

40

Days

to an

Awakened

**Christ-
Consciousness**



A Message of Support

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**Bible references in this booklet are from the
New Revised Standard Version unless otherwise indicated.**

Dear Friend,

Lent can be a time of spiritual transformation as we release negative habits and thoughts that may be holding us back, while welcoming our good. As Eric Butterworth explains in our first feature article, *Dynamic Lent: A New Insight*, this time can be used to “turn from the simple act of giving up things to a more positive commitment to *take up* the practice of high-level thinking.”

One way to reach “high-level thinking” is through the use of denials and affirmations. *40 Days to An Awakened Christ-Consciousness* guides you on a transformational journey in the weeks preceding Easter. It provides denials and affirmations to be used on alternating days of the week, followed by a time of peaceful reflection each Sunday of the Lenten period.

We invite you to absorb these powerful messages and the accompanying poems and quotes by Unity writers by reading them aloud, taking them into prayer, and putting them into practice each day. Space for journaling has been provided should you wish to capture your thoughts and feelings along the way.

We hope this booklet awakens you to a greater awareness of your Christ-power within. Each time you let go through denial and step out to affirm Truth, you are expanding your Christ-consciousness.

Blessings on your journey,

Your friends in Unity



Dynamic Lent: A New Insight



By Eric Butterworth

Every year in late February or early March the Lenten season begins. It is, or can be, a marvelous experience in self-improvement. In a way, Lent is coincidental with spring, the season of new growth in nature. The trees and flowers are not content with the fruitage of last year. And if we are in the flow of creative process, we experience divine discontent, in which we feel both the possibility and the need for growth.

Lent is traditionally a 40-day period of piety and discipline. It may be a sincere commitment to the spiritual life, but it is more often a superficial attempt to assuage the conscience with a show of repentance. However, Lent can be a dynamic experience if it is approached with the will toward honest self-examination, self-discipline, and self-commitment.

Whether or not you follow the ecclesiastical observance of Lent, consider its metaphysical application. Turn from the simple act of giving up things to a more positive commitment to *take up* the practice of high-level thinking.

For instance, Lent is often a discipline to give up certain foods. This is somewhat like dieting. Unfortunately, if one holds onto a self-image of “too fat,” his practice is self-defeating. Try a new approach. Don’t give up anything. Instead take up a new image of yourself. “Think thin,” and you will find yourself eating less and more wisely. And your weight will balance itself more effectively than when you tried so hard to give up things.

If you must give up something, give up the tendency to consider yourself weak and undisciplined. The smoker often says, “I would like to quit, but I am just too weak.” Get some altitude in your thinking. Emphasize *I can* instead of *I can’t*; *I will* instead of *I wish I could*.

Emerson refers to prayer as *the contemplation of the facts of life from the highest point of view*. It is a great idea. Form the habit of reaching for the highest point of view in all your dealings. It is a way to pray without ceasing. Take up this practice and you will worry less about what to give up.

If you have been letting things get you down, take up the idea that you are the master of your thought world. No matter what people do or say, no matter what may happen around or to you, take up the idea, “Why should I let these things determine how I am going to think or act?” Keep the spirit of joy, the attitude of gratitude, in good times and in bad.

Take up the practice of speaking the positive word, “Let something good be said!” Commit yourself to a diet of words that are positive and loving. Whether you are talking to or about people, events, or ideas, let something good be said!

Lent can be a dynamic experience, not by what you give up as much as by what you take up. More than just trying to lose weight, you will be working to shift the weight of your consciousness from the negative to the positive and creative. It can be a time of great believing leading to great overcoming and great living.



Denials and Affirmations

By J. Douglas Bottorff

It has been mistakenly assumed that use of the word *denial* in our spiritual vocabulary is the same as our use of it in a social/psychological context. Actually the connotations are quite different, and misunderstanding this difference has resulted in a great deal of confusion. For example, when it is said that practicing alcoholics are in the “denial stage,” we understand this to mean that they are refusing to acknowledge that they have a problem. ... This is *psychological denial*.

Spiritual denial means *release*. Using denial to deal with certain problems means you are to release the energy you have been pouring into the appearance. It does not mean you are to act as if it's not there. Like the alcoholic, as long as you refuse to acknowledge that you have a problem, you cannot do anything about it. This kind of denial is not allowed if you expect to make any headway on the spiritual path. You must be willing to take responsibility, not for every undesirable event that takes place in your life, but for what you do with that event in your consciousness. This choice is responsible for degrading or enhancing the quality of your experience.

Affirmation

If denial is the activity of releasing a negative, subconscious preconception, then *affirmation* is the activity of *establishing* your mind in the Truth of God ... and then

acting from that Truth. It is an act of stimulating the inspiration which the growing awareness of your spirituality brings while you are involved in your day-to-day activities.

When spiritual possibilities begin to dawn on us, they are frail in the thundering noise of the day's activities. How quickly they pale into insignificant hopes when we re-engage our minds in the office or plant routine, when the kids come crying to us, or while we entertain the in-laws. And when trouble comes, how easy it is to become a seed sown in rocky soil (Mt. 13:5), whose root system is shallow and whose consciousness of Truth is quickly choked out by the cares of the world. These are the times when Truth needs to be affirmed, when we boldly stand up and say, "As for me and my household, we will serve the Lord" (Josh. 24:15).

You have to choose to bear witness to Truth. It's not just going to fall out of your consciousness and into your situation. You have to speak it out, if not verbally, then mentally and emotionally, until it becomes the power force in your consciousness. You have to dare to speak Truth in the face of all evidence to the contrary. Speak it to whom? To yourself!



Creating Denial and Affirmation Statements

In creating appropriate denial and affirmation statements there are three things to consider. First, you can expect denials and affirmations to produce immediate changes in your mind. The use of the word *now* can help induce change. Second, since denial is a release of the negative, and affirmation is designed to establish the Truth, it is helpful to include the words *release* and *establish* in your statements in the appropriate context. Third, you need to identify the mental and emotional conditions to be released or established for inclusion in your statement.

Pray Without Ceasing

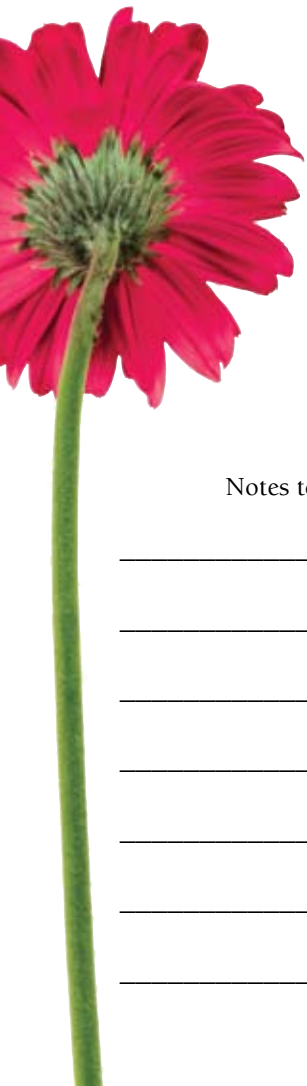
To be effective, your prayer work may extend beyond these formal sessions and become nothing less than a way of life. You are always using the principles of prayer, saying “no” to some ideas and “yes” to others. The law of demonstration operates through your consciousness 24 hours a day. The key is to be conscious of what you are denying and affirming. You may be saying “no” to your good in more ways than you realize, and “yes” to undesirable conditions you would otherwise want to release. Effective prayer is not as much a matter of learning new techniques as it is learning to do what you are already doing with your mind in a more directed, intelligent way—developing a conscious rather than an unconscious relationship with the creative processes of God.

1st Day of Lent

Ash Wednesday
February 17, 2010

I Release
self-doubt.

*I now surrender
feelings of insecurity.*



“When we surrender the little self, we become one with the spiritual Self, because we have never really left this Self except in our own mind.”

