



Lessons in Truth by H. Emilie Cady
Presented by Lynn VanDyke-Lee, Licensed Unity Teacher
Unity of the Palm Beaches, 1/06

A VERSION OF THE BOOK IS ONLINE AT: <http://websyte.com/unity/cady.htm>

ABOUT THE AUTHOR: H. Emilie Cady (1848-1941) from <http://website.lineone.net/~cornerstone/cady.htm>

WHO WAS H. EMILIE CADY?..... H. Emilie Cady was a true holistic pioneer. Both a turn-of-the-century homeopathic practitioner and metaphysician, she treated her patients medically and spiritually. The unique spiritual approach she taught was simple, clear and rooted in her own experience. Dr. Cady teaches that your life can be transformed by the power of your thoughts, words, and beliefs. She encourages you to find your truth as it is written in your own heart and then apply these truths in every area of your life.

Cady studied with [Emma Curtis Hopkins](#), renowned "New Thought teacher of teachers," but remained spiritually independent. Dr. Cady was a contemporary of Emmett Fox, the popular New Thought writer; Charles and Myrtle Fillmore, co-founders of the [Unity School of Christianity](#); Ernest Holmes, founder of the [Church of Religious Science](#), and other great minds of the New Thought movement. H. Emilie Cady was inspired by Biblical teachings and influenced by the ideas of Ralph Waldo Emerson.

Unity's textbook *Lessons in Truth* by H. Emilie Cady has sold over 1.5 million copies since its first publication in 1896. Inasmuch as each copy of a book of this kind is usually read by several people, over the years many millions of people have read *Lessons in Truth*. How famous, how widely known an author would be today if his or her book sold a million copies! That author would be on talk shows on television, lecturing in colleges, becoming more and more widely known every day. But it is safe to say that the thought of becoming widely known, famous, or rich never occurred to the author of *Lessons in Truth*. H. Emilie Cady just did not think in those terms.

Harriet Emilie Cady was born in 1848 in a farmhouse in Drysden, Syracuse, a beautiful and prosperous part of upstate New York. She was the daughter of a hardy pioneer. She tells us in her book *How I Used Truth* that her father was well known and respected in the neighborhood. He must have had, as a pioneer, a built-in ruggedness and persistence as well as ability to cope with whatever need developed. She spent the early part of her career as a schoolteacher in a one-room schoolhouse in her home town.

The same adventurous, self-reliant, and "can do" spirit that her father had must have led Emilie Cady to choose a career in medicine in the 1880s. Even today, over a hundred years later, men still predominate in medicine. What a drive within her it must have taken to leave school teaching, one of the few callings other than marriage sanctioned for women at that time, and to brave the disapproval of society to become a doctor of homeopathic medicine in New York City!

And she succeeded. It was as an established and successful physician that she first appeared on the Unity scene. Quite on her own, she had written and published a booklet called *Finding the Christ in Ourselves*. This came to the attention of Myrtle Fillmore, who was so impressed with it that she gave it to her husband, Charles Fillmore. He lost no time in asking permission to print and distribute the booklet and invited her to write for *Unity Magazine*. As a result, beginning in 1892, a number of articles by Dr. Cady appeared in the magazine and she later went on to write the Unity textbook, *Lessons in Truth* which has been translated into eleven languages and Braille. From all over the world, from the length and breadth of the continent, letters have come, testifying to lives helped and strengthened, of physical ailments, money problems, domestic difficulties, all kinds of inharmonies adjusted, through the study of her inspired book.

Even in the wonderful world of metaphysical Truth, few have made a greater contribution or left a more shining monument to a long life of unselfish service than did Dr. H. Emilie Cady, physician and metaphysician. Long may her work minister to humanity! And long may Unity School of Christianity continue its faithful stewardship of her writings, making them available to God's children everywhere.

(Other works by Emilie Cady: *How I Used Truth* (first published as *Miscellaneous Writings*), and *God a Present Help*)

A Brief Glossary of Truth Terms

NOTE: The terms Truth (capitalized) and Unity are used to designate the principles taught by the Unity School of Christianity and presented to the public through its literature. The term Truth (capitalized) means that which is the fundamental and ultimate reality of anything. Truth may transcend fact. For instance, to a Unity student a person's illness is fact, not Truth; he believes that the Truth about the person is wholeness; he believes that wholeness is God's will for His children and that wholeness is the fundamental and ultimate reality of each person's being.

affirmation—affirming the Truth through consciousness of Oneness with God.

atonement – blending and harmonious functioning of human thinking and feeling with the Christ Mind. “I and the Father are one”.

Being - God; Deity.

being - finite existence.

chemicalization – condition of the mind that is brought about by the conflict that takes place when a high spiritual realization contacts an old error state of consciousness.

consciousness - sum total of inner awareness.

demonstrate - to bring forth; reveal; prove.

demonstration - outward expression; proof.

denial: deny the power of any negative or limited idea

Divine Mind - God.

evil - misunderstanding of our oneness with God

manifest - to bring into form; to make evident to the senses; prove; give evidence of.

manifestation - that which has been brought forth as evident to the senses; express.

meditate - to contemplate or ponder; to dwell in thought.

metaphysics – the systematic study of the science of Being; that which transcends the physical.

principle - basic law.

reality - that which is absolute or ultimately true.

realization - clear, vivid knowing; understanding.

the silence - state of stillness, relaxation, and receptivity wherein one may experience the presence of God.

Spirit - God; Deity.

spirit - life; the principle.

spiritual consciousness - inner or intuitive awareness of the things of Spirit.

substance - the spiritual essence out of which all things are made.

