

How to
live
grow
SHARE
discover
Pray BE
Speak

UNITY

Temple Hayes

www.illi.org | www.templehayes.com

© Temple Hayes Ministries, 2011–2021

Spirit Expressing journal based on Rev. Temple Hayes' book "How to Speak Unity"

[Devorss Publishing]

Table of Contents

Week #1

How to Speak Unity..... 8

Week #2

How to Live Unity..... 12

Week #3

How to Share Unity..... 18

Week #4

How to Discover Unity..... 22

Week #5

How to Grow Unity..... 26

Week #6

How to Pray Unity..... 30

Week #7

How to Be Unity..... 34

Notes..... 38

Dear Friends,

I am so delighted that of all the places you could be at this moment in your lives with all of life's riches and distractions, you have chosen to give your commitment to these next 7 weeks of Spirit Expressing.

I have written material for 7 week programs and I have been fortunate to be a participant in several 7 week programs over the past 30 years. What I will tell you without hesitation is, you will get from this program what you bring to it.

If you bring a level of expectation that these next 7 weeks will change your life, your life will be changed. If you bring an expectation that you will have deep and wonderful life long friendships from being in a study group, then you will truly have those friendships.

If you want to know what I want for you after participating in this program, my desire is that you have a deep understanding of "How To Speak Unity" in your life. Someone's willingness to speak Unity and to share Unity are two of the main reasons I am able to BE who I am today.

The message of Unity is a message which is needed globally - as near and far as you can possibly imagine. If all of you taking this course shared Unity and invited 10 friends to Unity over a 7 week period, we would have 2,000 new people exposed to our teachings and to our community.

If you shared our Unity message with 30 people and suggested they go online and watch our Sunday services; and they share with 30 people, and they share with 30 people, and they share with 30 people, then 810,000 new people would be introduced to one of the greatest philosophies needed in our world today.

$30 \times 30 = 900 \times 30 = 27,000 \times 30 = 810,000$ people, it's simply that easy.

Why is this important to you and to me?

First of all, aren't you thrilled when someone tells you about a product, supplement or concept which makes your life more joyful or healthy or prosperous, or easier to accomplish those day to day tasks? Have the teachings of Unity changed you, perhaps freed you, or added to your wholeness in some way? Don't you want others to have the same benefit?

Secondly, our world, regardless of size, is longing for balance. In other words, whether you focus more on local concerns and challenges, or global ones – the opportunity is the same. The key word here is opportunity.

Oddly enough, within opportunity lies the word "unity". We are inundated with 24 hour news, magazines, and online reports of reasons to be concerned, afraid or called to the occasion. Unity offers opportunity to this much needed world.

One of the most rewarding aspects of being a spiritual leader is when I meet individuals who seek a deeper understanding of life and of their spirituality. This not only gives me a chance to discuss the Unity philosophy, but it also forces me to look at the world from a different perspective, one that broadens my appreciation of how universal Unity really is. From all of the people I have met along my personal spiritual path, it's clear to me that the world is longing for compassion, direction and oneness. Here are some examples of these questions that perhaps you may have pondered at one time.

Take time to journal your thoughts about the questions on the next page.

How can we use our crises and challenges to make a difference?



How can we answer human problems unless we are open to a higher knowledge and power?



If we were capable of answering the problems by ourselves, would we not already have done so?



How can we be one with others when we ourselves lack unity and understanding?



This workbook is a resource to understanding the spiritual language of life and the presence of Unity within us and all around us. This book can offer compassion, direction and oneness for you, your families, your communities and your world. On the following pages you will discover both the words that are most often used while discussing Unity and New Thought principles, and ways to share the wisdom of these words. We believe our words are powerful and have the capacity to create what we believe in our lives.

I trust this 7 week process will enlighten you, strengthen your faith and commit you to telling 30 people to tell 30 people. United we stand, divided we are merely a distraction.

Loving life,

Rev. Temple Hayes

Temple Hayes



Who We Are

We are not Unitarians. We are not Unitarian Universalists. We are Unity.

Unity exists to awaken every man, woman and child to their spiritual magnificence.