—Donald Curtis, *The Christ-Based Teachings*

Notes to Self _____

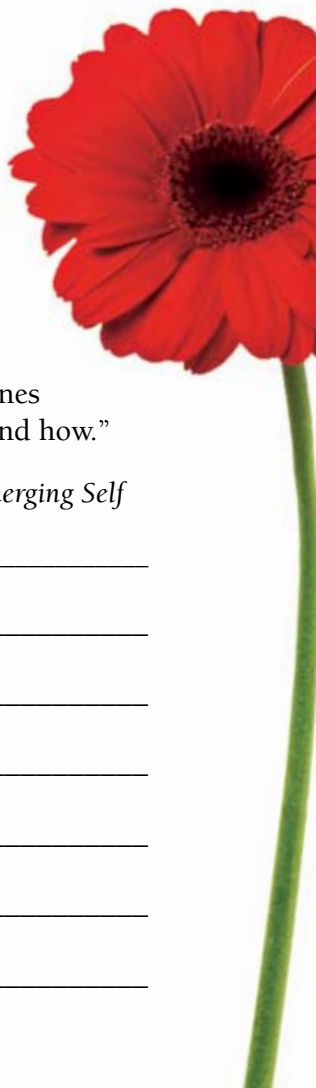
I Accept
myself.

I am an expression of God's love—in prayer, word and activity.

“Change your thoughts and, in effect, you change everything; that is, you change your relationship to environment, and your evaluation of environment. You consciously choose, out of all possible reactions, which ones you will permit to influence your thinking, and how.”

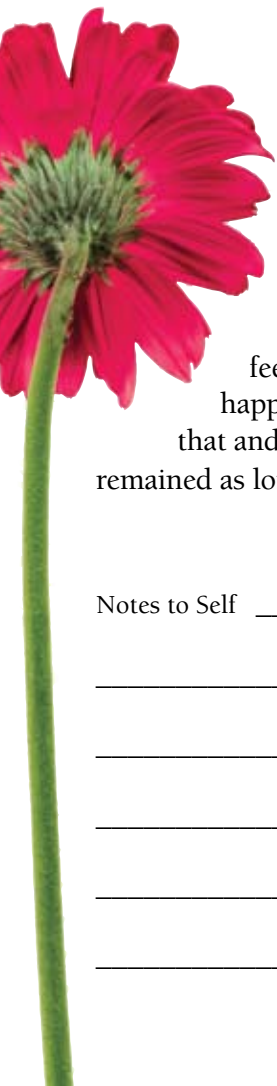
—Ernest Wilson, *The Emerging Self*

Notes to Self _____



I Release
resentment.

***Another person's words
or actions are powerless
to hurt me.***



“A good illustration of self-suggestion concerns ‘hurt’ feelings. Someone says or does something that you resent and you say, ‘He hurt my feelings.’ Actually, he didn’t hurt you at all. What happened was that you said to yourself, ‘I don’t like that and I am going to be hurt about it.’ And the hurt remained as long as you kept telling yourself to be hurt.”

—Eric Butterworth, *Celebrate Yourself!*

Notes to Self _____

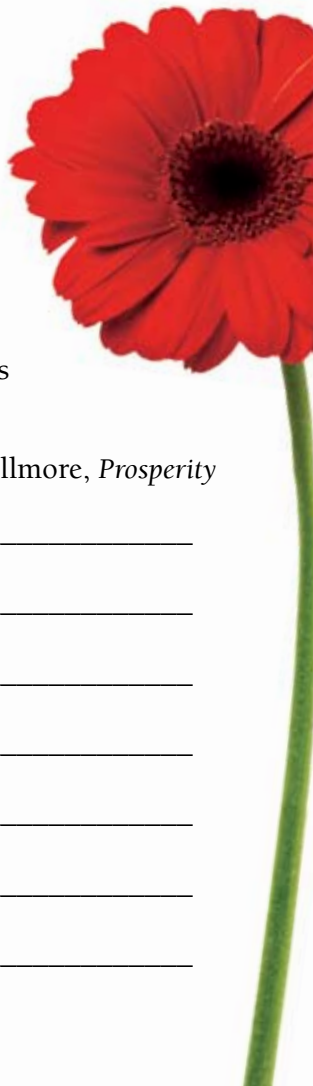
I Establish
forgiveness.

***I am liberated through the
power of God's love.***

“The two ideas love and hate, or trust and
mistrust, simply cannot both be present
in your mind at one time, and when you are
entertaining one, you may be sure the other is
absent.”

—Charles Fillmore, *Prosperity*

Notes to Self _____



The Lord's Prayer

(As prayed by Unity founder Charles Fillmore)

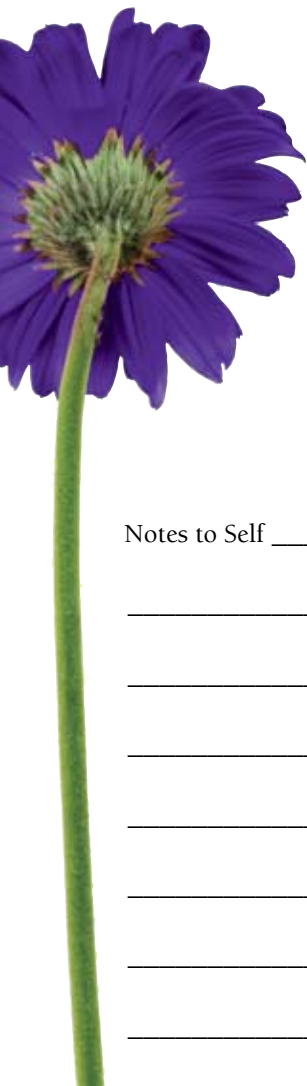
Our Father who art in heaven,
Hallowed be Thy name.
Thy kingdom come,
Thy will be done,
 In earth as it is in heaven.
Give us this day our daily bread;
And forgive us our debts,
 As we also have forgiven our
 debtors;
And leave us not in temptation,
 But deliver us from evil.
For Thine is the kingdom
 and the power and the glory,
 forever. Amen.

1st Sunday

February 21, 2010



I Release
confusion.



I let go of chaotic thoughts.

“This is perhaps the greatest thing we can learn about the wisdom concept: It works in and through everything and everybody in our lives for good, if we do not block it when things seem uncertain or even out of control.”

—Catherine Ponder,
Open Your Mind to Prosperity

Notes to Self _____

I Establish
clarity.

The light of God illumines my mind, and I think clearly.

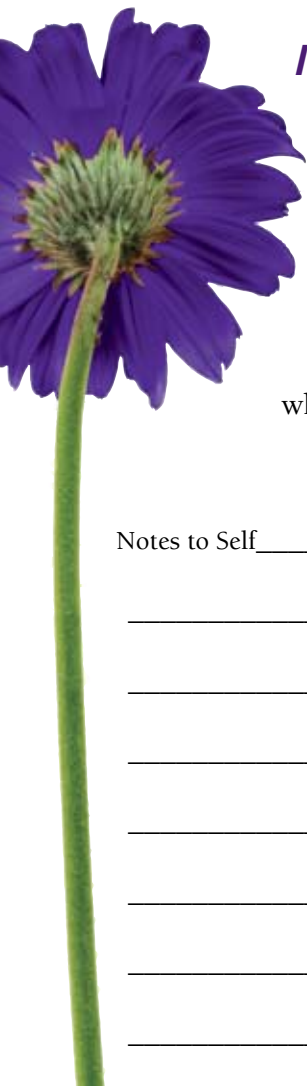
“The only way really to *know* is to become perfectly still, to get away from the outer and from looking for things, into the inner quiet where we are alone with wisdom. In the silence, wisdom is given for every need.”

—Myrtle Fillmore, *How to Let God Help You*

Notes to Self _____



I Release
feelings of fear.



I give no power to thoughts of apprehension or worry.

“There are various methods of erasing fear from the mind and preventing its congestion in the body. One of the most direct and effective scatterers of fear is laughter. Laugh your fears away. See how ridiculous they are when traced to their source.”

—Charles Fillmore, *Jesus Christ Heals*

Notes to Self _____

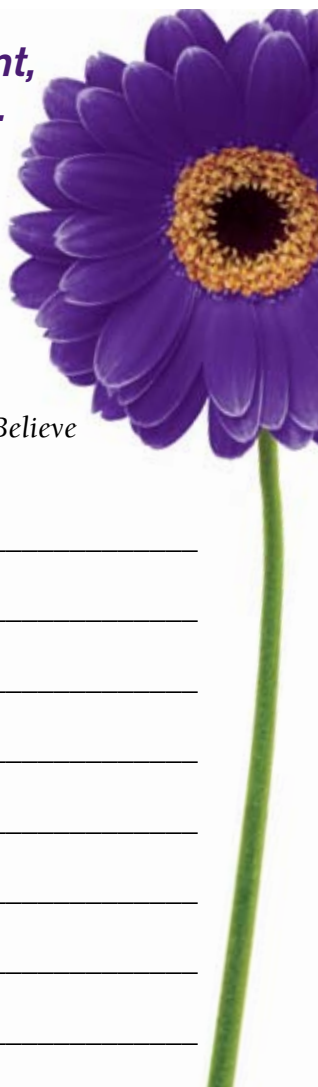
I Establish
courage.

