be happy lies within our soul and is the point where anything unlike itself is removed. It is the point where the value proposition shifts from the tangible object of our happiness to the relentless act of being happy.

In stark contrast to the outer world, there is an invitation: Continually come back to the place inside us that can (and does) feel the tender (and sometimes exuberant!) rhythm of happiness and recognize a far vaster picture that is compelling us to be.

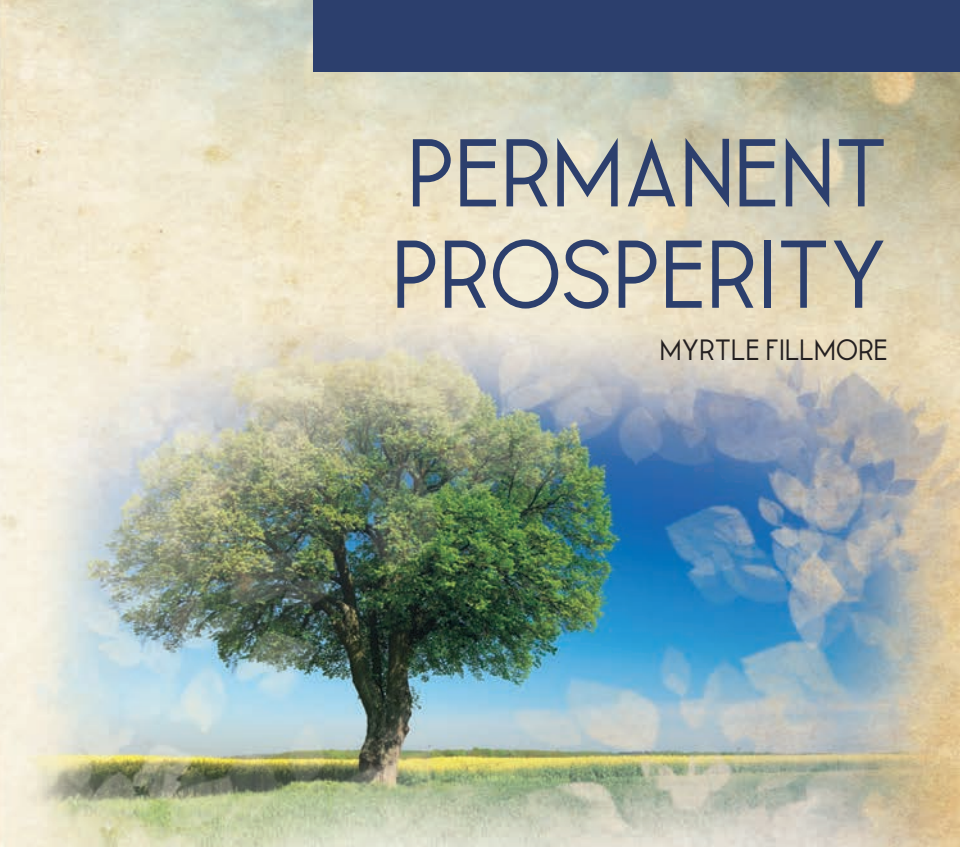
Our absolute happiness is not the end of a long journey. I believe the journey itself beckons us to return over and over to ourselves, for the good of ourselves, to be and to know ourselves as the happiness we seek.

In every moment of our lives, there are many things that we can be. Today I am happy simply because I have chosen to be.

*Rev. Kathy Beasley is senior minister at Central Florida Center for Spiritual Living in Orlando and is also director of innovation and ideation in IT for a large Florida healthcare provider.*

# PERMANENT PROSPERITY

MYRTLE FILLMORE



(Excerpted from *Myrtle Fillmore's Healing Letters*)

A great help in realizing permanent prosperity is to come into the realization that we do not work to earn money to meet our expenses! This is a delusion of mortal mind. In reality, in earning money we are expressing the God-given faculties and powers to bless others, and to keep our part of the divine law of giving and receiving. The supply is a gift of God and is ours because it is a part of God's plan. We are to accept it in faith as such. Expect it to come, and it will ...

True prosperity is not making money or putting out goods or developing property. It is determining what our souls require in order to cause them to unfold more of God; and then how to harmonize their expression with the needs of our fellow human beings so that all are benefited and inspired to unfold and express more of their inner spiritual resources. The exchange of merchandise and money is merely incidental to this spiritual association and growth. Money success comes as a result, but there are other results that should be sought and rejoiced over even more than the financial returns.

Radiant health and physical freedom and the greater awakening of all the faculties and their physical centers of activity is another more valuable gain than the increase in salary and the promotion to a greater chair in the management's office.

