Manifesting the Presence

Introduction

In the fall of 2014 a small group of spiritual people from Unity of Brownsville began meeting with the expressed purpose of (in the words of the original communication):

Purpose: To demonstrate the Presence of an Active God in our life(s). We will do this by strengthening our spiritual muscles, practicing techniques already known and familiar to us. The purpose of this group/ministry is ACTION and Sharing of Results of that Action. As truth students we are meeting on Saturday mornings to communicate to one another the demonstration of ONE GOD - ONE POWER in the Universe and in our lives.

The key word was ACTION. The group’s creation was a result of the spiritual leader program of the church and the commitment of the spiritual leaders to create and administer programs to serve the church (and make a difference in people’s lives).

And make a difference it did.........

The purpose was quickly condensed into a mission statement:

To progressively demonstrate the Presence of God in our daily lives.

Various members volunteered to create the material for each topic. Each volunteer far exceeded any expectation of what that material would be like. Each topic was individually presented on a Saturday and then practiced on that same day by the group (Please do not let me ignore the wonderful discussions and input from each and every member here). A record was kept of each session and each week the results of the group endeavors were
reported back to the group. The practice of this “measurement’ process was critical as daily living can quickly cloud the memory of what was affirmed, prayed for, or treatment otherwise applied. After several months of provable results, it was decided to compile this workbook in order to facilitate more groups wishing to Manifest the Presence.

It is in the humble spirit of service, gratitude, and giving that this workbook is offered to anyone on the path to discovering God working in their lives.

Following are personal stories and testimony from some of the group members on the results of the positive actions of the group. Special thanks to each:

Rudy Andrews
Marilyn Bailey
Jerry Cook
John Cook
Valerie LaRue
Janet Meschi
Judith Morales
Nellie Trevino
MANIFESTING THE PRESENCE

OVERVIEW

Introduction

Overview

**Technique**

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Manifesting the Presence
Chapter One: Prayer
(contributor, Janet Meschi)

There are three basic forms of prayer:

**Results-oriented prayer**, which is asking for specific things such as guidance, help, a new car, etc.

**Affirmative Prayer**, which is consciousness expanding. It may include chanting, praise, or singing, but affirms the greatness of God, rather than focusing on personal needs or wants.

**Non-Directed Prayer**, may include meditation, letting go and letting God, “Not my will, but thine, be done.” It is a mystical union with the Presence of God, a mindfulness of God during detachment from personal surroundings.

Whether leading a group in prayer or praying one-on-one with another, be sure to center before beginning. Turn within and lead from your heart. Listen for clarity from God and affirm perfect answers and clear guidance. Keep affirmations simple, speak clearly, and don’t go on too long. Include a time of silence if appropriate so those listening can process their personal thoughts and prayers. Release the concerns raised into the hands of God. Always give thanks before closing.

**15 Minute Prayer Treatment:**

- Sit or lie in a comfortable position
- Center in God’s Presence. Affirm: “God’s life flows in me. I loose, let go all feelings of fear, resentment, distrust or negativity about anyone or anything in my past or present. I forgive everyone and everything. I forgive myself. Divine Love dissolves every wrong condition in my mind, body and relationships.”
• Visualize peace.
• Let Light move through your circulatory and nervous systems.
• See light flowing to every dark corner.
• Focus Healing Light where needed.
• Let Light continue to flow easily.
• Affirm: “God is Life. I am one with God. Perfect Life flows in me now. In the name of Jesus Christ, it is done. Amen.”

To align with Divine Mind, use these three affirmations at least three times a day for 40 days.

1) My mind is one with God Mind.

2) With God-like thoughts, I think God’s world into being.

3) I send forth thoughts of Good. Good returns in overflowing measure.

Thoughts on Prayer, from James Dillet Freeman and others:

What is the true purpose of prayer? To turn: wordless longings into words of faith; words of faith into life supporting attitudes; life supporting attitudes into brave, wise and loving acts; brave, wise and loving acts into a full life.


What shall I affirm? Affirm God.

How long before I see results? If you were drowning, then began to breathe, how many breaths would it take to see results? It is with prayer as with breathing. Each breath brings results. Every prayer brings results!

Is it wrong to pray for things? It is wrong not to pray for things. Pray about things. You’ll have things you need and the right attitude toward them. There is nothing that is ours to keep. Life asks back with interest. Things are made for life, not life for things. Pray for them knowing they are yours to use, to enjoy and to share.
How shall I pray for another? Pray first for yourself. I am changed when God uses me to carry the current of healing power. God cannot use me and NOT change me. I do not tell God’s power where to go. God knows. I do not have to direct God, only carry the power. God does the work. The truest help I give another is to connect directly to God.

Does praise work with prayer? We praise God for our own sake. Praise is a blessing on the world and ourselves. It is a song of joy as flowers are Earth’s song of joy. To praise God is to rise above clouds and come out upon the shining beauty of a new day.

How do I praise God? In words. By rejoicing in God’s works in the world. By seeking God first. To be like God is to be like love. I am the reed the shepherd plucks. God will play through me a merry and joyous tune of praise.

TECHNIQUES OF PRAYER

Charles Fillmore, our co-founder said: "Practice the Presence as you would practice music." Unity was founded on the music of prayer. We minister as much by what we are as by what we say and do. Sing forth the joy of God's Presence as you.

- Begin each day with meditation.
- Bless each if only with a silent, “Thank You, God.”
- Use, “I AM” positively. List daily “slips.” Burn them physically or mentally at end of each day.
- Act as if you are what you desire.
- Forgive yourself when you “slip.”
- Dedicate all you do to God’s glory.
- Fill idle-thoughts with prayers.
- Ignore the speck in another’s eye.
- End each day with meditation.
PRAYER IDEAS

Prayer: communion with God. (Quotes by Charles Fillmore)

- "Prayer is simple asking for that which we know is waiting for us and an affirmation of its existence."
- "Sincere desire is a form of prayer."
- "Prayer is a steady effort to know God."
- "Meditation, concentration, denial and affirmation in the silence are all forms of what is loosely termed prayer."

Practice of Presence is essential.

- Know, absolutely. God is here.
- It is one sure-proof preventative measure and remedy for loneliness.
- It is great antibody for fear, the open door to spiritual understanding.

Thanksgiving is acceptance of Good.

- It takes mind off what we do not want, placing it on that which is good and desirable.
- Thanksgiving is a faith builder.

Instructions of Jesus Christ:

"When you pray, go into your room, shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you openly."
(Matt 6:6)

Guideline: The Lord's Prayer

He reminded us:

- "Use not vain repetitions."
- "Swear not."
- "Pray, believing that it is done."
- "In order to receive, give."
- "It is not I, but Spirit within."
- "Give all glory to God."

INVOCATION
by Charles Fillmore

I am now in the presence of pure Being, Immersed in the Holy Spirit of life, love and wisdom. I acknowledge Thy presence and thy power, O blessed Spirit; in Thy divine wisdom now erase my mortal limitations, and from Thy pure substance of love bring into manifestation my world, according to Thy perfect law.
**Necessary Conditions For Prayer** by Charles Fillmore

- God is recognized as Creator.
- Acknowledge Oneness with God.
- Prayer is within, in the “secret place.”
- Close the door on outer thoughts.
- Pray, believing you have received.
- Kingdom of God is sought first.
- Mind lets go all unforgiveness.

**Charles Fillmore on Faith:**

- "Prayer is impotent and unfruitful when the one who prays is without a firm belief prayers are answered."
- "The prayer of faith is the activity of divine love ..."

**Be prepared to pray anytime.**

- There are short prayers: table blessings or at the beginning and conclusion of a meeting. etc.;
- On-the-spot prayers;
- Prayers in emergencies or crisis;
- "Talking" the matter over with God;
- Prayers over phone, etc.
Manifesting the Presence
Chapter 2: Meditation
(contributor, Janet Meschi)

MEDITATION NOTES, Rev. Dorothy Cummings

1. What is meditation?
- One of the forms or ways of praying.
- “...continuous, contemplative thought. Persistent meditation upon the Truth contained in the Word of God opens the mind to Spirit.” Charles Fillmore
- Thinking about God attributes and our relationship to God’s love.

2. What does meditation do?
- Aligns thoughts to God Mind.
- Helps us mentally digest Truth.
- Opens conscious and subconscious minds to Christ Mind.

3. What is the purpose of meditation?
- “To expand consciousness Christward; to bring into realization divine Truth; to be transformed by the renewing of the mind.” Charles Fillmore
- To unite our I AM with the great “I AM THAT I AM.” Our whole being is lifted to a higher plane.
- Experience this alone or in a group.

4. Seven Steps to Meditation from “Effectual Prayer,” by Frances Foulks:
- Preparation
- Relaxation
- Concentration
- Meditation
- Silence
- Message
- Living the Life

*Realization is a step often mentioned in meditative process. Placement would be between steps of “Message” and “Living the Life.” Charles Fillmore says of Realization: “Deep inner assurance of fulfillment of an ideal; at-one-ment, completion, perfection, wholeness, repose, resting in God; dawning of Truth in consciousness; inner conviction prayer has been answered, though there is as yet no outer manifestation; abiding in light of God-Mind...Supreme realization is unity with God-Mind; complete oneness with Christ consciousness.”
5. **Organization of guided meditation:**
   - To write? Not to write? How much?
   - Lead in your own unique way.
   - Create A guide, not THE guide.
   - Decide on theme and scripture.
   - Choose a few words on relaxing, letting go, on peace and quietness.
   - Tie your Scripture/theme to peace.
   - Expand on theme or scripture.
   - Choose a Truth statement for group to repeat either silently or audibly.
   - Branch out on your idea.
   - Close with thanksgiving, acceptance.
   - Make your presentation smooth.
   - With experience, you can do this extemporaneously.

**PERSONAL MEDITATION**

To begin a practice of daily meditation is to open a door to God’s infinite wisdom, love, guidance, and presence in your life. Being created by God in “his image and likeness” instills in each human being a longing to reconnect with our Source. This can be done through creating a regular habit of meditating. God is waiting for us to become silent so that guidance, creative ideas, solutions to our problems, etc., can be conveyed to us through our higher consciousness.

- Begin with intention. Set aside a special place, a comfortable chair, a time when you will not be disturbed. Commit this time to meditation and nothing else. Do not break your appointment! Once it becomes a habit, you will never want to miss this special time in your day.
- Center your mind with a word that resonates a peaceful feeling throughout your body, or use a mantra or hum a musical note to focus your mind on God, peace, love, light, etc.
- If you prefer a physical technique instead of a mantra or thought, begin at your toes and focus on relaxing them. Then move up through your legs, knees, hips, all the way up your body, relaxing every part of your body. By
the time you reach the top of your head, you should have relaxed your mind into a state of meditation.

- As thoughts come across your mind, casually dismiss them; let them float by as easily as they floated into your mind. Do not attach yourself to the thoughts. Just observe them as from a distant place as you return to your centering word or mantra, or your relaxation technique.
- Observe your breathing as it goes in and out, witnessing the rise and fall of your chest. Do not control it. Just be the witness.
- Continue this process, always re-centering as needed. It doesn’t matter that thoughts distract you at first. This will begin to lessen as the practice is continued over time. Eventually, you will be able to go into a much deeper meditation without distraction, but it takes discipline and practice. Don’t be impatient!
- Initially, sit for 15 minutes at a time. You may need to set a timer at first, but soon your mind will bring you out of meditation after your allotted time.
- To return to your mindful state, simply stretch your limbs, rotate your head in a circle and slowly return your thoughts to the present moment, as you thank God for all that has been conveyed to you during this time.
- Once you have perfected the technique that works for you, observe that in the stillness, there is no thought, no sound, no physical discomfort. You will begin to feel as if you are “out of your body,” simply observing yourself in meditation. In this state, you have reached a higher plane of consciousness where all knowledge, insights, wisdom, and understanding are available. Practiced on a regular basis, you will discover that your life operates more smoothly, synchronicities are frequent, answers come to you as you need them. There is a higher power at work as you bring this active presence of God into your daily life.
HOW TO LEAD MEDITATIONS

I. PURPOSE:

≈ Communion with God.
≈ Prepare for talk; focus on message.
≈ Heighten awareness of God.
≈ Pray with others.
≈ Relaxation drill prepares for meditation. Use when there is more time.