Unity focuses on the common threads of all religious and spiritual practices, rather than the differences. We are all longing for a true recognition of the spirit within us. We do not teach you that we have the answer, we are showing you that you have your own. Each Unity center and spiritual community – through Sunday celebrations, accredited Unity classes, seminars and self discovery classes – provides both a spiritual and educational process in a supportive environment, enabling all who desire to discover the ultimate oneness and unity of life.

Take the time now to tell the group how you heard about Unity. Did you attend a church or Unity Center? Were you surprised at the differences from the other places you may have been?



Group Facilitator: You will find the words used in the book, “How To Speak Unity” listed on the opposite page. Please make a copy of this page and cut out all the words individually. Each week take time to pass out a basket and have each person select a word at random. Have the individual discuss why they think they selected that particular word. After the person has shared, look up the word in the book. Place the word back into the basket and repeat this process each week.

ABSOLUTE
ABUNDANCE
AFFIRMATIONS
ATONEMENT
BEING
BELIEFS
BETTER AND BEST
BIBLE
BLESSINGS
CAUSE AND EFFECT
CHAPLAIN
CHRIST
CHRISTIAN
CO-CREATION
CONSCIOUSNESS
CULT
DEATH
DEMONSTRATION
DESTINY
DEVIL
DIAGNOSIS
DISEASE
DIVINE ORDER
DOCTORS-MEDICINE
DUALITY
EMBODY

ENERGY
ETERNAL
EVIL
FEAR
FORGIVENESS
GOD
HEALING
HEAVEN
HELL
I AM
IMMORTALITY
INTUITION
JESUS
JUDGMENT
KARMA
LAW
LIFE
LOVE
MANIFESTATION
MEDITATION
METAPHYSICS
MIND
NAMASTE
NATURE

NEW AGE
NEW THOUGHT
OMNIPOTENCE
OMNIPRESENCE
OMNISCIENCE
PRAYER
PRINCIPLE
PUNISHMENT
REALITY
REALIZATION
REINCARNATION
RELATIVE
RELIGION
RESURRECTION
SACRED
SAVIOR
SCIENCE OF LIFE
SIN
SOUL
SOURCE
SPIRIT
SPIRITUALITY
THOUGHT
TRUTH
UNIVERSE
WORD OF GOD

How to Speak Unity

Word of God [Excerpt from "How to Speak Unity"]

The Bible begins in Genesis with God creating and naming all things. This is the original creative word, or thought, of being.

To us as metaphysicians, the word of God created the heavens and the earth, and our words have been creating ever since. Our greatest gift as expressions of God is the ability to state and declare into the universe that which we choose to create. The power of the word brings our desires and wants into manifestation. Everything we declare and add to the "I am," we create and bring forth into our lives. (see Manifestation and I AM).

What is in a name? "In Unity, we know our beliefs are held within the words we use." God may have named heaven and earth yet we have been naming 'things' ever since. When you hear a word, you immediately begin to see images in your mind of the word and all of its experiences in your life. Some people think of healing, for example, as 'something is wrong and needs to be fixed,' while other people think of the word healing as 'a way in which truth is revealed to us.' For some people, to accept their beauty and their incredible personality without hiding or begrudging it, is a healing.

Take some time this week to write your thoughts on the following words and be willing to share your responses with the group.

Soulmate: _____

Reality: _____

Success: _____

Sin: _____

Principle: _____

Church: _____

Truth: _____

Truth [Excerpt from "How To Speak Unity"]

There is one truth which matters to us as students of life. The truth which we discover along our journey is the truth which is imperative to follow and honor. Jesus stated this simple method to live by, "and you will know the truth, and the truth will set you free." (John 8:32) He did not say we shall all know the same truth nor did he say "set yourselves free" and then know the truth.

The path of joy is one in which we listen inwardly and follow the truths we believe. All of us are blessed with our own inner awareness of what actions or movements forward we are to take. As we follow what we know to be true, our lives prosper. As we deny the truths we are hearing, not only are we not free, we are limited to a life of trial and error.

Describe a time in your life when you did not listen to your inner knowing.



Describe the process you use to understand and validate the voice you are hearing.





