

The 5 Basic Unity Principles

First: God is all good, active in everything, everywhere. We believe that God is only good and always good. This truth is at the very heart of Unity. There is only one Presence. There is only God. Therefore, God is omnipresent. This universal presence is an aspect of God. Since God is all, there can be nothing outside of God. There can be no place where God is not. Everything is part of God. Therefore, God is more than omnipresent; God is Omnipresence!

"There is only one presence and one power active as the universe and as my life, God the good, omnipotent."

- You can only know the God of your own experience.
- Knowing God is a very simple and natural experience.
- There is only one Presence and one Power: God, and God is good.
- God is Omnipresence, Omnipotence, and Omniscience.
- We don't make divine order happen. It is already established in our lives.

Second: All human beings are naturally good because God's divinity is within them. All Human beings have a spark of divinity within them, the Christ spirit. Their very essence is of God, and, therefore, they also are inherently good. Thus, God is individualized in each person and in the universe as the Christ.

- As a wave is part of the ocean, you are part of God.
- You have been created to be the hands, the feet, the voice, the eyes, the ears, and the heart of God.
- You are spirit (the divine part of you), soul (mental and emotional you), and body (physical you).
- Your spirit (the Christ within you) is your true identity.
- The soul is where you do the work, where you make the changes.
- The soul is pivotal and can look within as well as without.
- The conditions of your life mirror the condition of your soul.

Third: We create our experiences by what we choose to think and what we feel and believe. We believe in the law of cause and effect: what you send out comes back. Everything in the manifest realm has its beginning in thought. God operates in the universe according to this law of mind action: "Thoughts held in mind produce after their kind."

- Everything begins with an idea.
- Your thoughts are the blueprint for your life.

- Your thoughts today create your world of tomorrow.
- Change your thoughts and you will change your world.
- Through the power of your thinking, you are continuously drawing *kinds* of events into your life.
- You have absolute control over your *reactions*.

Fourth: We believe in the power of prayer and meditation. When we pray we access our God Self--the Christ Spirit inside us--and we can achieve anything. Prayer is talking to God. Meditation (the silence) is listening to God. Prayer is creative thinking that heightens the connection with God-Mind and, therefore, brings forth wisdom, healing, prosperity, and everything good.

- Times of prayer provide you with sustenance and renewed strength.
- The reason for praying is more important than the method.
- Your whole life is a prayer, and life-prayers are always answered.
- Miracles are natural outworkings of the law.
- Having your thoughts, feelings, words, and actions all "in sync" is your strongest prayer.
- The highest use of prayer is the announcing of your intention to open yourself to God's will.
- Prayer is a way to express your thanks for past, present, and future blessings.
- Prayer is not to change God. It is to change you.
- In meditation, in the silence, you meet God and you listen to God.
- In the stillness, you move beyond the intellect into the realm of spiritual *knowing*.

Fifth: We do and give our best by living the truth we know. Knowing and understanding the laws of life, also called *Truth*, are not enough. A person must also live the truth that he or she knows. We must walk the talk!

- God can work best when you show your willingness by moving into action.
- Truth teachings must be applied to every situation in your everyday life.
- A desire without a deed is a dead end.
- Once you receive your guidance, it is time to move into action. Spirit will show you the path, but you must walk that path.