II. GENERAL PATTERN:

≈ At Church: 5-7 minutes or as instructed.
≈ Use smooth voice: not sweet, breathy.
≈ Be audible. Use microphone.
≈ Use good English, correct grammar.
≈ Center on one idea.
≈ For affirmations to be repeated: state idea clearly, repeat once, then say, “Together, please.”
≈ Honor Silence. Guide the meditation, don’t meditate with them.

III. THE PROCESS:

≈ Lead in: Now is time of attunement.
≈ Invite attention to Spirit.
≈ Use “we,” not “you.” Or move gently into “I AM” statements.
≈ Allow 30 – 60 seconds of silence.
≈ Be alert to restlessness in group.

IV. MUSICAL MEDITATION:

≈ NOTE: Attunes body to rhythm, harmony of central thought. Music is sung, hummed, or listened to.
≈ Select slow, not mournful, music.
≈ If people sing, use simple words.
≈ Adapt pattern as appropriate.
≈ Allow silence.
≈ Let music fade in gradually.
≈ Lead out as above. Say, “Amen.”
V. GUIDED VISUALIZATION:
  ≈ Adapt pattern as appropriate.
  ≈ Use simple images; give freedom and flexibility in choices.
  ≈ Don’t trigger unwanted reactions.
  ≈ Some people don’t like high places, oceans or birds.
  ≈ Use silence after visualization.
  ≈ Have definite purpose: realize God’s Presence, receive guidance, meet inner child.
  ≈ Lead out as above. Say, “Amen.”

VI. RESPONSIVE READINGS:
  ≈ Read leader’s part clearly.
  ≈ Read group’s part with them.
  ≈ See responsive readings in Unity Wings Hymnal.
WHY FORGIVE?

1. **Jesus Taught us to do so.**
   MATT 18:21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? 22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven. (The name 70x7 is synonymous with God's eternal forgiveness.)

   MATT 6 (the Lord’s Prayer)
   11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors. (This has implications for prosperity. You cannot truly prosper in a state of unforgiveness. Nor are you forgiven if you cannot forgive)

2. **It is healing to forgive.** According to the Mayo Clinic:

   Letting go of grudges and bitterness can make way for compassion, kindness and peace. Forgiveness can lead to:

   - Healthier relationships
   - Greater spiritual and psychological well-being
   - Less anxiety, stress and hostility
   - Lower blood pressure
   - Fewer symptoms of depression
   - Lower risk of alcohol and substance abuse

3. **Forgiveness is one of the four spiritual laws of prosperity.** According to Unity Minister and Prosperity teacher Edwene Gaines:
An unwillingness to forgive is like stabbing ourselves with a knife and expecting the person who did us wrong to feel pain. Forgiveness is not something we do for the sake of another person. Forgiveness is something we do for ourselves.

Think of forgiveness as emotional housecleaning. It lets us make room for the good we desire. It also lets us go as far as we can on this spiritual journey and receive all the universe has to offer. If we refuse to forgive, we are clinging to self-defeating feelings such as guilt, shame, blame, hurt and resentment; and when we do this, we cannot feel truly worthy of having the best God can give us; we cannot—and will not—accept God’s gifts. (Gaines, pp 119-120)

4. Forgiveness releases the past. According to Louis Hay:

We need to release the past and forgive everyone, ourselves included. We may not know how to forgive, and we may not want to forgive, but the very fact that we say we are willing to forgive begins the healing process. It is imperative for our own healing that we release the past and forgive everyone.

“I forgive you for not being the way I wanted you to be. I forgive you and I set you free.” This affirmation sets us free.

5. Forgiveness is ego-transcending. You regain the power you were giving over to thoughts of enmity or betrayal or abuse or other disempowering ego-dwellings.

In Kenneth Wapnick’s book, he says we take up the cross as Jesus said to do because it reflects the death of the ego. A life of suffering, Wapnick says, stems from one’s interpretation of life as that of a
VICTIM. Jesus was the most complete life expression of transcending the ego. Ego transcendence is the goal and that means no “VICTIM THINK.” (Dr. Cook’s term not Dr. Wapnick’s)

HOW TO FORGIVE

Forgiveness is not about condoning, it is about releasing the past.

1. Repeat Louise Hay’s affirmation above.
2. Write I (your name) forgive (their name OR “myself”) for everything. Write it 70 times for 7 days (70x7).
3. Guided forgiveness meditation picturing the person as a helpless frightened child and placing them in your heart (http://www.prosperityproducts.com/index_files/Page634.htm)
4. From the Mayo Clinic: How do I reach a state of forgiveness? Forgiveness is a commitment to a process of change. To begin, you might:
   • Consider the value of forgiveness and its importance in your life at a given time.
   • Reflect on the facts of the situation, how you've reacted, and how this combination has affected your life, health and well-being.
   • When you're ready, actively choose to forgive the person who's offended you.
   • Move away from your role as victim and release the control and power the offending person and situation have had in your life.
   • As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

REFERENCES

Mayo clinic website http://www.mayoclinic.org/healthyliving/adult-health/in-depth/forgiveness/art-20047692
Manifesting the Presence
Chapter 4: Pray - Giving Thanks as if Already Received
(contributor, John Cook)

What is Prayer Really?

16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 19 Do not quench the Spirit.

1 Thessalonians 5:16-19 English Standard Version (ESV)
(“quench” here means “extinguish”)
Thessalonians is one of Paul’s earliest writings

UNITY WORLDWIDE MINISTRIES tells us prayer is our conscious attempt to experience the presence of God. We should in prayer seek to recognize our oneness with God, opening ourselves to the power of God.

IN SO DOING, our awareness of the presence expands and we can experience the creative flow of the universe. Thus we pray not TO God or FOR God as something separate and apart from us but from “the sacred presence that is our very essence.”

(www.unity.org)

Why Gratitude?

According to Eric Butterworth: “Thank you God” is really the bridge between doubt and inner knowing. It is the bridge between discouragement and upliftment, between fear and faith. He goes on to say thank God in good times and bad, when you feel like it and when you don’t. Thank God for healing the body and spiritual growth. Thank God and then thank God and then thank God again.
Charles Fillmore wrote: “The highest form of prayer is to open our mind and quietly realize that the one omnipresent intelligence knows our thoughts and instantly answers, even before we express our desires. This being true, we should ask and at the same time give thanks that we have already received.”

**Thanking as already received is the lesson of Jesus feeding the 5000 and raising Lazarus!**

**Feeding the 5000 and Prosperity**

When Jesus fed the 5000, he had been teaching all day and the disciples were worried that all these people out in the desert would get disorderly and hungry. The disciples tried to whisk him away, but Jesus would not act out of fear! He told them to feed everyone. They may have thought he had lost his mind! He told them to gather what food they could find and that is when the boy donated his fish and bread. Jesus blessed that food knowing it was enough and more than enough.

To bless means to consecrate or honor or exalt. But one of the Unity writings says to bless is to “confer prosperity or happiness upon.”

So after 5000 were fed to satisfaction, there were 12 baskets left over. **THIS IS THE ULTIMATE PROSPERITY LESSON.** There is more than enough if we pray to align with God and bless what we have. **Blessing something with the power of God to provide is saying thank you in advance of receiving.**

In his book *Prosperity*, Charles Fillmore says scientists were getting close to discovering how to manifest items from the ether—the spiritual substance. The thought is that one day we might pull a loaf
of bread out of thin air. According to those believers in metaphysics and manifestation, that is exactly what Jesus did on the hillside. But whether he fed them with food or with spirit that day, they were most surely aware of God’s good in their lives.

WHEN WE ARE IN A STATE OF GRATITUDE, WE ARE FOCUSED ON THE GOOD IN OUR LIVES. IF WE THANK GOD AS IF “IT IS DONE” OR “IT IS SO” WE ARE IN A STATE OF TRUST AND BELIEF AND WE WILL MANIFEST GOD’S GOOD.

Lazarus Raised from the Dead

When Jesus came to the tomb of Lazarus he said “Father I thank you that you have heard me,” BEFORE Lazarus emerged from the tomb. According to the gospel of John, Jesus spoke the words of thanks “for the sake of” those who stood watching.

Unity Minister Mary Kupferle wrote: “We need to speak the words ‘Thank You, God’ aloud for the sake of the states of mind and heart that may want to hold us back from our good, for the sake of timid attitudes afraid to ask too much. The very cells of our bodies need to hear ‘Thank You, God!’ Everything within us and without us responds to ‘Thank You, God!’
In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: “It is more blessed to give than to receive.” (Acts 20:35)

This is perhaps one of the most misunderstood and misinterpreted beatitudes attributed to Jesus. Most people interpret this as a statement that we should give to benefit the weak and poor. In fact, it is meant to not only benefit the recipient of the giving but more the person doing the giving. How? This is what we call the “Law of Vacuum.” In giving, we open the door to our own receiving. We create a vacuum that ultimately results in our receiving back.

There are three parts to fulfill this law:

• Giving
• Preparing for the receiving
• Giving thanks for the receiving

Giving is closely associated with the concept of creating space (or a vacuum) in your life.

The idea of tithing is based on this principle. By giving, we create space for the Universe to give back. Unity believes in tithing not as an obligation we owe to God. Rather, the belief in tithing is based on
the benefit of opening the doors of prosperity for the one who tithes.

But the law of vacuum is not only applicable to money. I know one person who told me they could not receive compliments easily because of their upbringing. Personal self-esteem and other issues led them to devalue whatever the complement was targeted towards. It was only upon being taught that in not graciously receiving the compliment they were robbing the person giving the compliment of the opportunity to give. A simple thank you keeps the energy of the law of vacuum flowing and allows for the person giving the compliment to receive back. To devalue the complement actually blocked another person from receiving. That thought alone changed this person’s outlook on many related subjects of giving and receiving.

Law of vacuum works hand in hand with another principle, that being “clean your room.” Everyone has tons of clothing, trinkets, books, objects, cell phones – an endless list of things collected in life. Go through some of these items one day and collect all things you have not used this year. Have a garage sale – donate some to a charity. Give something to a person who has remarked they like something you have you have grown tired of. At the very least, put some of these unused items in the garbage and allow them to return to their original state. If it is clothes you are removing, leave that space for the new to come into your life.
Do not buy them yourself. Watch and see if the universe returns the gift.

Law of vacuum also applies to old emotions, hurts, resentments, and perceived wrongs. Give them back to the universe by forgiving—and make space in your life for new emotions and feelings. Keep a journal of the results. The law of vacuum does not fail.

I will end this session with a story of a rather poor lady who could barely put food on the table. She had no money so she could not give in that manner. Knowing her neighbor like flowers, she made a small bouquet from flowers in her yard and gave it to her neighbor. Next she prepared for the receiving by setting her table as if she had prepared a large meal. She had been exposed to the law of vacuum and did not really believe in it but thought she would try. To her surprise, there was a knock on the door. When she opened it there were several large grocery bags there. No one was there. She did not know where the groceries came from, but she gratefully gave thanks for the food. Most often the good we give out does not return directly from the person or persons to whom we gave. It comes from unknown and unexpected places and when we do not expect it. This is why I suggest keeping a journal.
Positive Affirmation has been a core component of Unity since its inception.