The feeling that one is doing something to help in the establishment of the kingdom of heaven in the earth is great compensation for the hours of prayer and the effort to swing clear of the old commercial bondage and ways. We are to have whatever we require, yes. But we are making progress toward the time when we shall work at something really constructive, something that reveals God in people and in God's world, something that gives us the privilege of deciding for ourselves, under the guidance of Spirit, when we are to go and when we are to come.

*Myrtle Fillmore and her husband Charles founded Unity in 1889 to share the spiritual principles they were learning about healing and prosperity. Having attended Oberlin College in Ohio not long after the Civil War, she taught school until she married and became the mother of three boys.*

# UNFOLDING GOD

REV. JACQUIE FERNÁNDEZ



*True prosperity ... is determining what our souls require in order to cause them to unfold more of God.—Myrtle Fillmore*

In my early forties, I had my first “I’ve become my parents” experience. My then 12-year-old daughter announced she didn’t need to go to college because she was going to be a “YouTuber” and make millions.

My first thought was judgment against her entire generation and how they would take society to hell in a handbasket because “kids these days.” I had just finished my seminary education, which resulted in a career change, and because our children are always listening, she took the opportunity to remind me that I had nothing more than faith to guide me on *my* path. The same, she insisted, was true for her.

She also reminded me of the many conversations I had had with her about her future, telling her what was most important was that she was happy and her work was fulfilling.

Eating my words revealed the bitter flavor of expectation and assumptions I had made as a parent who projected my desires onto my kids.

After years of reflection, I still don’t know how being a YouTuber would allow her soul to unfold more of God or find true fulfillment. But she let that dream go and now has nearly completed requirements to be a nail technician, combining her exceptional skills as an artist with her love for fashion. Her soul very obviously finds deep satisfaction in helping others to feel confident, expressive, and creative, and it shows in how she interacts with her clients and her craft. She also loves the freedom of being an entrepreneur and steering the course of her career.

During the Depression, Myrtle Fillmore's message about prosperity called a generation to look beyond traditional standards of prosperity as wealth, property, and sales. Myrtle calls us still, nearly a hundred years later, to find true prosperity by determining what the soul requires to unfold God and to harmonize whatever that is with the needs of humanity.

The bank accounts, cars and clothes, and the number of social media likes and follows are all smoke and mirrors when it comes to measuring prosperity. Those can be indicators of success or goals achieved, but true prosperity is so much more than that! Your very nature, by divine design, is abundance. And that infinite wellspring of abundance is found in your creative power, in the very same way it is demonstrated by the Universe in all of creation. Life wants to express itself through you as your ideas, initiatives, and inspirations.

It is even more than the "follow your bliss" song of self-help; it is the deeper work of allowing that life-giving impulse in you to express through you. Your bliss will follow you when your soul is doing its work of expressing your divine talent. When you give in to this flow, true prosperity is your experience and is revealed not only in iterations of wealth but also health, joy, love, and connection with all of life.

This is good news! But the really good news is that your soul's calling may not even be tied to your vocation. Some people just want a job or career that pays the bills, then after work they go to hobbies, volunteer opportunities, parenting, coaching, caretaking, art-making, and, yes, even "YouTubing" in which their soul unfolds more life, more connection, more God.

When the creative flow of your soul is activated in your life, it no longer matters whether that activation is in the workplace or not because your entire self is living your divine appointment. Allow your soul to reveal itself and watch how that perfect flow impacts everything you do. More people became millionaires during the Great Depression than any other time in history, not because they had money, but because they tapped into their creative power and risked action.

What does your soul want you to do today that is life-giving? Allow inspiration to flow!

*Rev. Jacquie Fernández is senior minister at Unity of Overland Park, Kansas, a musician, and an award-winning filmmaker.*

# HOW TO TURN YOUR LIFE AROUND

ERIC BUTTERWORTH



(Excerpted from *Celebrate Yourself!*)

If you are not happy with the things that are repeatedly happening in your life, or with the direction in which you seem to be moving, you can turn it around. But first you must understand that it is *your* life, that you live in a world of your own thoughts, and that you can change your life by altering your thoughts whenever you really want to do so. This is not to say it is easy, but it is possible.

Life is consciousness. You stand where you do today, wherever that is, because of your consciousness. And there is only one way you can come to stand anywhere else—by changing your consciousness. If you wish to go up higher, you can do so, and there is no limit to the heights to which you can climb. But you must “repent,” which means to be ... *transformed by the renewal of your mind* (Romans 12:2) ...