Brief Overview of Unity teachings about Jesus, and the Trinity

Jesus: The man from Nazareth.

Christ: The “anointed one”. The God-self of each person. Our divine potential and true identity. In specific metaphysical terms – it is the perfect Idea of Being in the Mind of God.

Jesus Christ: The Wayshower; Teacher; Savior; Example. The Christ in human expression.

Christ Jesus: The fulfillment of Christ consciousness. The presence of Christ following the ascension.

The Trinities

<i>Religious Trinities of God (traditional)</i>	<i>Metaphysical Trinities of God</i>	<i>Trinities of Man</i>
Father	Mind	Spirit
Son	Idea	Soul
Holy Spirit	Expression	Body

Mind: Father-Mother God, laws never change

Idea: the Christ, the I Am principle

Expression: the movement of God

Spirit: Superconscious, The I Am, wholeness, God in us

Soul: Sub-conscious. The repository of experience

Body: Conscious. God in motion, the outer expression of consciousness. Choice, awareness.

(The following is from *Annotations for Lessons in Truth* by Ed Rabel)

The threefold nature of man’s being is spirit, soul, and body. All are within our one eternal being, but we refer to them and analyze them in the manner of components.

Spirit is the overall reality of our being. It partakes directly of the nature and quality of our Creator, God. We call our spiritual reality Christ. Within our Christ nature are all divine ideas, all spiritual faculties, and all the infinite potentials for good. Spirit or Christ is the Truth of our being, and includes that which we call superconscious.

Soul is the sum total of our awareness of our true being, or Spirit. Soul expresses different degrees of this total awareness through the processes of thinking and feeling. Soul has many areas, and man can give his attention to and function from different areas of his soul at different times. The area of the soul which is directly aware of thinking, we call the conscious level. The area of the soul which is the container of past thinking, or memories, we call the subconscious level.

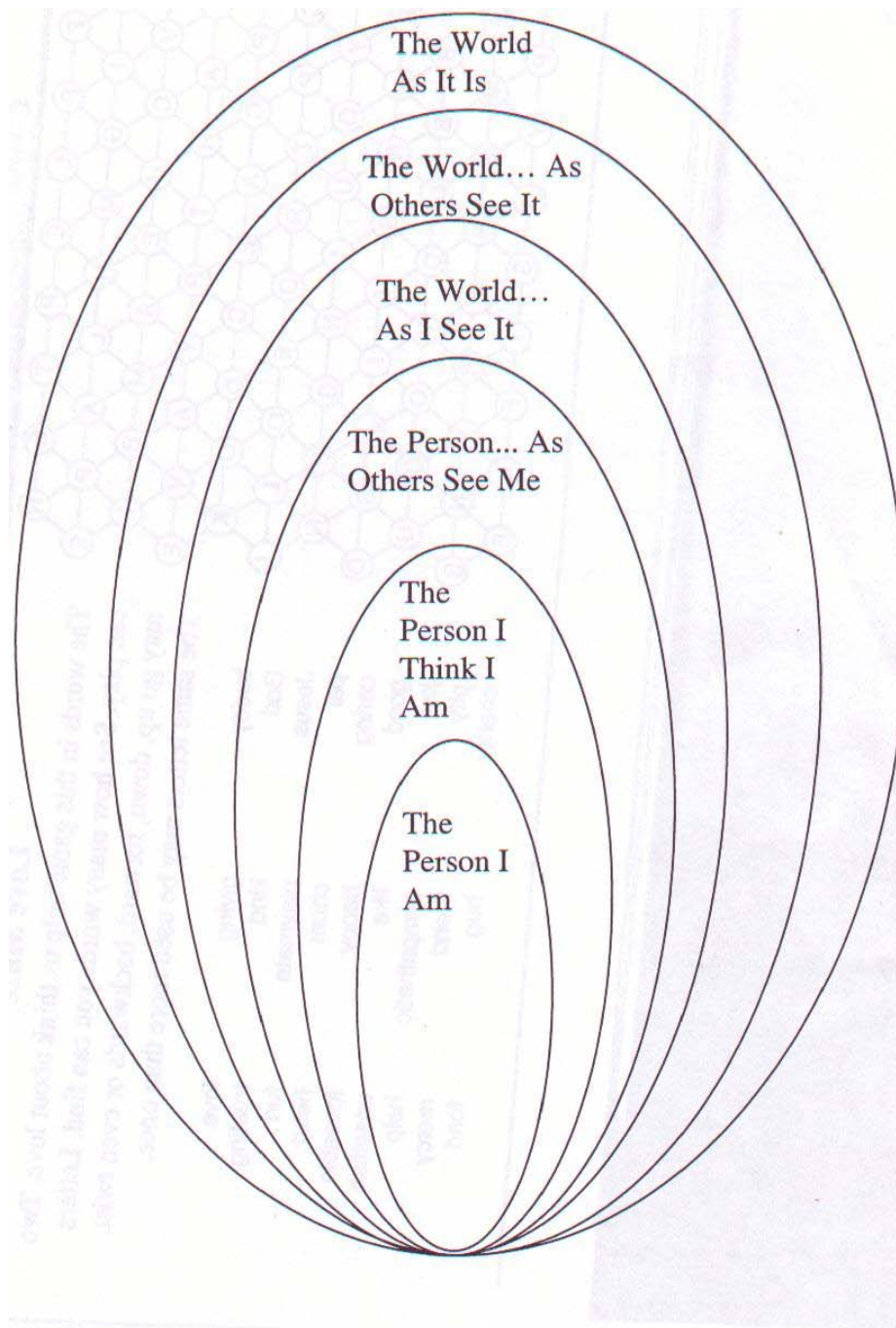
Body is the result of both spirit and soul. It is the vehicle of expression for them, and it rounds out the threefold being of man. As man’s consciousness of Truth proceeds, he improves his spiritual awareness. This improves both his thinking and feeling (soul). And thus his body partakes of that same improvement.