Positive affirmation is believed to convince the subconscious mind that its secret, hidden negative beliefs can be overridden or can be discovered, eradicated and replaced.

From the time the power of the subconscious mind began to be recognized and addressed, the evidence and experience usually was that sometimes the desired results were there and sometimes not.

Attempts were made by numerous seekers, many of whom became best selling authors to address the deficiency, but nothing worked all the time and that is true today.

However, having read and applied most of the available material of using the power of the mind, in conjunction with the healing/ change modalities in which I am certified, I believe I have discovered the reasons affirmations don’t always work and solutions for those blocks.

The idea of affirmations is even in the Old Testament!

“Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.” Job 22:28 King James Bible

A few years ago, The Prayer of Jabez was resurrected by Bruce Wilkinson as a failsafe means of manifestation. Millions of copies of that little book sold like funnel cakes at a fair.

And Jabez called on the God of Israel saying, 'Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and
that You would keep me from evil, that I may not cause pain.' So God granted him what he requested" (1 Chronicles 4:9-10)

New thought (Unity’s category)  
Affirmations in New Thought and New Age terminology refer primarily to the practice of positive thinking and self-empowerment—fostering a belief that "a positive mental attitude supported by affirmations will achieve success in anything." More specifically, an affirmation is a carefully formatted statement that should be repeated to one's self and written down frequently. For an affirmation to be effective, it needs to be present tense, positive, personal and specific.


(A related belief) is that a certain critical mass of people with a highly spiritual consciousness will bring about a sudden change in the whole population. And that humans have a responsibility to take part in positive creative activity and to work to heal ourselves, each other and the Earth.[4]

In 1984 Louise Hay, a Religious Science Practitioner, published You Can Heal Your Life, a guide to changing thoughts and beliefs. Hay's affirmations are designed to help the user re-program their thought patterns, the intention being that harmful underlying beliefs, which Hay believes psychologically support illness, will be replaced with healing beliefs, and thus remove a barrier to healing.

Excellent affirmations from Louise Hay:

“I am in the right place, at the right time, doing the right thing.”
“Every thought we think is creating our future.”

“No matter where we live on the planet or how difficult our situation seems to be, we have the ability to overcome and transcend our circumstances.”

“I say “Out” to every negative thought that comes to my mind. No person, place, or thing has any power over me, for I am the only thinker in my mind. I create my own reality and everyone in it.”

“I have noticed that the Universe loves Gratitude. The more Grateful you are, the more goodies you get”

“I will not be distracted by noise, chatter, or setbacks. Patience, commitment, grace, and purpose will guide me.”

“You are the only person who thinks in your mind! You are the power and authority in your world.”

“The point of power is always in the present moment.”

“The mental thought patterns that cause the most dis-ease in the body are CRITICISM, ANGER, RESENTMENT and GUILT. For instance, criticism indulged in long enough will often lead to dis-eases such as arthritis. Anger turns into things that boil and burn and infect the body. Resentment long held festers and eats away at the self and ultimately can lead to tumors and cancer. Guilt always seeks punishment and leads to pain.”
— Louise L. Hay, The Golden Louise L. Hay Collection

“In the infinity of life where I am, all is perfect, whole, and complete. I believe in a power far greater than I am that flows through me every moment of every day. I open myself to the wisdom within, knowing that there is only One Intelligence in this Universe. Out of this One Intelligence comes all the answers, all the solutions, all the healings, all the new creations. I trust this Power and Intelligence, knowing that whatever I need to know is revealed to me, and that whatever I need comes to me in the right time, space, and sequence.”
— Louise L. Hay, You Can Heal Your Life
From the Unity perspective, we have the documented examples of Myrtle and Charles Fillmore each using affirmation to cure physical conditions, which were incurable by medical science in their lifetimes.

Fillmore Affirmations:

It is not advisable to hold for too specific a demand. You might visualize a hundred dollars and get it when a thousand was coming your way. Do not limit the substance .....Make your statements broad and comprehensive so that your mind may expand to the Infinite rather than trying to cram the Infinite into your mind.

-- Daily Fillmore

To develop the love center, begin by affirming: From this time forth and forevermore I shall know no man after the flesh. I shall not see men and women as body and mortal thought. I shall always behold them with the eye of love, which sees only perfection. Ask daily that love be made alive in you, that it take up its abode at your magnetic center, and make it alive with strong, steady pulsations of spiritual energy.

Let your attention rest for a few moments every day at the heart center in your body, the cardiac plexus, while you declare silently: You are the abode of love. You are filled and thrilled with the mighty magnetic forces that love uses in doing its work. You are powerful and active to do only good, and you see only goodness and purity everywhere.

"First, God is good and all His creations are good. When you get that firmly fixed in your mind, you are bound to demonstrate good and nothing but good can come into your world ... Pray thus: I am a child of the absolute good. God is good, and I am good. Everything that comes into my life is good, and I am going to have only the good." (Charles Fillmore)

"God is the one perfect life flowing through us... God in the midst of us is a great steady stream of renewing and cleansing and vitalizing life, and we can have the use of this life if we will open up the channels of its flowing and ourselves draw from this source." (Myrtle Fillmore)
"The spiritual substance from which comes all visible wealth is never depleted. It is right with you all the time and responds to your faith in it and your demands on it. It is not affected by our ignorant talk of hard times, though we are affected because our thoughts and words govern our demonstration. The unfailing source is always ready to give." (Charles Fillmore)

"Why not on first awakening remind ourselves that this is a fresh new day, full of opportunities and fragrant with possibilities? The restrictions of yesterday have no power to overshadow our lives today, when we realize that we are in the eternal now. Let us begin our day with newness of thought and courage." (Myrtle Fillmore)

If it is health you want, say so. God's universe is overflowing with unfailing Substance." (Myrtle Fillmore)

Every cell in my body vibrates with energy and health. Loving myself heals my life.

I nourish my mind, body and soul.

My body heals quickly and easily.

Substance is everywhere, filling all the universe. There is no lack. If we have not been successful in forming it into the things we have needed and wished for, it is not because of lack of substance but of lack of understanding how to use our imaging power. -- Daily Fillmore

"Make up your mind that you are going to live in a little world all your own, a world of beauty, peace, happiness, health, and simple pleasures.” (Myrtle Fillmore)

"We draw spiritual substance to ourselves just as the magnet draws the iron. When we think about the love of God drawing to us the substance necessary for support and supply, that substance begins to accumulate all around us, and as we abide in the consciousness of it, it begins to manifest itself in all our affairs." (Charles Fillmore)
I am a child of the absolute good. God is good, and I am good. Everything that comes into my life is good, and I am going to have only the good." (Charles Fillmore)

Charles Fillmore’s favorite affirmations:

* The joy of the Lord is your strength.
* God in me is infinite wisdom.
* He shows me what to do.
* In all thy ways acknowledge Him, and He will direct thy path.
* I can do all things through Christ, which strengthens me.
* Naught can disturb me, for Christ is my peace and my poise.
* All things work together for good.
* In quietness and in confidence shall be your strength.
* Faith is the strength of the soul inside, and lost is the man without it.
* The greatest teaching ever given is: Christ in you, the hope of glory.
* God is my help in every need.

I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought be done by me." (Charles Fillmore at age 94)

Catherine Ponder, a Unity minister, is a very well known author of supercharged metaphysical books. She has written over 14 books over the past few decades. Some of her best work involves the power behind affirmations.

Here are a few inspirational affirmations from Catherine Ponder's book, *Open Your Mind To Prosperity*. To use these affirmations yourself, speak the words out loud. Speak slowly and deliberately. Change the words around so that they work for you. Substitute any words you don't like with
those of your own. Make these affirmations your own, if you like. As you speak these words, feel these declarations go out into the universe and come alive!

I NOW LET GO OF WORN OUT THINGS, WORN OUT CONDITIONS, AND WORN OUT RELATIONSHIPS. DIVINE ORDER IS NOW ESTABLISHED AND MAINTAINED IN ME AND IN MY WORLD.

I NOW RELEASE AND AM RELEASED FROM EVERYTHING AND EVERYBODY THAT ARE NO LONGER PART OF THE DIVINE PLAN FOR MY LIFE. EVERYTHING AND EVERYBODY THAT ARE NO LONGER PART OF THE DIVINE PLAN FOR MY LIFE NOW RELEASE ME.

I AM SURROUNDED BY DIVINE SUBSTANCE AND THIS DIVINE SUBSTANCE NOW MANIFESTS FOR ME IN RICH APPROPRIATE FORM.

GOD IS MY SUPPLY AND MY UNLIMITED ABUNDANCE OF EVERYTHING NOW.

DIVINE LOVE IS NOW WORKING THROUGH ME TO ADJUST ALL THE DETAILS OF MY LIFE. LOVE TRANSFORMS MY LIFE NOW.

I AM RECEIVING MY HIGHEST GOOD OF MIND, BODY AND AFFAIRS NOW! MY ACCUMULATED GOOD OF PAST AND PRESENT NOW POURS FORTH INTO MY LIFE AS RICH BLESSINGS. THIS IS A TIME OF DIVINE FULFILLMENT. I WELCOME MY ACCUMULATED GOOD NOW. I GIVE THANKS FOR DIVINE RESTORATION IN MIND, BODY AND AFFAIRS.

Large sums of money, big happy financial surprises and rich appropriate gifts now come to me under grace in perfect ways for my personal use and I use them wisely.

"I give thanks that I am beautifully and appropriately:
  - clothed with the rich substance of God.
  - housed with the rich substance of God.
  - transported with the rich substance of God."
"Divine order is now established and maintained, harmony reigns supreme."

"I am now activated by Divine Love and guided by divine power into my right work, which I perform in a perfect way for perfect pay. The divine plan of my life now takes shape in definite concrete experiences, leading to perfect health, happiness, success and prosperity."

"Divine intelligence is in charge of my life. I am now open, receptive, and obedient to its rich instruction and guidance."

"There is a divine solution to this situation. The divine solution is the sublime solution. I give thanks that the divine solution quickly appears now!"

"God's almighty power goes before me, making easy, successful and delightful my way."

"You walk in the charmed circle of God's love, and you are divinely irresistible to your highest good now."

"As I lie down to peaceful sleep, I thank God for my successful day. I rest easily, knowing that divine intelligence is renewing my mind and body, and preparing me for an even more successful day tomorrow."
Seth preceded Abraham, first appearing in the late 1970’s through Jane Roberts going into a deep trance while her husband, Robert Butts transcribed the sessions by hand.

Numerous books resulted and today, there are several Facebook pages dedicated to the study of the Seth material.

"The inner ego always identifies with its source-identity as a beloved, individualized portion of the universe. It is aware of the universal love that is its heritage. It is also aware of the infinite power and strength that composes the very fabric of its being. Through being made aware of these facts, the exterior ego can begin to feel a quicker sense of support and nourishment. The knowledge can let it relax, let go, so that it feels its life couched and safe, and knows itself to be indeed a beloved child of the universe, both ancient and young at once, with an identity far beyond the annals of time. It is of great value, then, that each person remember this universal affiliation. Such a reminder can often allow the inner self to send needed messages of strength and love through the various levels, appearing as inspiration, dreams, or simply pure bursts of feeling. The inner ego draws instant and continuous support from the universal consciousness, and the more the exterior ego keeps that fact in mind, the greater its own sense of stability, safety, and self-esteem."

Seth:

“Books on positive thinking alone, while sometimes beneficial, usually do not take into consideration the habitual nature of negative feelings, aggressions, or repressions. Often these are merely swept under the rug.

“The authors instead tell you to be positive, compassionate, strong, optimistic, filled with joy and enthusiasm, without telling you what to do to get out of the predicament you may be in, and without understanding the vicious circle that may seem to entrap you."
“Such books, again, while sometimes of value, do not explain how thoughts and emotions cause reality. They do not take into consideration the multidimensional aspects of the self or the fact that ultimately each personality, while following definite general laws, must still find and follow HIS OR HER OWN WAY OF ADAPTING these to personal circumstances.”