***One with God, I am confident,
wise and strong.***

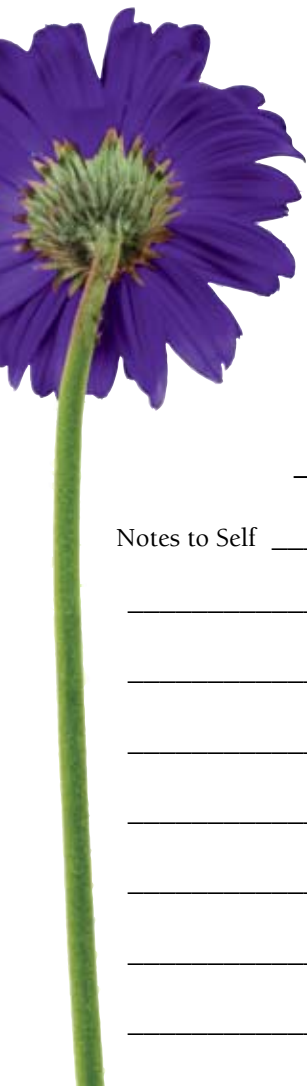
“The new world will be brought forth by men and women who have the courage to look through appearances to the impossible dream, by those who will know that the dream is possible.”

—Sue Sikking, *Only Believe*

Notes to Self _____



I Release
illness.



***Anything less than complete
wholeness is powerless
over me.***

“No matter what course may be pursued
or how the healing law is employed, the
goal is to establish wholeness, to evoke the
perfect activity of the life force which renews,
rebuilds and sustains the body.”

—Connie Fillmore, *The Unity Guide to Healing*

Notes to Self _____

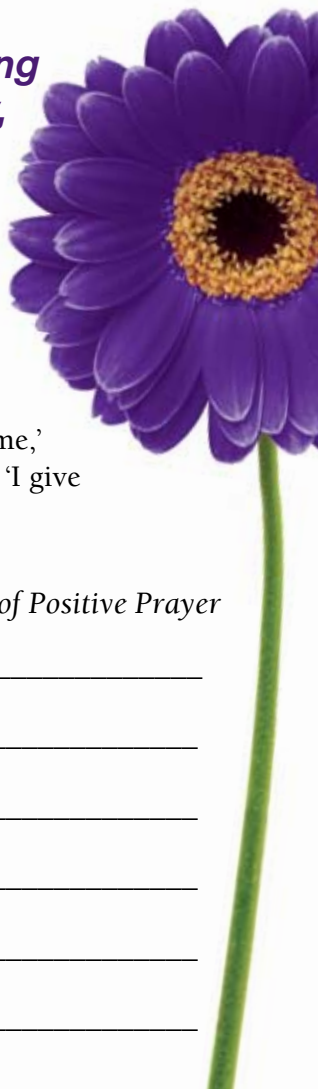
I Establish
health.

***I give thanks that God's healing
life flows through me now,
restoring me to wholeness
and perfection.***

“The words ‘I know that’ or ‘I give thanks that’ are rather like the training wheels on a child’s first bicycle. They keep us steady. So, if you have a health challenge, instead of beseeching God by saying, ‘God please heal me,’ say, ‘I know that God is healing me now’ and ‘I give thanks that God is healing me now.’”

—Hypatia Hasbrouck, *Handbook of Positive Prayer*

Notes to Self _____



Springtime in Our Hearts

By James Dillet Freeman

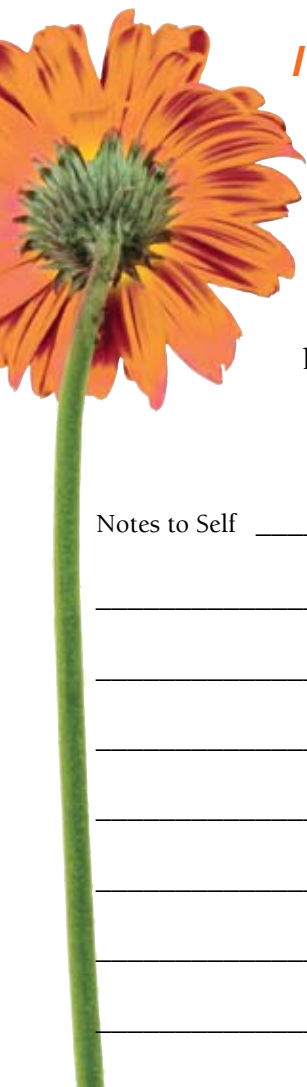
Some seeing clouds see rain and gloom,
But I see fields of flowers in bloom
And rainbows. I learned long ago
It has to rain for flowers to grow.
And so I try to hold my thought
Not on what seems, but on what ought
To be, on beauty, life and love.
So when it's spring that I think of,
Spring winds start blowing, spring birds
sing, Spring flowers bloom, in me, it's
spring. Spring is a time of year that starts
Not by the calendar, but in our hearts!

2nd Sunday

February 28, 2010



I Release
sadness.



*I cast away emotional baggage
that keeps me from true joy.*

“All of the universe, all of life responds to the mind of [humankind]. If you are sorrowful, the whole world turns its ‘sorrow side’ to you. If you are happy, the world laughs with you.”

—Sue Sikking, *A Letter to Adam*

Notes to Self _____

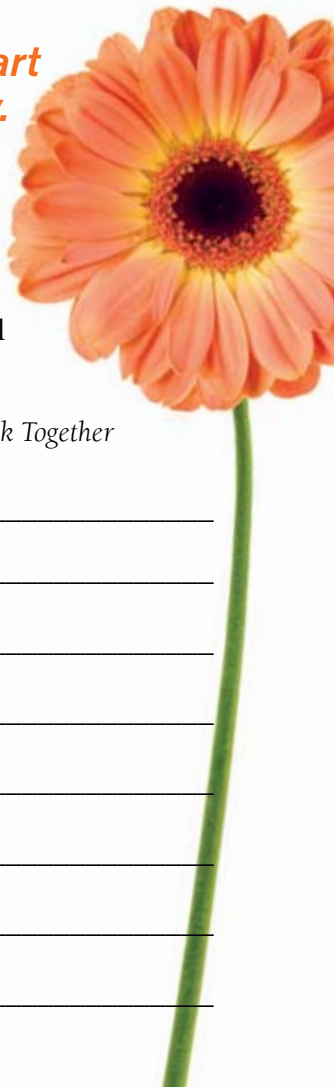
I Accept
joy.

***The light of God fills my heart
and mind right now.***

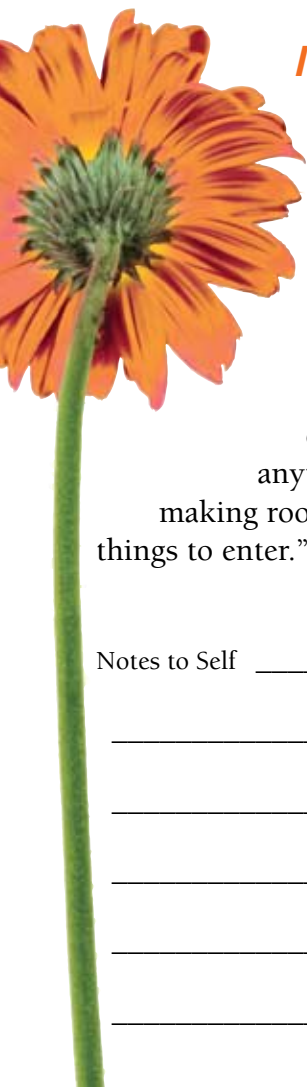
“There is no greater joy or ecstasy than the soul’s awakening to the light of God within. Until this awakening, we are on an eternal quest for that something that will satisfy the hunger of our longing souls.”

—Marion R. Brown, *Putting Life Back Together*

Notes to Self _____



I Release
procrastination.