I Am [Excerpt from "How To Speak Unity"]

In Exodus 3:14, God said to Moses, "I am who I am." "I am" is an expression of God, and what we affirm by using the "I am" becomes our truth. We are the unique micro of the macrocosm. As we expand our ability not to set things right but to see them right, we are able to see beyond any appearance of separation. God's name is on everything. When we affirm with an open heart the "I am" within us, we are able to see the "I am" within all people, through all things and within all of nature. We are able to let go and let God, and though we do not understand what we see with human eyes, we believe that ultimately all is well. God is everywhere present in all things, conditions and circumstances.

It's such a beautiful reminder of how life is supposed to be when you tell a child, "you are beautiful, you are valuable and you are smart." Every time the child will say, "I know it. I am beautiful, I am valuable and I am smart."

Look in the mirror for the next 7 days and say to yourself:

*"I am magnificent
I am brilliant
I am amazing!"*

Answer the questions on the next page after you have completed this for the week.



What thoughts come to your mind?



When you hear the playback, what do you do with it?



Who told you differently?



Who said you weren't capable or awesome or worthy?



Were they seeing you or themselves? How can you make it different?

Facilitators notes: Ask your group if any of them had an 'ah ha' moment with one of these words this week, or if one of these exercises in particular offered a new insight.

How to Live Unity

Blessings [Excerpt from "How To Speak Unity"]

Charles Fillmore, co-founder of Unity, stated in his book, *Mysteries of Genesis*, that, "Those who have a living faith in God's all-sufficiency do not beg or accept things without recompense but give value received for everything." Imagine what the world would be like if everyone would give us value for everything we received. Each day when we rise, we are offering a blessing of thanks that we are alive. When we bless our work, we are grateful that we have a way in which to create in this life. When we bless our relationships, our family, and our friends, we are affirming our gratitude to God for creating their presence in our lives. When we bless our food, we acknowledge our oneness with it while also recognizing all the necessary events it took in order for us to enjoy it. Each time we bless anything, we acknowledge God's presence in everything.

For this week, please begin your day with acknowledging at least 25 'things' you are thankful for in your life. List five things in each of these categories:

Your work environment, or if you are retired - your retirement

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Your relationships

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Your talents and creativity

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Your home life

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Your health

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Though some days you will want to give the same answers, take the time to stretch and think of ideas you haven't put into words before.



Destiny [Excerpt from "How To Speak Unity"]

The only destiny we have is the one we declare as our own truth. If someone told us that we are never going to amount to anything and we affirm it all of our lives, it becomes our fulfilled destiny. We are given free will and choice as human beings and we have the ability to change our path at any crossroad. We all have our own GPS (God Personalized System) in which to obtain our own success and spiritual magnificence. Our destiny is equal to the way we use cause and effect in our lives and how we expand our consciousness to attract our greater good. (see Cause and Effect and Consciousness) Our words are our magical wands, powered by our affirmations, that create the destiny of our choosing.

How does it feel to know you are co-creating your own destiny?



Do you feel stressed? Do you feel inadequate? Angry, happy, joyful or even humbled?



Describe your dreams when you were little? Describe your dreams today?



How are they similar and how are they different?



Abundance [Excerpt from "How To Speak Unity"]

In Matthew 6:25, Jesus urges us to not be concerned about the clothes we shall wear or the food we shall eat. We know abundance is all around us, and as we open ourselves to it our good will come in. When we pray for our blessings, we are saying to our unlimited God, "I am ready to receive." As we awaken spiritually, we begin to pay attention to everything that comes across our paths; the conversations, the gifts, and the surprise encounters are all evidence of the good which flows like a river into our lives.

Think of one thing you really enjoyed doing as a child. Describe it, and explain why it was so special for you. How could you have that same "special-ness" now? Can you allow yourself to have it?





How do you respond when someone shares with you their excitement of traveling to a new place?

Do you:

- a) Say, "Tell me more, I plan to go there one day."
- b) Immediately share with grace and joy that you have been there several times
- c) Apologize that you are more fortunate to have traveled there before they did
- d) Say you will never be able to afford it
- e) List reasons why you will never be able to go
- f) Say you have no interest in going there, when really you do not know how you could find the time or the money?