Seth says that when life is going well, we are living in a state of grace.

Abraham tells us that if we want to change something, to tell a new story... a story of how we want life to be and to vibrate to the frequency of what it is we want.

The way you vibrate to the frequency is Seth’s description of imagination, emotion, intensity and expectation.

*The Law of Attraction* series by Esther and Jerry Hicks:

Esther Hicks is a proponent of using affirmations that change the energy of what you are emanating.

Abraham has described themselves as "a group consciousness from the non-physical dimension" (which helps a lot!). They have also said, "We are that which you are. You are the leading edge of that which we are. We are that which is at the heart of all religions."

Abraham has told us through Esther that whenever we feel moments of great love, exhilaration, pure joy, stoned-out-bliss....when we feel that Energy Flow rushing through our bodies, that is the energy of Source, and that is who Abraham "is.”
LAW OF ATTRACTION QUOTES

I see myself in perfect health. I see myself in absolute prosperity. I see myself invigorated with life, appreciating, again, this physical life experience which I wanted so very much as I decided to be a physical Being. It is glorious to be here, a physical Being, making decisions with my physical brain but accessing the power of the Universe through the power of the Law of Attraction. ---Abraham

“One person aligned with the universe is more powerful than a million who are not.” – Abraham as translated by Esther Hicks.

Your prayer causes you to focus, and the Law of Attraction causes everything in the Universe that's in vibrational harmony with your focus to come to you. --- Abraham
Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996

There has never been an injustice anywhere in this physical time/space reality or anywhere else. **Law of Attraction** does not promote injustice. **Law of Attraction** amplifies the vibration that is within you. -- - Abraham
Excerpted from the workshop in Tarrytown, NY on Saturday, May 8th, 2004

Use whatever excuse you can to vibrate in harmony with those things you've been saying you want. And when you do, those things that are a vibrational equivalent flow into your experience in abundance. Not because you deserve it, not because you've earned it, but because it's the natural consequence of the Law of Attraction. That which is like unto itself is drawn. ---Abraham
Excerpted from the workshop in Silver Spring, MD on Saturday, April 19th, 1997

Is it possible to be the visionary and the actionary of your own life? Not only possible, it's the way most of you intended it to be. It's the best of all
worlds. What can be more exhilarating than to find a dream from the contrast, to fixate on the dream and let it give you pleasure as it grows, and then to watch Law of Attraction bring it into manifestation while you help with your action? Does it get any better than that? You didn't think so as you made the decision to come forth into these physical bodies. You said, "This is the best time in all eternity for a Creator to Create." --- Abraham
Excerpted from the workshop in Kansas City, KS on Sunday, September 27th, 1998

You have more harmony points with every person on the planet than you have disharmony points, because there is much more of you that is in harmony with your Core than you realize or that most of you allow. The closer you come to being in harmony with your Source Energy, the more in harmony you are with each other. When you think about other people and what they think of you, do you understand that what they think of you has very little to do with what you are? It has mostly to do with the habits of thought that they have developed. It has more to do with them as thinkers than it does with you as the subject of their thought. If nothing is more important to you than that you feel good, you can form a fantasy about someone who is in your life and they will begin to modify to meet your fantasy, because Law of Attraction is a very powerful thing. --- Abraham
Excerpted from the workshop in Asheville, NC, on Saturday, September 5th, 1998

As you perceive something, you give birth to a thought, and this thought now thinks. Now that it exists, now that it has been conjured, now that it has been focused, now it vibrates. Now, by Law of Attraction, other thoughts that are vibrationally same will come to it. So it begins its expansion immediately.---Abraham
Excerpted from the workshop in Philadelphia, PA on Thursday, October 15th, 1998

It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it, and the Universe must find a way to bring it about. That's the promise
of **Law of Attraction**. --- Abraham
Excerpted from the workshop in Larkspur, CA on Sunday, August 16th, 1998

Genius. It is just attention to something specific. That's all it is. **Law of Attraction** makes it happen, and so anyone who gives attention to any subject for a period of time will evolve in the direction of that understanding.
---Abraham
Excerpted from the workshop in San Diego, CA on Saturday, February 7th, 1998

**Law of Attraction** is Universal, and every person is affected by it. And it is always true that what I think and what I feel and what I get are always a match, and there is not a person on the planet that did not know that when they were born, and there is not a person on the planet that would not benefit by knowing it. But many, many, many are not yet asking and therefore are not yet ready for the answer. And so, we would say that -- although everyone wants this information -- everyone is not necessarily ready for it. We would not spend any time trying to convince anybody of anything because if they're not asking, your answers are just irritating. --- Abraham
Excerpted from the workshop in San Diego, CA on Saturday, February 7th, 1998

If you've got somebody's aspects in your experience that you don't like, there's only one reason they're there. You keep evoking them with your attention to them. Without knowing about **Law of Attraction**, you have - - through your old habit of observation -- achieved vibrational harmony with the parts of them that you do not like, and you keep summoning those parts from them by your constant vibrational offering of them. --- Abraham
Excerpted from the workshop in San Francisco, CA on Saturday, January 1st, 2000

As you identify the thing that you want and you achieve vibrational harmony with it, by **Law of Attraction** you summon the Energy through
you, and that is what life is. When someone stops desiring, Life Force no longer flows through them, and then they re-emerge into the Nonphysical where you have all kinds of goals and intentions. --- Abraham
Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996

Your prayer causes you to focus, and the Law of Attraction causes everything in the Universe that's in vibrational harmony with your focus to come to you. --- Abraham
Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996

There has never been an injustice anywhere in this physical time/space reality or anywhere else. Law of Attraction does not promote injustice. Law of Attraction amplifies the vibration that is within you. --- Abraham
Excerpted from the workshop in Tarrytown, NY on Saturday, May 8th, 2004

The thought that you think, you think, which attracts to it; so you think it some more, which attracts to it; so you think it some more. In other words, when you have an expectation, you've got a dominant thought going on, and Law of Attraction is going to deliver that to you again, and again and again. And you say, "The reason that I believe this, is because it is true." And we say, the reason that you believe it, is because you've practiced the thought. All that a belief is, is a thought that you keep practicing. --- Abraham
Excerpted from the workshop in Indianapolis, IN on Tuesday, May 28th, 2002

Just love everybody that interacts with you no matter how personally, or how peripherally, involved with you they are. The efficiency of the people who deal with you... everything... is orchestrated by the manager called Law of Attraction. And your vibration is setting all of it into motion. Everything affecting you is a reflection of the vibration that you are emitting. Spend more time focused upon your dream than upon the reality. The reality gives birth to the dream -- but the dream is where you are wanting to put your attention. --- Abraham
Excerpted from the workshop in Houston, TX on Saturday, January 13th, 2001
Enlightenment means literally aligning to the Energy of my Source. And genius is only about focusing. Law of Attraction takes care of everything else. Physical humans often want to make enlightenment about finding some process and moving through the process that has been pre-described. But true enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets! --- Abraham

Excerpted from the workshop in Boulder, CO on Saturday, June 7th, 2003

We are all Vibrational Beings. You're like a receiving mechanism that when you set your tuner to the station, you're going to hear what's playing. Whatever you are focused upon is the way you set your tuner, and when you focus there for as little as 17 seconds, you activate that vibration within you. Once you activate a vibration within you, Law of Attraction begins responding to that vibration, and you're off and running—whether it's something wanted or unwanted. --- Abraham

Excerpted from the workshop in North Los Angeles, CA on Sunday, August 18th, 2002

Think of this random Universe where everything is possible. The organizational skills belong to Law of Attraction. If you will relax and allow Law of Attraction to do the organization, the managing, then you can spend your time doing the things that please you. --- Abraham

Excerpted from the workshop in Cincinnati, OH on Saturday, September 21st, 2002

Law of Attraction says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast, which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is
always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling.---Abraham
Excerpted from the workshop in Cincinnati, OH on Saturday, July 15th, 2000

**Law of Attraction** abounds, and when it is said to you, "Ask, and it is given," there is no more powerful statement that is at the basis of what makes things happen than that. Now, how is it that you think you ask? With your words? The Universe doesn't hear your words. You ask with your desire. The desire that is born out of the contrast. That desire. That wanting. That's what summons the Life Force. ---Abraham
Excerpted from the workshop in Seattle, WA on Sunday, June 21st, 1998

When you begin to understand **Law of Attraction**, and you understand that which is like unto itself is drawn, then it is easier and easier to understand that you are offering a signal, and the entire Universe responds. And when you finally get that, and you begin to exercise some deliberate control about the signal that you offer, then it really begins to be fun, because then you recognize that nothing happens outside of your creative control. There are no things that happen by chance or by circumstance. There is nothing that is happening because of something you vibrated a long time ago or in a past life. It is not about what you were born into. It is only about what you are, right now, in this red-hot fresh moment emitting. ---Abraham
Excerpted from the workshop in Seattle, WA on Saturday, June 20th, 1998

If you examine your history, you cannot help but repeat it! **Law of Attraction** says it is so: "Whatever I am looking at, I am including in my vibration."---Abraham
Excerpted from the workshop in Boston, MA on Sunday, October 10th, 1999
Within the seed of your desire is everything necessary for it to blossom to fulfillment. And *Law of Attraction* is the engine that does the work. Your work is just to give it a fertile growing place in order to expand. --- Abraham

Excerpted from the workshop in Albuquerque, NM on Sunday, May 9th, 1999

All of the above is an abridged version of the most predominant influences on the processes and thinking necessary to effective manifestation.

What none of them addresses effectively, except Seth in several places, is that as appealing as all this sounds and as convincing as it seems when we hear the stories of immediate manifestation, of rags to riches, etc., is why the diligent application does not work all the time.

From my training with Dr. Kam Yuen, based on physics, chiropractic and ancient Chinese qui gong, it is now obvious that the reason manifestation does not always occur is that there are weaknesses *within* us that prevent it.

There are also weaknesses externally from *collective consciousness* and a number of other factors as well as the conflicts of beliefs within ourselves and among others in our reality who have a direct influence on us and on every aspect of our world.

Those weaknesses can be at any level of existence or being, but usually are unidentified beliefs, often the opposite of what we think we believe or other influences of which we are unaware. Once the weaknesses are identified and strengthened and the effects deleted with a very specific protocol, the blocks are cleared and connection with the universal intelligence established. When all weaknesses are deleted, the intelligence of the universe (God) can bring into our reality whatever our energies, frequencies, and vibrations dictate/attract.
Favorite Affirmations: Contributor, Judith Morales

Lynda Madden Dahl: “only one thing triggers the action of All That Is into creation, and it is expectation. True, expectations are formed by thought, imagination and finally emotion, but it is the actual built-in acceptance within an expectation that does the trick.”

Several Times a day give yourself the following set of suggestions. Say all three in the morning, in the middle of your day, at night, and just before sleep. Say it slowly and feel what you are saying. Realize that you are exerting your power by directing your thought.

1) I am only open to constructive and healthful suggestions and influences
2) I am automatically protected against any negative suggestions or influences.
3) I am free of any past negative suggestions or influences.

Every morning, repeat the following affirmations. Say them slowly one, two or 3 times each (your choice) and feel what you are saying.
1) What I am is good through and through.
2) I am an important part of All That Is
3) I am a God in Training.
4) All that is loves me, honors me, approves of me and respects me.
5) I approve of myself. I treat myself with a gentle hand.

“There goals are usually conceptualized desires, and once formed they act in a fashion like magnets, drawing from those vast fields of interrelatedness the kinds of conditions best suited to their fulfillment.”

A Seth Reminder... (short and sweet, without annotation)
"Say to yourself, 'That is in the past. Now in this new moment, this new present, I am already beginning to change for the better.'"