I resist the temptation to put things off, knowing I'll feel better taking action.

“Lent gives us opportunity to decide on what needs improving, and to be honest with ourselves. It is a time of self-discipline, through which there is nothing to lose or be sad about but everything to be gained. We never let go of anything unworthy of us without immediately making room in our mind and heart for some better things to enter.”

—Martha Smock, *Dare To Believe*

Notes to Self _____

I Establish
commitment.

*I do what I need to do,
right now.*

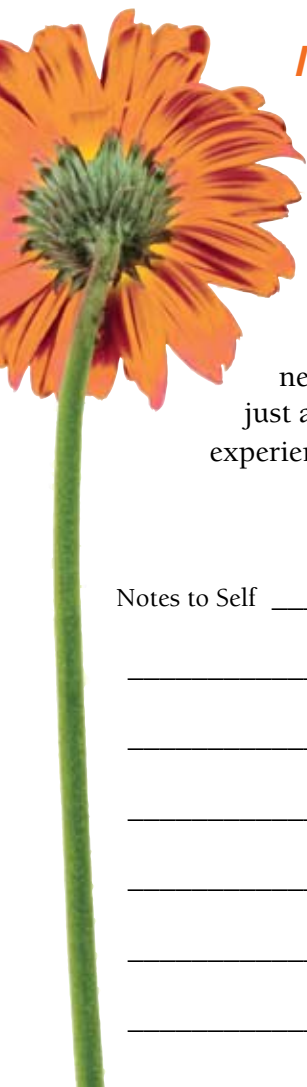
“God is working through us to bring forth our highest good. And we have a role to play too. We must open our hearts and minds to accept the good that is ours. God is our Source, and to receive our good, we must let go and let God ... let God’s will be done, through us.”

—Lila Herrmann, *Sacred Secrets*

Notes to Self _____



I Release
blame.



I free myself of negative thoughts by turning to the Christ-presence within.

“Become a self-observer and allow yourself to become aware of your thoughts and words. Begin to understand how your own negative energies attract negative circumstances just as your positive energies attract good experiences.”

—Rev. Art Holt, *Sacred Secrets*

Notes to Self _____

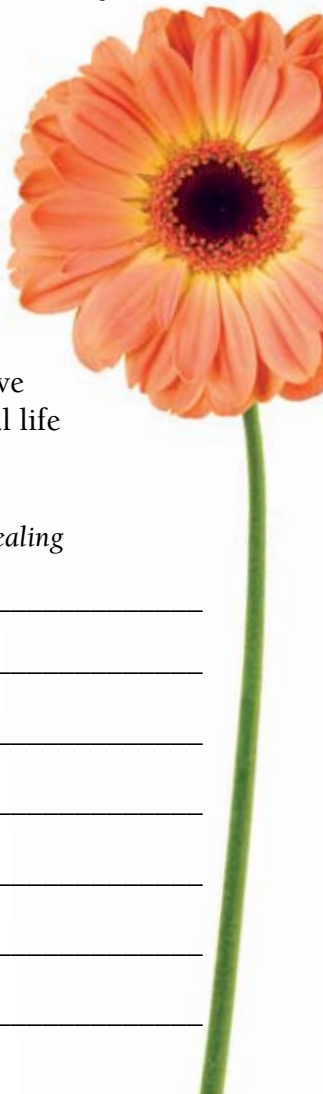
I Establish
acceptance.

Divine justice is at work in every situation.

“We have only to establish ourselves in real life and strength by understanding that the attributes of Being are omnipresent and that our affirmations of that Presence will cause us to realize that we do live, move and have our being in eternal life and strength, right here, right now.”

—Connie Fillmore, *The Unity Guide to Healing*

Notes to Self _____



God's Plan

By Dorothy Pierson

O God,
I have seen
The power and intent
Of a fern's green thrust
In a crack of cement!

How then could I ever doubt
Your plan of good for me
Working itself out?

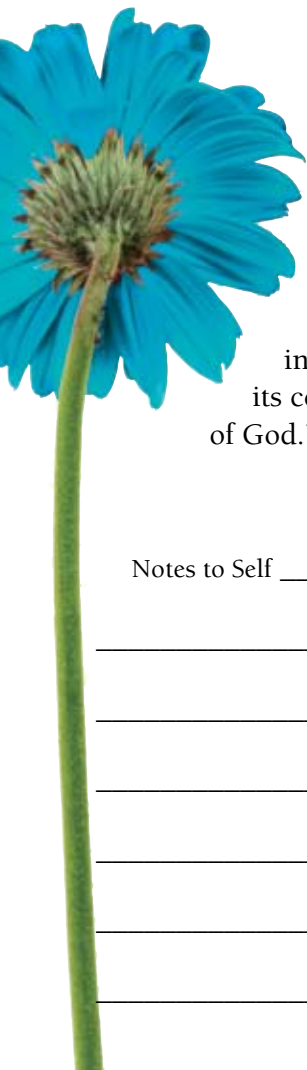
For enwrapped in me
Your purpose and power
Are ordered and destined
To flourish and flower!

3rd Sunday

March 7, 2010



I Release ego.



I choose to not take anything personally, reminding myself that whatever is happening is not “about me.”

“The ego of itself is possessed of nothing; it is a mere ignorant child of innocence floating in the mind of Being, but through the door of its consciousness must be passed all the treasures of God.”

—Charles Fillmore, *Keep a True Lent*

Notes to Self _____

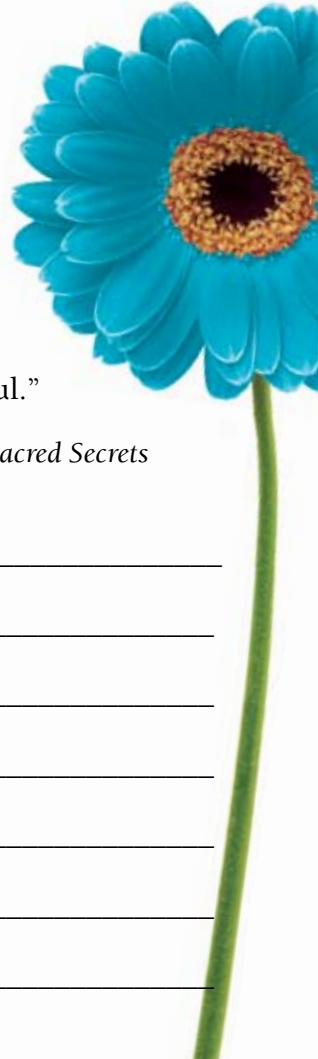
I Accept
oneness.

***I am one with God
and one with all life.***

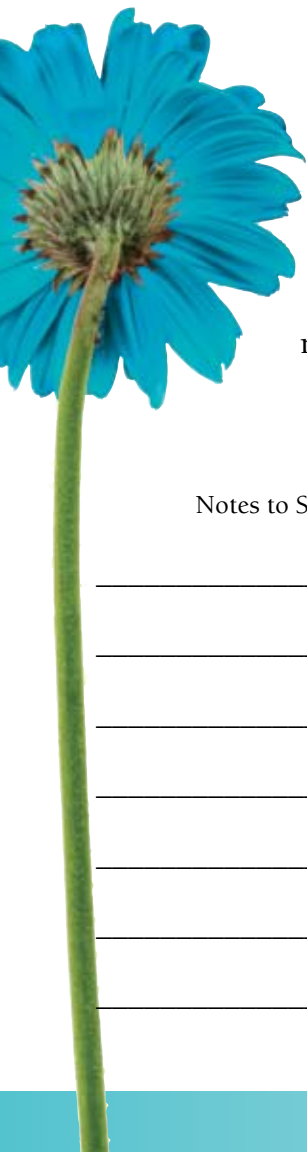
“Reality is holographic. Everything in the hologram reflects the whole truth. Nothing in the hologram is able to separate itself; everything and everyone is connected. A life lived attuned to the infinite is truly abundant and truly powerful.”

—Manzel Berlin, *Sacred Secrets*

Notes to Self _____



I Release
limited thinking.



***I give no power to the words
“I can’t.” There are no chains
that bind me.***

“Your mind, body and affairs are the expression of your thoughts, so if you are not happy, change your mental habits.”

