

# UNITY'S FIVE BASIC PRINCIPLES

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- ♥ There is only One Presence and One Power. God the Good, Omnipotent.
- ♥ The Divinity of humankind. Our true nature is good.
- ♥ The Formative Power of Thought.
- ♥ The Practice of the Presence through Prayer and Meditation. (*affirmations, prayer and the silence*).
- ♥ The Law of Demonstration.

## You Will Also See The 5 Principles Expressed This Way:

- ♥ God is absolute good, everywhere present.
- ♥ 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.
- ♥ Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
- ♥ Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity, and everything good.
- ♥ 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 5 Principles Adapted For Children And Teens:

- ♥ God is all good and active in everything, everywhere.
- ♥ I am naturally good because God's Divinity is in me and in everyone.
- ♥ I create my experiences by what I choose to think and what I feel and believe.
- ♥ Through affirmative prayer and meditation, I connect with God and bring out the good in my life.
- ♥ I do and give my best by living the Truth I know. I make a difference!

## The 5 Principles Adapted For Adult Learners:

- ♥ There is only one Presence and one Power active as the universe and as my life, God the Good.
- ♥ Our essence is of God; therefore, we are inherently good. This God essence was fully expressed in Jesus, the Christ.
- ♥ We are co-creators with God, creating reality through thoughts held in mind.
- ♥ Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are the tools we use.
- ♥ Through thoughts, words and actions, we live the Truth we know.

# OOMPA!

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(An easy way to remember the Five Unity Principles from Rev. Joanne Burns, CSE, LUT – South Central Region Teen Minister)

**O – Omnipotence**

**O – Omnipresence**

**M – Mind Action**

**P – Prayer**

**A – Action**



# DENIALS AND AFFIRMATION

*Denials and Affirmations are important elements of Unity prayer. For more information, please refer to the Uniteen Program Guide, "Prayer & Meditation Chapter".*

With Denials, we deny the power of our fear based thoughts. We don't deny the condition, only the power we allowed it to have over us. (This is not to be confused with wishful thinking.)

An Affirmation is a statement of spiritual Truth, which may appear contrary to the physical evidence. Using the Law of Mind Action, we shift our energy and ultimately consciousness and experiences of the future. Change instantly occurs on the spiritual level, but it make take years to physically manifest.

## Affirmations Build Up, While Denials Dissolve

### DENIALS

"Denial is putting away of the mental error and an entering into conscious relaxation of both mind and body." (Christian Healing, 53)

"Denial usually comes first. It sweeps out the debris and makes room for the new tenant that is brought into the mind by the affirmation. It would not be wise to eliminate the old thoughts unless you knew that there are higher and better ones to take their place." (Prosperity, 178)

"We deny anything that is not true of spirit even though it may seem to be true from an earthly point of view." (Your Hope of Glory, 36)

"A denial does not declare that the negative appearance does not exist; it declares that the negative appearance is powerless over us." (Handbook of Positive Prayer, 22)

### AFFIRMATIONS

"An affirmation is a positive and orderly statement of Truth. By affirmation we claim and appropriate that which is ours." (Keep a True Lent, 142)

"Prayer is not supplication or begging but a simple asking for that which we know is waiting for us at the hands of our Father and an affirmation of its existence." (Jesus Christ Heals, 67)

"Each affirmation helps to build up a substantial, firm, unwavering state of mind, because it establishes Truth in consciousness." (Keep a True Lent, 143)

"An affirmation is a statement of Truth; not a statement of the outer facts. It is a statement of the Truth within the situation." (A New Way of Thinking, 125, 126)

### TEACHABLE MOMENTS

**Object lesson:** Use any dissolving tablet such as soap or alka seltzer during your discussion.

**Standard Lesson Element:** Include an affirmation to repeat in each lesson.

**EXERCISE:** Empower and encourage the teens to create a Denial & Affirmation when challenged with a situation in their life. Share experiences in your life when you wrote a Denial & Affirmation.

Source: Uniteen Program Guide and SCUCA Teen Leadership Manual, Rev. Joanne Burns, CSE, LUT