Excerpted from the workshop: The Law of Attraction, The Basics of the Teachings of Abraham on July 01, 2006
1. I am feeling my financial well being now.
2. The universe knows and responds to the whole of me.
3. I am relaxing my way into receiving my well-being.
4. I notice the small signs of good each day, and I remember to savor them.
5. I am willing to release angst and fear – and trust the universe.
6. The universe has already lined everything up for me.
7. I release mental stress and ask spirit to work through me for the good of all.

“One person aligned with the universe is more powerful than a million who are not.” – Abraham as translated by Esther Hicks.

Your prayer causes you to focus, and the Law of Attraction causes everything in the Universe that's in vibrational harmony with your focus to come to you. --- Abraham

Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996

No person, place or thing has any power over me, for I am the only thinker in my mind. ---Louise Hay

I am now rich, well and happy and every phase of my life is in divine order now. ---Catherine Ponder

Large sums of money, big happy financial surprises and rich appropriate gifts now come to me under grace in perfect ways for my personal use and I use them wisely.

I now release you and bless you. Divine Love is adjusting my life and its problems. Realizing this, I abide in peace. ---Catherine Ponder

Vast improvement comes quickly in every phase of my life now. Every day in every way, things are getting better and better for me now.

"There is a divine solution to this situation. The divine solution is the sublime solution. I give thanks that the divine solution quickly appears now!"
"God's almighty power goes before me, making easy, successful and delightful my way."

"No, I do not have to accept this situation. God in his almighty goodness is dissolving and removing all negation from my world. No situation dismays me, for God, the Spirit of good is with me, unfolding and sustaining me and making all things right."

"I give thanks that I am the ever renewing, the ever unfolding expression of infinite life, health, and energy." ---Catherine Ponder

"I give thanks that I am now rich, well and happy and that my financial affairs are in divine order. Every day in every way I am growing richer and richer."

"Money, money, money manifest thyself here and now in rich abundance."

"God's almighty power goes before me, making easy, successful and delightful my way."

"You walk in the charmed circle of God's love, and you are divinely irresistible to your highest good now."

Large sums of money, big happy financial surprises and rich appropriate gifts now come to me under grace in perfect ways for my personal use and I use them wisely.

I give thanks for a quick and substantial increase in my financial income now.

INFINITE WISDOM GUIDES ME. DIVINE LOVE PROSPERS ME AND I AM SUCCESSFUL IN EVERYTHING I DO. LOVE AND WISDOM ARE NOW UNITED IN ME.
Money flows in my life. I am prosperous. ---Orin

"First, God is good and all His creations are good. When you get that firmly fixed in your mind, you are bound to demonstrate good and nothing but good can come into your world ... Pray thus: I am a child of the absolute good. God is good, and I am good. Everything that comes into my life is good, and I am going to have only the good." ---Charles Fillmore

"Make up your mind that you are going to live in a little world all your own, a world of beauty, peace, happiness, health, and simple pleasures."
---Myrtle Fillmore

I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought be done by me." ---Charles Fillmore at age 94
Manifesting the Presence
Chapter 7: Visioning
(contributor, Janet Meschi)

At some point in everyone’s life, whether they realize it or not, visioning has been employed to create manifestation. I had a friend who used to hold a “positive vision” of having enough money to pay all her bills every month. This worked quite well for a while and she was feeling very successful, with all her bills being paid right on time. However, when she had to replace the ignition on her car, she didn’t have the extra funds. She scraped together enough to make ends meet by cutting out a few luxuries and taking sack lunches to work instead of eating out. Not yet seeing the problem of her vision, a month came along where she actually received a surprise in the form of an insurance refund. Thinking she could actually reward herself with a treat, before she knew it, she was notified of an increase in her electric bill.

“Why can’t I seem to get ahead?” she wailed. “I don’t ask for much! I just want to be able to pay all my bills!”

“But that’s exactly what you’re getting,” I observed. “You didn’t know the tools for visualizing the reality you actually wanted, so in your vagueness, you got exactly what you asked for. Start visioning for MORE than enough or enough to pay all my bills and share some with others.”

Our subconscious mind is able to embrace the millions of messages it receives and catalog them as reference material for our emotional and physical “well-being” as it deems necessary. Holding the picture of being flush at the end of the month, took no specific form, so the universe gave her what was readily available to satisfy her request.

Using the tool of visioning to create the “presence of God” in our lives requires that we have a clear picture of what we want that to look like, whether in physical or spiritual reality. The process can be the same as used in “Treasure Mapping,” by pasting pictures of God-like images, angelic beings, churches, etc. or it can be done by sitting in the silence and seeing a vision of walking with God in a garden or resting in the presence of a luminescent Being that embraces us with love.
The Science of Mind philosophy teaches that the way to our true path and to the successful expression of who we are is through the use of our own spiritual sight, or inner vision. Visioning is a deep spiritual practice where we tune into our inner knower, the deep self within that is always available and ever responsive when we call upon it. Visioning allows us to “catch” God’s plan for our life goals or current projects and can be done both individually for personal growth and collectively for the growth of our community. Through the dynamic power of visioning, we open ourselves to that always-present Love Intelligence (God within) and discover how it wants to express itself through us and how to become more of our True selves.

In Rev. Christopher Chenowith’s book, “Day by Day, A 52 Week Spiritual Growth System,” he points out that spirituality always looks for the good and refuses to dwell on the bad. We must look for the good, talk about the good, think about the good in our world, and be thankful to God for bringing it to our attention.

Using our spiritual vision allows us to perceive the good in every person and in every situation, for God is present with all people and in all places. Use your spiritual vision to perceive praise and blessings. See the God view.

Visioning for the purpose of manifesting God-presence in our lives requires being centered in God and keeping our thoughts centered. Practice thanking God, whether you feel blessed in the moment or not. As you live your life in God’s gentleness, you are forever one with God, forever young in spirit, forever one with the source of true happiness and peace.

Spend time daily practicing this spiritual exercise: Pray, “Be still, and know that I am God. I am your life. I am your health. I am your wisdom. I am your guidance. I am fulfillment. I am peace. I am the protection you seek. I am with you now.”
Ask God for the ability to see beyond appearances with a spiritual vision that can picture positive end results, in the middle of temporary challenges. Ask to see the things that yesterday you would have missed, to see beauty where before, to your awareness, there was none. Ask God for the ability to see the good in your situations of life, in yourself, and in others. Open up your vision and marvel at everything from a fresh blade of grass, to a spring leaf, to the way clouds form across the sky. See God’s creative handiwork in everything, including when you look in the mirror.

Scripture reminds us that, “As a man thinketh, so shall he be.”

Earl Nightingale puts it like this in his 1957 radio recording of “The Strangest Secret:”

Why do we become what we think about? Well, I’ll tell you how it works, as far as we know. To do this, I want to tell you about a situation that parallels the human mind. Suppose a farmer has some land, and it’s good, fertile land. The land gives the farmer a choice; he may plant in that land whatever he chooses. The land doesn’t care. It’s up to the farmer to make the decision.

We’re comparing the human mind with the land because the mind, like the land, doesn’t care what you plant in it. It will return what you plant, but it doesn’t care what you plant.

Now, let’s say that the farmer has two seeds in his hand—one is a seed of corn, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds—one corn, the other nightshade. He covers up the holes, waters and takes care of the land...and what will happen? Invariably, the land will return what was planted.
As it’s written in the Bible, “As ye sow, so shall ye reap.”

Remember the land doesn’t care. It will return poison in just as wonderful abundance as it will corn. So up come the two plants—one corn, one poison.

The human mind is far more fertile, far more incredible and mysterious than the land, but it works the same way. It doesn’t care what we plant... success or failure. A concrete, worthwhile goal or confusion, misunderstanding, fear, anxiety and so on. But what we plant must return to us.

You see, the human mind is the last great unexplored continent on earth. It contains riches beyond our wildest dreams. It will return anything we want to plant.

If we want to “Manifest the Presence of God,” we must plant seeds in the mind that will support and nurture all the aspects of God. Meditate on the “Twelve Powers of Man,” that Charles Fillmore attributes to the disciples and sees gathered together in their fullest expression as Jesus the Christ. Vision the ever-present source and very life that flows through your veins as God expressing through you. In so doing, you will manifest God presence in your life and in the lives of those you encounter.
Manifesting the Presence
Chapter 8: Holding in the Light
(contributor, Judith Morales)

Light is an expression of Source- the Creator of All That Is, God.

On earth, we experience light as a spectrum of colors, of frequencies, of vibrational patterns that we sense to varying degrees.

Light is interwoven with all of life, even affecting moods of all earth’s inhabitants. Our two primary light sources, the sun and moon are well documented in terms of their effect on our planet and all who dwell on it. Science has discovered that sunshine is critical to the production and the absorption of Vitamin D and many people experience the scourge of Seasonal Affective Disorder when there is not enough sunlight.

Light is now known to be pure electromagnetic energy, divided into photons, small packets of light and information.

Recently scientists have discovered that DNA not only emits light, but it stores light as well. That light is at the same frequency as radar, 150 megahertz, which means it is visible.

When we recognize and accept that all the universe is connected simply because everything in existence is from Source, that bond with all others on earth adds a new dimension to all we think, say and do. Our effect certainly has its greatest impact on the immediate world around us, our sphere of influence, but we also know from experience that intention carries that influence to anywhere in the universe.

The little we know about how Jesus actually healed others implies that both by spoken word and intention, he raised the vibration from the frequency of illness to that of wholeness and well being.
His personal emanation of light was strong enough that even touching the hem of his garment, which would have been imbued with his energy imprint, was sufficient to completely heal the woman who touched it. Not only that, but the energy of her illness was such that Jesus actually felt it and mentioned it.

When Jesus said that all the things He did, we could do, I believe he meant that literally, not just symbolically.

The key to developing and using those abilities is learning to resonate to the frequencies necessary to raise the vibrations of others, much as tuning forks can synchronize with each other.

Even our modern science now has sufficient research to quell the doubts that mind affects the body, as well as the environment. New neurological research proves that thoughts actually affect the muscles. Not only are thoughts things, visible to some, but they are actually light formations.

So if even modern science is forced to accept that thoughts, therefore light, change substance, then learning to direct thoughts and the energy they contain is one key to changing substance (anything to be changed) to something different.

There are many techniques for using light to make dramatic changes. Some are fairly complex and some are fairly simple, but the common thread is that all of them use the mind to manage and direct light of various colors and combinations to a person or situation.

Each color of known light vibrates at a different frequency that can be measured and each color has different effects and uses.

Much literature is available on the colors and their recommended applications, but in my experience, including years of teaching meditation and healing with light is that any light can have positive effects.
I personally have witnessed miracles with every known color of light and combinations of them. The choice of color is only one of the factors.

Here’s a brief summary on how to hold the light:

1. The first step is to be neutral with no expectations.
2. Assume a playful attitude that can allow anything to happen – even a miracle.
3. Choose the subject.
4. Choose a color that seems right to you at the moment. Analyzing and conscious thinking are not part of this process.
5. Simply imagine the person or situation surrounded by that color. Then imagine that the light can actually penetrate into the smallest particles of being.
6. Hold that image as long as you can and let the light work its magic.
7. Experiment with different colors, combinations and know that no matter what seems to be happening or not, energy and light are at work and will change the situation.
8. Practice builds skill and momentum, so know that using the light can be magical when you least expect it.
9. The absolute rule in using light is that The Light of God never fails!

In terms of colors, gold and white are universal healing colors and can be used for anything.

Blue is a cooling color and works well for headaches, fevers or infections that need cooling.

Pink is the color of unconditional love and works well for stress, depression, anger and frustration.

Orange is good for growth and regeneration. It is a vibrant life force color.