Why was that your response?



This week take the time to drive through a neighborhood which is slightly beyond your current means. Take note of how you feel and share these feelings with the group.

Someone in your life tells you they inherited a great sum of money.
What is your immediate internal response?

- a) Why you rather than me
- b) Can I have some
- c) It's not fair that some people in the world get more than others
- d) You're probably going to spend all that also
- e) Are you going to be responsible with it
- f) That's awesome news, mine is coming, good for you
- g) People like you have all the luck

How do blessings, destiny and abundance work together in your life?



How to Share Unity

God [Excerpt from "How To Speak Unity"]

God is our Creator, Divine Intelligence, Sacred Energy, Higher Power and is available to all of us all of the time. In traditional religions, God and humanity are separated. In Unity, God is not a person but a principle, not a judge but an infinite power. As long we think of God as a person we will restrict God to personal limitations.

We are each an expression of God on this physical plane. God is impersonal yet personal to all who are open to the spirit within. We teach that it does not matter what name we give to God, what matters is what we believe about God. In prayer we speak to God, and in meditation God speaks through us. God is love, wisdom, power, substance and most of all infinite possibility. All things are possible to those who claim God and accept God as their source. As we learn to honor our Creator of Life, we emerge into our divine magnificence and discover our wholeness. What our world needs now is a spiritual evolution where people realize the absence of God means the absence of life.

Describe the God of your understanding.



Have you always thought this way? _____

Do you treat God as you would like to be treated? _____

I believe my relationship with God is always equal to the relationship I have with myself. How do you relate to this statement? *Example: If I do not love myself, how can I believe that God loves me unconditionally? How can I believe God will do 'something' for me that I am unwilling to do for myself?*



Think about how you would describe your relationship with God to: a person on an airplane, an atheist co-worker, or a door to door missionary.

Principle [Excerpt from "How To Speak Unity"]

Principles are a set of standards or guidelines for our lives. They are the map we use to drive through life. In Unity, we say we have tools rather than rules, and these tools enable us to live with purpose and meaning. When we hear the word rule, we immediately want to break it, or we worry that we will. When we speak of tools or guidelines, we are empowering ourselves to live a life of deeper meaning.

Facilitator notes: Please have the group read the 5 principles out loud.

5 Basic Unity Principles

There is only One Power and One Presence active in the universe and all life, God, the Good, Omnipotent.

Our essence is of God; therefore, we are inherently good. This God essence was fully expressed in Jesus, the Christ, and is equally expressed in us.

We are co-creators with God, creating reality through thoughts held in mind.

Through affirmative prayer and meditation, we connect with God and bring out the good in life.

Through thoughts, words and actions, we live in the truth we know.

Choose one of these 5 principles and describe why it resonates with you.



Are there any that are less easy for you to embody? (see Embody)





Spirituality [Excerpt from "How To Speak Unity"]

Religion tends to teach us "what to think" using various rules and spirituality tends to teach us "how to think" using various tools. Everything is spiritual, and we are spiritual beings. How we use the experiences of our lives, what we allow and what we accept becomes our spirituality. Spirituality is the conscious decision to work with and demonstrate our principles in daily life. Spirituality requires our participation. In our findings as spiritual leaders, the most involved tend to be the most evolved.

We grow in our spirituality through our intention to practice "expressing the Christ" in all situations and circumstances. Our goal with our spirituality is not to be welcomed in a far away place or nirvana, but to experience heaven on earth by living a life of greatness while discovering the spirit within.

After reading the definition of spirituality, what do you think?



Can we be separated from our spirituality? Why or why not?



How do you express the Christ in the following circumstances?



A crisis in the family



News of an unstable economy



Someone's feelings were hurt at the office



A friend's husband/wife/partner just died



How do God, Principle and Spirituality work together in your life?

How to Discover Unity

Sin [Excerpt from "How To Speak Unity"]

Sin and guilt are both man made ideas. Sin comes from the Greek word *hamartia*, an ancient archery term meaning "missing the mark." We all miss the mark from time to time. With the best of intentions, we still repeat old patterns, make the same choices which produce the same results, and limit our good by being closed-minded.