# TWELVE POWERS CHART

<b>Twelve Powers</b>					
<b>POWER</b>	<b>The Ability to:</b>	<b>Location</b>	<b>Disciple</b>	<b>Color</b>	<b>Month</b>
Faith	Believe and see Truth	Pineal Gland	Peter	Dark Blue	January
Love	Unite with Divine Mind and attract good	Behind Heart	John	Pink	February
Strength	Be Steadfast, persevere and endure	Small of back	Andrew	Spring Green	March
Wisdom (Judgment)	Understand through spiritual discernment	Pit of Stomach	James, Son of Zebedee	Yellow	April
Power	Have dominion over thoughts words, actions	Throat	Phillip	Purple	May
Imagination	Visualize Divine Ideas	Between Eyes	Bartholomew	Lt. Blue	June
Understanding	Comprehend Divine Ideas	Front Brain	Thomas	Gold	July
Will	Make choices and take action	Front Brain	Matthew	Silver	August
Order	Organize	Navel	James, Son of Alphaeus	Olive Green	September
Zeal	Express enthusiasm, passion	Brain stem	Simon the Zealot	Orange	October
Release (Renunciation)	Let Go of outworn ideas	Lower Abdomen	Thaddeus	Russet	November
Life	Enliven and energize, express creative force	Generative Center	Judas	Red	December

For lessons on the 12 Powers, see: "A Celebration of our 12 Powers" Parts 1 & 2 by Rev. Diane Venzera

# OOH YUCK !

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This is one of the easiest ways to teach Unity's Twelve Powers. We're "oozing" with them!

## Lip Juze Flows

**L - L i f e**

**I - I m a g i n a t i o n**

**P - P o w e r**

**J - J u d g m e n t**

**U - U n d e r s t a n d i n g**

**Z - Z e a l**

**E - E l i m i n a t i o n**

**F - F a i t h**

**L - L o v e**

**O - O r d e r**

**W - W i l l**

**S - S t r e n g t h**



# UNITY FAQs

## What Is Unity?

Unity is positive, practical Christianity. We teach the effective daily application of the principles of Truth taught and exemplified by Jesus Christ. We promote a way of life that leads to health, prosperity, happiness, and peace of mind. Unity has established centers of study and worship throughout the world where people discover and practice the Unity way of life. We address physical, mental, and emotional needs through affirmative prayer and spiritual education. We serve those who seek inspiration and prayer support as well as those who use Unity teachings as their primary path of spiritual growth. We believe that all people are created with sacred worth, and we strive to reach out to all who seek support and spiritual growth. Therefore, we recognize the importance of serving all people in spiritually and emotionally caring ways. Our ministries and outreaches are free of discrimination on the basis of race, gender, age, creed, religion, national origin, ethnicity, physical disability, and sexual orientation. Our sincere desire is to create spiritually aware organizations that are nondiscriminatory and support diversity.

The Unity movement was founded by Charles and Myrtle Fillmore. After Myrtle Fillmore's remarkable healing utilizing prayer and affirmations, many who were seeking help became interested in how she accomplished this healing. From small prayer circles in living rooms, Unity grew. The first issue of Unity magazine was published in 1889. The teaching of the practice of prayer, through classes and correspondence, led to the establishment of Silent Unity (praying 24/7 since 1894), the Unity School for Religious Studies Continuing Education Program and Ministerial Education Program and the Retreat programs. "Unity" publishes inspirational magazines and books.

## What Are The Basic Tenets Of The Unity Teachings?

**First:** God, Divine Mind, is the Source and Creator of all. There is no other enduring power. The nature of God is absolute good; therefore, all manifestations partake of good. What is called "evil" is a limited or incomplete expression of God.

**Second:** We are spiritual beings, ideas in the Mind of God, created in God's image and likeness. The ideal expression for every human being IS the pattern every person is seeking to bring forth. Each individual manifests the Christ in his or her own unique fashion. The perfect expression of the Christ is, therefore, different for each person.

**Third:** Jesus was a special person in history who expressed perfection and fully demonstrated the indwelling Christ Potential. He was our Teacher and Way Shower who demonstrated the importance of thoughts, words, and deeds in shaping the life and world of the individual.

**Fourth:** Jesus' teaching was based on prayer, which to Him was conscious communion with God. Preparation for prayer involves the use of the spoken word, the creative power of God, which is made practical through denials and affirmations. Unity teaches that repeated use of statements of Truth (denials and affirmations) establishes right patterns of thinking, feeling, and acting. This is one way individuals use the creative power of God to take dominion over mind, body, and affairs.

## Does Unity Believe In The Divinity Of Jesus Christ?

Yes. Unity church leaders teach that the Spirit of God dwelt in Jesus, just as it indwells every person; and that every person has the potential to express the perfection of Christ, as Jesus did, by being more Christ-like in everyday life.