Lesson One : *Bondage or Liberty, Which?*

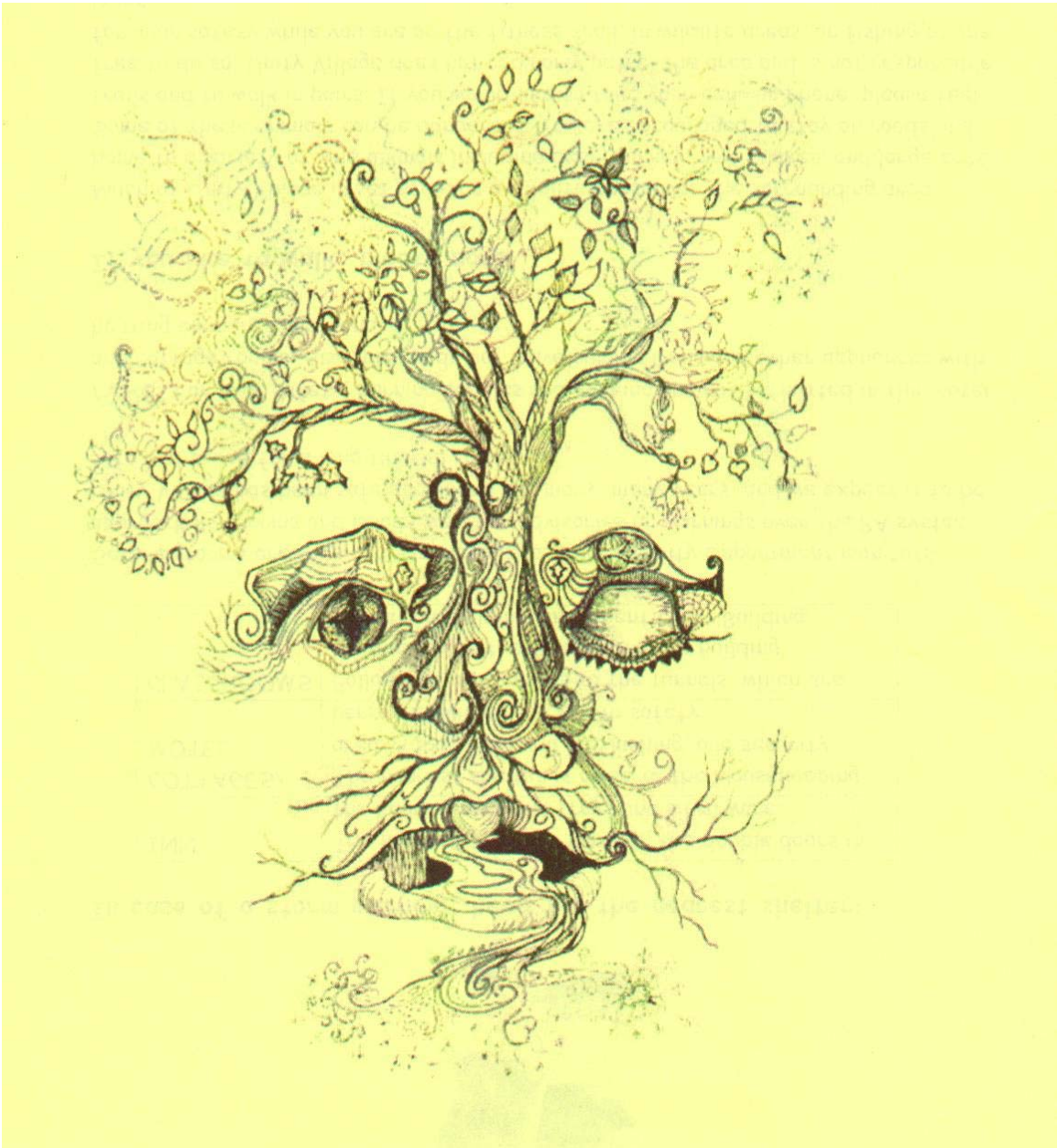
(Bible References- Deut. 3:22; Ps. 37:9; 125:1, 2; Jer. 39:18; Jn. 8:32)

Fill in the blanks using words from the right-hand column.

- | | |
|---|-------------------|
| 1. All suffering is the result of our belief that we are in _____ to things of the flesh. | expression |
| 2. The Lord's statement "to me every knee shall bow" means that human consciousness must _____ through various stages to the knowledge of oneness with God. | good |
| 3. God regards you not as His _____ but as His _____. | unforgiveness |
| 4. The secret of power in living is _____. | bondage |
| 5. Jesus daily went apart from the world so that He might return to it with renewed _____. | we talk to God |
| 6. Prayer is when _____. Inspiration is when _____. | spiritual power |
| 7. To forgive is to give some _____ in return for evil given. | daily meditation |
| 8. Failure to demonstrate may be caused by our harboring a spirit of _____. | Christ is the way |
| 9. God is present in every situation if we call His law into _____. | servant |
| 10. When there seems no way of escape from a situation, our prayer should be "_____ _ _ _ _." | God talks to us |
| | child |
| | grow up |



THE INDIVIDUAL'S PERSPECTIVE



picture from http://susansart.org/free_clip_art.htm

"Man's mind stretched to a new idea never goes back to its original dimensions."

