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SURVIVAL GUIDE

for the  
*Soul*

**PART II**

**MORE TIPS, TOOLS  
AND TECHNIQUES FOR  
SPIRITUAL LIVING**

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# Introduction

Have you ever thought how much easier life could be if it came with an instruction manual? The best we can do is to share spiritual principles and practices that work in our everyday lives and help us address real-life concerns.

*Survival Guide for the Soul Part II: More Tips, Tools and Techniques for Spiritual Living* offers “how-tos” to support you in living an abundant and meaningful life. This handy reference guide, a sequel to last year’s very popular *Survival Guide for the Soul*, provides clear and simple techniques for dealing with aging, relationships, forgiveness, “failure,” health issues, achieving your dreams and much more. It also includes helpful tips that incorporate proven Unity principles and use powerful tools such as affirmations, prayers and meditation.

Our hope is that this booklet will earn a special place on your shelf as an indispensable reference guide to positive spiritual living.

Blessings on your journey!

*“Spiritual life is not listening to the murmurings of the world but to that inner voice.”*

—Sue Sikking, *Only Believe*





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**SURVIVAL GUIDE**

*for the Soul*

**PART II**

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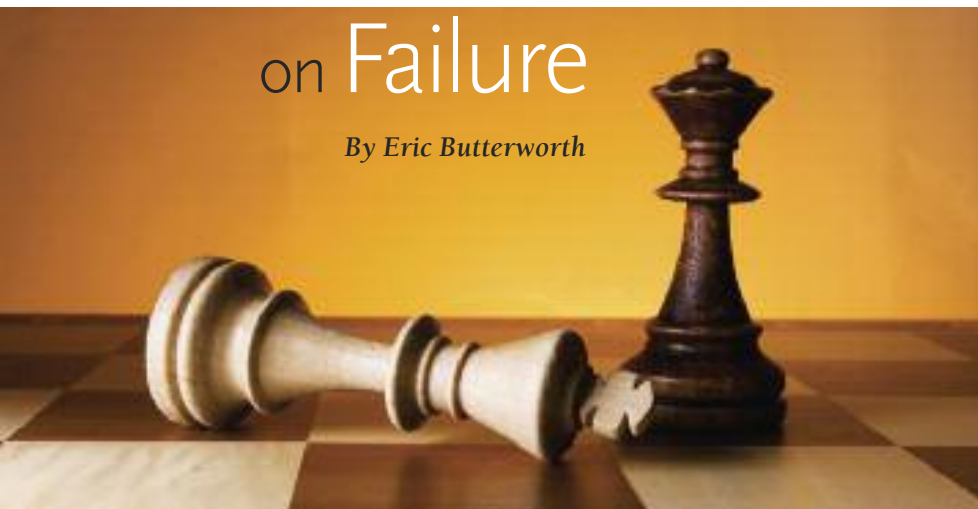
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# How to Put a Positive Spin

## on Failure

By Eric Butterworth



“One of the basic insights of Truth is the awareness that things may happen around you, and things may happen to you; but the only things that really count are the things that happen in you.”

—Eric Butterworth

IN THE GAME OF LIFE, the winner is the one who always remembers that we don't have to let people or conditions determine how we are going to think or feel or act. We take responsibility for our own life, choosing always to respond to things from the highest and most positive perspective.

You may have set out to build a small business. Somehow it never worked out, and you had to accept foreclosure. This has all the makings of a dark experience, leaving you with scars that may keep you from trying again to succeed for fear of failing. It could leave you enchained to a poor self-image. But this need not be the result. You can put a positive spin on the occurrence.

You always have a choice. You can determine that the apparent failure was an important part of your growth, an important learning experience.

### Is Failure Really Failure?

Failure is not necessarily a bad thing. Thomas Edison failed hundreds of times. He was a researcher, and failure is what it is all about. In fact, research is the art of successful failure. With every failed experiment, Edison knew he was that much closer to the test that would succeed in revealing a new process, such as the incandescent light bulb.

You may have terminated your marriage of many years through the failure of two people to find communication and reconciliation. You may feel that you are a failure, especially after going into the relationship with such great expectations. Again the principle is that no experience is good or bad; what counts is how you view it.

It has been said that marriage is an important opportunity to grow. And you will grow, unless you permit the experience to form a block in your consciousness.

### Turning Tombstones Into Signposts

Now, you may say that is all well and good for the present, but what of the failures and losses and heartaches of the years? “The past is beyond control,” you say.

The occurrences of yesteryear or even of yesterday are history. No matter how much you desire it or how hard you try, you can't have them back to live over again. But your thoughts and memories of them are in the present and very much transformable.

The road from your past may be strewn with scores of tombstones, such as, “Here lie my greatest hopes that were dashed in this tragic occurrence,” or “Here lies my enthusiasm for life

which was shattered by what he (or she) did to me.” And you may add, “So you see, the history of my life is set in stone, and there is nothing I can do about it now.” Of course, you cannot alter what is buried there, but you can change the writing on the tombstone, reshaping it into a signpost.

The prophet Joel said, “I will restore to you the years which the swarming locust has eaten” (Joel 2:25). He is not saying that you can have the years back to live over again. But you can alter your thoughts about them.



Make a point of analyzing all these tombstones of the mind. Admit that the basic problem is not what happened, but what you did or did not do about it. The years referred to by the prophet Joel can be restored, not by living them over again, but through revising their place and power in your life history.

What is required of you is simply that with which you are entirely finished. As the butterfly gives up its cocoon, you must let go. This can be done by changing your thought *now* about what happened “back there.” Put a new spin on what happened; see it all in the bright light of your present spiritual awareness of the omnipresence of good. Soon all the tombstones along the way will be altered to read, “I came, I experienced, I grew, I let go and I have pushed on to the high calling of God.”

With a newly formed vision of what life is and can be, get on with it. Oh, there may still be those times when you are not fulfilling your potential. Just remember, no matter what happens in you or to you, you can always put the right spin on everything. And this means that you are finally taking charge of your life.

Adapted from the article “Be Your Own Spin-Doctor” by Eric Butterworth that originally appeared in *Unity Magazine*®.

# How to Let Go and Let God

By James Dillet Freeman

CHARLES FILLMORE SAID THAT HE FOUND himself confronted by so many different ideas about Truth that he decided: “In this babel I will go to headquarters. If I am Spirit and this God they talk so much about is Spirit, we can somehow communicate.” He then commenced sitting in the silence every night at a certain hour and tried to get in touch with God.

We can’t tell you any better way to find out what Unity believes than by doing just what Charles Fillmore did. A regular effort to get in touch with God—this is what Unity is, less a statement of faith than the practice of faith.