We do not sin, we make mistakes, and with every choice we make there are consequences. In the Bible we are told, "to him whom much is given, much is required." (Luke 12:48) In other words, when we know better and do it anyway, we experience consequences from those choices immediately. There is a law operating in our lives that is directly measureable according to our personal levels of awareness. God does not punish us for our sins. As people, we must forgive our actions, and through forgiveness and awareness our lives work for the better. God is neither a coach with a scorecard nor an accountant keeping records.

How do you learn from your wrongdoing?

- a) Punishment makes me feel better
- b) I beat myself up for days
- c) I want someone else to tell me how bad I am
- d) I continue to apologize for my actions
- e) I accept responsibility and learn from my mistake

If you circled a-d, please share where you learned this behavior.



How does the statement we do not sin make you feel? Why?



Forgiveness [Excerpt from "How To Speak Unity"]

Resentment gets re-sent and re-sent in our lives. When we hold discord in our bodies towards someone else, we are affected spiritually, mentally, emotionally and physically. Often, the lack of forgiveness contributes to the lack of abundance and creativity in our lives.

Forgiveness is the opportunity FOR GIVING to ourselves in a much greater way, versus holding anger and energy that takes away from our good. In Unity, we believe forgiveness is not a special event which happens every now and then. It is a way of living life every day. We end the day with a prayer of forgiveness for any moment in that day in which we showed any behavior which was less than the expression of our Christ consciousness.

When we forgive others, we remove the blocks of resentment and allow more good to flow into our lives. When we forgive ourselves, we take responsibility for our actions and step further into our spiritual magnificence.

Why do we need to forgive ourselves and other people?



Do forgiveness and forgetting mean the same thing?



Is there something for which you feel you cannot forgive yourself?



Take 15 minutes to list anything you may be holding against yourself or someone else that you have not yet forgiven. (List this on a separate sheet of paper and bring the folded paper to the class. Either burn in a fire place or have each participant tear into small pieces in front of the group. Affirm together, "By forgiving myself and others, I allow more good to flow into my life. ")

Share your experience with meditation.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Remember that silence is more than the absence of noise, it is the discovery of the peace which lies within. Practice different types of meditation this week: walking in nature, driving in the quiet, sitting in silence, eating with mindfulness.

Could you go all week without television?

Could you take an afternoon off from your cell phone?

Could you pay attention to every aspect of the food you are eating and be thankful for it?

How to Grow Unity

Energy [Excerpt from "How To Speak Unity"]

Divine energy is present in everything... from the ocean to the tallest tree, from the smallest blade of grass to a human being. All is energy, and all is God substance and God essence. Quantum physics tells us energy is working from the very edge of the universe to within the subatomic level. Energy is God expressing in, through and all around us. Energy is creative and given freely to those who allow it. Why do we lack energy? We have self-imposed limits within our belief system which are holding many false beliefs about our age, our bodies and our physical beings.

When we want more energy, we simply need to express more of God in, through and around us. There is an infinite amount of energy available to us, and if we are willing to change our beliefs, we will align with the truth and make wise choices in our physical and spiritual realities.

What do you feel depletes you of energy and why?



When do you feel most energetic, alive and vibrant?



If you did know how old you are, how old would you be and why?



List rituals, habits and actions you do or can develop that can optimally support your energy in each of the following areas:

Mentally

Physically

Emotionally

Spiritually

Share how you can increase each of these practices by 10% this week.

Healing [Excerpt from "How To Speak Unity"]

In John 5:5 and 6, Jesus asks, "Do you want to get well?" He later states "It is our faith which has made us well." These two profound truths, our wanting and our faith, are significant in our Unity teachings and can apply to everyone.