## What Are Unity's Distinctive Characteristics?

Unity students are encouraged to align with the spirit of the Christ within for personal guidance and direction that will best enhance their Spiritual growth. The Unity ministry provides a safe and sacred space for study, participation, fellowship, supports transformation and awakening to the joy of living in God's world. Each Unity ministry is supported by the freewill offerings of those who share its vision. Unity ministries, in turn, support Unity Worldwide Ministries (aka the Association of Unity Churches) and the regions in which they are located. Unity affirms the freedom of each individual to advance spiritually according to his or her own level of understanding. Respect for and faith in the spirit of God in every person makes it unnecessary to set down fixed creeds or impose limiting beliefs. Each individual is encouraged to follow the Unity teachings in determining personal responses in his or her life

## What Is Unity Worldwide Ministries?

Unity Worldwide Ministries (aka The Association of Unity Churches) is comprised of approximately 1000 member ministries and satellite ministries throughout the world. Each ministry is under the leadership of a licensed or ordained Unity minister, or authorized spiritual leader. The emphasis in Unity organizations is on spiritual activities, such as worship services, healing meetings, prayer groups, counseling, study classes, and youth education, including Sunday school and programs for young people of all ages. Since acknowledging God's presence in each person is part of Unity's spiritual purpose, social functions are also an important part of Unity organizations

## Who Are Unity Students?

Unity students are those individuals who have found a deeper understanding of God, of themselves, and of their world through the practical methods presented in the Unity teachings. Often this has come about as a result of some very trying and seemingly hopeless experience. Unity students include many who are readers of the various publications; others attend Unity services and classes, finding in such attendance a spiritual "home" in which they are strengthened in their spiritual unfoldment. They are from all walks of life, and of all races, creeds, and nationalities.

## What Is The Relationship Of Unity Ministries To Other Churches?

Unity puts into practice a true ecumenical approach. Unity sees itself as a vehicle for instruction, Inspiration and prayer support for spiritual seekers, regardless of their religious affiliation. Rather than a denomination, locked in tight parameters that restrict, Unity views itself as an ever-expanding expression of love, light and peace. Therefore, it freely shares its teachings with all people. Unity believes in the oneness and freedom of all people. Emphasis is always on the similarities rather than the differences in the human spiritual expression.

## Is There Any Connection Between Unity A Unitarian Church?

No, there is no connection, although there is sometimes confusion because of the similarity of the names. Many beliefs are held in common, including the importance of individual freedom in the quest for Truth. This very freedom, however, makes it difficult to determine the basic differences. In a very general way, it might be said that the two differ mainly in their beliefs regarding Jesus Christ and the Trinity. Unity places great emphasis on spiritual healing, while this is not practiced by Unitarians as a rule. In turn, Unitarians place great emphasis on social and political action.

## Are Unity Churches An Offshoot Of The Christian Science Church?

No. Unity and Christian Science, as well as many other New Thought groups, had their beginnings in the latter part of the nineteenth century. Many of the leaders in these groups studied under the same teachers. There are similarities in the teachings of Unity and Christian Science, including the importance of prayer, the practice of spiritual healing, and some fundamental theological points. Also, both have

great publishing operations. However, the application of principles, the methods of teaching, and the organization of the two movements are quite different.

### **What Is The Place Of The Bible In Unity Teachings?**

The Bible is Unity's basic textbook. It is accepted as a body of history, as a moral and ethical teaching, and as a great literary work. Beyond this, Unity finds deep significance in the Bible through its metaphysical Interpretation, wherein names of places and people and their experiences symbolize the unfoldment of human consciousness. Through the study of Unity, the Bible is made more meaningful to individuals. Scripture comes alive when it is understood as a clear and helpful guide for today's experiences. The Bible reveals the spirit of Truth and the word of God. Holy Spirit, working individually through those who study Scripture and listen within, is the final authority in spiritual awakening.

### **Do Unity Ministries Practice Baptism And Communion?**

Yes, symbolically. Whereas baptism by water represents the cleansing of the consciousness, spiritual baptism signifies the inflow of the Holy Spirit. Baptism is a mental and spiritual process that takes place within the individual as he or she aligns with the spirit of God.

Spiritual communion takes place through prayer and meditation in the silence. The word of Truth is symbolized by the bread, or the body of Jesus Christ. The conscious realization of God-life is symbolized by the wine, or the blood of Jesus Christ. Unity practices communion by partaking of the spiritual energy represented by these elements.

In Unity services, ritual is de-emphasized as a general rule, so that full attention may be devoted to the teachings and their practical application.

### **What Is The Significance Of The Blood Of Jesus Christ?**

The blood of Jesus Christ represents the spiritual energy of God-life that purifies or redeems the body through a cleansing and renewal of the consciousness by the spoken word. Regarding the "spilled blood," or the "ransom of many," the emphasis in Unity is not so much on the death of Jesus as in His life. He did not relieve us of the necessity of working out our own salvation, but His example and teachings show us the way.