Jesus said, “*In the world you have tribulation; but be of good cheer, I have overcome the world*” (John 16:33). There is a level of life where states of consciousness give rise to limited conditions, and where a cycle of causation flows in a kind of negative momentum. “*I have overcome the world*” means getting into a higher level of consciousness, experiencing freedom from the limited cycle of causation ...

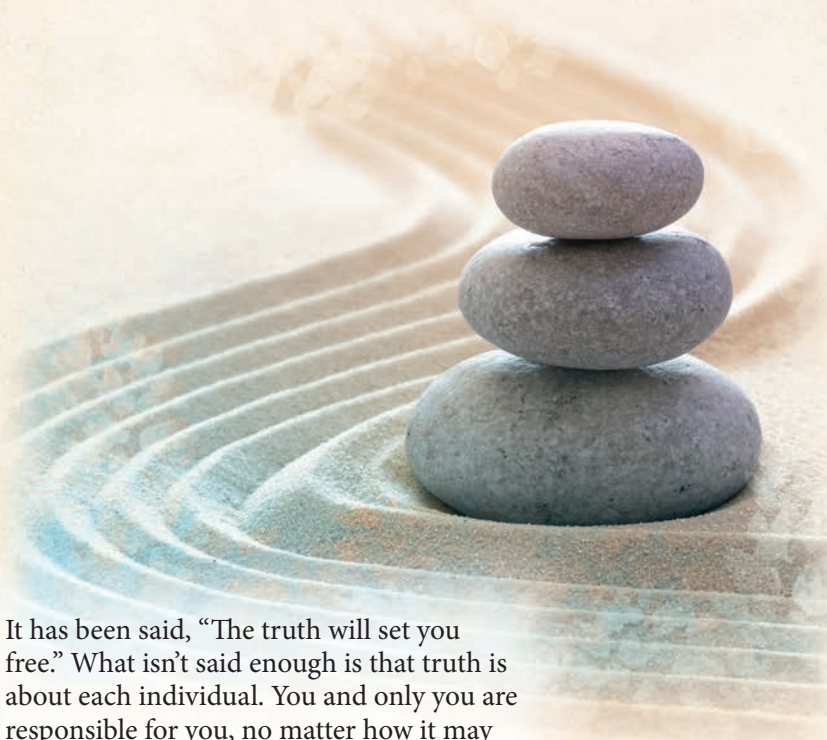
If you are not satisfied with the direction your life has taken, or with the experiences that continually manifest, you can change by getting into the kind of attitudes and feelings that you assume you would have if you were now experiencing the desired conditions. You may object, “But I feel tired and defeated; how can I help that?” Feelings are not beyond the control of the will. You are not your feelings. You *have* feelings, and the you that has feelings can control them and reverse them.

It is never too late to turn your life around, to break the patterns of negativity that keep manifesting themselves as age and deterioration, as inharmony and loneliness, as illness and physical discomfort, and as financial insecurity and lack. You will have to “repent” and follow the higher way of living and thinking. Wake up from your self-limiting thought to self-releasing vertical thought, and you will experience the ceaseless flow of your own good.

*Eric Butterworth (1916–2003) became a Unity minister soon after serving in World War II. He is best-known for his ministry in New York City, his radio shows, and his many books, including Discover the Power Within You.*

# CHANGING YOUR CONSCIOUSNESS

REV. PAUL HASSELBECK, D.D.S.



It has been said, “The truth will set you free.” What isn’t said enough is that truth is about each individual. You and only you are responsible for you, no matter how it may seem. No one, no person, no event actually *makes* you think, feel, or do anything.

Life is consciousness. It can be easy to miss the depth and importance of that simple statement. As we grow up, we learn to say things in a way that obscures the truth of our personal power. We say things like, "What happened in my life caused me to be who I am," or "My life led me to this point," or "That event (or person) made me feel angry or sad." This attributes who we are to what happened in our lives. It ignores the fact that all along the way, we made choices in reaction and response to each event.

Each of us is the master of our life, and that is because of consciousness. It is the only domain where each of us has absolute, 100 percent control. God does not even control human consciousness!

What is consciousness? According to current science, consciousness is made up of three components: awareness plus arousal plus motivation.

Awareness is the ability to perceive our inner world of thoughts, ideas, beliefs, images, feelings, emotions, perceptions, experiences, attitudes, and sensations. Sensation is our own interpretation or perception of the information picked up by our bodily sense organs. There are five commonly understood senses (seeing, hearing, tasting, feeling, and smelling). But there are many more depending on who is reporting. These include balance (equilibrioception), body position (proprioception), and pain (nociception).