In the first truth, we acknowledge that we must want to be well. Some people find comfort from the compassion and attention a victim receives. This may distract them from the healing process. So to them, the benefits of being sick and helpless outweigh the idea of being well. In cases like these, their subconscious intention must continually strive for health and wellbeing. In the second truth, we acknowledge that our faith plays an immense part in our ability to be whole. The faith we have in our doctor, our practitioner, our diagnosis (see Diagnosis) and our God is vital as we enter into the journey of healing. Healing does not always refer to the correction of a physical or emotional condition, or reflect that we are somehow broken. Healing can be as profound and as simple as a new awareness of how to love in a greater way, or how to give more to our society. Healing is often a new insight. In Unity, we know we are healed because we want to be and desire to be; however, we do not use metaphysical malpractice against or towards anyone. If students of Unity die of diseases we do not view this as a failure to want healing, or as a lack of faith. Rather it is part of our life process.



If "healing can be as profound and simple as a new awareness of how to love a greater way" how can you love yourself more today?



How do energy and healing correlate?



Who is one person you truly admire in the world?



Science of Life

[Excerpt from "How To Speak Unity"]

Science simply means that a condition proves itself. Our lives prove to us each day that we are working within laws and principles, and the more we become in tune with these truths, the greater the magic expresses in our lives. The law of attraction is always working and is always proving itself to the mind of the beholder. There are no accidents and no coincidences in our lives. Life doesn't just "happen" unless we have agreed to make it so. A loving person lives in a loving world, a thankful person lives in a thankful world, an angry person lives in an angry world and a victim always experiences reasons to be sorry. It is our divine birthright to be a bright star in the universe and claim our greatness. We do not benefit anything or anyone by being small. Everything is happening because we are co-creating our reality with God.

What are the unique qualities you see in them which you feel make them amazing?



Now think about if that person had decided not to live in their fullness. How different the world would be if they and/or everyone lived in their smallness?



When you think of shining do you feel confident and joyful or guilty, arrogant or ashamed?



What would your life look like living with an excess of energy and at your full potential?



To wish upon a star is progress, to know you are a star is evolution. – Rev. Temple Hayes

How to Pray Unity

Prayer [Excerpt from "How To Speak Unity"]

Prayer generally implies having spiritual communion with God or an object of worship, through supplication, thanksgiving, adoration, or confession. Often the undertone of prayer is pleading, bargaining and making amends with God. In Unity and New Thought, prayer is an affirmative declaration of things, events and circumstances which we are accepting as truth. In other words, we state in prayer that which we desire to see. Our prayers, when heard by others, have heartfelt responses because they are positive, inspirational, and affirmed as if the desire is so. Prayer does not change God, prayer changes us. Our change is within our own minds and hearts in order to receive those things, events and circumstances we desire. In prayer, we only state the conditions we want. We do not put into the prayer the conditions we do not want. If someone is not well, the prayer is "thank you God for my health," rather than "heal my illness." We believe God is omniscient, therefore we must also believe God already knows what we desire. Our prayers invite what we desire into being.

What have been your experiences with prayer?



List some attributes of prayer rituals from religions or cultures that you admire and why.



Do you believe your prayers must be specifically tailored to your requests? Why or why not?



When do you feel most connected to God?



Jesus [Excerpt from "How To Speak Unity"]

In his book *Christian Healing*, Charles Fillmore states "Jesus was Himself a parable. His life was an allegory of the experiences that man passes through in developing from natural to spiritual consciousness." We all aspire to develop our spiritual consciousness like he did. He assured us that while he was able to do great things, we would do even greater. (John 14:12)

Many of us who have discovered Unity were longing for a spiritual community which truly practiced the teachings of Jesus. These ideas include yet are not limited to unconditional love, diversity, forgiveness, and the love of God rather than the fear of God. We focus on living and obtaining the qualities of his message. It is his life that changes us, rather than his death. Jesus embodied the Christ which lives in us, as us, and through us.

List three ways in which Jesus' life was interwoven with prayer.

1 _____

2 _____

3 _____



What does it mean to develop our spiritual consciousness?



Have you experienced a different understanding of unconditional love and diversity since you connected with the teachings of Unity? If so, how?