### **What About The Crucifixion?**

Unity teaches that the cross symbolizes the crossing out of all false beliefs. Here again, emphasis is on life and living, through the resurrection rather than on the Crucifixion.

### **Does Unity Accept The Virgin Birth?**

Unity accepts the virgin birth as an experience in the spiritual unfoldment of each individual. Thus the virgin birth is spiritually interpreted as the birth of the Christ consciousness (the awakening of the awareness of God's Spirit within) in the purified soul.

### **Does Unity Look For The Second Coming Of Jesus Christ?**

Members of the Unity understand the Second Coming as the individual expression of the Christ consciousness. This is not an event to be anticipated in the future. It is happening here and now, through prayer, meditation, study, and application.

### **How Does Unity Regard The Trinity?**

Unity interprets the religious terms Father, Son, and Holy Spirit metaphysically, as three aspects of mind action: mind, idea, and expression. This is the process through which all manifestation takes place.

## **What Does Unity Teach About Sin And Salvation, Heaven And Hell?**

Sin is our separation from God in consciousness, caused by our belief in the "devil" or a power other than God, the good. This belief leads to our unwise use of our God-given powers and abilities. Salvation is now-not something that occurs after death. It happens whenever we turn our thoughts (repent) from fear, anxiety, worry, and doubt, to thoughts of love, harmony, joy, and peace. The "fall" takes place in consciousness whenever we fall into negative habits of thinking.

Heaven and hell are states of consciousness, not geographical locations. We make our own heaven or hell here and now by our thoughts, words, and deeds.

## **Does Unity Believe In Reincarnation?**

Many Unity students accept the concept of reincarnation (re-embodiment after a period of soul rest). This allows us to attain new understandings in a new life experience, so that we can eventually express perfection and demonstrate eternal life. This is our ultimate goal. Unity's real emphasis is on regeneration, not reincarnation. When we achieve this goal, as Jesus did, it will no longer be necessary to reincarnate. The belief that we could ever be re-embodied into a lower form of life is not accepted by Unity.

## **What Are The Advantages Of Attending A Unity Ministry?**

To attend Unity is to be assured that one will be kept constantly in the remembrance of his or her own inner Christ potential. This awareness, plus the practical principles for living a happy and successful life, is experienced at Sunday services and weekday classes. By joining with others, it is possible for the local Unity ministry to provide expanding services, such as Sunday school, a radio, internet and/or TV ministry, community outreach, prayer and support groups, and counseling. It is very helpful for individuals to have a place where they can be involved in putting these teachings into practice in serving others. Through the local ministry's affiliation and participation in Unity Worldwide Ministries, such individuals are part of a global movement which forms a base on which to stand as we build a better world together.

# UNIVERSAL LAWS

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The following are some of the spiritual laws we discuss in Unity:

**Law of Divinity** – “The kingdom of God is within you” <sup>Luke 17:21</sup>. You are the perfect child of God by right of the Christ presence within you. This innate good, infinite potential and creative genius is always your point of power.

**Law of Compensation** – “As you give, so shall you receive”. As we think, speak and act toward others, so will others think, speak and act toward us. What we do to others comes back to us, in some way at some time. The return need not, probably will not, come from the recipient, but it will come. The Golden Rule.

**Law of Non-Resistance** – “Let go, and let God”. What we resist, persists! If we find ourselves upset over something another has said or done, our upset indicates our own error state of consciousness. To react to it in this same state of mind, creates more resistance, which creates more resistance, which creates more resistance, which creates more resistance.

**Law of Allegiance** – “There is only one power in the Universe”. What we believe has power over us, indeed will. If we insist, “there is a lot of evil” then we become surrounded by what is ugly and mean. If we focus all our attention on a material god (such as the nicest clothes, shoes, jacket, jewelry) our sense of security will be to protecting our possessions from theft by locked doors, alarms and vaults. If God is our Source of all that we need or desire, then wisdom will dictate the order to our life, and we are not controlled by the constantly changing fashions of thought belonging the world.

**Law of Support** – “Be not anxious, saying what shall we eat?, or what shall we wear?”. The same life force that creates us is constantly supplying all we need to support us. That presence in us has nothing to do but work for our highest good, out of It’s absolute, unconditional love for us.

**Law of Consciousness** – “So as man thinks, he is”. Our mind is our world. Our thoughts are the tools with which we create our life story on the substance of the Universe. When we rule our mind we rule our world. When we choose our thoughts, we choose results... our life is what we think: We think positive, and life becomes positive for us!

“Change your thinking, change your life”.

