

BRIDGING THE GAP:

# UNITY PRINCIPLES

*Philosophy, and Prayer*



# FIVE BASIC PRINCIPLES

**GOD IS**

the source and creator of all. There is no other enduring power. God is good and present everywhere.

**I AM**

a spiritual being, created in God's image. The spirit of God lives within me; therefore, I AM inherently good.

**THINK IT**

I create my life experiences through my way of thinking.

**PRAY IT**

There is power in affirmative prayer, which increases my awareness of God.

**DO IT**

Knowledge of these spiritual principles is not enough. I must live them.

*"We increase whatever we praise. The whole creation responds to praise, and is glad." – Charles Fillmore, Unity Co-Founder*

# UNITY PHILOSOPHY

## **GOD**

God is Spirit, the loving source of all that is. God is the one power, all good, everywhere present, all wisdom. God is divine energy, continually creating, expressing and sustaining all creation. In God, we live and move and have our being. In Unity, some other ways we speak of God are Life, Light, Love, Substance, Principle, Law and Universal Mind..

## **THE NATURE OF HUMANKIND**

We are each individual, eternal expressions of God. Our essential nature is divine and therefore inherently good. Our purpose is to express our divine potential as realized and demonstrated by Jesus and other master teachers. The more we awaken to our divine nature, the more fully God expresses in and through our lives.

## **OUR TEACHINGS**

Heaven is not a place, but a state of consciousness; we create our own heaven and hell here and now. We all have an innate capacity to know God through direct experience. The “Christ” is that part of God that is in every person. There is a spark of divinity within all people, just as there was in Jesus. Prayer works. We are here to set a positive example and be a role model for others. We are here to make the world a better place.

# UNITY PHILOSOPHY CONTINUED

## **JESUS**

We believe that Jesus expressed his divine potential and sought to show humankind how to express ours as well. We see Jesus as a master teacher of universal truths and as our Way Shower. In Unity, we use the term Christ to mean the divinity in humankind. Jesus is the great example of the Christ in expression.

## **THE BIBLE**

Unity founders Charles and Myrtle Fillmore studied the Bible as history and allegory and interpreted it as a metaphysical representation of humankind's evolutionary journey toward spiritual awakening. In addition, Unity recognizes that the Bible is a complex collection of writings compiled over many centuries. We honor the writings as reflecting the understanding and inspiration of the writers at the time they were written. The Bible continues to be a valuable spiritual resource for us.

## **PRAYER & MEDITATION**

Affirmative prayer is the highest form of creative thought. It includes the release of counterproductive, negative thoughts, as well as holding in mind statements of spiritual truth. Through meditation, we experience the presence of God. Prayer and meditation heighten our awareness and thereby transform our lives.

# PRAYER

## AFFIRMATIVE PRAYER BACKGROUND

Unity uses “affirmative prayer.” Rather than begging or beseeching God, this method involves connecting with the spirit of God within and asserting positive beliefs about the desired outcome. Affirmative prayer is the same method of prayer Jesus taught when he said, “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24).

If, for example, one were to pray traditionally, one might say: “Please God, help me find a job.” By contrast, an affirmative prayer might be: “I am now guided to my right and perfect employment.”

Affirmative prayer reflects the certainty that we are each being led to our highest good, despite any temporary appearances.

Metaphysicians believe that thoughts transmit magnetic energy and this energy attracts other energy of the same frequency. Whether you are conscious of it or not, your thoughts are transmitting energy that is attracting more of the same. When you remain focused on your intentions, you will draw those things into your life.

# PRAYER

## AFFIRMATIVE PRAYER BACKGROUND CONTINUED

Rosemary Ellen Guiley, author of Prayer Works, states that affirmative prayer “sets into motion the forces that enable us to manifest what we pray for.”