—Charles Fillmore,
Atom-Smashing Power of Mind

Notes to Self _____

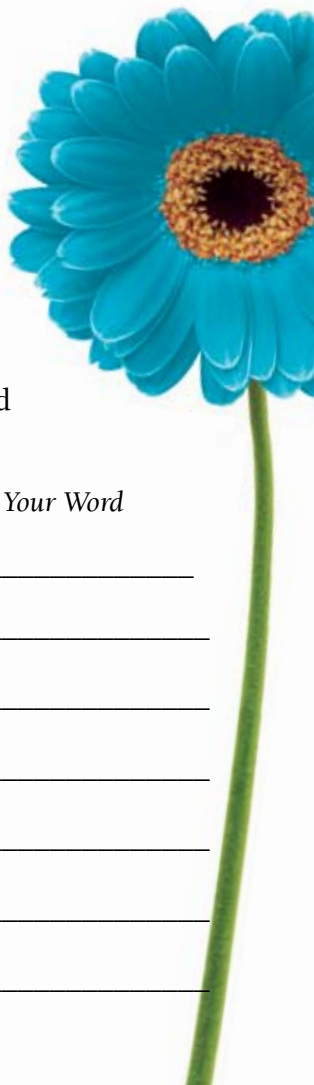
I Establish
new possibilities.

I am free; I am unlimited.

“Every thought is a step in a journey toward what we want or do not want. We must learn to use our power of picturing to draw and keep ever bright the good, the true, the beautiful, the unlimited and lovely things and conditions that we do want in our life and in the lives of our loved ones.”

—Stella Terrill Mann, *How to Use the Power of Your Word*

Notes to Self _____



I Release
guilt.

*I let go of any feelings of
shame or guilt and move
forward in faith.*

“Guilt is a self-punishing device that we foolishly think will even the score and make us feel good again. But it never does. We go on making the same mistakes, and the guilt multiplies.”

—Charles Roth, *A New Way of Thinking*

Notes to Self _____

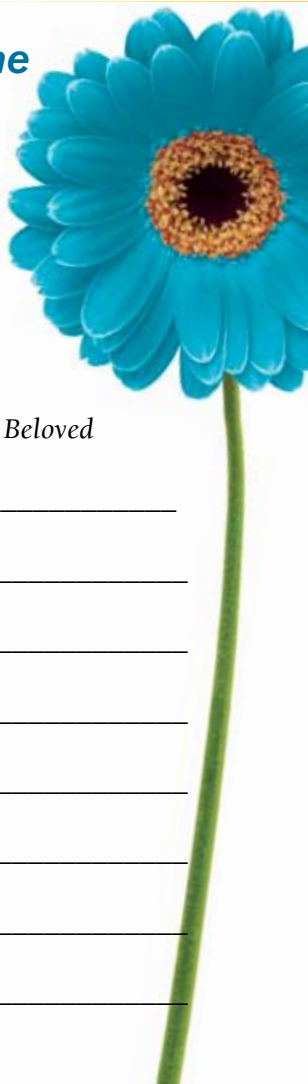
I Establish
self-worth.

***Divine order is at work in me
and in this situation.***

“Rather than straining or striving for results in the outer, set the inner self right; release fears and tensions; let go and let God’s Spirit carry you forward into life, freedom and peace.”

—Martha Smock, *Listen, Beloved*

Notes to Self _____






Faith Is a *Garden*

By R. H. Grenville

Faith is a garden; the seeds of prayer
And expectation lie hidden there—
Under the seeming, beneath the doubt,
Good is waiting it's chance to sprout.

No indication, perchance, may show
Just where or when it will start to grow,
But the confident heart, waiting undismayed,
Knows the answer was born when the prayer
was prayed.



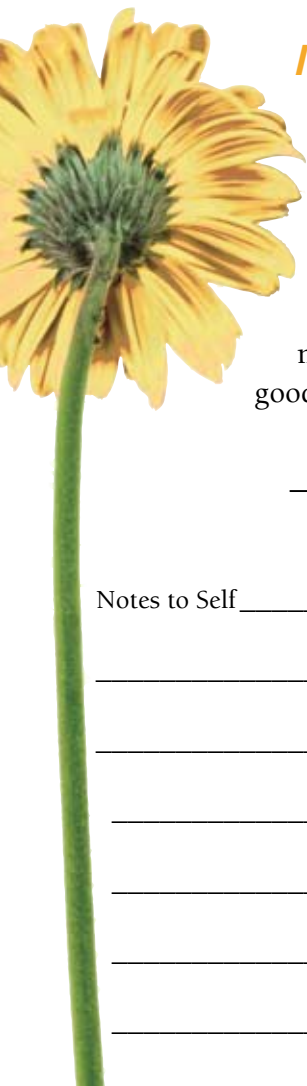
4th Sunday

March 14, 2010



I Release
self-criticism.

I give no power to my inner critic.



“It is thought by thought and prayer by prayer that the change goes on in you. Every thought you think, every prayer you make moves you closer to the flowering of your good.”

—James Dillet Freeman, *Prayer: The Master Key*

Notes to Self _____

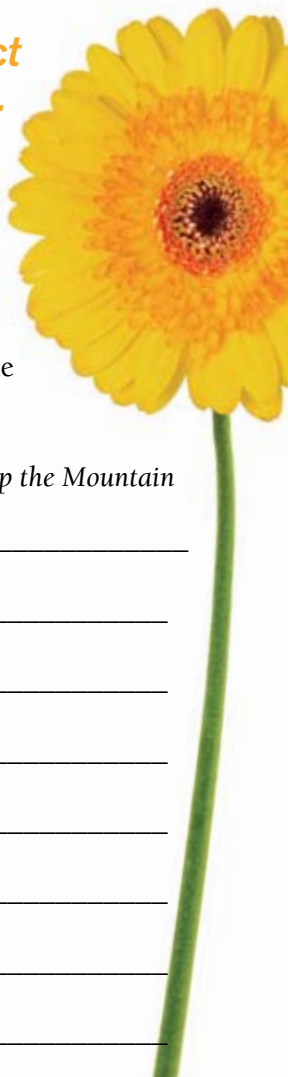
I Establish
self-love.

*I am whole and perfect
just as I am.*

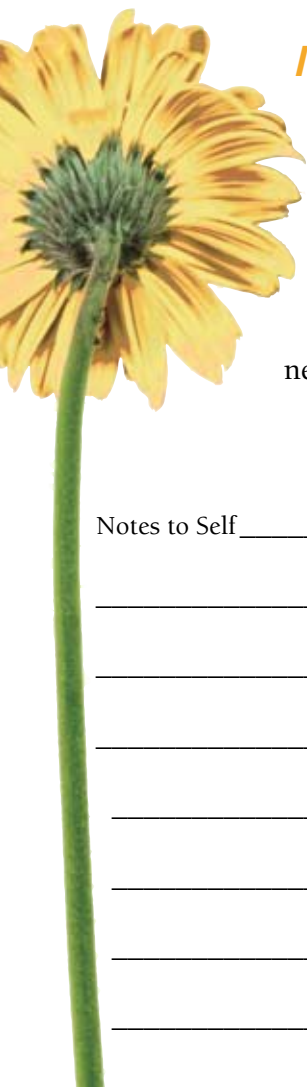
“When we remember where it is our strength lies, when we remember that God’s Spirit is within us, a wellspring of strength, we are never depleted, never discouraged, never unable to do anything that is before us to do.”

—Martha Smock, *Halfway Up the Mountain*

Notes to Self _____



I Release
obsession.



*It is not I, but the Christ within
who does the work.*

“All material things come and go. But when we know God as the Source, when we know the omnipresence of substance and the laws that govern it, we can be assured that our needs will be filled.”

—Marion R. Brown, *Putting Life Back Together*

Notes to Self _____

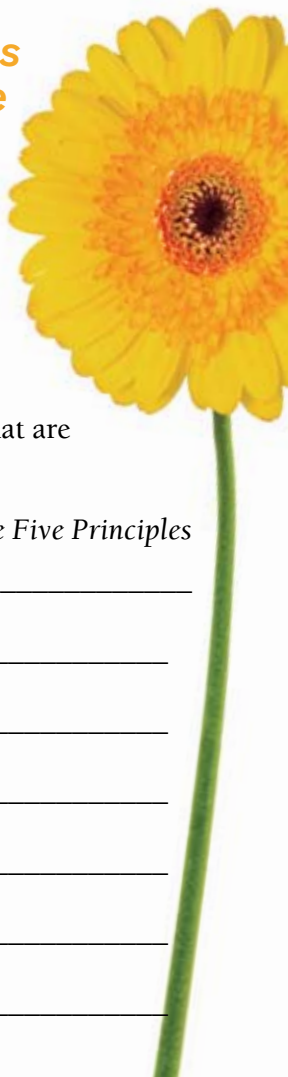
I Establish
peace.