**Law of Agreement** – “I behold the Christ in you!” When conflict begins to reveal itself in us, we immediately “agree with God.” We affirm our unity with divine mind and the love and peace found in that connection. We treat the other person on the level of their innate divinity. We know that God is in both of us. We give up our judgments and trust Divine Order.

**Law of Attraction** – “Like attracts like”. The beliefs we have accepted that run our lives operate through our subconscious mind. They magnetize our attitude that people, events and circumstances are drawn to us and we to them, in agreement to these beliefs. If we believe in lack, we will attract to us others who are in lack and who will confirm this belief for us. We, in turn, confirm this belief for them.

**Law of Cause and Effect** – (See the Law of Compensation) Note that there is a difference between this law and the Hindu teaching of karmic cause and effect. Jesus states that when we

are conscious of our actions and become responsible for them through “right thinking” and knowing our connection to all that is; we may rise above or break out of the karmic wheel or cycle of learning. His teaching is the basis for the concept of “grace”.

**Law of Mind** – “As you believe, so it is done unto you”. All efforts at denial, affirmation and gratitude, as explained in “Lessons in Truth” by Dr. H. Emilie Cady (Unity’s primer) deal with working with this law. By making a change in our beliefs at a conscious level, we affect the subconscious level – where our “autopilot” determines our reactions to the events and people around us. Be aware of the domino factor in this law. Some of our beliefs are based on other beliefs. When we make significant shifts in our most basic beliefs, (like what God is and who we really are) then many other beliefs have to also change. This is why change in our lives appears to come in “spurts” and our learning in plateaus.

**Law of Circulation** – “What goes around comes around”. Stagnation is death. A pool of water cannot be kept clean, sweet and renewed unless there is an outlet as well as an inlet. If the new, fresh water stops its flow into the pool, then the water that remains will become dirty and foul. As with the pool, when we hold onto what comes to us, out of fear that our good will not appear again or a belief in lack (not enough for everyone), we shut off the natural flow of the universe to provide all our good. It is our business to both give and receive from our gifts, as God keeps life and abundance flowing through us.

**Law of Growth** – “Everything is moving toward its highest good”. All things in the universe are in the process of becoming, including you! There are no static things in the universe. Everything and everyone is evolving. This is true of an atom, of a continent, of the planet itself. It is especially true of humankind. God has created a living universe, and anything that is living must be growing, for growth means life.

**Law of Visualization** – “One picture is worth a thousand words”. When Jesus said to “judge with right judgment” (John 7:24), he was talking about concentric seeing, or seeing from within. It is not settling on things as “just the way they are”, but visualizing them as they can be. True seeing is a flow of consciousness, flowing from within. Where you are in consciousness has everything to do with what you see in experience. If you have a sense of health of affluence, you place those stamps on everything you see in your world.

**Law of Increase** – “The rich get richer, and the poor get poorer”. Jesus talks about this law in Matthew 25:29. Those who have abundance are constantly affirming the abundance that they know is theirs... and your wealth will increase. Our actions and behavior always support us in more wealth and abundance or more lack and limitation. The choice is ours.

Source: “Lessons In Truth” workbook by Rev. Kent Lederer, rephrased by Rev. Joanne Burns, CSE, LUT

## BRIEF GLOSSARY OF TRUTH TERMS

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NOTE: The terms Truth and Unity are used to designate the principles taught by the Unity School of Christianity [now Unity Institute] and presented to the public through its literature. The term Truth means that which is the fundamental and ultimate reality of anything. Truth may transcend fact. For instance, to a Unity student, a person's illness is, in fact, not Truth; he believes that the Truth about the person is wholeness; he believes that the wholeness is God's will for His children and that wholeness is the fundamental and ultimate reality of each person's being.

**Being** — God; Deity.

**being** — finite existence.

**consciousness** — sum total of inner awareness.

**demonstrate** — to bring forth; reveal; prove.

**demonstration** — outward expression, proof

**Divine Mind** — God.

**manifest** — to bring into form; to make evident to the senses; prove; give evidence of

**manifestation** — that which has been brought forth as evident to the senses; expression.

**meditate** — to contemplate or ponder; to dwell in thought. metaphysics—that division of philosophy which includes the science of being or reality, or the science of the fundamental causes and processes in things.

**principle** — basic law.

**reality** — that which is absolute or ultimately true.

**realization** — clear, vivid knowing; understanding.

**the silence** — state of stillness, relaxation, and receptivity wherein one may experience the presence of God.

**Spirit** — God; Deity.

**spirit** — life; the principle.

**spiritual consciousness** — inner or intuitive awareness of the things of Spirit.

**substance** — the spiritual essence out of which all things are made.

Source: Lessons in Truth by H. Emilie Cady