Arousal is essentially our level of response to what we are aware of. Arousal can be understood as the urge to act, desire to act, and ability to act. The larger the arousal, the bigger the urge and desire to act, which then relates to motivation. Motivation is the drive to act on what we are aware of.

Since life is consciousness, then life is awareness plus arousal plus motivation, which is entirely an inside job. There is an anonymous saying that states, "We do not see things as they are; we see them as we are." Everything we think, say, and do is based on our perceptions,

which are in turn based on our current and past awareness. This means we live from the inside out and not from the outside in. We live from our consciousness/awareness/perception. Our experience of life is entirely based on consciousness.

This explains why metaphysics, in general, is mostly about consciousness and how to improve it so we can have a better inner experience of life and potentially a better outer life. No one and nothing can tell you what improvement is for you. You and only you decide what improvement means based on the current level and condition of your consciousness.

Applied metaphysics is all about radical self-reliance and self-responsibility. Self-reliance is relying on our own inner powers and resources rather than those of others. Those powers and resources include but are not limited to our abilities to believe, persevere, evaluate, desire, harmonize, unify, master, control, understand, choose, adjust, organize, sequence, balance, be passionate, energize, enliven, and be benevolent and generous. They are all at our command.

Self-responsibility is key to our personal freedom and the truth about ourselves. We are all 100 percent responsible for all aspects of our inner life and to some degree our outer life. The people and events in our lives are merely influencers. Even so, in our own consciousness, we can unconsciously or consciously make them deciders and determiners of who we think we are and what we do. But, make no mistake, *we* do that, not them.

Yes, life is consciousness. It is up to us to decide and manifest the best inner life, which then may influence us to create a better outer life.

*Rev. Paul Hasselbeck, D.D.S., was a dentist who became a minister. He is now a well-known Unity teacher, metaphysics authority, international speaker, podcaster, and author of numerous books, including Heart-Centered Metaphysics.*



# PRAYER IS LIFE

JAMES DILLET FREEMAN

(Excerpted from *Be!*)

At the center of things there is a harmonious will. This will is life; this will is joy; this will is order; this will is love. Affirmative prayer harmonizes us with this central will of being.

This is affirmative prayer—to know in the face of sickness that underneath are the everlasting arms of wholeness and in the truest part of us we are inseparably one with life; to be able to hear through the discords of daily living the music of immortal love and to strike its chords from the key of our own being; to be able to look at lack, yet to drink deep from unseen wells of plenty. It is the ability to see the facts and flaws, yet know that they are not reality.

True prayer is apprehension of the changeless truth, which abides at the heart of the changeful world, the truth of life and joy and order and love, the truth of God.

For myself, I have not found the meaning and value of prayer to lie so much in the answer to prayer as in the prayer itself. For prayer is a way of life as well as a way of facing life. It is an end as well as a means. It is a spiritual experience.

Prayer is the way of walking with God instead of walking alone. Those who have a habit of prayer are never far from God, even though at times they may lose sight of Him ...

To those who pray, prayer is life itself!

*James Dillet Freeman (1912–2003) was a Unity minister and prolific author and poet. During nearly 70 years with Unity, he served as director of the Silent Unity prayer ministry and led the ministerial training program. Two of his poems, including the “Prayer for Protection,” traveled with astronauts to the moon.*

The background of the page is a soft-focus photograph of a landscape. In the foreground, there is a field of purple flowers, possibly lavender, with green leaves. In the middle ground, there are rolling hills or mountains. A bright sun is rising or setting behind the mountains, creating a lens flare effect. The sky is a mix of purple and orange hues. The overall mood is peaceful and spiritual.

# LIVING IN SACRED AWARENESS

REV. KURT CONDRA

“Prayer Is Life,” written by the iconic Unity author James Dillet Freeman, was published in a time not unlike our own. If you google “1950s headlines,” the results include the lynching of Emmett Till and hearings to discredit anti-communist crusader Joseph McCarthy. Fast-forward to George Floyd’s murder and the current investigation into the Capitol riot, and it’s pointless to rate which era is more traumatizing. Outer conditions then and now call for an approach to prayer that allows us to “see the facts and flaws, yet know they are not [our deepest] reality,” as Freeman wrote.

His essay strikes a perfect balance between acknowledging earthly conditions and affirming what's eternally true. I'd like to share my experience using that passage—"see the facts and flaws, yet know they are not [our deepest] reality"—in the way I suspect Freeman intended: as instruction and inspiration for deepening one's practice and understanding of prayer.