For when you get still and turn to God, you are on the way to finding your unity with God and unfolding the perfect nature and the perfect life that you are meant to have as the perfect creation of the perfect One.

What does Unity believe? Turn within, and you will discover Truth in the place where, no matter how many teachers and books you turn to, at last you have to find it, within yourself—living Truth of your own being that alone is the answer to the questions of your mind and heart.

## Tips From Silent Unity

End your day with prayer.

Give thanks to God for sustaining you through the day.

Journal—write down your blessings and experiences of the day.

Forgive yourself and others.

Release the events of the day and know that all is in divine order.



# How to Attract the Right Relationship

By Debbie Johnson

“YOU CAN’T GIVE FROM AN EMPTY BUCKET,” a wise woman once told me. That pearl of wisdom changed my life. It hit me like a ton of bricks that I had been trying for years to give without receiving, to give without filling my own love bucket, as so many of us compulsive givers do.

Once I realized I had been doing all the giving, refusing to receive, I turned that around. It took quite some time, but the results were dramatic. ... I honestly believe with all my heart that *if you feel filled with love and surrounded by love, you will attract love.*

...With the foundations of honoring your true Self, believing and accepting more love in your life, the following steps will work well for you. Follow them to create a loving relationship that is the highest and best it can be for you.

## Build on Solid Foundations

Three important foundations for a lifetime of love are these:

1. Having the right relationship with yourself, which begins with knowing your connection with God and living from that divine love within you.
2. Being willing to believe you can have the right relationship with others.
3. Expanding yourself to accept greater and greater amounts of love.



**Step One: Decide what you really want in a mate.** In order to find someone who has the qualities you desire, of course, you must know what those qualities are. Perhaps you envision a kind, caring person. Later you think about communication, then fun and playfulness. Think about what's most important to you. Write down every single quality you desire in a mate. There is no limit. I wrote 156 on my list!



**Step Two: Create a key image.** What I call a “key image” is a specific scene, taken from your perfect fantasy for your ideal mate. To develop a key image, think of a scene that fits your image of the right relationship [such as] a toast at your 25th wedding

anniversary party. I used this key image before I met my husband, because I wanted a lifelong marriage and realized I would have to do better than just imagining myself getting married. I'd done that once already, and it hadn't lasted long. I wanted to *stay* married.

**Step Three: Be grateful.** When I've been grateful for any amount of love in my life, even though it seemed very little at the time, I always got more.

Being grateful works to keep us on top of life because it helps us stay focused on the positive. Whatever we focus upon is what we receive, so a focus on lack creates more lack.



**Step Four: Pretend you are in love.** I remember when I was younger feeling as though [love] would never happen, *could* never happen. Then when I did finally fall in love, I would think, “This can't really be happening to me; it feels too good to be true.” So, of course, it went away. Until we can spiritually, mentally and emotionally

accept a solid, healthy, steadfast love, it will never stay. Imagining you are in love will help it stick when it does come, because you will have gotten used to the feeling.

**Step Five: Take action.** If you haven't already done everything you can think of to meet a kindred soul, why not have fun exploring the possibilities? Clubs and organizations, hobby classes, spiritual-growth seminars, dating services, volunteer work and many other options exist for your discovery.



**Step Six: Let go and surrender the outcome to God.** I had to be willing to face my greatest fear—being alone the rest of my life. Once I could finally face it, it wasn't so bad. After all, who wants to be with someone just to be *with* someone?

When you are creating your ideal relationship, remember to look forward with a positive attitude to the growing experiences you will have. When the time is perfect for you to be in love, you *will* be.

Adapted from *Think Yourself Loved* by Debbie Johnson, published by Unity House®.



# How to Live Your Dreams

By Jim Rosemergy

YOU HAVE A SINGULAR PURPOSE—to know God, to discover what you are. It is a shared purpose, for it is my purpose too. You have a mission. It can be described in many ways, but the simplest is “love.” You are to live your life as if you were united with everyone and everything, because you are. You are to be a blessing to this world, and because of the life you live, you will be blessed. I have the same mission and quest.

To assist you in living and enable you to fulfill your mission, you have been given a gift. If you have not yet found your gift, now is the time to begin to seek it earnestly. Not only will you find happiness and joy in sharing your gift, but your Creator will find an avenue of expression into the world. ...

## It's Time to Dream Again

Through the course of your life, many “hints” have been given about your talent or skill. What can you do and lose all sense of time in the doing? For me it is writing. I can begin to write late in the evening and fail to realize that the sun is rising. What have you wanted to do since you were a child? Maybe you were encouraged to put aside this foolish dream, because people said no one

makes a decent living doing that! Now is the time to dream again.

When are you most joyful? Do you enjoy being with people or are you most at ease when you are alone? What are your current hobbies? Perhaps they tell you of the natural inclinations that Spirit has planted like a seed within you. Do you receive your greatest sense of accomplishment in helping others? What could you be happy doing all day?

## Spirit in Expression

Questions such as these loosen the soil of our souls, so seeds planted long ago can sprout and grow. Once, a woman told me that her life was changed when she heard a minister talk about hidden talents. She recalled how much she enjoyed painting, even though she had not lifted a brush for years. When she returned home, she took out her art supplies and began to paint. Today, watercolor is an important part of her life; she experiences joy in losing herself in painting, and others experience beauty because of her special gift.

## Here are some questions to “loosen the soil of your soul”:

- ▶ Are you aware of your spiritual gift? If you are, what is it?
- ▶ What are you doing when you lose all sense of time?
- ▶ What did you dream of doing when you were a child?
- ▶ Are you currently fulfilling these dreams?
- ▶ What would you do if you could do anything?

Think of your answers as arrows pointing to your special gift and talent. Let the following question be a seed that grows into your full realization that you can make a difference:

## What is it that you have to share with the world?



I suspect this story can be repeated again and again. Of course, *many* of us have not developed the talents that rest within us, but we can begin. It is never too late. ... Remember, the gift is an avenue of Spirit's expression.

I heard a story of a woman who earned a six-figure income in international business, but she gave it up to ride a bicycle in the Olympics. It seems absurd, but her story was an inspiration to those who are tempted to be "foolish." I don't know how skillful she was as a racer, but as a liver of life, she was a champion. You see, it is not always about winning, for being number one is a human dream. The key is attunement to the divine intent. This oneness allows the divine message to be given. In the case of the Olympic cyclist, the message is not to abandon our jobs and ride into the sunset; it is to have the courage to follow an inner voice.

### **The Gift of Those in Need**

Perhaps you persist in insisting that you have no special gift or skill. Maybe you are thinking about those people who are handicapped or born with disabilities. How can someone lying comatose in a hospital become an avenue of God's expression?

