

INTRODUCTION TO UNITY

UNITY BASICS I

Class 1

Student Resource Material

DAILY AFFIRMATIONS (Examples)

God is Truth. The Truth is: God is Principle, Law, Being, Mind, Spirit, All-Good, omnipotent, omniscient, omnipresent, unchangeable, Creator, Father, Cause and Source of all that is. God is individually formed in consciousness in each of us, and is known to us as "Father" when we recognize Him within us as our Creator, as our mind, as our life, as our very being. Mind has ideas and ideas have expression. All manifestation in our world is the result of the ideas that we are holding in mind and are expressing. To bring forth or to manifest the harmony of Divine Mind, or the "kingdom of heaven," all our beliefs must be one with divine ideas, and must be expressed in the divine order of Divine Mind.

. . . *Charles Fillmore, Co-founder of Unity*

My opportunities are unlimited. There is a Divine Urge within me to express. It permeates me and fills all space and all people. All of my affairs are in Its hands. To It are clearly visible the best ways, methods and means for my greater expression. I leave my affairs in the hands of this Principle, and I cooperate with It.

Today the possibilities of my experience are unlimited. The Spirit of God flows through me, inspiring me and sustaining that inspiration. I have ability and talent and I am busy using them. This talent is divinely sustained and marketed under a Universal plan of right action.

Life lies open to me -- rich, full, abundant. My thought, which is my key to life, opens all doors for me. I am one with infinity, Divinity. I realize this unity. I proceed on my way as one who knows that God goes with him into an eternal day of infinite privilege. I have only to open the portals of my soul and accept that which is ready to express through me. Today I fling these portals wide; today I am the instrument through which life flows.

. . . *Ernest Holmes*

In the infinity of life where I am, all is perfect, whole and complete, and yet life is ever changing. There is no beginning and no, end, only a constant cycling and recycling of substance and experiences. Life is never stuck or static or stale, for each moment is ever new and fresh. I am one with the very Power that created me and this Power has given me the power to create my own circumstances. I rejoice in the knowledge that I have the power of my own mind to use in any way I choose. Every moment of life is a new beginning point as we move from the old. This moment is a new point of beginning for me right here and right now. All is well in my world. . . . *Louise Hay*

I know that I am made spiritually in the image and likeness of God. My conscious thought is a reflection of the Self-conscious Spirit of the Universe. The Law of my being is the immutable Law of God. My body is the expression of the Divine Ideal of man. I know then, that I am in essence perfect, and entire, wanting in nothing. Any bondage of body or circumstances which I express is not a condition imposed on me by a vindictive deity. My bondage is the result of my freedom of thought and my choice of limitation. Today I deliberately choose to let the perfect image and likeness of God shine through me, and I erase from my consciousness all limiting thought. Thus I know that my experience in this body of flesh, and in the body of my circumstances, does reflect the perfect spiritual man - the undefiled creation of the Good and unlimited God.