Freeman's assertion that "to those who pray, prayer is life itself" seems an impossibly high bar. I pray. Daily. And I'm not just talking about the ancillary truism that every thought is a prayer. I pray consciously, intentionally throughout each day. I believe prayer can be a way of life. I believe the value and meaning of prayer lie in the act of praying rather than in any outcomes or answers it yields.

Still, often as not, my praying falls short of a felt experience of harmonizing with the "central will of being." I know how it feels, but my experiences of it are fleeting and inconsistent. To me, "prayer as life itself" is a realm saints and mystics inhabit.

Unless, of course, we all dwell there. If Freeman is right, if prayer is life itself, then it's really just a matter of becoming aware of the sacredness unfolding in every moment. So that's the intention I have been exploring—being consciously aware of the sacredness in all of life.

It has meant making different choices about how and where I invest energy, time, and thought. More nights than I care to admit, I trade experiencing divine presence for streaming reruns. It's not that Presence is absent when we binge-watch (or eat or shop or indulge in other distractions that mute the madness that culture, media, and habit perpetuate). But amid such distractions, *we* aren't available. We stray from truth. We pray amiss. Blessedly, we're endowed with the power to choose differently.

For me, the simplest, most direct choice for accessing Presence is noticing physiological responses: depth and pace of breath, muscle tension, sensation in the pit of the stomach. All are infallible diagnostics for whatever's happening mentally and emotionally.

Just like checking the instrument panel on a car's dashboard, data gleaned from noticing body and breath provides input for making adjustments and recentering ourselves in the "central will of being."

I also find immersing oneself in the natural world works well, especially for opening our spiritual apertures for gratitude and appreciation. Last night's solo midnight walk in the cold with snow falling along the Chicago lakeshore was a revelry of sight, sound, and sensation. Each frosty exhale and every snow-crunching step invigorated and reminded me of the fragility and miracle of living. The steady rhythm of breaking waves illumined under a newish moon, beneath a pitch-black sky glowing at the edges where it met the city skyline, filled me with wonder and profound appreciation for being part of it all.

Another portal to "prayer as life itself" is connection with others. A friend whose 83-year-old dad is recovering from a bad fall just moved him into her home. Friends empathize with the "burden" she's assumed. She sees it differently. For her, every moment is sacred. They laugh and snipe. They clash and pray. They celebrate progress and grieve what's lost in a way that's brought them closer than ever. Present to the preciousness of the time they've been given, she's aligned with a prayerful reality that sees beyond his mortal condition.

To we who pray, it's a consciousness that's unquestionably within our reach, no matter the circumstance.

*Rev. Kurt Condra is a former journalist and editor now serving as senior minister at Unity on the North Shore in Evanston, Illinois. He writes The Shoreline weekly e-newsletter at [unityns.org](http://unityns.org).*

# THANKSGIVING

CHARLES FILLMORE/REV. WARREN E. MEYER



(Excerpted from *Dynamics for Living*)

Thanksgiving will keep the heart fresh. True thanksgiving may be likened to rain falling upon ready soil, refreshing it and increasing its productiveness ...

Words which express thanks, gratitude, and praise release energy of mind and soul. Their use is usually followed by effects so pronounced that they are quickly identified with the words that provoke them.

Let your words of praise and thanksgiving be of Spirit. The increase will be even greater than when they are addressed to man. The resources of Spirit are beyond our highest flight of imagination. You can praise a weak body into strength, a fearful heart into peace and trust, shattered nerves into poise and power.


It is an easy matter to give thanks for what we have already received. It is not so easy to give thanks for what we hope to receive. Giving thanks in advance brings to pass a present expectation. Pray believing that you have received, and you shall receive ...

Every thought we loose in our minds carries with it a certain substance, life, and intelligence. Whenever praise is bestowed it is carried to every part of the body and through a large area of our soul aura, and our whole consciousness and everything about us is tintured with praise. Praise and thanksgiving divinely directed tap the mighty reservoirs of infinite Mind.

*Rev. Warren E. Meyer (1918–2005) founded Unity of Tacoma, Washington, in 1948, two years before he was ordained a Unity minister. Later, he compiled three decades of teachings from Unity cofounder Charles Fillmore with some updated language in Dynamics for Living, still available as an e-book at [shop.unity.org](http://shop.unity.org).*

# PRAISING AND GIVING THANKS

REV. TERESA BURTON



Gratitude is everywhere these days. Whether religious, spiritual, or secular, information espousing the importance of a gratitude practice has never been easier to find.

You've probably heard gratitude is good for the mind, good for the body, and the key to happy, prosperous living. From journals to apps, there are myriad ways to log the many things for which you are thankful to keep gratitude at the forefront of your thinking.