-Oliver Wendell Holmes Jr.

Lesson Two: *Statement of Being*

(Bible refs--Ps. 4:8; Jer. 23:23, 24; Zeph. 3:17; Mt. 5:48; 23:9; Lk. 11:2; Jn. 4:24)

Fill in the blanks using words from the right-hand column.

- | | |
|---|----------------------|
| 1. God is not a being or person. He is Spirit; He is the total of. _____ . | do his will |
| 2. Man is the most complete _____ of _____. | expression
error |
| 3. Mortal mind is the _____ of _____. | all good |
| 4. There is no limit to God's readiness to give us the good we seek, if we are willing to _____ . | consciousness
God |

How Do You Think of God?

Anonymous

At first I saw God as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I die. He was out there, sort of like the president. I recognized His picture when I saw it, but I didn't really know Him.

But later on when I recognized this Higher Power, it seemed as though life was rather like a bike ride, but it was a tandem bike, and I noticed that God was in the back helping me pedal.

I don't know just when it was that He suggested we change places, but life has not been the same since, Life with my Higher Power, that is. God makes life exciting!

When He took the lead, it was all I could do to hang on! He knew delightful paths, up mountains and through rocky places - and at breakneck speeds. Even though it looked like madness, He said, "Pedal!"

I worried and was anxious and asked, "Where are you taking me?" He laughed and didn't answer, and I started to learn trust.

I forgot my boring life and entered into the adventure. When I'd say, "I'm scared", He'd lean back and touch my hand.

He took me to people with gifts that I needed, gifts of healing, acceptance, and joy. They gave me their gifts to take on my journey, our journey, God's and mine.

And we were off again. He said, "Give the gifts away; they're extra baggage, too much weight." So I did, to the people we met, and I found that in giving I received, and our burden became light.

At first I did not trust Him in control of my life. I thought He'd wreck it, but He knows bike secrets - knows how to make it lean to take sharp corners, dodge large rocks, and speed through scary passages.

And I'm learning to shut up and pedal in the strangest places. I'm beginning to enjoy the view and the cool breeze on my face with my delightful companion.

And when I'm sure I just can't do any more, He smiles and just says "Pedal!".

Lesson Three: Thinking

(Bible references-Ps. 4:8; Jer. 23:23, 24; Zeph. 3:17; Mt. 5:48; 23:9; Lk. 11:2; Jn. 4:24)

Fill in the blanks using words from the right-hand column.

- | | |
|--|--------------------|
| 1. Man is made up of three parts: _____,
_____ and _____. | individuals |
| 2. There are two classes of Truth seekers; one
requires that every statement be _____, the
other is willing to "become as _____
_____." | radiate |
| 3. The shortcut to spiritual understanding lies in
seeking directly the _____ of _____
within. | body |
| 4. Troubles and sorrows are the result of
_____ _____. We think wrongly because
we are misinformed by our _____. | wrong thinking |
| 5. God does not force us to think and act aright
because this would make us _____ instead
of _____. | Spirit (use twice) |
| 6. If we are to receive more of God's good, we
must _____ good to those around us. | automatons |
-
- | | |
|--|-----------------|
| | logical |
| | little children |
| | soul |
| | senses |
| | Truth |

The foundation principle of Truth: There is but one presence and one power in the universe, God, the good, omnipotent.

By Ed Rabel

All the teachings presented as Unity beliefs are but variations on this one theme. The ramifications are perhaps endless, but the foundation principle is this one.

One of the most important ramifications of this one principle is that God is Divine Mind, in which inhere all the ideas that produce manifest creation, including man. We can summarize this statement as follows:

God is Divine Mind.

Divine ideas are modes of expression of Divine Mind.

Divine ideas are the spiritual patterns for the thoughts of man.

The thoughts of man are the builders of his states of consciousness.

States of consciousness manifest as outer conditions and events.

Pick one of these questions relating to Lesson 3 and discuss your thoughts with your partner. Then, together with your partner, see what Emilie Cady wrote about that question.

1. Describe the foundation principle of Truth.
2. Explain God as “universal Mind”. If there is only one Mind, why do there appear to be many “minds”?
3. What is thinking? Can one come into a realization of Truth by arguing?
4. Explain the three phases of our being, and show the function of each and how they are related.
5. What is meant by error consciousness?
6. Through what faculties does man find God?
7. How does each individual receive his *own* spiritual revelations? Why should we not depend wholly on books and teachers for an understanding of Truth?
8. What is the direct road to spiritual attainment?
9. Is God responsible for keeping our thoughts right? If He is not, who is?
10. Do we have to beseech God for the fulfillment of our desires? Why? Does God change?

In Lesson 3, you'll find what Emilie Cady wrote here:

Question 1: paragraph 1

Question 2: paragraphs 5, 8, 9 & 10

Question 3: Cady writes throughout the whole lesson about the process of changing our thoughts. I think this concise definition from Ed Rabel is very helpful: Thinking is the name given to the inner process of man transforming the formless purity of mental energy into recognizable form and shape. The faculty of imagination instigates this process. Then, when man moves his attention over these forms of mental energy, the result is what is designated as thinking. The general area of the mind where most of this occurs is called the intellect.