She adds, “Prayer is ineffective when it is accompanied or followed by negative thinking, or the endless repeating of affirmations. We have to put power and intensity into our thought, change our thought, and believe in the guidance we are receiving. If we spend energy on negative beliefs and feelings, we will get negative results, even if we and others pray daily for us. For example, if you pray for a job and then complain to others that you have no job or can't find one, you are undermining your prayer.”

By using an affirmative prayer approach, we can visualize and plan for the future with faith that the power of God is continually blessing our lives with unlimited possibilities. Affirmative prayer leads to an awakening of our spiritual selves. In faith, we pray giving thanks in advance that the Universe is meeting our every need.

Prayer is a means by which to commune with God. This following Five-Step Prayer Process is designed to help enrich your experience and your awareness of the Divine Presence.

# FIVE-STEP AFFIRMATIVE PRAYER EXPLAINED

**RELAXATION:** In order for us to physically and mentally prepare for the experience of communing with God, we need to consciously relax ourselves and release all tension—physical and mental. The most conducive environment in which to attain relaxation and receptivity is one which is comfortable and peaceful and free from distractions.

**CONCENTRATION:** Concentration is similar to contemplative prayer. It is the gentle focusing of the mind on a particular statement or idea of Truth with the intention of obtaining a deeper understanding or realization. The process tends to lift one to a higher level of consciousness. In particular cases of prayer, one would concentrate on an idea of Truth related to the prayer. For instance, if one were praying about prosperity, then the Truth idea concentrated upon would be abundance. If praying for healing, the Truth idea is wholeness or health.

**MEDITATION:** Meditation is the aspect of our conscious communion with God in which we are in contact with Divine Mind. It puts us in contact with the silence where we are silently inspired with divine ideas. It is most important to take time each day to rest for all activity and focus our complete attention on God.

**REALIZATION:** It is from the awareness of our oneness during meditation that we enter into realization. It is from this point that we pray for others and ourselves. As we dwell in the silence, specific aspects of universal Truth become real to us. Realization makes Truth a permanent possession of our minds. It is a process in which metaphysical thinking causes the faith faculty to clothe the divine idea with substance. At a certain point, the degree of attention is sufficient to cause a breakthrough from the invisible to the manifest. Realization is coupled then with rest from external effort or even thinking about the prayer need.

**THANKSGIVING:** As we have seen, thanksgiving is an attitude of the heart for the entire prayer process. It is also an important last step. In response to the blessings and divine ideas we receive in our prayer experience, we joyously offer our love and our praise to God, the source of our good. Giving thanks before our answer appears in the manifest realm is a powerful expression of our faith. Thanksgiving is a prayerful and joy-filled attitude of mind.

# FIVE-STEP PRAYER PROCESS

## RELAX

Close your eyes. Relax, breathe deeply,  
and let go of outer concerns.

## CONCENTRATE

Quiet your mind. Begin to focus  
your thoughts on the spirit  
of God within you.

## MEDITATE

With an open mind and a receptive heart,  
feel the peace of God's presence.

## REALIZATION

In the silence of your soul, know that  
you are one with God. Allow this  
realization to permeate your being.

## GIVE THANKS

Release the prayer and assume an  
attitude of gratitude knowing that your  
highest and best is coming to fruition.

*"Be still, and know that I am God" Psalm 46:10 RSV.*

# HEALTH BENEFITS

- Meditation reduces risk of heart diseases and stroke. Sources: Time Magazine, American Heart Association, HealthCentral
- Meditation reduces blood pressure. Source: The Journal of Alternative and Complimentary Medicine, NPR News
- Mindfulness meditation reduces risk of Alzheimer's and premature death. Source: HealthCentral
- Meditation helps manage the heart rate and respiratory rate. Source: KoreaScience
- Meditation increases feelings of compassion and decreases worry. Sources: Stanford School of Medicine
- Meditation relieves pain better than morphine. Source: Huffington Post
- Meditation improves information processing and decision-making. Source: UCLA Newsroom