The Truth is that people who appear to have little or are unable to speak or move have a *great* gift to give. Their gift is their need. Wherever there is a need—a person lying comatose in the hospital or those dying of famine in distant lands—a gift is being given that calls us to compassion and asks us to help. The tragedy is that we often fail to realize the wonder of this gift. We lose an opportunity for the Presence to be made manifest as love and caring. However, when we receive the gift of need and answer with compassion, soothing words and helpful actions, the divine intent is fulfilled. God's joy is evident, people are helped, the human family is more unified and feels once more the thrill of the expression of God's presence.

Adapted from *The Quest for Meaning: Living a Life of Purpose* by Jim Rosemergy, published by Unity House.



# How to Meditate

By *Mary-Alice and Richard Jafolla*

A COSMIC INTELLIGENCE IN YOU RESPONDS when you acknowledge it. You communicate with this intelligence through an inner awareness, and probably the best way to establish this communication is by sitting calmly and opening yourself to the wisdom of this intelligence. The most common name for this activity is meditation, but don't let the word scare you—there's really nothing strange about it.

Meditation is the conscious direction of one's attention to the inner self. It allows you to get in touch with that wisdom deep within you that can always be relied upon to let you know what to do. Because it is the quickest and surest way to increase your awareness, regular meditation should be an important part of your daily activity.

To become aware of your soul's needs, set aside time each day for regular, quiet meditation. ... Find a comfortable chair in a quiet spot, close your eyes and sit in silence. Don't try to think of anything, but if a thought floats through your mind, simply observe it. Do not analyze it or try to get rid of it.



One good meditative technique and one that works for most people is to simply observe your breathing. That's all. Simply become consciously aware of your breathing. As you do this, keep breathing naturally. In ... and out. In ... and out. In ... and out. Don't change the rhythm in any way. Merely be aware of your breathing. Concentrate on it. Actually experience it. This works well to keep idle thoughts at bay.

For the first week or so it may be difficult to sit quietly for even a brief time. Your mind, like an inquisitive monkey, may jump from thought to thought, rebelling at the unfamiliar stillness. But keep at it. It won't be long before the hyperactive monkey settles down and you are savoring this quiet time.

Begin with one five-minute session in the morning and another at night. Eventually you can increase these sessions to twenty minutes or as many minutes as you feel comfortable with. In time, the right answers and the right direction for you will come forth from your own inner spirit, for it is most assuredly there waiting to help you.

Adapted from *Turn-Around: When Your Life Is In Crisis*, © 2002, available at [www.jafolla.com](http://www.jafolla.com). Used with permission of the authors.

A photograph of a person's legs and feet walking on a sandy beach. The person is wearing dark pants and is barefoot. The sand is light-colored and shows several footprints. The background is a soft, out-of-focus view of the ocean and sky.

# How to Change Your Life

*By Charles Roth*

SOMETIME, SOMEPLACE, EACH OF US must come to a point where we say, "I've had enough of this kind of life. I want to change. There must be more to life than I am experiencing."

A spiritual approach to life holds the answer. In the world of effects, we may seem to be merely ants, computers, objects to be used. But in the inner world, the spiritual universe, we are individuals; we are points of expression of a miracle power. You have meaning and purpose because you are part of a spiritual whole—just as the smallest part of your body is important to the normal and perfect functioning of the whole body.

You can begin today, right where you are, with the knowledge and understanding you presently have.

## Get Away From It All

Take time to go apart and sit quietly. Get away from all the distractions that clutter your consciousness so that you cannot focus your attention on the outer universe; avoid the distraction of television, newspapers, books (even Truth books).

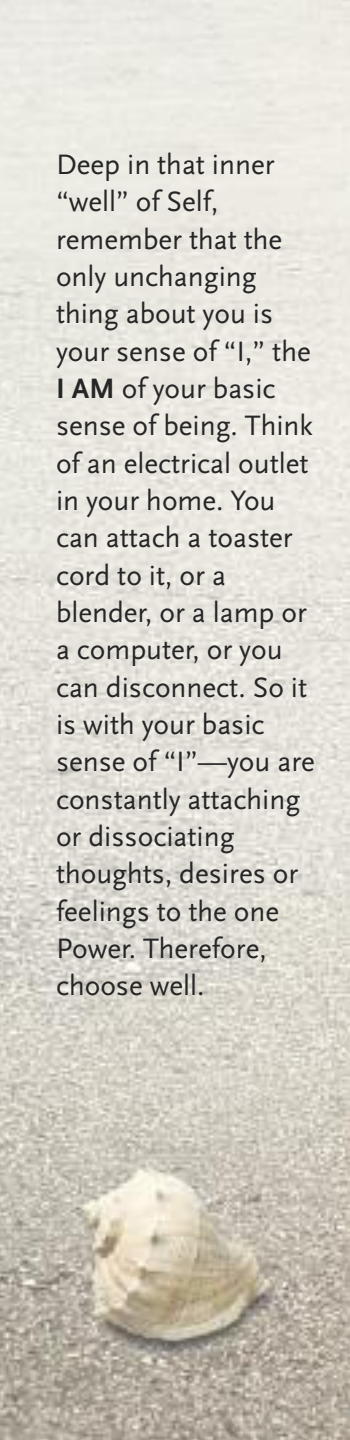
Then as you sit quietly in meditation, gently ease all distracting thoughts from your field of consciousness. Don't hurry them, don't force them to go; simply become aware of them, bless them and invite them to go. This may take more than a couple of minutes, for your outer-oriented ego with its go-go need for continuous outer distractions may say, "Let's get it over with. Hurry up! You've been sitting here long enough. Let's do something useful!"

But if you are serious about changing your life and the direction in which you are headed, let something deeper than your personal ego take charge. This something cannot easily be described or labeled, but it can be experienced. We can call it the super-ego, the indwelling Christ, or the basic I AM of you.

## Living in the Now

The way to become excited or energized, or to feel fully and completely alive, is to look to and depend upon our inner contact with that inner energy field we call God, or the kingdom of God. This does not mean that we do not play golf, or bowl or enjoy relaxation in many outer ways. The point is that we do not *need* these things in order to be happy. We are not slaves to outer things—we are free souls!

Here are two suggestions for a start: first, make more than a halfhearted attempt to meditate; second, live deeply in the present moment. If you are going to work on the premise that real energy, real excitement (by which we mean that feeling of being fully and enthusiastically alive) comes from a source within you, then it follows that you have to spend some time getting acquainted, being at home in those far reaches of inner space.