Question 4: paragraphs 6 & 7

Question 5: paragraph 8

Question 6: Cady writes throughout the whole lesson about the nature of thinking and feeling. This is another concise definition from Ed Rabel: Man finds God through his faculties of thinking and feeling. Man's first discovery of God is in what we call his God thought, Man's thinking and feeling nature cannot encompass the allness of God in its total fullness. No matter how much of God a man may comprehend, there will always be more, and yet more. But what man finds as his own indwelling God thought serves for all purposes of God in that man.

Question 7: paragraphs 19, 20, & 21

Question 8: PRAYER. Paragraphs 38 & 39 (and others)

Question 9: paragraphs 34, 35 & 36

Question 10: paragraphs 44 & 49

Lessons Four and Five: Denials--Affirmations

(Bible references--Joel 3:10; Zeph. 3:15; Mt. 6:8, 11; 16:24; Lk. 9:23; Jn. 7:24; Rom. 8:38; 13:1)

Fill in the blanks using words from the right-hand column.

- | | |
|---|---------------------|
| 1. When Jesus said a man must "deny himself,"
He meant that we must deny the claims of
_____. | power |
| 2. Denial is declaring not be true a thing that
_____. | erasive |
| 3. If you repeatedly deny a false condition, it
loses its _____ to make you unhappy. | evil |
| 4. The first great denial is: "There is no _____."
<i>(It is suggested that the student commit the four
great denials to memory.)</i> | assert positively |
| 5. Most persons first seek spiritual things
because of _____ with their present
conditions of life | error consciousness |
| 6. To affirm anything is to _____
_____ that it is so, even in the face of
_____. | dissolving |
| 7. The first great affirmation is: "God is life,
love, intelligence, substance, omnipotence,
omniscience, _____." <i>(It is suggested that
the student commit the four great affirmations to
memory.)</i> | contrary evidence |
| 8. Denials have an _____ or _____
tendency; affirmations _____. | omnipresence |
| | seems true |
| | build up |
| | dissatisfaction |

The Four Great Denials

1. *There is no evil*
2. *There is no absence of life, substance, or intelligence anywhere.*
3. *Pain, sickness, poverty, old age and death cannot master me, for they are not real.*
4. *There is nothing in all the universe for me to fear, for greater is He that is within me than he that is in the world.*

The Four Great Affirmations

1. *God is life, love intelligence, substance, omnipotence, omniscience, omnipresence.*
2. *I am a child or manifestation of God, and every moment His life, love, wisdom, power flow into and through me. I am one with God, and am governed by His law.*
3. *I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick or hurt or afraid. I manifest my real self through this body now.*
4. *God works in me to will and to do whatsoever He wishes me to do, and He cannot fail.*

From "Lessons in Truth" by H. Emilie Cady

Together, as a class, we're going to write affirmations to be used over the next week. We'll base them on the metaphysical meanings of the seven days of Creation. (Genesis 1:1 – 2:3)

Day 1: Light: Illumination

Day 2: Firmament: Faith

Day 3: Land: Imagination

Day 4: Lights by Day and Night: Understanding (Lights by day), Will (Lights by Night)

Day 5: Birds of the Air and Creatures of the Sea: Judgment – the discernment of thought between higher spiritual thoughts (birds) and thoughts of sensation (creatures of the sea)

Day 6: Creatures of the land and Humankind as the Image and Likeness of God: Wisdom, Love and the Christ – or spiritual identity

Day 7: Rest: The Silence

NRSV (Genesis 1) In the beginning when God created the heavens and the earth, 2 the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. 3 Then God said, "**Let there be light**"; and there was light. 4 And God saw that the light was good; and God separated the light from the darkness. 5 God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. 6 And God said, "**Let there be a dome in the midst of the waters, and let it separate the waters from the waters.**" 7 **So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so.** 8 **God called the dome Sky.** And there was evening and there was morning, the second day. 9 And God said, "**Let the waters under the sky be gathered together into one place, and let the dry land appear.**" And it was so. 10 God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. 11 Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. 12 The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. 13 And there was evening and there was morning, the third day. 14 **And God said, "Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, 15 and let them be lights in the dome of the sky to give light upon the earth." And it was so.** 16 **God made the two great lights--the greater light to rule the day and the lesser light to rule the night--and the stars.** 17 **God set them in the dome of the sky to give light upon the earth, 18 to rule over the day and over the night, and to separate the light from the darkness.** And God saw that it was good. 19 And there was evening and there was morning, the fourth day. 20 **And God said, "Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky."** 21 **So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind.** And God saw that it was good. 22 God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." 23 And there was evening and there was morning, the fifth day. 24 **And God said, "Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind."** And it was so. 25 **God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.** 26 **Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."** 27 **So God created humankind in his image, in the image of God he created them; male and female he created them.** 28 God blessed them, and God said to them, "Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth." 29 God said, "See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. 30 And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. 31 God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

(Genesis 2) Thus the heavens and the earth were finished, and all their multitude. 2 **And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done.** 3 **So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.**



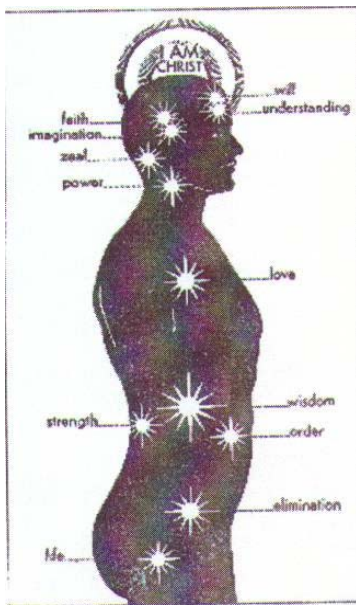
The Prayer of Faith

God is my help in every need.
God does my every hunger feed.
God walks beside me, guides my way
Through every moment of the day.