*Divine love establishes
understanding, joy and peace
in my heart.*

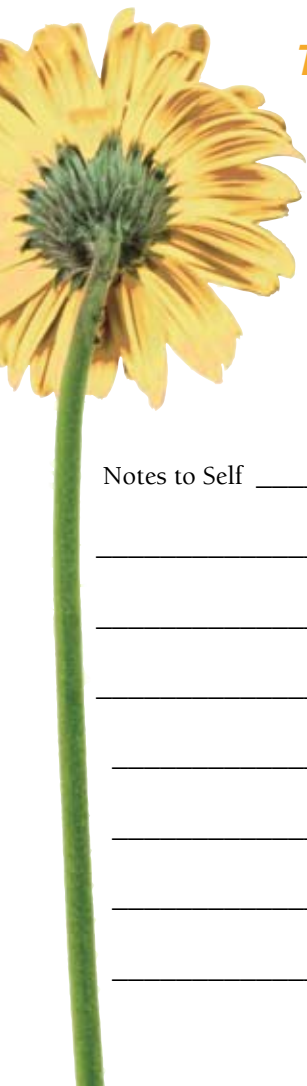
As I turn within, I retreat from outer awareness and enter my Soul, the divine in me. It is here that I know my connection to Spirit. Deep within, I find the peace that passes understanding. Deep within, I find the knowledge of all things and the awareness of absolute good. Deep within, I touch the gifts that are God.”

—Ellen Debenport, *The Five Principles*

Notes to Self _____



I Release
feelings of lack.



***There can be no lack in my life
because God within answers
every need.***

“Many people who experience an insufficiency of something in life do so because they believe in lack instead of abundance.”

—Rebecca Clark, *The Rainbow Connection*

Notes to Self _____

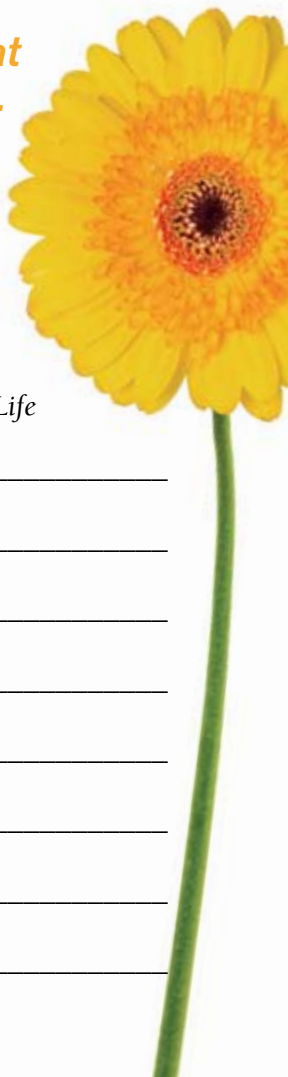
I Establish
abundance.

*I readily accept the good that
supplies my needs.*

“When we think abundance, we are
synchronized with the flow of abundance. We
do not create it, nor do we start or stop the flow.”

—Eric Butterworth, *In the Flow of Life*

Notes to Self _____





Meant for More

By James Dillet Freeman

How do I find what life's about

Unless I venture farther out?

Something in me is not content

Something affirms that I am meant

For more, and so I have to try

And see if somehow I can fly.

Going beyond the edge of things,

I may find out that I have wings,

Though they are of a different kind

Than birds, being mainly in the mind.

Whatever now I seem to be,

Yet more is to be found in me.

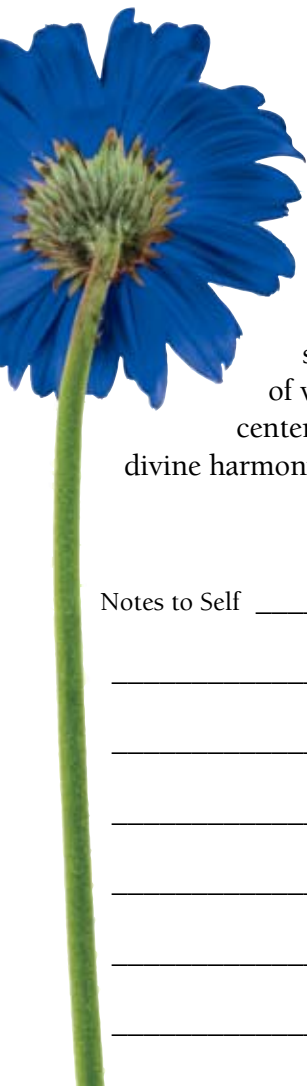
5th Sunday

March 21, 2010



I Release
prejudice.

I let go of the need to judge others.



“All thoughts about the loss of life, or the weakness of life, or the impurity of life, should be persistently denied out of mind, and we should make the strongest kind of affirmations of what life is in God. In this way connect the life center with its spiritual source, and it is restored to divine harmony.”

—Charles Fillmore, *Christian Healing*

Notes to Self _____

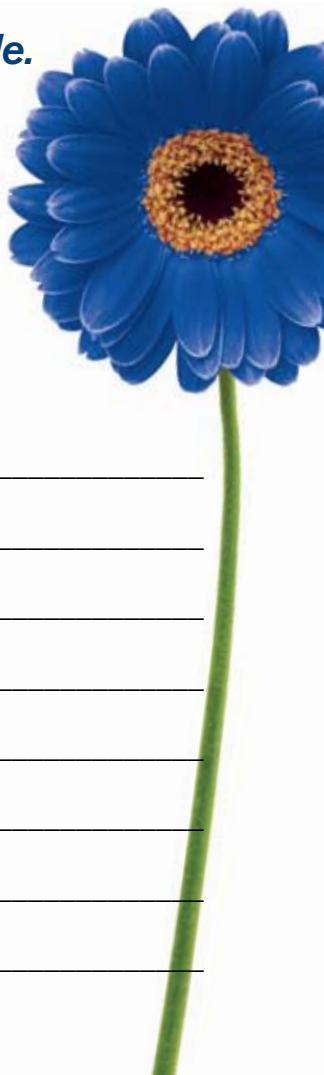
I Establish
tolerance.

I behold the Christ in all people.

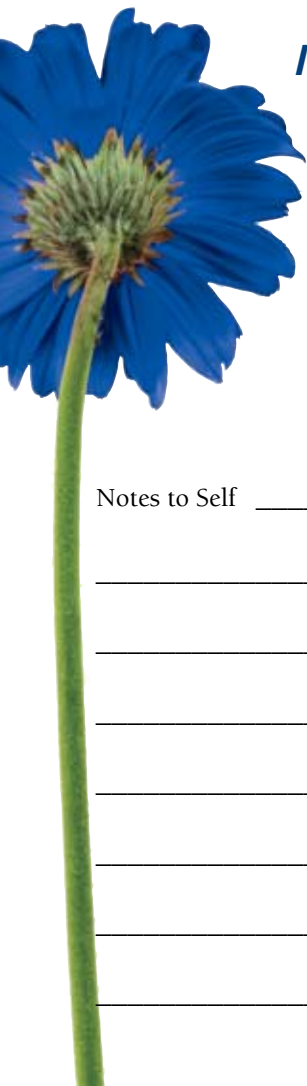
“Through using affirmative prayers, our mind is trained to think positively and to think about the truth of our being.”

—May Rowland, *The Magic of the Word*

Notes to Self _____



I Release
apathy.



I stop making excuses for not taking action.

“To grow spiritually you should exercise your zeal in spiritual ways.”