Deep in that inner “well” of Self, remember that the only unchanging thing about you is your sense of “I,” the **I AM** of your basic sense of being. Think of an electrical outlet in your home. You can attach a toaster cord to it, or a blender, or a lamp or a computer, or you can disconnect. So it is with your basic sense of “I”—you are constantly attaching or dissociating thoughts, desires or feelings to the one Power. Therefore, choose well.

## Exploring Inner Space

Once you are launched on a program of inner space exploration and discovery—once you taste, experience, make a part of yourself that inner atmosphere of peace and wonder and humility—you will find a new quality in your consciousness. You find that you look forward to living deeply in the present moment. This happens not just in your meditation times but as you live the hours and days of your entire life.

Become self-energized by the power of God within you. You can live a truly wonderful life in the present moment. Gradually the light of the I AM suffuses your consciousness, spreading like the light of dawn.

Gradually you change. Your habits change, your values change, your circumstances change and your life changes. You are no longer utterly and hopelessly dependent on other people and outer conditions to make you feel right or good or secure.

Peace is power, for out of stillness, strength is born, and out of inner harmony, productivity flourishes. Rest in that inner peace.

Adapted from *Mind: The Master Power*, published by Unity House.





## How to **Forgive** Yourself

By Alan Cohen

I SIGNED UP WITH A TRASH REMOVAL service that requires rural customers to mark their addresses on their garbage cans. I took a can of white spray paint and etched my street number on one of the brown rubber cans. I set the can in the back of my SUV, drove it to the end of my road, and left the garbage in the appropriate spot. When I returned to my garage, I was irked to notice that

some of the white paint had rubbed off on the back of my seat; apparently, it had not fully dried on the can. But it did dry on my car. I tried to remove the paint, but by that time it was stuck fast.

Over the next weeks and months, every time I noticed the paint marks on the back of the seat, I felt foolish; a stream of judgment chided me: “If you had paid closer attention and left more time for the paint to dry, this wouldn’t have happened. Now you have ruined your car seat, and every time you look at it, you are to be reminded of your carelessness.” (Do you know that voice?)

Then one day I accompanied a friend to the local hardware store to find some paint. On a shelf I noticed a small can called Goof Off®—a remover of paint and other hard-to-get-out stains. I grabbed a can, took it home, and applied it to the defiant stain. To my delight, the paint disappeared instantly!

I now see this product—especially its name—as symbolic of forgiveness. The name acknowledges that you made a mistake (“goof”)—but it also acknowledges that it can be undone (“off”). If you are subject to the tyranny of guilt, this name offers an especially important teaching: Any sin is forgivable. Any error is correctable. Nothing is etched in stone. You always have another chance.

*A Course in Miracles* distinguishes between a sin and an error: a sin requires punishment, but an error simply requires correction. The *Course* goes on to tell us that we have made many errors, but we have never sinned. All our sins (“self-inflicted nonsense”) are undone the moment we bring our judgmental thoughts into the healing light of love.



The story is told about a Filipino woman named Josephine who claimed to have daily conversations with Jesus. A cynical priest heard about Josephine and sought to debunk her. He went to her and asked, “Is it true that you talk to Jesus every day?”

“Yes, I do,” she answered.

“Then the next time you talk to Jesus, would you ask him what sin I committed when I was in the seminary?” the priest asked smugly. Then he walked away proudly, certain he had cornered the charlatan and would soon expose her.

A week later the priest returned to Josephine and asked her, “Did you ask Jesus what my sin was?”

“Yes, I did,” she answered.

“And what did he say?” asked the priest.

“He said, ‘I forgot.’”

There is no sin so heinous that it cannot be undone by reframing it in compassion. Love has no consciousness of our sins; God sees us only as pure and innocent. It is *we* who have fabricated the concept of sin and crushed our life force under it. *A Course in Miracles* also tells us, “God does not forgive because He never has condemned.” In the inspiring movie *Brother Sun, Sister Moon*, the Pope tells St. Francis, “In our obsession with Original Sin, we have overlooked Original Innocence.”

All self-judgment can be undone by recognizing that we have never committed a crime against God. I met a man who, during his senior year in college, was walking past the college bookstore where he saw a large display of yearbooks on the sidewalk outside. Since this fellow had no money, he grabbed a book and kept walking. Over the next few days he began to feel guilty about his theft, and he decided to return the book and confess. He went to the bookstore manager and guiltily admitted, “I stole this book.”

The manager told him, “Come with me.” Then he led the student to the yearbook display and pointed to a sign the young man had not seen: “Free—Please take one.”

I am not suggesting you go out and steal anything or hurt anyone. This true story serves as a metaphor: For every sin you can find in your life, God can find a way to forgive it. For every way you have separated yourself from love, higher consciousness reminds you that you have never for a moment been outside of grace. And for every paint stain you berate yourself for leaving, there is a can of Goof Off to remove it.

Adapted from *Looking In for Number One: Adventures in Uncommon Sense*, published by Unity House.

### For Reflection

Are you still condemning yourself for a mistake you made in the past? What did you do, and how do you feel about it now?