I now am wise, I now am true,
Patient, kind and loving too.
All things I am, can do, and be
Through Christ, the Truth that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all; I know no fear,
Since God and love and Truth are here.

Hannah More Kohaus



FAITH is represented by the disciple Peter, blue in color and located in the area of the pineal gland.

FAITH is the ability to say "YES" to God and good.

FAITH draws my good from the invisible to the visible.

Denial: Doubt and fear of the unknown have no place in my mind and heart.

Affirmation: From God, through me, good pours forth into the world as perfect manifestation.

January & the Color Dark Blue Reminds us

The Disciple Peter represents the faculty of FAITH . . . accessed through the center of the brain. (The pineal gland)

The Disciple named Simon Peter who was first called forth by Jesus (Twelve Powers of Man - by Charles Fillmore).
 Jesus called him Peter because his faith foundation was like a rock (Greek "petros").

"Faith is a necessary foundation for building up a spiritual consciousness; the Church of Christ, in the individual"

Faith is the thinking power. Faith thinking is done only by the people who catch sight of the Inner Truths of being and who feed their thinking faculty on images generated in their heart or love center. Let us now affirm: "Faith is assurance of all things hoped for". "Faith in spiritual human beings quickens spiritual understanding". Charles Fillmore writes, " Peter believed that Jesus was the Messiah: his faith opened his spiritual discernment and saw the living Christ back of the personal mask worn by Jesus" (Metaphysical Bible Dict.). He also claims; "Faith words should be expressed both silently and audibly" and that "Faith in the reality of the invisible builds a real abiding substance in mind and body".

We activate the mind power of Faith by affirming words of Faith, giving praise and thanksgiving to God. As we affirm; I have Faith in God; I have Faith in the Spirit; I have Faith in things invisible; these affirmations quicken the mind, making God visible to the mind and strengthens the Faith faculty. This action will bring forth the knowing of the Presence of God, to be received by the giving up of personal attachments and repenting or changing one's mind.

Paul writes to the congregation at Rome, "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God — what is good and acceptable and perfect" (Romans 12:2, NRSV),

In the Book of Ephesians 2:8: it is written; "For by grace are ye saved through faith: and that not of yourselves: it is the gift of God..."

The words of Charles Fillmore, the co-founder of Unity of Practical Christianity bears to be repeated; "Faith words should be expressed both silently and audibly." All words to God in meditative thought, vocal prayer and good deeds represent words of Faith; bringing forth the Light of Christ into full expression of life called love and forgiveness.

From: <http://www.tsmj.org/powers/power01.htm>

Lesson Seven – Personality and Individuality

(Bible references-- Ps. 91:2; Mt. 5:16; Mk. 7:14; Lk. 6:19; 8:46; Jn. 3:30; 14:1, 26)

Fill in the blanks using words from the right-hand column.

1. The more any person manifests true wisdom, the more _____ are his ways of thinking and acting.

real man

2. Personality applies to the _____ part of you; individuality denotes the _____.

God-possessed

John the Baptist

3. In the Bible, _____ stands for personality; _____, for individuality.

necessity

You can be self-possessed in the face of the strongest personality if you are _____.

simple

Jesus

5. If you are inclined to feel timid or inferior to others, remember that you are a _____ to God.

human

Selections on Personality (*Personal*) & Individuality (*Impersonal*) from *What Are You?* By Imelda Shanklin

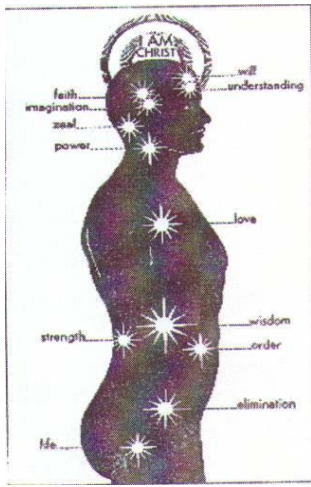
- *If someone were to ask “What are you?”, would you answer with Who you are? Or What you are?*
 - If you respond from the *personal* (*the Who*) you answer with talk of that which can be seen: body, conduct, situation.
 - If you respond from the *impersonal* (*the What*), you answer with talk of that which is the unseen: spirit, mind, revelation.
- *The personal can be changed, the impersonal is changeless.*
 - The fact that the personal can be changed offers us hope of achievement.
 - The fact that the impersonal cannot be changed gives us assurance of attainable perfection in the realms of conscious being. *The impersonal has its home in the heart of God.*
- *How do you think of yourself and your life?*
 - Identifying solely with the personal causes feelings of dissatisfaction and lack.
Knowing the personal only, you have but superficial knowledge of yourself.
 - Regarding yourself as *impersonal* being manifesting as personality ceases disquieting questions as to the how and why of life.
You become immune to doubt when you learn that the impersonal is indestructible.
- *You must become acquainted with yourself in these three aspects of identity (your being):*
 - *Spiritual You:* You have identity with God, and because of identity you feel the presence of God as a vast good.
 - *Mental Character:* “I know, I think, I understand”.
 - *Physical You:* “My body“. “My circumstances.” “My life”.
- *What are you Spiritually?*
 - Some theologies say that we are sinners, or lost souls.
 - This answer is perhaps true if it comes from the *personal* (the changing) consciousness.
 - The *impersonal*, the changeless, does not sin, or become lost. It is of God, and is identical with Him.
If God can sin, so can the spiritual you, but not otherwise.
If God can be lost, you can be lost, but under no other circumstances.
 - Metaphysically, we might answer that we are divine perfection. This is true only of the *impersonal*.
 - You are a soul that has forgotten its divine identity; a soul that is now struggling to remember that you are the loving child of the living God.
- *What are you Mentally?*
 - In the *personal* way, we say: I am ignorance. Ignorance is found only in the *personal*, and the *personal* can be changed. If the situation does exist, it need not continue to exist.
 - In the *impersonal* way, we say: I am wisdom. In your true mental identity, you are the Mind of God. It knows all things, it makes no mistakes. You become aware of its work in you when you do not crowd it aside by the arrogance of the personal mind.
- *What are you Physically?*
 - The hurts and the limitations of the *personal* begin in the mental region. Thoughts of unfitness are defamation of character, they persuade your body to misrepresent your spiritual nature.
 - Thoughts based on the recognition of your true identity (the *impersonal*) reconstruct your body in a way to make you physically fit.
Your personal identity automatically adjusts itself to your thinking
You must consciously connect with the Mind of God, and you must stay connected, that your body may be fed with His perfect life.
- *Making your mind open to the Mind of God*
“A state of wonderment” does more for you than the act of ordinary thinking.
When you begin to cultivate the liberating Mind of God, dreams, fantasies, impulses, which your mind infolds but of which you are not aware, surge forward.
- *Do not deny the fact of personality*
Your personality reports the progress that you have made in the personal.
Never think of personality as the source of life or as the transmitter of life - it is the observable form of your mental processes.
Mental habits mark the body and influence organic functionings
- *Your true identity*
 - You are the idea of God, capable of perfect translation. Some day you will become wholly awake to your divine identity, and will begin consciously to take on the image of perfection.
 - You will never know your true identity until you let the Mind of God instruct you as to what you are.
 - Consciousness of your true identity is awareness that you are as enduring as God.
 - Identity with God does not take away individuality; it enhances individuality and gives you character superlative It does not take away personality; it purifies and beautifies personality. It does not take away your joy of life; it refines your joy and increases it.