—Charles Fillmore,
Atom-Smashing Power of Mind

Notes to Self _____

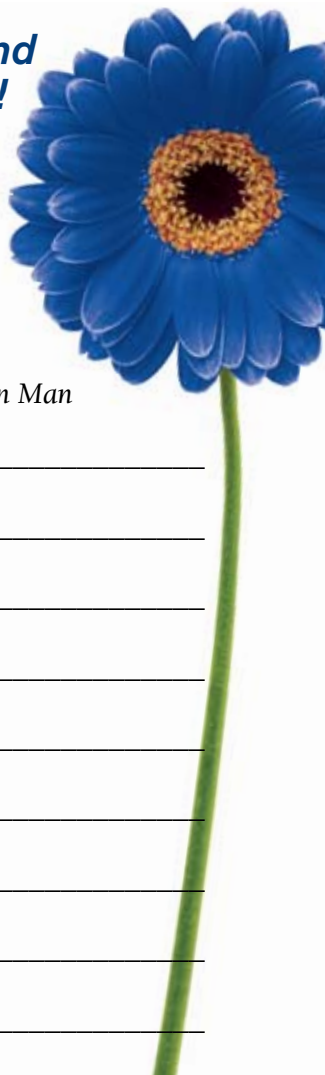
I Establish
zeal.

***I'm alive, alert, awake and
enthusiastic about life!***

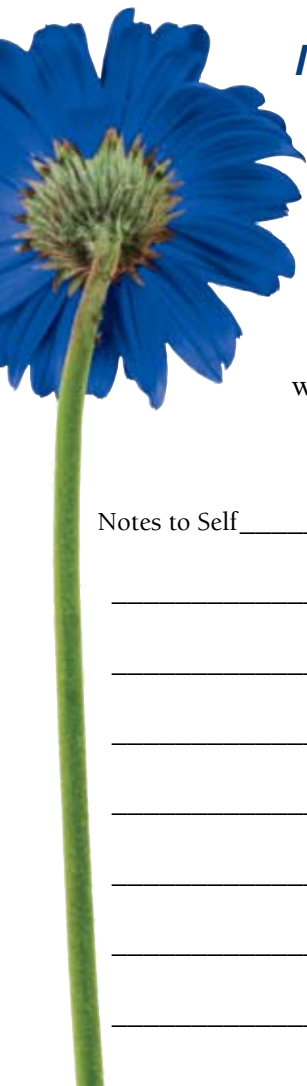
“Zeal, courage and earnestness give luster and color to the soul, just as the sparkle of the diamond gives it beauty.”

—Cora Fillmore, *Christ Enthroned in Man*

Notes to Self _____



I Release
failure.



I let go of any past mistakes or regrets, knowing they have been stepping-stones to greater good.

“We can accept failure and find all sorts of excuses for it; or come what may, we can push on, rise up no matter how many times we fall down, and turn even failure to success.”

—James Dillet Freeman, *Of Time and Eternity*

Notes to Self _____

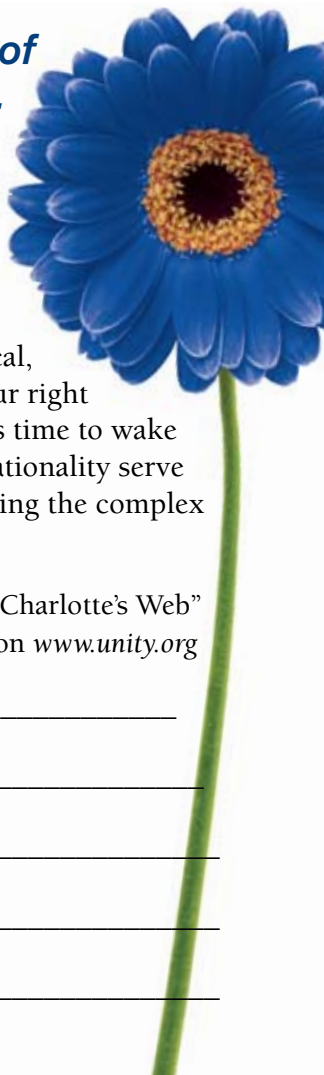
I Establish success.

I discover and express more of my divine potential every day.

“We are all born with unbounded creativity. Have you ever seen an unimaginative child? Of course not! Creativity is our birthright. It’s the modus operandi of the right hemisphere of the brain—and we all possess a right brain (though thanks to logical, linear educational systems, many of us let our right hemispheres go to sleep a long time ago). It’s time to wake up! It’s time to realize that while logic and rationality serve important roles, they are inadequate for solving the complex challenges we face.”

—Charlotte Shelton, from her blog “Charlotte’s Web”
featured on www.unity.org

Notes to Self _____

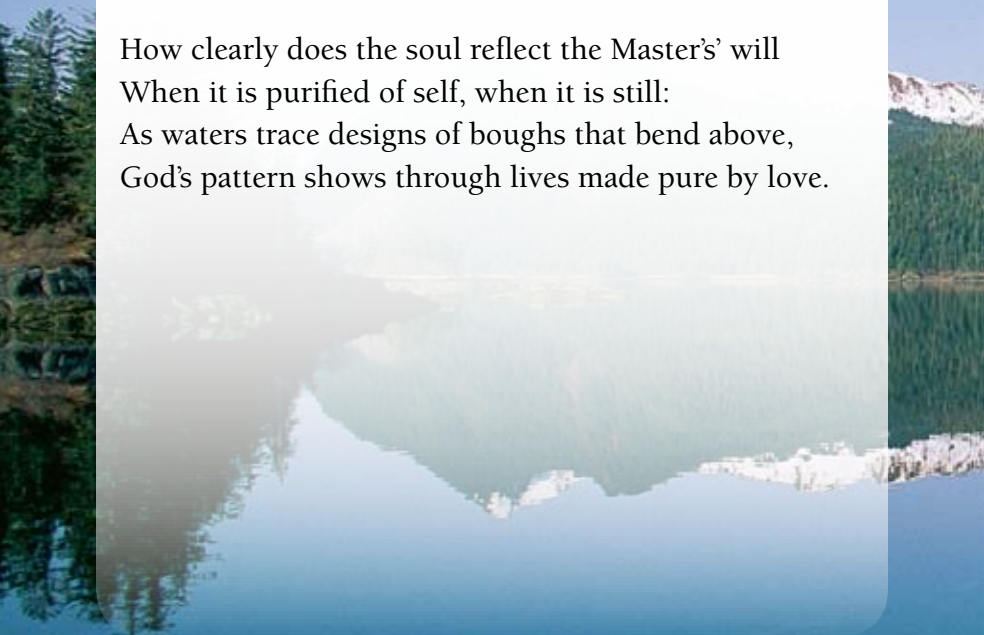


Mirror

By Myra Perrings

How clearly does the stream reflect the bending tree.
The water is so still and pure that it can be
A perfect mirror for the boughs of leafy green,
Whose shadows gently fall like the patterns on a screen.

How clearly does the soul reflect the Master's' will
When it is purified of self, when it is still:
As waters trace designs of boughs that bend above,
God's pattern shows through lives made pure by love.

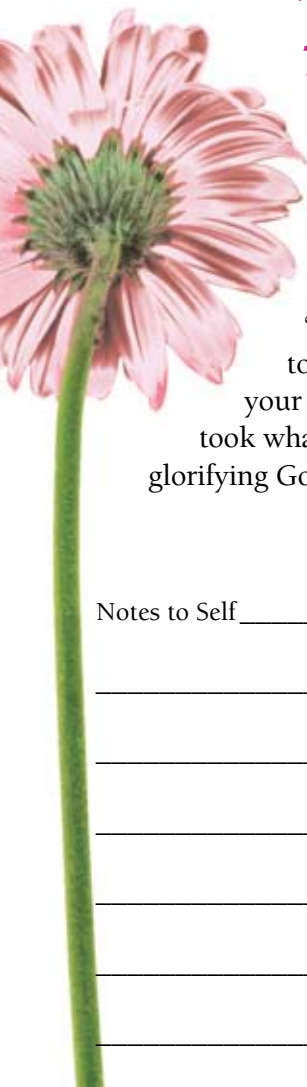


Palm Sunday

March 28, 2010



Holy Week



Today I release: _____

My denial statement: _____

“He said to the one who was paralyzed—‘I say to you, stand up and take your bed and go to your home.’ Immediately he stood up before them, took what he had been lying on, and went to his home, glorifying God.”