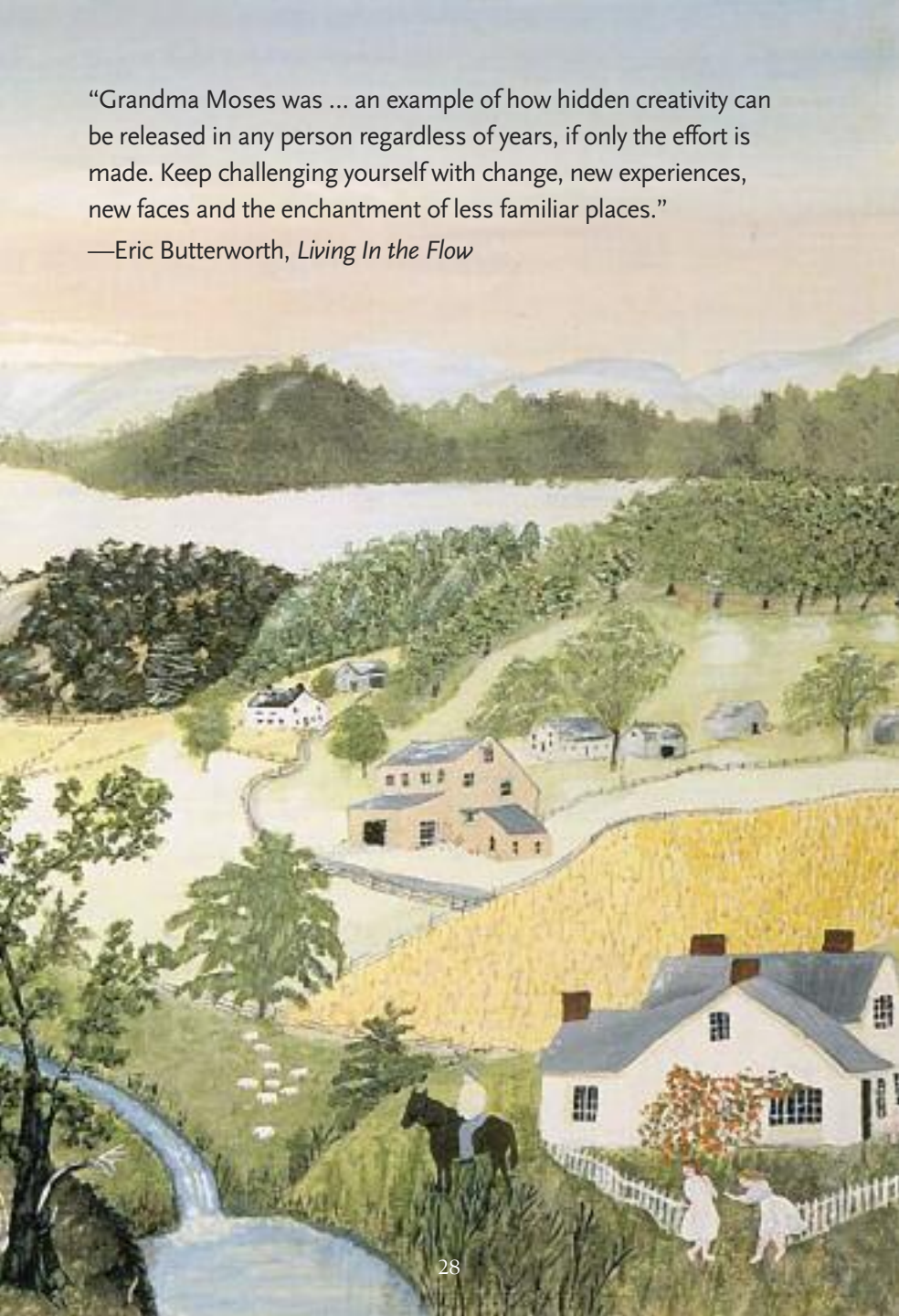
How do you think a loving God regards this act?

Can you find a way to reframe your experience with compassion so that you no longer feel guilty? If someone else came to you and said that he or she had done the same thing, what might be your response?



“Grandma Moses was ... an example of how hidden creativity can be released in any person regardless of years, if only the effort is made. Keep challenging yourself with change, new experiences, new faces and the enchantment of less familiar places.”

—Eric Butterworth, *Living In the Flow*



# How to Grow Young

By Martha Smock

I REMEMBER MY MOTHER once saying to me: “I don’t feel old! I don’t feel any different inside!”

... We may fear old age. We may dread the thought of being limited in activity; we may dread the thought of becoming a burden to our family and friends or having to depend on society for our care and welfare. If we think along these lines, we can build up a bleak picture. ...

The number of years lived brings many changes, but years in themselves do not age us nor do they change us. It is how we live our years that makes the difference. Our growing is from within; our progress is marked by inward steps in consciousness, not by dates on the calendar.

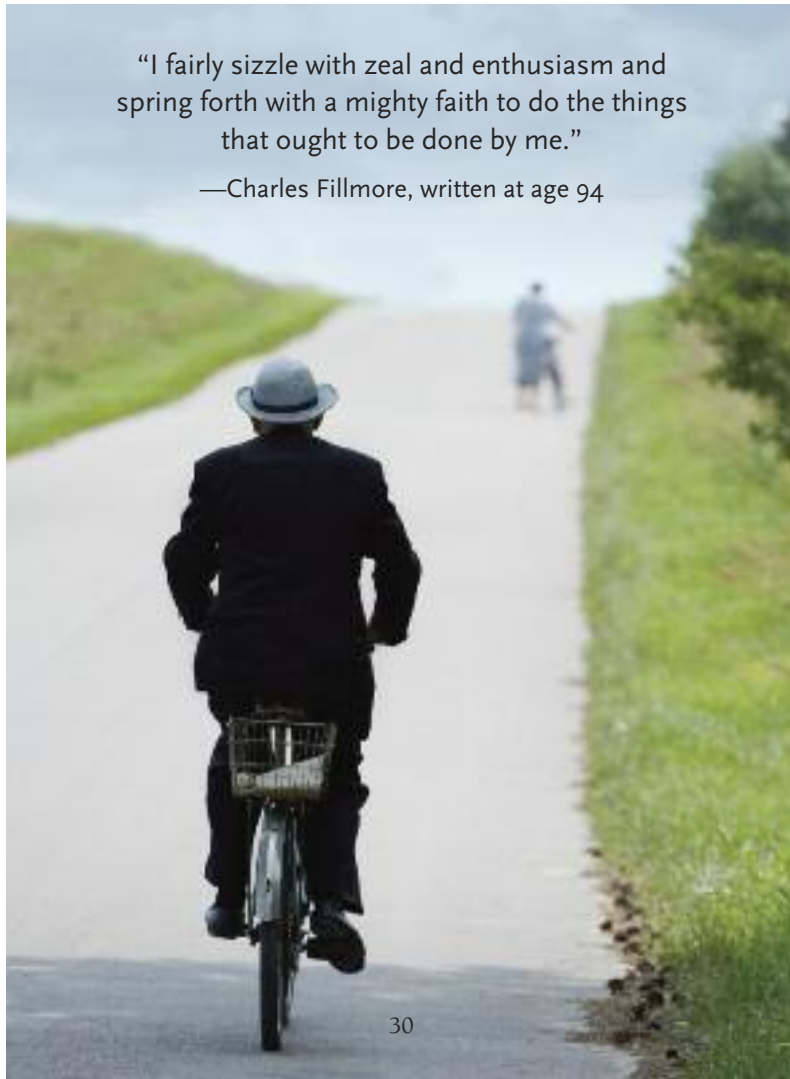
All of us have the inner feeling that we are capable of much more than we have yet expressed, and this feeling is not a mistaken one. At any age, how ageless is our vision, how ageless are our dreams!

With the passing of years, changes take place in our bodies, in our circumstances; life moves on and we move with it. But with childlike faith and in a childlike spirit, at any age we can find joy in living and we can keep alive the feeling of youth, of agelessness. It is our secret weapon against belief in old age. We can refuse to equate the number of years we have lived with ill



health, with faults and failings and despair. We can remind ourselves that we are beloved children of God, now and forever.