Lesson Eight – Spiritual Understanding

(Bible references-- Ps. 91:2; Mt. 5:16; Mk. 7:14; Lk. 6:19; 8:46; Jn. 3:30; 14:1, 26)

Fill in the blanks using words from the right-hand column.

- | | |
|---|------------------|
| 1. Understanding is a _____
_____, a revelation of God within the heart
of man. | selfishness |
| 2. We begin our journey toward understanding
by cutting off the branches of our _____. | Scriptures |
| 3. With spiritual understanding comes new light
on the _____. | Faithful service |
| 4. _____ for others hastens the
coming of our own dawn of understanding. | detrimental |
| 5. Too much introspection is _____ to
spiritual growth. | spiritual birth |



UNDERSTANDING is represented by the disciple Thomas, gold in color and located in the area of the front of the brain.

UNDERSTANDING represents a divine idea in the Mind of God.

UNDERSTANDING is absolute knowingness.

Understanding has the ability to perceive meaning and the Truth which stands under all shifting phenomena and outer appearances. On its highest level of operation it is designated as intuition, but all that comes under the office of knowingness is part of the function of the faculty of understanding.

From the attainment of spiritual understanding we gain such things as clearer insight, more serenity, new degrees of greatness, a changed tone that allows us to rise above the opinions of others and dwell in the hour that now is.

Spiritual understanding frees a person from the belief in outer appearances for we are able to discern the meaning within all things and the Truth which “stands under” all meanings.

“You will know the Truth, and the truth will make you free”

Intuition is that part of the faculty of understanding which receives and translates the language of Spirit, which is knowing and feeling. Pure knowing and pure feeling from Spirit must then be transformed into usable formed thoughts. This is the job of the intellect. The entire process is within the range of man’s faculty of understanding.

Lesson Nine – The Secret Place of the Most High
(Bible references- Ps. 91:1; Mt. 6:6; Jn. 8:12; 14:27; 16:13)

Fill in the blanks using words from the right-hand column.

- | | |
|---|--------------------|
| 1. The greatest desire of the human heart is to _____. | personal |
| 2. "The "secret place" is our inner meeting place with the Christ, the place at the _____ of our _____. | being
knowledge |
| 3. The secret of the key to all power is our _____, _____ of the Father within us. | center
mind |
| 4. The "white stone" of the Bible represents a _____ like a clean tablet, on which our new spiritual name is written. | know God
alive |
| 5. What we all want is that the words we have learned to say as Truth be made _____ to us. | conscious |

Lesson Ten – Finding the Secret Place
(Bible references-- Ps. 91:1; Mt. 6:6; Jn. 8:12; 14:27; 16:13)

- | | |
|---|----------------------------------|
| 1. The light we want is _____. | waiting |
| 2. "Sitting in the silence" is a passive, but a definite, _____. | secret place
expectation |
| 3. While sitting in the silence we should _____ ourselves both mentally and physically. | God (use twice)
upon
relax |
| 4. We can prevent our mind from wandering by beginning our silence with _____. | prayer |
| 5. 3. The two conditions for receiving clear revelation are that we must abide in the " _____," and our _____ must be from God. | himself |

Lesson Eleven – Spiritual Gifts

(Bible references-- Ps. 2:7, 8; 37:4; Isa. 64:4; Mt. 7:11; Jn. 4:10; 21:22; Rom. 6:23)

Fill in the blanks using words from the right-hand column.