It's certainly easy to believe that gratitude is worthwhile. You've likely been taught from childhood to always say *thank you* for what you receive and to appreciate those who are generous toward you. Later, you may have been taught to give thanks to God for the blessings in your life.

You know all about the *what* of gratitude, but how much do you understand about the *how*?

Gratitude and thanksgiving are more than politeness that squares services rendered with services received. They're also more than sugarcoating an objectively bad situation with a veneer of positivity. And they're even more than thanking a God outside yourself for helping life break your way.

Gratitude is a powerful spiritual tool. Through its use, you can restore health, grow material resources, achieve greater harmony in relationships, and feel deeper peace in mind and heart.

Specifically, the act of giving thanks and praising trains you to focus your attention on what is good and desirable, however small or fleeting. For instance, if monetary supply is insufficient to meet a need, it might be tempting to focus on the shortfall and the unmet need and the accompanying feelings of worry, sadness, or even anger. But by focusing on the present supply and feeling grateful for it, you're filling your heart with positive feelings such as love and joy.

Through speaking words of praise, you are aligning your mind with divine mind and tapping into a storehouse of infinite potential. In other words, gratitude and words of praise elevate your thoughts and feelings beyond the constricting energy of need into the expansive realm of possibility, creativity, and serendipity.

As a spiritual being, you are meant to express prosperity, health, joy, and peace, all aspects of your divine inheritance. Gratitude and thanksgiving do not change God or create something out of nothing. Nothing can ever be withheld from you at the level of Spirit. You always have the power to demonstrate that which you want to see manifest in your life.

Feelings of gratitude and words of praise and thanksgiving divert your attention away from what you lack, but they do not direct your attention toward what you *have*. Rather, gratitude directs your attention to all that you *are*. This is a crucial distinction.

A grateful mind and heart place you in alignment with spiritual Truth and in control of your creative power. The demonstrations that spring from this power may seem miraculous and feel magical, but there's nothing mysterious about them. The practice of gratitude is grounded in metaphysical truth. Praising and giving thanks for that which you wish to increase and improve is a commitment to declaring that Truth is unchanging regardless of appearance. It's a commitment to use words mindfully and deliberately to call that Truth forth in mind, which ultimately manifests in form.

The truth of prosperity is that there's always enough to meet every need. The truth of wholeness is perfect health. The truth of peace is that love is greater and more enduring than hate. This is the importance of giving thanks *in* all things rather than *for* all things—to keep these understandings topmost in mind so they flourish in consciousness. Giving thanks and speaking words of praise frequently, abundantly, even lavishly is a powerful way to live the Truth you know.

*Rev. Teresa Burton is a former newspaper and web editor who was ordained a Unity minister in 2018 and is now the editor of Daily Word magazine.*

# STANDING FIRM

FRANK B. WHITNEY



*(Excerpted from A Golden Treasury: Fifty Years with Daily Word)*

Learn to stand firm in the face of adverse situations. Stand firm in the consciousness of the power of God within you. Stand firm in the knowledge that you are mightier than any of the vexing situations of the world. Stand firm in the realization that Christ within you is mightier than adverse appearances.

What is the secret of standing firm? It is in gaining the consciousness that the power of God within us cannot be affected by outer appearances; in knowing the truth that in Spirit there is nothing to oppose us, since God is All in all; in finding within us the substance of Spirit that exists like a tower of strength in the face of opposing forces ...

Stand firm! When a belief in disease, contagion, or weakness is voiced in your ears, stand firm in the realization that only the truth about God is eternally true—the Truth of your own internal being. When adverse beliefs seem to be stronger than absolute Truth, stand firm. You will be well-compensated. You will be rewarded for your stand ...

Stand firm! When it would seem that you were about to be engulfed in failure and lack, stand firm in the consciousness of God's abundance. When money would seem to be lacking, stand firm in the truth that God's bounty is appearing. When you are deluged by urgent needs, keep standing firm. Every deluge must give way to the sun. Every need will be met. Every desire will be fulfilled.

Stand firm! If falsehoods seem more powerful than truth, if the evil word seems stronger than the word of Truth, keep standing firm ...

Even the thought of standing firm causes us to rise to the grandeur of our divine sonship. We feel something within us that is never touched by winds of chance and caprice. There is something within us that is never changed by outer conditions, something upon which we can always rely, something telling us that it is Spirit, eternal immovable.