We are spiritual beings, here for a purpose, and we are needed and important, whatever our age. Best of all, we have a youthful spirit that is irrepressible, that time cannot quench, that the passing of years cannot touch.



“I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought to be done by me.”

—Charles Fillmore, written at age 94

## How to Be Honest When the Truth May **HURT**

By Joan Gattuso



ACCORDING TO AN ANCIENT HINDU TEACHING, if you can only speak the truth and tell no lies—either miniscule or outrageous—for 12 consecutive years, you can attain enlightenment. This is no easy assignment.

Most of us perceive ourselves to be honest and forthright, never intentionally lying, but most of us have been taught through life’s experiences to mask our true thoughts, pad our words, or simply avoid a response. We attempt to convince ourselves that a “little white lie” doesn’t matter.

The spiritual truth is: Everything matters.

A friend was recently sharing how her single sister had traveled to Europe alone and was e-mailing photos back regularly. These two are 10 years apart in age, live on opposite coasts, and see each other once every two or three years at most.

As the younger one who was the traveler sent photos with herself in them, she would regularly ask, "How do I look?" My friend chuckled as she told me that she thought her sister looked way too skinny and had way too many lines in her face. That was the truth as she saw it. But what she wrote back was, "In each picture you

look like you are having the time of your life. I am so happy to see you looking so happy." That was the truth also, although a kinder expression of the truth.

Many people, however, are unclear as to what the truth is,

because they haven't told the truth to themselves for so long that they no longer recognize what the truth is. They say it doesn't matter when it does, convincing themselves that no one will notice or everyone cheats just a little. All such justifications are ignoble thoughts and behaviors.

A spiritual principle I have taught and know to always be true is: The truth will always emerge. And when you tell the truth, there is a whole lot less to remember.

A noble being will always tell the truth. Do you? Begin now with the first step of simply noticing if you do tell the truth immediately, or if your first instinct is to pad or alter the facts a bit.

If you notice you are regularly withholding the complete truth, resolve to be honest with yourself and others starting today. Know it is safe to be truthful. Like many lifestyle changes, resolve to tell the truth one day at a time.

And after 4,383 days you just may become enlightened.

This article originally appeared in Joan Gattuso's *Unity Magazine* column "Living a Noble Life."

## How to Use the

# Golden Key

By *Emmet Fox*

SCIENTIFIC PRAYER WILL ENABLE YOU to get yourself, or anyone else, out of any difficulty. It is the golden key to harmony and happiness.

To those who have no acquaintance with the mightiest power in existence, this may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of doubt, it is a just one. You need take no one's word for it, and you should not. Simply try it for yourself.

God is omnipotent, and we are God's image and likeness and have dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. The ability to draw on this power is not the special prerogative of the mystic or the saint, as is so often supposed, or even of the highly trained practitioner. Everyone has this ability. Whoever you are, wherever you may be, the golden key to harmony is in your hand now. This is because in scientific prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through

which the divine action takes place, and your treatment will be just the getting of yourself out of the way. Beginners often get startling results the first time, for all that is essential is to have an open mind and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none.

As for the actual method of working, like all fundamental things, it is simplicity itself. All you have to do is this: Stop thinking about the difficulty, whatever it is, and think about God instead. This is the complete rule, and if only you will do this, the trouble, whatever it is, will disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing; it may concern health, finance, a lawsuit, a quarrel, an accident or anything else conceivable; but whatever it is, stop thinking about it and think of God instead—that is all you have to do.

It could not be simpler, could it? God could scarcely have made it simpler, and yet it never fails to work when given a fair trial.

Do not try to form a picture of God, which is impossible. Work by rehearsing anything or everything that you know about God. God is wisdom, truth, inconceivable love. God is present everywhere, has infinite power, knows everything, and so on. It matters not how well you may think you understand these things; go over them repeatedly.

*There is no power but God.*

*I am a child of God, filled and  
surrounded by the perfect peace of God.*

But you must stop thinking of the trouble, whatever it is. The rule is to think about God. If you are thinking about your difficulty, you are not thinking about God. To be continually glancing over your shoulder in order to see how matters are progressing is fatal, because it is thinking of the trouble, and you must think of God and nothing else. Your object is to drive the thought of the difficulty out of your consciousness, for a few moments at least, substituting for it the thought of God.

... If you are very frightened or worried, at first it may be difficult to get your thoughts away from material things. But by constantly repeating a statement of absolute Truth, such as: *There is no power but God; I am a child of God, filled and surrounded by the perfect peace of God; God is love: God is guiding me now*; or, perhaps best and simplest of all, *God is with me*—however mechanical or trite it may seem—you will soon find that ... your mind is clearing. Do not struggle violently; be quiet, but insistent. Each time you find your attention wandering, switch it back to God.

Do not try to think in advance what the solution to your difficulty will be. ... Leave the question of ways and means to God. You want to get out of your difficulty—that is sufficient. You do your half, and God will never fail to do God's.

Adapted from *The Golden Key* by Emmet Fox.

*God is love.*

*God is guiding me now.*

*God is with me.*



# How to Invite Health in 11 Steps

By Susan Smith Jones, Ph.D.

Opportunity is missed by most people because it is dressed in overalls and looks like work.

—Thomas Alva Edison

SOMETIMES WE JUST NEED GENTLE GUIDANCE and daily reminders about how to invite more vibrancy in to our bodies and lives. Here, at a glance, are 11 key suggestions that will make a mighty difference when you incorporate them into your life. See which ones you can embrace today.

**1. Take time to nourish your body and soul with a balanced diet of wholesome, natural foods.** Choose from a wide variety of colorful foods as close to the way nature made them as possible. Vary your diet daily and strive for at least 50 percent fresh, raw foods. Living foods increase energy, restore youthful vitality and promote radiant health.

**2. Drink at least eight glasses of water daily.** A lack of moisture in skin creates wrinkles the way lack of moisture in grapes creates raisins. Drinking ample water is necessary to lubricate your joints, feed your cells and keep your skin—that constantly loses moisture to the environment—clear, soft and youthful. Pure water fosters vitality.

**3. Eat only as much as needed and not much after nightfall (two to three hours before sleep).** Grazing on small meals more frequently throughout the day—every three to four hours—stokes metabolism, stabilizes blood sugar





and helps reduce cholesterol and unhealthy habits of overeating. It's important to plan your meals so you won't feel famished.

**4. Exercise regularly.** Find a balance of strengthening, stretching and aerobic activities. Make your program a top priority in your life—a nonnegotiable activity, and then stay committed to it! There is nothing that will benefit you more in terms of being happy, disease-free, vibrantly youthful and energetic than a regular fitness program. Whenever possible, exercise outside in a natural, beautiful environment.