- | | |
|---|---------------|
| 1. The power of _____ is a great spiritual gift, but there are many more gifts. | Spirit |
| 2. Paul said that "there are _____ of gifts, but the same _____." | healing |
| 3. Our greatest work is done in our own _____ channel. | old |
| 4. Failure is only the death of the ____ that new good may come. | results |
| 5. In times of trial we need to get our attention away from ____ and seek to live the life. | diversities |
| | God-appointed |

LESSONS IN TRUTH

Lesson 11

4. Name the spiritual gifts enumerated by Paul in I corinthians 12:4-10 and explain each briefly. Is healing the greatest gift?

4. Since the question specifically asks for an enumeration of the spiritual gift mentioned by Paul in I Cor. 12:4-10, we will simply reproduce the listing contained in the older annotations.

words of wisdom. may be identified as the practical application of spiritual principles (laws of God).

words of knowledge. the theoretical acceptance of spiritual principles (laws of God).

faith. steadfastness and assurance in following spiritual principles (laws of God).

gifts of healing. ability to erase mistakes that have been made, and to restore the body to its place in divine perfection.

workings of miracles. showing how divine law works to produce good in our life so that it seems miraculous to the enlightened.

prophecy. the unveiling of new concepts of Truth, indicating what results may be expected through use of divine law.

discerning of spirits. ability to know the intent and purpose back of words and acts.

diverse kinds of tongues. . . this gift makes it possible to reach people in different states of consciousness; speaking in the language of love.

interpretation of tongues. . ability to understand the intended meanings back of what people say and do.

In this context, healing would not be called the greatest, since comparisons of greatness would be out of place in such matters.

Addenda

(The writer of these new annotations cannot help but urge that because of the development of greater metaphysical knowledge throughout our Unity movement, we should strongly consider using the twelve powers of man as formulated by Charles Fillmore as our listing of the true "spiritual gifts." This could be either in addition to, or instead of those mentioned by Paul.)

Twelve Powers of Man

FAITH - I have faith that God works for good in my life.	
Color - Deep Blue	Disciple - Peter
IMAGINATION - I use my imagination to create good in my life.	
Color - Light Blue	Disciple - Bartholomew
STRENGTH - My strength comes from my inner light.	
Color - Light Green	Disciple - Andrew
ORDER - I know that Divine Order and harmony are operating in my life now.	
Color - Dark Green	Disciple - James - Alphaeus
JUDGEMENT - I use my inner wisdom to guide all I think, feel, say and do.	
Color - Yellow	Disciple - James - Zebedee
UNDERSTANDING - I grow in understanding of God's plan for me when I listen.	
Color - Gold	Disciple - Thomas
ZEAL - When I am full of joy and enthusiasm all my powers are activated.	
Color - Orange	Disciple - Simon
RENUNCIATION - I can let go of all that stands in the way of God's good for me.	
Color - Russett	Disciple - Thaddeus
LIFE - My life is a wonderful gift from God.	
Color - Red	Disciple - Simon
LOVE - I am a radiating center of God's love.	
Color - Pink	Disciple - John
WILL - I am willing to do what my inner will directs me to do.	
Color - Silver	Disciple - Matthew
POWER - I use my power to speak my Truth.	
Color - Purple	Disciple - Phillip

from <http://www.unity-north.org/Pages/012pwrman.htm>

Lesson Twelve – Unity of the Spirit

(Bible references-- Ps. 2:7, 8; 37:4; Isa. 64:4; Mt. 7:11; Jn. 4:10; 21:22; Rom. 6:23)

Fill in the blanks using words from the right-hand column.

- | | |
|--|----------------|
| 1. All spiritual teachings are basically the same because Spirit _____ . | one power |
| 2. With the "single" eye we see God only as the _____ in our life. | substance |
| 3. If others do not see Truth as we do, we should not try to convert them by repeated external _____ . | individualized |
| 4. There is no necessity for us to separate God as _____ and God as _____ . | arguments |
| | is one |
| 5. God is principle but principle becomes _____ when manifested in the human body. | tender Father |

Lessons in Truth

Presented at Unity of the Palm Beaches
1/9/2006 – 2/6/2006
Licensed Unity Teacher: Lynn VanDyke-Lee
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Texts for this class:

- *Lessons in Truth* —H. Emilie Cady
- The Bible (any version is acceptable.)

Optional Books/Internet Resources/Videos

- <http://websyte.com/unity/cady.htm> (*Lessons in Truth* online)
- *Loving Looks at Lessons in Truth* – a set of tapes by Unity minister and former Unity Institute teacher Ed Rabel
- *The Revealing Word: A Dictionary of Metaphysical Terms* —Charles Fillmore
- www.devotions.net/bible/00bible.htm—an online Bible resource

Class format: Class discussion of the lessons and Bible references for that week (please read them in advance), book review, and (optional – let’s discuss) listening to tapes.

Week	Lessons
1	1 & 2
2	3, 4, & 5
3	6 & 7
4	8, 9, & 10
5	11 & 12

Assignment for credit-seeking students:

1. Read the lessons in advance, and complete the “matching” study guide questions included in your handout. Be prepared to discuss.
2. At the top of each “matching” question page, the Bible references are listed. Read the Bible references, and each week, choose one of the listed Bible references for discussion with the class.
3. Each week, complete at least three of the Question Helps at the end of each assigned chapter and turn them in.
4. Write a reflection paper. Summarize the three concepts which impact you the most from this course and how the integration of these concepts has impacted your life. While you may seek assistance with editing, the reflections should be your own personal work. The paper should be typed and double spaced, in a 10-point font, and two to three pages (8 ½" x 11") in length. This will be the final project of the class and is due within two weeks after the final class session.