*Frank B. Whitney was a dentist who went to work for Unity in 1915. He had an idea for a pocket-size daily blessing booklet that became the iconic Daily Word magazine, first published by Unity in 1924. Whitney wrote most of its messages and poems until his death in 1938.*

# FINDING THE FAITH TO STAND FIRM

REV. ELLEN DEBENPORT



The words of Frank B. Whitney in “Standing Firm” are inspiring, even thrilling to me. Whitney was the creator and first editor of *Daily Word* magazine, which for nearly a century has inspired millions to stand firm in the power of God and in their own spiritual nature.

When we stand firm, we remember that circumstances come and go but a greater Truth supersedes them. It’s a message we strive to embody in these times of conflict and anxiety, when even our planet seems to reflect a heated, chaotic state of mind.

Whitney is not saying to ignore the facts; he is saying there’s more to life than we see from our limited human perspective, and we must cling to our faith in a greater good. Yet increasingly, I observe a backlash against such positive thinking. The idea that everything is working for our ultimate good is dismissed as “toxic positivity” or criticized as denial or metaphysical malpractice.

This stems from a misunderstanding of spiritual principle. We are not supposed to strangle our feelings while insisting everything’s fine. Chirping “God’s in charge” while blithely ignoring events or issues that need our attention is not spiritual living.

Instead, it’s both/and. We can acknowledge whatever is happening—and the attendant fear or anger we feel—while knowing that a universal force of love and intelligence is present within and around us, more powerful than any immediate problem.

I’ve often heard that the opposite of fear is faith, but in my experience, the two can coexist. I can feel afraid while still having faith that I am living in an ocean of divine love and abundance. I may be worried about what the future holds yet know I am a spiritual being having a human experience and, as a soul who exists within the One, I cannot be harmed.

There is a difference between blind faith and understanding faith. Blind faith is white-knuckle insistence that everything will be fine. It’s waiting for a Supreme Being outside ourselves to intervene on our

behalf. Blind faith is claiming that life will turn out the way we think it should, and it's a setup for disappointment.

Understanding faith comes from a higher perspective. We acknowledge there is a bigger picture than we can see from our human level. We affirm there is good available in any situation because God is in every situation. We recognize our own divine identity and the power we carry within. We see souls at work on our planet, learning and growing through this human endeavor, and know that each of us is here with a divine purpose.

Part of our work in this lifetime is to contribute to the whole, to the thinking layer of earth, the collective consciousness in which we all live. We know thoughts have creative power. What are we creating together? What are each of us contributing as individuals to the overall human consciousness? Every thought, word, or action—positive or negative—registers its vibration in our shared sphere.

That's why standing firm is so important, as Whitney says, "finding within us the substance of Spirit that exists like a tower of strength in the face of opposing forces."

What will happen when we find that strength, when we live and act from our spiritual consciousness? We will become the presence of love. No matter what is happening around us, no matter what we hear on the news or see in our personal lives, we will stand firm as an expression of God in the midst of it. We will know the Truth and rise to the grandeur of our divinity.

*Rev. Ellen Debenport is vice president of publishing and content at Unity World Headquarters. She is the author of The Five Principles and Hell in the Hallway, Light at the Door.*



# YOUR HEALING IS AT HAND

REV. MARY L. KUPFERLE

(Excerpted from *Your Help Is at Hand*)

The upliftment, strength, and courage you seek are at hand. Your sufficiency of everything needed for blessing of mind, body, or affairs is at hand.

Regardless of where you are physically or how far you seem emotionally from the peace you desire, your good—your healing, your well-being, your fulfillment—is at hand.

Your healing is at hand. Healing of fears and anxieties, tensions and emotional upsets, is at hand. Release and freedom from concerns over any traumatic happenings or feelings of insecurity or defeat are at hand.

Right where you are in this moment, you are in the presence of the answers and solutions you seek.

Let the idea of healing penetrate every thought about yourself and all that is occurring in your life.

Keep turning your attention to the thoughts of healing of body, healing of feelings, healing of events, healing of conditions. Saturate your thinking with contemplation of healing, with thoughts that promote healing, words that show belief in healing, attitudes that indicate you believe in the healing power of God.

### A MEDITATION FOR HEALING

*My healing is right here. It is in the air that I breathe, the surrounding I see. It fills this space and it lives within my heart. It is in the light of day and in the darkness of night. It is in the clouds and in the sunshine. It is in the cells and atoms of my body temple. It is in the movement of my mind and in the activity about me.*

*My healing is at hand. It is nearer than breathing, closer than hands and feet. It is all-present and ever available, abundant and plentiful. It is here right now wherever I am. It is mine without stint, mine without pleading or begging. It is mine to quietly accept, to bring me peace, assurance, and blessings beyond measure. Its source is Divine and that source never runs dry, never is lacking, never withholds, never denies. It is the same yesterday, today, tomorrow, and forever. It is within me every moment. I praise and give thanks for this reality. And so it is, Amen.*

Rev. Mary L. Kupferle (1916–2003) was a longtime minister in Florida who wrote scores of articles for *Unity Magazine* and *Daily Word*. Of her six books, *God Will See You Through* and *Effectual Prayer* (e-book) are still available from Unity Books ([shop.unity.org](http://shop.unity.org)).