—Luke 5:24-25

Notes to Self _____

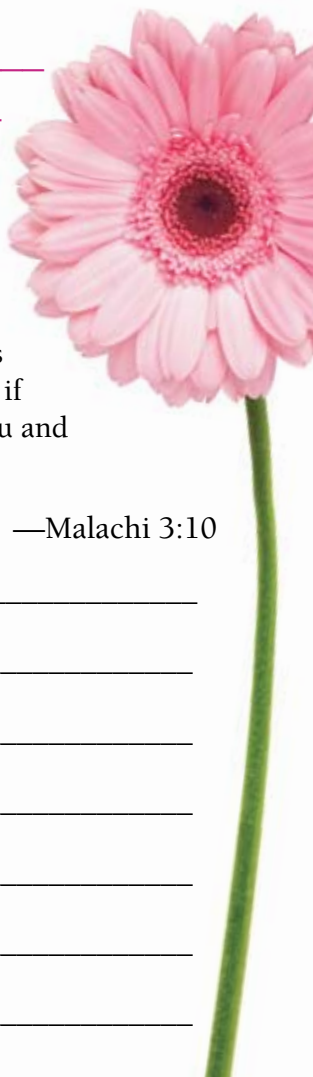
Today I accept: _____

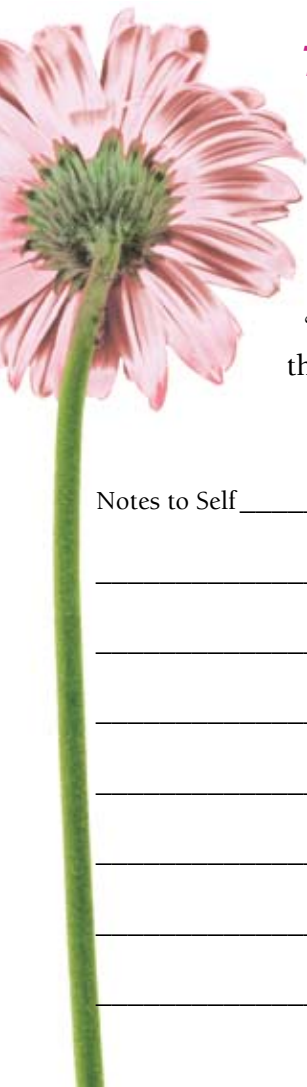
My affirmation: _____

“Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing.”

—Malachi 3:10

Notes to Self _____





Today I release: _____

My denial statement: _____

“To these you must add more. ... Now begin the work, and the Lord be with you.”

—1 Chronicles 22:14,16

Notes to Self _____

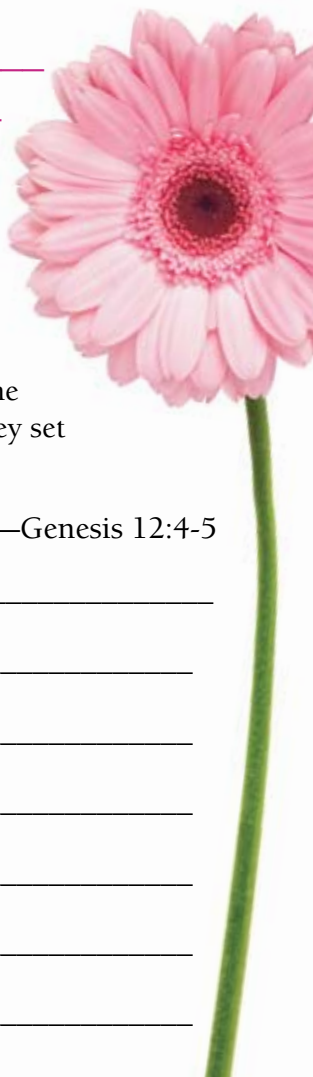
Today I accept: _____

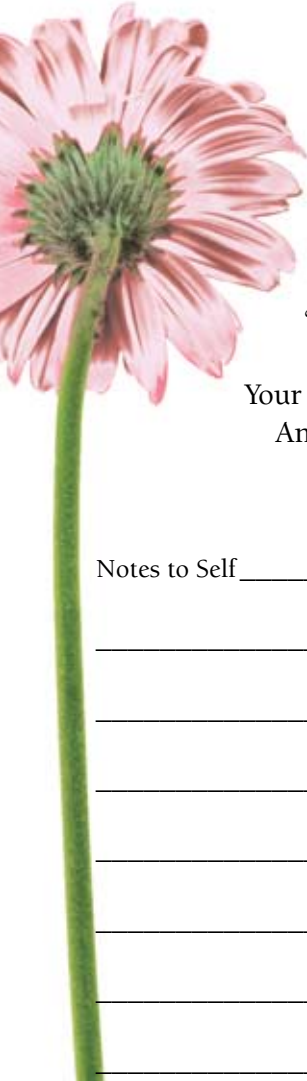
My affirmation: _____

“Abram went, as the Lord had told him; and Lot went with him. ... Abram took his wife Sarai and his brother’s son Lot, and all the possessions that they had gathered ... and they set forth to go to the land of Canaan.”

—Genesis 12:4-5

Notes to Self _____





Today I release: _____

My denial statement: _____

“Where you go, I will go;
Where you lodge, I will lodge;
Your people shall be my people,
And your God my God.”

—Ruth 1:16

Notes to Self _____

Today I accept: _____

My affirmation: _____

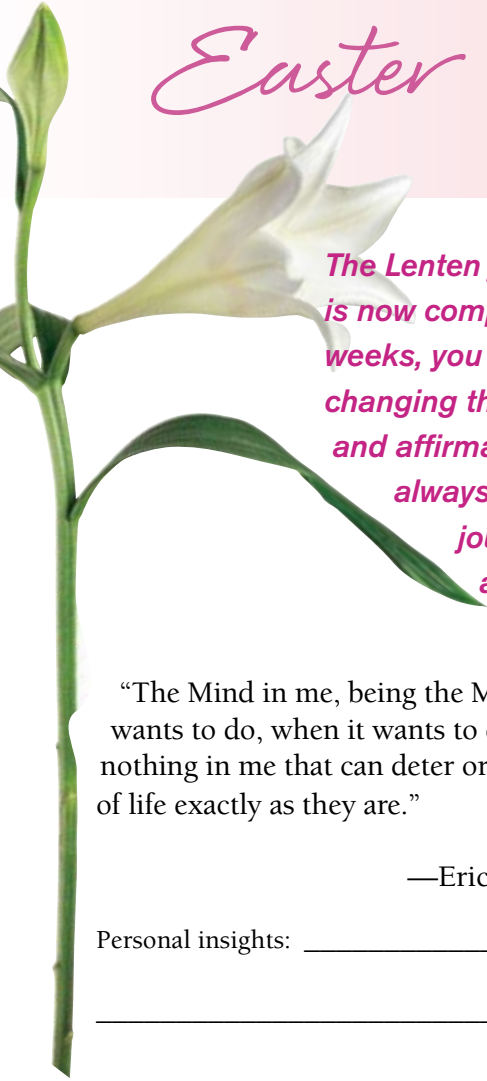
“Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.”

—Philippians 3:13-14

Notes to Self _____



Easter Sunday



The Lenten journey of transformation is now complete. Over the past few weeks, you have been growing and changing through the use of denials and affirmations. These tools are always available to you, and the journey is yours to continue, as you are guided.

“The Mind in me, being the Mind of God, knows what it wants to do, when it wants to do it, and does it. There is nothing in me that can deter or be afraid of meeting the issues of life exactly as they are.”

—Eric Butterworth, *Celebrate Yourself!*

Personal insights: _____

Prayer Support

Sometimes people need help in praying—extra spiritual support when it feels too difficult to go it alone. In times like these, it is comforting to be able to contact a prayer ministry such as Silent Unity®, one of the oldest and largest prayer ministries in the world.

Silent Unity serves people of all faiths, and all prayer requests are treated with reverence and strictest confidentiality and are enfolded in prayer for 30 days.

The work of Silent Unity is based on the belief that true soul satisfaction can only come by knowing God—that experiencing the presence of God is the real need. In other words, God doesn't have what we want—God is what we want.

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Booklet designed by Karen Rizzo and Doug Brown

The background of the entire page is a soft-focus photograph of a field of daisies. In the foreground, a single purple daisy is in sharp focus, showing its many petals and bright yellow center. Other white daisies are scattered throughout the field, some in focus and some blurred. The background is a bright, hazy yellow-green, suggesting a sunny day with a light flare in the upper right corner.

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