**5. Sleep well.** Get at least seven to eight hours of sleep nightly. Consistent lack of sleep leads to many health problems, including wrinkles, depression, weight gain and aging, low or no

libido, toxic buildup, irritability and impatience, memory loss, lethargy, relationship problems and accidents. Refrain from watching bedtime TV news. Make your bedroom an exquisite, peaceful sanctuary. Put three drops of lavender oil on your nighttime pillow.

**6. Simplify your life.** By doing so, you will increase your joy and zest for living. Simplification is a powerful process. Simplifying doesn't necessarily mean restricting activities, but it does mean “uncluttering” your life. Put all your energy into activities you really care about and enjoy. Activities,

material things and relationships are all time and energy consumers. Take inventory. ... Being simple with life—not naïve, but clear—allows you to experience the present fully and deeply.

**7. Live in the present.** Don't spend time comparing the present with the past. Every new step you take is upon sacred ground. Every moment is imbued with wonder and miracles. When you're trapped in the past, it's impossible to be fully present and pay attention to what's happening around you. Rather than living with continual five- or 10-year plans, concentrate on living one day at a time. Be out in nature as much as possible to help feed your soul. ... Look for miracles each day.

**8. Encourage the child in you to come out and play.** So many of us are searching for the “fountain of youth,” the secret that will enable us to live long and healthy lives. Although special diets, supplements and exercise are important and have their place in rejuvenating body, mind and spirit, it is my belief that the real secret to living a quality life, full of vitality and aliveness, comes from ... our attitudes, thoughts and how we view ourselves and the world around us. ... Moment by moment, choose to be aware of everything around you. Pay attention. Participate in life fully. Maintain a childlike enthusiasm for everyday chores.





**9. Communicate thoughts and feelings clearly with co-workers, friends and loved ones.** Remember that we all desire the same thing—respect, kindness, appreciation, validation and love. Keep the Golden Rule as your default position in life and treat others the way you would like to be treated. Silently bless everyone in your life each day.

**10. Lift your attitude UP.** See the best in everyone and everything. If you are facing a challenge, handle it with vigor and poise and, at the same time, find opportunities to laugh and smile often. Both of these healthful activities firm your facial muscles and reduce stress. Laughter is life's elixir and our soul's smile. Cultivate a joyful attitude of gratitude. ... One of my favorite ways to maintain an upbeat attitude is by reading *Daily Word*® ([www.dailyword.com](http://www.dailyword.com)) each day. It's been a sacred practice of mine for over 40 years.

**11. Love yourself and live peacefully.** What better evidence of spiritual strength could we have than a peaceful mind and a loving heart? ... Create an empowered presence and invite joy, love and peace into your life. Dream abundantly! Say YES to living your highest vision. Know that you deserve the very best—life's richest blessings. Celebrate yourself and life.



## How to Pray for Others

By *Mary-Alice and Richard Jafolla*

MOST OF US HAVE FOUND OURSELVES wanting to help someone through prayer. This is understandable, for it is natural, since love and caring are built into our hearts, to want to help those who appear to be going through a difficult time in their lives. But how do we do this?

While things such as “being there” for others in whatever ways are appropriate can certainly be important, we are limited to the human level of help we can give to others by our talents, our time and our finances. But there is a higher level we can step up to. When living God-centered lives, our help is unlimited because we lift others by our mere presence. We [see] the sacred Light in everyone and every circumstance. ... Praying for others, therefore, becomes a matter of releasing those people to the activity of God and continually strengthening our own awareness of this activity in them.

## A Real Bonus

Holding a special, loving thought for other people ... benefits us as much as it benefits them. In fact, in some ways even more so. Consider, for example, what happens when you wash your car with a hose. What gets clean first? The inside of the hose, of course, because the water must rush through the hose before it can clean the car. So it is when we hold loving thoughts for someone. As those loving thoughts rush through us, they bless us first. It's a win-win situation.

## Some “How-To” Ideas

**Change your thinking.** We have to recognize that each soul needs to experience whatever it requires for its own enlightenment, its own growth. There's no way any of us can possibly ever know the soul needs of another person, no matter how close that person is to us. ... Worrying about another person, adding our own fears, only attaches our own negative energies to the situation, which can make it worse.

**Let go and let God.** This means letting go of the person's problem—and even letting go again and again if it tries to overtake us. This is crucial to our being of help because we can only lift others to our own level. When someone is drowning in the water, it's easier to pull them out if we are in a boat floating on the water. Thus we can only help them by being on a higher level ourselves.

**Send loving thoughts.** One extremely powerful and effective way to begin to help another is to send loving thoughts, rather than thoughts of worry or concern. Thoughts are palpable. They are real. ... The presence of love is a healing presence ... that allows the activity of God to flow in its natural way. Our own loving thoughts and emotions are dynamic agents for transformation and healing and should never be underestimated.

### **Help them to see the presence of God in themselves and in their circumstances.**

This sounds fine in theory. But when someone we care about is in a dire situation, it takes patience and persistence and *great* trust on our part to help this individual begin to get a sense that God is always present—even in the midst of his or her challenge! The tricky part is that this cannot take place until we ourselves have a sense that God is always present.