# CONTEMPLATING HEALING: RIGHT WHERE I AM

REV. MARK FUSS

In March of 2020 I received a diagnosis of early-stage vocal cord cancer.

Over the prior six-month period, my voice had become increasingly hoarse, until I couldn't even make myself heard across a table in a restaurant. A trip to the doctor led to a specialist, a biopsy, the diagnosis, and a treatment plan for six weeks of focused radiation.

As much of America and indeed the world went into lockdown in response to the Covid-19 pandemic, I began my healing journey. The first few weeks were a fog of numbness and fear, an overload of medical information and doctors.

Because of the lockdown, I felt alone, confined to my home, interacting with family, work, and friends only online or by phone. My usual prayer and centering practices felt hollow and empty, and my thoughts began to spiral downward.

I was pretty hard on myself too. I am a minister in a spiritual movement with its roots in healing, yet I was feeling hopeless and afraid at times. My work involves designing, creating, and compiling inspirational content for Unity, and my well was dry, with inspiration hard to find.

One morning in April, as I was looking for material for a Unity prayer service, I came across "Your Healing Is at Hand" by Rev. Mary L. Kupferle. I read it and then read it again. It was as if she were speaking to me, her affirmative, declarative words finally piercing my fog of numbness and fear.

In the weeks leading to my radiation treatment, I began to read the article each morning during my quiet time and each evening before bed. At different times, depending on how I was feeling, different ideas and passages resonated with me.

“Regardless of where you are physically or how far you seem emotionally from the peace you desire, your good—your healing ... is at hand,” she wrote.

Gradually, I was able to embrace the idea: *This is happening to me, and how I respond to it has an impact on how it unfolds*. I didn’t need to censor my feelings; I needed to feel them, acknowledge, and honor them, and release them when complete.

“Saturate your thinking with contemplation of healing, with thoughts that promote healing, words that show belief in healing, attitudes that indicate you believe in the healing power of God,” Kupferle advised.

Thoughts, words, attitudes—and actions. I began to reinvigorate certain daily practices in support of my healing.

**AFFIRMATIONS**—This became my mantra: *Mighty currents of God’s healing love flow through me now, renewing and restoring every fiber of my being. I am whole, well, and free.*

I would repeat this prayer each day as I lay still on the table for my radiation treatment. While the machine clicked and hummed about me, I was focused on mighty currents of God’s healing love.

**MUSIC**—In the months before my diagnosis, I had been working with my friend Karen Drucker, a New Thought musician, on a healing booklet featuring her lyrics and music, titled *The Heart of Healing*. I began to play Karen’s music often, letting the songs of healing anchor themselves in my heart.

During a call one day, Karen asked me for an affirmation that I used and said she would write a song from it for my healing journey. A few weeks later, a recording of “Mighty Currents of God’s Healing Love” arrived in my inbox. The gospel-tinged song had been created and produced at home by Karen and her husband. I listened to it as I drove myself to the hospital each afternoon for treatment.

**COMMUNITY**—As an “I can take care of myself” kind of guy, this was a practice of opening and allowing others to care for me in inventive ways during lockdown. Porch drop-offs would happen frequently with baked goods, soup, cards, care baskets, and gift cards. Groceries were picked up and delivered and my every need met. Calls and Facebook messages buoyed my spirits regularly.

**WALKS IN NATURE**—I’ve always loved walking in the woods, and when I felt up to it, I would walk around the Unity Village campus or on the wooded trails. It’s where I find peace and calm. I would sometimes sit in silence by the courtyard fountains or find a bench under the trees in the Myrtle Fillmore Grove.

**BEAUTY**—Another practice that lifted me was always to have fresh flowers in my home. They brightened my day and made me smile. They helped me stay in a mindset of beauty, abundance, and worthiness.

Today I am cancer-free, and Kupferle’s words in “Your Healing Is at Hand” still lift me. These practices still sustain me.

*Rev. Mark Fuss is vice president of outreach and engagement at Unity World Headquarters at Unity Village, Missouri. The booklet he mentions with healing songs by Karen Drucker, The Heart of Healing, is available free at [unity.org/booklets](http://unity.org/booklets).*

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