Pastel colors are higher frequency than dark, denser colors. My experience is that the pastels work faster and more effectively than other colors.

Purple, the one exception to the pastel rule, is the highest spiritual color on this plane and carries the energies of transmutation and transformation.
Recognition of this may be the reason purple has been called the color of royalty since those of royalty were the accepted agents of change.

Although red and black are widely used in fashion, as healing colors, their energies are too discordant due to the emotions and reactions they generate. Red can be happiness but it also evokes anger, blood, and war, while black typically evokes mourning and depression. The morphic resonance connected with them as well as the low frequency levels prevent them from having a healing effect.

Those also are the colors the Ascended Masters recommend eliminating from clothing and anything surrounding us.

A brief summary of techniques of using light includes:

1. The Silva three scenes method:
   First scene: See the situation as it is.
   Second scene: See the situation with the best possible outcome you can imagine.
   Third scene: See the situation resolved, happily, easily and effortlessly with the Infinite Light and Wisdom of the Universe.

2. APLE Lightwork:
   Choosing the color you wish, see the light in a vortex, like a tornado, going counter clockwise first to eliminate all that is preventing perfection. Then see the light going clockwise in a vortex realigning every particle to Perfection of Divine Order.

3. Kinslow System (Quantum Entrainment):
   Get into “Eu Feeling” (neutral, non judgmental, alpha or lower brainwave cycle).

   Using triangulation technique (Imagine your hands on two points on the body or situation connecting with you as the third point), simply observe and notice what happens.
Seth, the non-physical teacher whose teachings literally changed the world and taught the masses what Charles Fillmore understood years before emphasizes this:

"IT IS VITAL THAT YOU REALIZE YOU ARE WORKING WITH BELIEFS IN YOUR MIND - THAT THE REAL WORK IS DONE THERE IN THE MIND - AND NOT LOOK FOR IMMEDIATE PHYSICAL RESULTS.

THEY WILL FOLLOW AS SURELY AND CERTAINLY AS THE "BAD" RESULTS FOLLOWED, AND THIS MUST BE A BELIEF: THAT THE GOOD RESULTS WILL COME. BUT THE REAL WORK IS DONE IN THE MIND. IF YOU DO THE WORK, THEN YOU CAN REST ASSURED OF THE RESULTS, BUT YOU MUST NOT CHECK CONSTANTLY FOR THEM.

Your emotions and your imagination both follow your belief. When the belief vanishes then the same emotional context is no longer entertained, and your imagination turns in other directions.

Quite deliberately you use your conscious mind playfully, as if playing a game, during which time you completely ignore what seems to be in physical terms and pretend that what you really want is real.

This overview of using light can be a starting or a stopping point. It is your choice, your mind, your desire, belief and practice that will determine what you do with the knowledge and information given.

Jimmy Carter said: “My faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference.”
Dr. John Rankin taught a technique called *Asking for Answers*. It is a very simple technique. Ask a question about an event/events going on in your life, set a time limit for the answer to come, demand (in the French version of the verb to ask *demander*) an answer, then forget it. Don’t be surprised when the answer comes or disappointed if it does not. I have tried this and used it many times. It does work. I asked for an answer to a very personal thing and demanded the answer by 2:00pm the next day. I was surprised the first time I got an answer and I was disappointed the first time I did not get an answer. I lost faith in it. I stopped getting answers. In doing so, I discovered some more basic rules about using this technique.

First, the question asked needs to be about yourself or someone very close to you. It cannot be inferred to delve into someone’s personal life or ascertain things about them that are none of your business or you have no reason to know. You cannot ask on someone else’s behalf. Those questions must be made by them and the answers must come to them.

Second, it cannot be used for personal gain. It is meant to clarify or help you understand *why*; not to obtain something you cannot or would not have otherwise. In other words, don’t ask about the stock market or lottery numbers or world events. This
is meant as and works only as a very personal connection between you and God.

Third, keep in mind the verb *Demander* (French for to ask) infers demanding from God. We do not and cannot demand anything from God. The “demand” inference here is we are demanding of ourselves to ask in faith and demanding of ourselves that we have enough faith to know the answer will come (if we are meant to have an answer). This is best accomplished by the forgetting aspect. If we lay awake that night wondering if the answer will come by 10:00 the next morning, for example, we are not acting in faith and we will block the answer from coming.

This technique is one of what I call “Plugging the holes” techniques. As the disciple Thomas doubted the person standing before him was Jesus arisen and wanted to put his fingers in the nail holes from the cross for proof, we in our lives become doubting Thomas. Asking for and receiving answers to questions can reassure us God is there.

Try it sometime.
In Stretton Smith’s *4T Prosperity Program*, the first step to prosperity consciousness is surrender:

*SURRENDER. I surrender to the Christ within for I know and realize that it is not I but the Christ Mind within me that does the work. The Christ Mind is omnipotent. I surrender to it.* (Stretton, 1998, page ix)

Surrender is a challenge for some of us to even say the word! However, to yield to your inner guidance mechanism or your Christ within is to become more fully capable of every spiritual practice.

Jesus surrendered his will to the God of his being. In so doing he opened the hearts of his disciples to the message of eternal life and agape. Pastor Rick Warren* says surrender to God means

- Following God’s lead without knowing where he’s sending you;
- Waiting for God’s timing without knowing when it will come;
- Expecting a miracle without knowing how God will provide;
- Trusting God’s purpose without understanding the circumstances.
You know you're surrendered to God when you rely on God to work things out instead of trying to manipulate others, force your agenda, and control the situation. You consistently and earnestly let go and let God work. You don't have to always be in charge. *Instead of trying harder, you trust more.*

You also know you're surrendered when you don't react to criticism and rush to defend yourself!

Surrender in a very real sense is the integration of the ego. The ego as described in *A Course in Miracles* imagines himself as self-made. As such the notion of separation is engaged. The ego gives us defensiveness and puts us at the effect of things in our lives. The one true aspect of being guided by *Spirit* instead of ego, is that anything truly of *Spirit* is of *love*. Spirit/God/the Christ is the source of love. So if we come from love, we are in fact, at surrender. When the ego seeks to love and to forgive it is truly integrated and you are free and whole.

In Dr. Kenneth Wapnick’s book *Forgiveness and Jesus*, he talks about the verse in Luke 9:23 "If anyone wants to be a follower of mine let him renounce himself and take up his cross every day and follow me." Dr. Wapnick says many Christians have interpreted this to mean that they must live a life of pain and sacrifice. After all, the more one sacrifices (so the orthodox Christian believes), the more likely salvation is to come. But that belief denies the atonement of the crucifixion and resurrection of Jesus. Wapnick says quite plainly that suffering comes
from interpretation of the ego as if she were a victim of life. God’s will for us is never for us to be victims. Jesus is not teaching a course of action but a course of attitude. To surrender to God is to give up the ego, it is the renunciation of the things of this world and a turning instead to the Kingdom.

Finally, Dr. Wapnick pointed out for us that

Jesus was the most complete expression of a life that has transcended the ego. If the cross or crucifixion is the symbol of the ego, then taking up one’s cross means to follow the path of ego-transcendence as Jesus did. (Wapnick, 1983 pp 160-161)

It is not I that does the work, but my father-mother within me. This is the true meaning of surrender—it is ego transcendence.

*PASTOR RICK WARREN

Rick Warren founded the Saddleback Church in Lake Forest CA in 1980 with one family and today boasts an evangelical church of over 300,000 members. Serving 300 community ministries including prisoners, single parents, HIV/AIDS patients and CEO's
Manifesting the Presence
Chapter 11: Let Go and Let God
(contributor, John Cook)

Psalms 37:7

“Surrender yourself to the Lord and wait patiently for him.” (GWT—God’s Word Translation)

“Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes” (NIV—New International Version)

This practice of letting go and letting God is advocated by Unity in the pages of The Daily Word and in much of the teachings of Unity. Mary Kupferle* wrote a good deal of material concerning this topic.

Some of us think we have been taught that letting go and letting God is giving the issue (usually of struggle) over to our Mother-Father and releasing all attachment to the outcome. The reality is we need to let go of attachment itself. Reverend Kupferle wrote:

No matter what seems to be missing from your life—be it a much-loved person, a special place, an activity of great value, or a feeling of well-being—know that God is right now filling your need....God's light and substance and divine activity will move in and through you as you let go. God's creative process is awaiting your acceptance of its productive, healing action. Let your thoughts be lifted up. Let the presence of God dissolve your fears and doubts and remove every unbelief. Let go and let God within you do the work.

(http://www.unity.org/resources/articles/let-go-let-god-fill-your-need)
Here’s the food for thought that is helpful for those of us who may be grappling with “control issues.” And we all have some degree of issue here. Some of us M-U-C-H more than others. Control usually has to do with trying to exert influence over someone else’s action or behavior or influencing one’s immediate environment or just trying to manage fear about the unpredictable or the ambiguous. When one tries to control the world from one’s ego it is usually because of trauma or abuse or low self-esteem or an inflexible set of values or attitudes. This is the psychology of control.

Reality is, it is already in God’s hands. Even when we let go and let God, releasing our concerns, we sometimes don’t have the patience for divine order so we “take back” the issue we supposedly released. To do so is to surrender to illusion out-picted by our fretting ego.

Letting go and Letting God is a form of surrender, but unlike your spiritual work in general, to surrender it is specific to an issue that is troubling, one that your ego does not know how to fold in love. So we release our attachment by no longer being bound to whatever nagging feeling is taking over our mind. When we truly let go, what we have done is ceased giving our power over to another person or to a condition or circumstance or problem. Letting go is releasing anxiety, fear or upset in favor of the truth of our being. If the problem resides with God it ceases to be a problem, because it is enfolded in the Love of God.

*MARY KUPFERLE (1916-2003)
Reverend Mary Kupferle [born in 1916 and passed on April 17, 2003] was ordained in 1959 and served Unity churches in St. Louis, Missouri; Louisville, Kentucky; Santa Barbara, California; and Lake Worth, Florida. After nearly 20 years, she retired from Unity of Delray Beach in Florida in 1984.

Mary was the author of six Unity books and was a frequent contributor to *Daily Word*. 
Manifesting the Presence
Chapter 12: Signs and Wonders
(contributor, Judith Morales)

From Wikipedia:

“Signs and Wonders” was a phrase used often by leaders of the Charismatic movement in the late 1980s and early 1990s. It is closely associated with the ministry of John Wimber and the Vineyard Movement. One of the major emphases of the belief is that the Gospel can be communicated more effectively to unbelievers if accompanied by supernatural manifestations brought on by the Holy Spirit (such as prophecy and healing).

The origin of the phrase is in Deuteronomy 26:8, which describes the commandment to tithe first fruits as linked to God’s having brought the Israelites out of Egypt "with a strong hand and an outstretched arm, and with signs and wonders." This passage is read with emphasis in the Passover Haggadah and Seder.

A key verse in scripture that is understood by Christian ministries which allow God to move in signs and wonders is Mark 16:20, which states "Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it." Wikipedia

"And now, Lord, look upon their threats, and grant to thy servants to speak thy word with all boldness, while thou stretchest out thy hand to heal, and signs and wonders are performed through the name of thy holy servant Jesus." And when they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy Spirit and spoke the word of God with boldness." Acts4:29-31

In today’s world, as we recognize the necessity of living in Spirit, directing our thoughts, feelings, words, behavior to that end is the challenge that inspires us to look for “signs and wonders” that confirm the belief we want to guide the personality.

Even in the most assured, confident moments that all is well, all is in Divine Order, and the outcome we seek is best for our soul development and expansion, the search for signs and wonders is ever active on our unconscious radar.
Intense desire for confirmation, validation and reassurance seems to activate the appearance of “signs and wonders”.