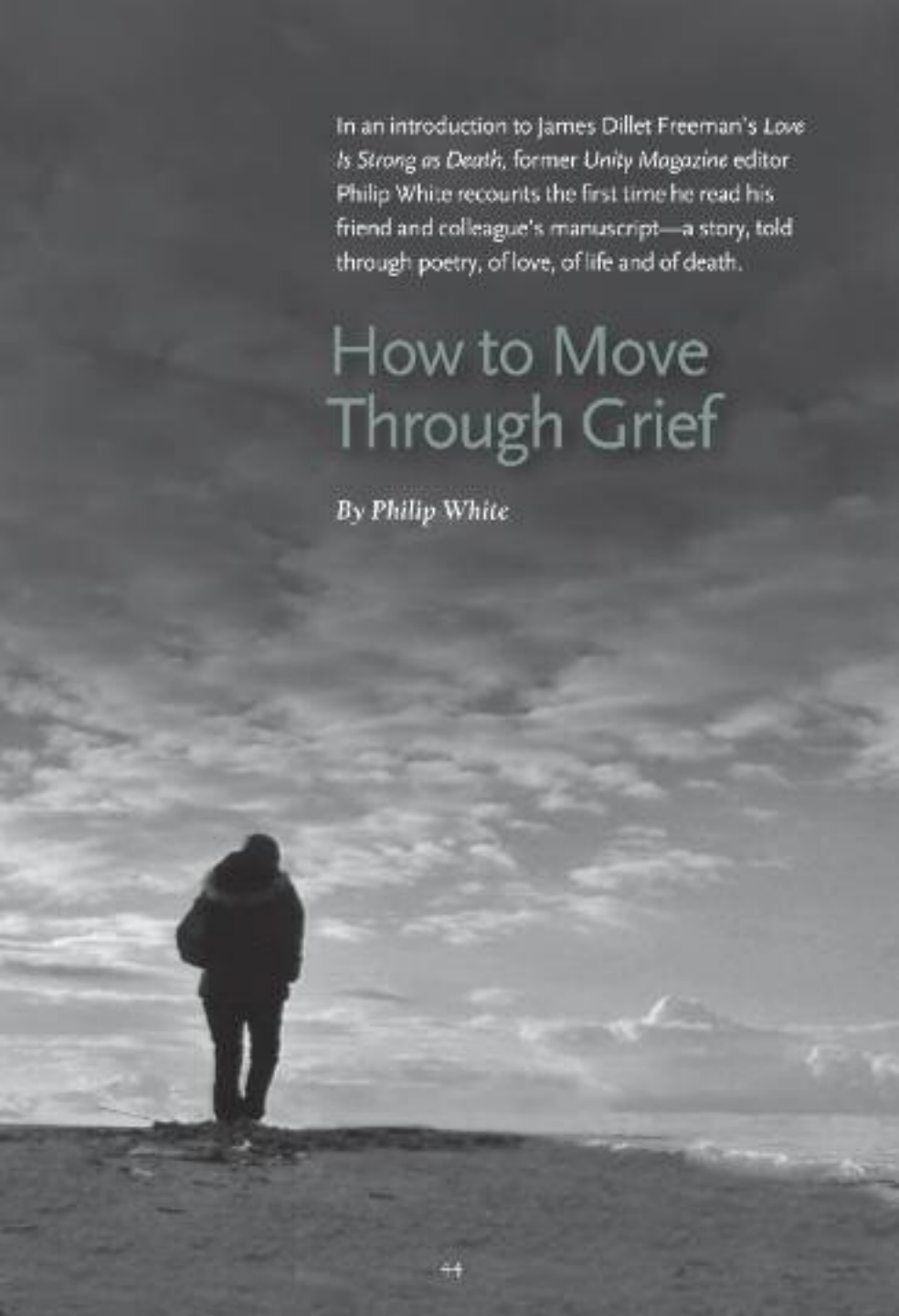
**Pray.** When we pray for a person, we pray not to God, but from a consciousness of God. In this consciousness, we see the wholeness and beauty and blessings already available to the person and we use our prayers to affirm and to acknowledge and give thanks for this Truth about the situation.

Sometimes we pray for others because we think we know what's best for them. Too often our prayers are plans that we present to God to be fulfilled. But we never can be sure we know what's best for another person. All we can know is that God knows best and that we can trust God's plan.

Adapted from *The Quest for Prayer* by Mary-Alice and Richard Jafolla, published by Unity House.







In an introduction to James Dillet Freeman's *Love Is Strong as Death*, former *Unity Magazine* editor Philip White recounts the first time he read his friend and colleague's manuscript—a story, told through poetry, of love, of life and of death.

# How to Move Through Grief

By Philip White

**MOST OF US WILL EXPERIENCE** the death of one we love. From that moment forward our lives will be changed. We may continue doing the same things we did before, but if we are like most people, when the presence of those who trod with us along the path of everyday living has passed beyond our sight, the path we trod together no longer glows with the same promise and joy. We deal with feelings of emptiness and hopelessness, but the rest of the world goes on quite well around us. Our tradition keeps grief sequestered, getting us through it before anyone knows we've had it. And the soul of our loss goes incognito through the public square. ...

## The Mending Spirit

In every relationship is a spirit of mending. It is one of the great powers of human nurture and of the spirit. We hold our love for another in our hearts and nurture that love in the circle of our relationship. Within this circle of love, what needs fixing, we fix. We repaint the house and repair the broken gutter. When conflict comes, we apologize and bring flowers. Skinned knees get bandages, and our bodies even repair themselves throughout our lives.

But then we come face-to-face with what we cannot fix. The death of the other we cannot fix. And so in death the mending spirit seems helpless. ...

## A Love Story

The details are simple enough. In 1934 James Dillet Freeman married Lucy Katherine Veronica Gilwee. They lived and worked in Kansas City for *Unity*. Then in 1947 Katherine became ill and was diagnosed with an advanced malignancy. After 10 months of decline, she passed away.

“When she died,” Jim wrote, “my first thought was to run away. The house was so full of her.”

Yet he did not run away. He put pen to paper and wrote it all down. He wrote it from his heart as he experienced his wife Katherine’s illness and death. And in his writing, the mending spirit returns—throwing off its helplessness, seeking a larger circle of love and discovering death’s own limitation.

In Katherine, Jim saw the faith he knew he wanted. In her response to illness, she became his teacher. His faith, he said, “was fugitive,” in comparison to hers. “My faith,” he wrote, “was no more than an infant’s cry, hoping to whine its way out of the pain; she saw life in a larger frame than I, saw us against eternity.”

And so the mending spirit worked in him to gradually enlarge the circle created by his relationship with Katherine. “We must go forward on faith,” he wrote, “for this I know, that faith is life and prayer is life.”



Love will rise weeping  
from its knees  
And raise a world beyond  
the reach of room,  
That will survive even  
our unbelief.

## Love’s Larger Circle

From an experience that would ordinarily narrow our heart’s capacity came vision of Love’s larger circle—a circle that, in the end, reveals death’s weakness. ...

In the end it is death’s failure that stands out. It is death’s limitation that stands revealed. Death may take away the circle that once was our love, but it cannot remove Love’s larger circle into which it must finally be drawn.

*Pain may torment this finity of flesh  
And death may turn this quick to quiet dust.  
Yet death cannot make love’s perfection less;  
Pain cannot alter love’s unchanging trust  
That there is meaning where no meanings show  
And purpose though no purposes shine through,  
That life and death are but the ebb and flow  
Of being toward the beautiful and true. ...  
So great is love that but by loving we  
Turn death’s defeat into love’s victory.*

When loss comes, let Spirit lead you gently into Love’s larger circle. The acceptance of the death of a loved one changes everything. We will either grow bitter at life’s pain, or we will love. And I suspect that those who have passed on before us would be the first to rejoice at the widening of Love’s circle in us. So that in the end, says the poet:

*Love will rise weeping from its knees  
And raise a world beyond the reach of room,  
That will survive even our unbelief.*

Adapted from *Love Is Strong As Death* by James Dillet Freeman, published by Unity House.

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