Cause and Effect [Excerpt from "How To Speak Unity"]

When a person plants a seed, the seed will grow. It is not necessary to dig the seed up to know it is growing. The seed does not question its purpose and will develop according to the laws of nature. Likewise, what we focus upon grows in our lives. Cause is always the seed that will produce an effect in our lives. From a metaphysical perspective, we are always experiencing the effects of our thinking and deep-rooted beliefs (see Beliefs). Our conscious mind affirms ideas into our subconscious mind throughout the course of our day. What the conscious mind knows, the subconscious mind grows. The reality we see is the result of seeds we have planted in the past. As we awaken, we begin to change how we are thinking (the cause) so we may change what we see in our lives (the effect). The law is always working—even if we say it is not working, it proves itself by not working for us.

In Unity we know what we focus on becomes our reality. Our thoughts are our prayers without ceasing. Rank these statements from #1 through #3, in order of truth for you:

____ I spend most of my day with positive thoughts

____ I spend most of my day with negative thoughts

____ My thoughts are equally negative and positive

Be aware of your thoughts for one day and take note of whether they are negative or positive. Now go back and answer the exercise again:

____ I spend most of my day with positive thoughts

____ I spend most of my day with negative thoughts

____ My thoughts are equally negative and positive

Are you surprised with your responses? If so, why?



Name 2 things you can put into practice immediately when you find yourself having a negative thought. It can be as simple as thinking of a blessing around that topic or putting the thought off until a specific time.

1.

2.

How to Be Unity

Demonstration [Excerpt from "How To Speak Unity"]

The demonstration of our good is evident through the laws of life which are always working. We have the ability to demonstrate and measure our good by being able to see and create what we desire. Many people do not believe they can have what they desire; therefore, they do not ask for what they truly want. They believe that to gain their desires they must rely upon themselves and their limited resources rather than asking God. We say in Unity, "we ask what and leave the how up to God." How big is our demonstration? How big is our belief and how strong is our faith in God?

Share a story of your own personal demonstration and how it makes you feel.



How would you feel if every day you were aware of a demonstration of your good?



List 3 things you would like to see come into your life right now.



Being [Excerpt from "How To Speak Unity"]

In our culture, we have created a belief that levels of busyness equal levels of importance. To achieve this sense of importance, we often push ourselves past our natural limits. We were created as human beings rather than "human doings." It is imperative that we remember to take time to simply be. Incorporating regular routines such as meditation or walks in nature rejuvenate our spirits and lower our stress. Nature is free to us and allows us to connect with our inner stillness. Psalms 46:10 reminds us to "BE still and know I am God." In this space of stillness, we are able to relax and let go. There is tremendous power in letting go of what could be, for it is then we are able to accept what is. Somewhere between the thoughts of what could be and what is, there is usually a more perfect solution waiting to be birthed. Our greatest insights come from stillness.

Create a meditation including the 3 "things" you've listed which you want to see demonstrated in your life.



Do this meditation for the next 30 days.

Remember it is not always the "things" which bring us joy, it is the feeling of the "things."
Journal how you will feel when you have realized these things.





Love [Excerpt from "How To Speak Unity"]

Love is the common thread among all living things. The energy of love is the great healer. Matthew 19:19 instructs us to "love thy neighbor as thyself." Many people are taught and believe it is wrong to love themselves and selfish to have their own best interest in mind. However, if we do not love ourselves, how can we truly care for someone else? Have you ever met people who despised themselves, did not take care of themselves, and yet loved everyone else? Probably not.

In Unity, we do not believe it is possible to think we can love other people unconditionally and want the best for them, unless we are practicing the same action of love within ourselves. We see ourselves in others not only from our eyes but from our hearts. When our hearts are filled with love, love is what our eyes will see.

I see my value mostly when:

- ☐ I do something fantastic at my job
- ☐ My spouse/partner says I am wonderful
- ☐ I make a promise to myself and keep it
- ☐ I take some alone time just to be with me

What daily actions in your life mirror self love?



When other people acknowledge you, what do you do?

- ☐ Say that it's no big deal
- ☐ Start talking about them
- ☐ Change the subject altogether
- ☐ Offer to buy them lunch so they will stop talking about you
- ☐ Thank them for noticing

Look in the mirror and say to yourself:

*I am beautiful
I am valuable
and I am smart.*

*Let the child within you say,
Yes, I know it...
I am beautiful
I am valuable
and I am smart.*

And so it is!



Notes