Sometimes, the information appears in vivid dreams, sometimes in unexpected appearances of people, circumstances, events and conditions that seem synchronous or serendipitous.

A friend whose passion is singing and who was director of her Unity choir for a number of years usually gets her messages of support, answers or direction from songs that suddenly stream from the car radio as she is commuting the 45 min to hour to and from her office.

Another friend gets her most important guidance from her father who appears in vivid dreams, showing her the information she needs. For example, one time her father kept showing her legal papers and she finally figured out that her husband was trying to change some of their legal agreements, which would have represented large financial losses for her.

A client once told me the story of how he knew he would meet the woman of his dreams. Although he considered himself fairly agnostic, passing a beautiful Catholic church in Chicago, he followed an impulse to go in and pray. As he prayed, he was shown a vision of a beautiful woman and he knew this was his future wife. Years later, when he finally met her, he recognized her immediately.

My mother in law, who prayed more than anyone I have ever known, said that her sign that God was answering her prayers was the sudden sensation of chills on her entire body. When that happened, whatever she was praying for always manifested.

The list of examples of signs and wonders is endless. Experiencing them is a source of boundless joy.

3 It was declared at first by the Lord, and it was attested to us by those who heard, 
4 while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to his will. Hebrews 2:3-4
Question: "Why do so many people seek after signs and wonders?"
(Gotquestions.org)

Answer: Our God is a God of wonders (Psalm 136:3-4). As the Creator and Sustainer of all that is, God has the power to suspend natural laws in order to fulfill His purposes. Miracles were a part of the ministries of Moses, Elijah and Elisha, and of course Jesus and the apostles, and their miracles primarily served the purpose of confirming their message as being from God (Hebrews 2:3-4). Today, many people still seek to experience the miraculous, and some will go to great lengths to have that experience. There may be many reasons for such a desire, and Scripture gives us at least five:

1. Some people seek after signs and wonders because they want confirmation of the truth of God. There is nothing inherently wrong with this desire. In fact, God willingly gave signs to Moses (Exodus 4:1-9) and Gideon (Judges 6:11-22) to confirm His word. Miracles can aid a person’s coming to faith, as in John 2:23, “Many people saw the miraculous signs he was doing and believed in his name.”

   However, there comes a time when enough miracles have been performed—the truth has been proved—and it is time to exercise faith. When Moses hesitated to obey after a series of miracles at the burning bush, “the LORD’s anger burned” (Exodus 4:14).

   Also, it is nobler in God’s sight to believe without needing a miracle. Jesus visited the Samaritans, and “because of his words many more became believers” (John 4:41, emphasis added). Just a few verses later, Jesus rebukes the Galileans: “Unless you people see miraculous signs and wonders . . . you will never believe” (John 4:48). Unlike the Samaritans, the people of Galilee required signs and wonders.

2. Some people seek after signs and wonders because they do not believe the signs and wonders which have already been performed. The Pharisees of Matthew 12 were just such a lot. Jesus had been performing miracles for quite some time when a group of scribes and Pharisees came to Him with an insolent demand to see another sign. In response, Jesus condemned them as “wicked and adulterous” (Matthew 12:38-39).

There are two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.
Albert Einstein (1878-1955)
They were “wicked” in that they refused to believe the signs and wonders Christ had already performed. “In spite of his wonders, they did not believe” (Psalm 78:32). Their hearts were hardened towards the truth, even after numerous public miracles. Nothing would make them believe; their hearts were as pharaoh’s, hardened after witnessing so many of Moses’ miracles in Egypt (Exodus 9:34-35).

They were “adulterous” in the spiritual sense, having left the true worship of God to follow a man-made set of rules and traditions. Not satisfied with the miracles Jesus was doing, they demanded something even greater. As commentator Matthew Barnes puts it, “They looked for signs of their own devising.” So entrenched was their rejection of Christ that, when later presented with the “sign of the prophet Jonah” (Christ’s resurrection, Matthew 12:39-40), they still would not believe.

3. Some people seek after signs and wonders because they seek an occasion to excuse their unbelief. There were people in Jesus’ day who “tested” Him by seeking a sign (Matthew 16:1; Luke 11:16). Since they specified that the sign be “from heaven,” they most likely wanted something spectacular, similar to Elijah’s calling down fire from the sky (1 Kings 18:38) or Isaiah’s causing the sun to reverse course (Isaiah 38:8). Probably, their “test” was designed to be something “too big” for Jesus to accomplish—they simply hoped He would attempt it and fail in the attempt.

4. Some people seek after signs and wonders because they are curious thrill-seekers. Like the crowds in John 6:2 and King Herod in Luke 23:8, they want to see something sensational, but they have no real desire to know the truth of Christ.

5. Some people seek after signs and wonders because they hope to get something for themselves. After Jesus fed the multitudes, a large crowd followed Him to the other side of Galilee. Jesus saw their true motivation, however, and rebuked it: “I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill” (John 6:26). The crowd’s desire was not to know Christ or even to see more miracles; it was simply to fill their stomachs again.

Better than seeking after a new miracle is taking God at His Word. Simple faith is more pleasing to the Lord than a reliance on a dazzling sensory experience. “Jesus told him, ‘Because you have seen me, you have believed; blessed are those who have not seen and yet have believed’” (John 20:29).
What is more important to realize however, is that expectation or requirement of signs and wonders simply strengthens the same doubt that wants them. We want signs because we doubt and we doubt because we do not trust without doubt.

Truly trusting in the personalized goodness of the Universe and trusting that truly we are from God (Universal Substance) and that given the truth of that belief, we can expect with certainty that we have the leading role of the play that is our life. We write, direct and produce the whole drama, including the supporting cast. Nothing is by accident and nothing is a mistake. It is all about learning, evolving, expanding and becoming more of the God essence within us.

Parallel Verses

New International Version
"Unless you people see signs and wonders," Jesus told him, "you will never believe."

Daniel 4:2
It is my pleasure to tell you about the miraculous signs and wonders that the Most High God has performed for me.

Daniel 6:27
He rescues and he saves; he performs signs and wonders in the heavens and on the earth. He has rescued Daniel from the power of the lions."

Mark 13:22
For false messiahs and false prophets will appear and perform signs and wonders to deceive, if possible, even the elect.

Acts 4:30
Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus."

Acts 5:12
The apostles performed many signs and wonders among the people. And all the believers used to meet together in Solomon's Colonnade.

Acts 6:8
Now Stephen, a man full of God's grace and power, performed great wonders and signs among the people.

Acts 7:36
He led them out of Egypt and performed wonders and signs in Egypt, at the Red Sea and for forty years in the wilderness.

Acts 14:3
So Paul and Barnabas spent considerable time there, speaking boldly for the Lord, who confirmed the
message of his grace by enabling them to perform signs and wonders.

Acts 15:12
The whole assembly became silent as they listened to Barnabas and Paul telling about the signs and wonders God had done among the Gentiles through them.

Romans 15:19
by the power of signs and wonders, through the power of the Spirit of God. So from Jerusalem all the way around to Illyricum, I have fully proclaimed the gospel of Christ.

Hebrews 2:4
God also testified to it by signs, wonders and various miracles, and by gifts of the Holy Spirit distributed according to his will.

Then said Jesus to him, Except you see signs and wonders, you will not believe.

John 2:18  Then answered the Jews and said to him, What sign show you to us, ...
Signs and wonders is probably the most difficult subject to write about in this workbook. This is for several reasons. First, it is a highly personal subject. There is no absolute guarantee that what is a sign for one person is the same for another. The relationship between one and God is meant to be very personal, and it can be very revealing to talk about “Signs from God.” It can be almost like listening in to a very personal conversation that was meant to be between two people. Second, there are endless “Guides” and “personal gurus” “psychics” and “dream interpreters” that are more than willing to lend their own interpretation and versions of what something means even though they are probably clueless (remember Whoopi Goldberg in the movie “Ghost”). They can do this for every reason under the sun, including money and wanting to feel important or special. This is not meant to demean those who do have a special gift – and they do exist. However, even in cases where this gift exists it can be misinterpreted to the point that the true meaning is totally lost. I can only give personal examples of this as an illustration.

I once met a “card reader” in Dallas, Texas. Her name was Pansy and she was from India. I was skeptical right off the bat because of this. However, after several minutes she told me enough about myself, my past and my immediate situations that she made a believer of me: she had a special gift (she later admitted to me that the cards were to keep the subject occupied, she really did not need them). She then proceeded to tell me of my future for the next several months. According to her, I was to take a trip overseas. I was to do it in about four months, and it involved a female friend of mine and her car. Needless to say, I was anticipating a vacation overseas and the travel. What actually happened was four days later a female friend’s car broke down and I gave her a ride close to the ocean. We had a pleasant lunch as a result. I never did take the overseas trip. I did,
however, change my life. I did a tremendous amount of soul searching and completely altered my approach to the world. I did not take a physical trip over water, I took a metaphysical trip over water. Water, in the metaphysical Bible dictionary symbolizes the soul. Taking a trip over water is the same as soul searching. What Pansy had seen was in the metaphysical realm but she interpreted it in the physical. What she had genuinely seen was real but in the wrong realm. As a result I sent her a copy of the Metaphysical Bible Dictionary and an explanation that she needed to be really careful if she continued in her endeavors and readings. Misinterpretations could actually be dangerous. Also, what she had seen with the female friend was indeed four – but days, not months. There was no mal intent in her, and the readings were given in love. Nonetheless, what she told me was incorrect and potentially harmful.

There is another aspect to this also. Regarding the future, what a gifted psychic may claim to see (and actually see) is only one possible outcome of the future. We are creatures of free will, and as such are not bound to a single predetermined fate. We can and do willfully change and affect what happens tomorrow with every decision we make.

What then, are legitimate signs? Well, the Noah’s Ark lesson is a good starting place. Noah was told by God to build the Ark. And he listened, probably to a voice from deep within, and built that Ark. Can you imagine the “flak’ he took from neighbors and acquaintances? He did not waiver though. Somehow he “KNEW.” He listened to his inner voice and not the words and taunts of those around him. Imagine their feelings when Noah proved to be right......At the end of the flood, there were two signs: the dove with the twig, and the rainbow. We have seen in the Noah’s Ark lesson that interpreted as an allegory, we should expect a rainbow at the end of troubled waters. This is a promised from God.
I can relate several instances where I “KNEW.” I once passed a car lot and saw a vehicle I somehow “knew” was meant for me. When I inquired about it, I was told it already had a contract written on it and the person had good credit. The salesman did, however, write a back up contract for me (he even threw in some extras not believing the original contract would fall through). The next day I received a phone call to come and claim the vehicle, the original purchaser had for some unforeseen reason changed his mind. I once walked into a house and “knew” it was meant for me. I had no reason to believe I could purchase it but I was convinced enough that I had to try. I had worked in the corporate world all my life and recently started my own business. Qualifying for a mortgage in that circumstance is next to impossible. The next day I received a random fax advertising mortgage loans for business owners (turns out it was one of those predatory loans companies that caused so much trouble between 2005 - 2010. However, in this case it worked out for me.) I ended up purchasing the house with no money down. Later on, the business failed and I almost lost everything – even the house. I asked myself why God would give me the house and not the means to pay for it? I exhausted every avenue to no end. I gave up and told myself I would simply move to where I had a job offer. I accepted the circumstance and “Let go and let God.” The next day I received a job offer and was able to remain in my house and not move. With the job offer came a check for over $11,000 on unconditional loan in order to save my house. I considered that to be a direct sign from God that I was where I was supposed to be and was needed. And, needless to say, my emotions were overwhelming. To actually have this type of experience produces feelings of wonder that cannot be described.

I subsequently had another event like this. I wanted to move to a place by the ocean and semi-retire, but events blocked this from happening. Although I had purchased a place to live and my wife had already moved
there, my work required me to remain in the large city where I resided. Six months later I had a heart attack and subsequent open heart surgery. As it was, I was five minutes away from one of the leading heart hospitals in the world. If I had moved I would have died before reaching adequate care. To this day I think of that and the sign from God that I was being looked after even before the event(s) happened.

We do not always see the signs from God or know what they mean when we do. In the movie “What the (Bleep) Do We Know?” the statement is made that we consciously receive something like 200,000 bytes of information a second. Trouble is we are bombarded with 2,000,000,000 bytes of information a second. We simply cannot consciously perceive everything. That movie also speaks of the old tale of when Columbus landed in the new world. The Indians that greeted him could not see the three ships. Their brains could not interpret the signals their eyes were sending because they could not conceive of and had never seen anything like the ships. It was only when the small boats approached land and they recognized the shapes of men, then the small boats, that they could actually begin to see the Niña, Pinta and Santa María.

I began this discourse by saying signs from God are very personal. How does one begin to know? I will talk about the very first sign I recognized and how it happened.

First, God is always broadcasting. Tune in to a channel. It doesn’t really matter which one, just pick one. We have all heard that expression. Second, that broadcast can get very loud. If God wants your attention the broadcast gets louder and louder until one hears it. In my case, as a very young man it is an understatement to say I was codependent, lost and searching. I could not seem to find answers or good direction anywhere. I had met someone seven years earlier that I really wanted to see again. But I could not find this person, not matter what. I worked in a profession that did not have a lot of holidays. Labor Day was approaching and for some
reason I was given that weekend off. To my dismay all my friends were going out of town or had plans that did not include me. My television set was broken. I did not want to be alone. As I said, I was weak and codependent. Then I made a decision which was to affect the rest of my life. If I had no friends around, I would be my own best friend. I went to the library and checked out some books, then bought some books. I had forgotten how much I loved to read. Now that does not seem to be that much of a discovery, but at the time it was monumental. I had a feeling of satisfaction and comfort with that decision. That night when I came home from work there was a note pinned on my bedroom door. The person I was looking for had found me. I flew to where they were and spent the entire weekend with this person. I realized that the moment I had made the decision, the blockage to finding this person was removed. Spirit wanted me to be my own best friend and was increasingly isolating me until I came to the correct decision. The hair on the back of my head literally stood up upon this realization. One cannot always know what is best for themselves. One cannot always see future events and changes that need to be made. But one can learn to trust there is a God and if you open yourself up to signs and wonders God will communicate with you. Just don’t limit what that response has to look like because it may come – and most likely will come in a form that will break you out of your comfort zone and work your spiritual muscles.

There is an affirmation in this workbook about looking for small signs and thanking God for them. I understand now how powerful that affirmation is.
To sum this up:

Know there is a God and God is active.

Open yourself up and make no limitations.

Look and listen for that “inner voice.”

Do not be fooled by “false prophets,” although they can be used by Spirit in some circumstances.

Savor the times God acts openly and you know it.

Savor the small signs. It is a sign in itself. You are growing spiritually.
According to *Sermon on the Mount* author, Emmett Fox, Jesus taught in parables. According to Unity minister, John Rankin, the Bible itself can be interpreted as a parable. He teaches a lesson to demonstrate this point. It is the lesson of Noah’s Ark.

Taken literally, Noah’s Ark is the story of a man being forewarned of floods coming and building an ark to save his family and two of each creature on earth. At the end of forty days of floods a rainbow appears and the floods subside.

Taken as a parable Noah’s Ark takes on a meaning that can be used in all our everyday lives. When your life runs upon troubled waters, climb into your ark of higher consciousness, ride out the troubled waters. At the end of the trouble, a rainbow will manifest itself in your life and it is a sign the troubles are subsiding. The basic meaning is simply that “this too shall pass. “ Everyone has issues and problems to deal with in life. Noah’s Ark teaches us to not give power to events we cannot control or have very little influence over power. Don’t fret over things we cannot control but ride them out in an ark of higher consciousness. It is interesting to note that in the Bible the number 40 appears numerous times. Forty days it rained. Moses led the Jews wandering for forty years. Christ spent forty days in the Garden of Gethsemane. According to the Metaphysical Bible Dictionary, 40 is used in the Bible as an indeterminate number that represents
whatever length of time it takes for an event to “run its course.” When such an event in your life runs its course, a literal rainbow will appear in some form in your life. Look for it, but in the meantime do not expend and waste your energy worrying about what you cannot control.

The noted author Stephen Covey teaches something he calls the “Circle of influence” as opposed to “Circle of Concern.” Picture a small circle labeled Circle of influence inside of a much larger circle labeled circle of concern. This image almost looks like a target. If we spend our time worrying about our circle of concern (we may worry about these things but cannot really change them) we probably have little energy left over to take care of our circle of influence – those things we can really control or change. In other words, take care of what you can change and release the others to a higher power.

Noah’s Ark is similar. Climb into your ark of higher consciousness and ride out the troubled water. Take care of what you can and leave the rest to God. When those troubled times are over, you will get a sign.

The Bible is a history of the evolution of mankind and your own personal evolution. It is also meant to be used as a “lesson guide” for the present.

When this author first heard this lesson presented by Dr. Rankin, he was a novice in Unity belief. However, I decided to test it. As I was going through a typical personal crisis (one I would have fretted and worried day and night about) I decided to change myself. I would not let this crisis dominate my life. I put my thoughts and actions into areas I would not have experienced had I not consciously decided to do. I tried to calm the waters and climbed into the ark.

Being a young man at the time, my apartment was furnished in the way I thought a young man should furnish an apartment – to be “cool.” I was shocked one day to receive a package from an aunt of mine. I had not spoken to her in quite a while. For some reason she had sent me one of the afghans that
she took such pride in knitting. It literally contained all the colors of the rainbow. Shortly thereafter the personal crisis melted away. When I realized I had been delivered a rainbow (the afghan) as promised I started taking the lessons I was being taught seriously. And although the afghan did not enhance my “cool” apartment, I put it on my couch. It was a physical manifestation I wanted to be reminded of every day.

God is there, present in our lives every day. We might not always understand or agree with or want events that happen in our lives. We may pray for them to change. But we are destined to have faith. When those events run their course we will see that rainbow......if we are looking for it.
Manifesting the Presence
The Outer – Inner Connection: Ritual
(contributor, Jerry Cook)

As truth students we have undoubtedly been exposed to the belief that the real world is the world of our thoughts. Hopefully this is more than just exposure, we have come to accept and believe and understand this is true. We can change the outer by changing the inner. How many lessons have we listened to and been a part of? The thought comes first, the action comes after.

How many of us have the understanding that this connection can work both ways? According to Dr. John Rankin, this can happen. Ritual is the attempt to change or influence ourselves in the inner world by changing things in the outer. Two examples will be offered here.

The first will be labeled **CLEAN YOUR ROOM**.

We are all familiar with the idea that if your inner thoughts are confused and unorganized, disheveled, your outer world will reflect that. Simply put, your direct outer circumstances will probably reflect that. Your bedroom/place of residence will likely reflect the same thing. Your bed will be unmade, clothes not in the closet and organized…….you get the picture. When our minds become uncluttered, this should reflect in the room. However, what happens if you consciously clean and organize your room? Can it affect the thoughts in your mind? It can and should. Taking the time to clean and organize the outer can definitely lead to taking the time to clean and organize the inner. As a further example of this technique, think back on a time when your car desperately needed a wash. How did you feel when that happened?
The second technique is called **WEARING THE CLOTHES**:

I once knew a young man that worked at a typical job during the day and played music on the weekends and sometimes at night during the week. There were times he did not have time to change clothes between the day job and playing music at night, so he was forced to perform in “day job” clothes. He remarked he did not feel nor look like he belonged on stage in “day job” clothes and his performance reflected that lack of feeling. When he took the time and was able to change clothes into something more reflective of a musician of the times he felt more like a musician and his performance reflected that also. This is another example of changing the outer in order to change the inner. Just like cleaning or organizing your room can change your inner thoughts, dressing the part can influence and change the way you feel – changing your thoughts. Paying attention to personal grooming, appearance, and letting your self esteem as a child of God show are all ways of manifesting the presence. Being mindful of the way you look is important.

The inner/outer connection is one we must always be mindful of. Before we meditate, we take the time to center ourselves and start becoming conscious of our breathing. Yoga teaches us to control breathing. This puts us in a state to calm the mind. Exercising and caring for the body are as important as guarding our thoughts.
Faith seems a very flimsy platform on which to step for those who have never experienced the fullness of joy experienced when one takes such a risk and finds the support of God holding them securely and firmly! In Unity, we believe that there is “Only one presence and one power active in the Universe and in my life: God the good, omnipotent.” Knowing that fully and completely, assures us that faith is the most secure and firm foundation to be found.


Faith requires the acceptance of things unseen. Acceptance is not defeatism, as in throwing our hands up and sitting through horrible situations that are unchangeable. In such cases, we must start with nonresistance. This means that we will not attempt to change the condition or find a solution. Then acceptance allows us to let go and accept our human situation. In our human acceptance, we free our spiritual man to step forward and carry us through the situation unharmed. Our spiritual self is where our faith is housed. We turn our attention on God and realize that God is our power.
In the book of Daniel, chapter three, three men are thrown into a fiery furnace because they refused to bow down to the king. Before they entered the furnace, the three men talked to the king and he tried to intimidate them by making the fire seven times hotter than usual. It was so hot that those tending to the fire died.

The king wanted to know why the men were so sure they would be delivered from the flames and they answered, “Nebuchadnezzar, we don't need to answer that. If we survive, it will be God who is able to deliver us, and he will deliver us out of your hand, O king. If he doesn’t, we will still not serve your gods or worship the golden image you’ve set up. Shadrach, Meshach, and Abednego accepted their fate. In non-resistance, they didn’t try to change the unchangeable situation. In acceptance, they declared that their God was the only power in their lives, and even if God did not save them, they would never worship the false gods of the king.

The men were thrown into the furnace and were unharmed. The king and those who were with him then saw a fourth man walking in the flames. There are several interpretations of this fourth man, but essentially he was evidence of the Presence. The three men were released from the fire, and their clothes did not even smell of smoke.

This illustration of faith in God makes most of our life experiences pale in comparison, but the same truth penetrates every example, no matter its drama or danger. It can be argued that what we desire most as human beings is security. When we are in human
consciousness, we believe security comes from acquisition. We get a good job, and then we will feel secure. Next, we need to provide for our retirement. Then we realize that we may need more than that: land, securities, annuities. After achieving all these financial goals, we still don’t feel secure.

Many of us have reached the depths of financial despair and realized that the soul was secure. In Truth, the only real security is in God. Even when there is no apparent security in the world, we find security in the Spirit. God’s presence sustains us. God provides for us. God protects us.

When we accept the outer conditions we are facing and declare our commitment to believe in God’s perfect provision for us, we step out of our humanity. When we take it to the next level, and say, no matter what happens, I will still praise God, we raise our consciousness beyond human thinking and from that position, we are acting from pure Spirit. We are one with God. We are in the flames without being burned. We will come out on the other side unharmed because Spirit cannot be harmed. It is eternal and indestructible.

Stepping out on Faith, we acknowledge God’s divine plan for our lives. We do not try to change it. We accept it and we say, “Not my will, but Thine,” knowing that God wants us to experience only our highest and best good. We do not become discouraged because we trust Spirit to reveal our purpose and direction. God has placed our dreams within us to be realized. I take the next
step with confidence and faith, knowing that my soul’s unfoldment is God’s plan for blessing the world through me.

I do not resist what is unchangeable. I accept God’s will for my life. I step out on faith, knowing that God has prepared the most secure, bountiful future for me as I cling to the Truth of my reality: I and the father are ONE.

“Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.”

—Anne Lamott