Throughout my many years of Unity ministry, I have frequently been called upon to perform weddings or memorial services involving people who were not at all aware of Unity teachings or the universal spiritual principles it embodies. The question always arises: Why did they call on a Unity minister?

More often than not, the answer has involved a story centered on familiarity with either Daily Word or The Golden Key. The unique quality of both publications, I think, is that they have resonated for decades with people who would not consider themselves particularly spiritual. The readers are really seeking practical guidance for getting through a day and shaping a life.

Emmet Fox (1886–1951), the author of The Golden Key, was a teacher of metaphysics who found a long and successful role as leader of the Divine Science Church of the Healing Christ in New York City. In the 1930s and 1940s, he spoke weekly to thousands, first in the Hippodrome and later in Carnegie Hall. He was the author of eight books, including interpretations of the Ten Commandments and the Sermon on the Mount, most of which remain in print today.

Emmet Fox was a friend of Unity cofounder Charles Fillmore and an enthusiastic proponent of New Thought and Unity in particular. (His church in New York City was also the place where New Thought’s mutually supportive relationship with Alcoholics Anonymous had its beginnings, thanks largely to his secretary, whose son was one of AA founder Bill Wilson’s first associates. Truly, Spirit was at work in wonderful ways!) All in all, Fox led an impressive and powerful life with a record of accomplishment and spiritual guidance for uncounted thousands.

And yet for all his publications, speeches, and other accomplishments, Emmet Fox is probably best known today as the author of a five-page pamphlet called The Golden Key. First printed in 1931 at the height of the Great Depression, its message is clear, its language simple. Fox called it “a practical guide for getting out of trouble,” and thousands of people have found it to be just that.

But isn’t it dated for readers in 2018? Haven’t we moved beyond its approach of read-affirm-repeat? Well, yes … and no.

Certainly, we have broadened and deepened our understanding of Truth in the 87 years since The Golden Key was written. Reading the pamphlet today, it seems to me that we have basically shifted our spiritual direction.

Fox would have us approach spiritual Truth from the outside in, starting with appropriate words and actions to release our innate spiritual power. Today we might approach the same Truth from the inside out, allowing our innate Spirit to dissolve any resistance our ego minds put in place out of spiritual ignorance.

The important point here is that either approach will work—if you work it! After all, The Golden Key is as powerful today as it was in 1931 because the only power it has is the power we give it. If we choose to embrace it, it will be profoundly effective.

Just make a choice! Comparing and critiquing can be fun, but it can also defer the essential choice. The Golden Key may seem overly basic as you read it, however, putting it into practice can nonetheless change your life. After all, sometimes a return to the basics is just what we need!
The Golden Key

NOTE TO THE SPECIAL UNITY EDITION

The Golden Key has been the means of helping many people all over the world solve all kinds of problems and overcome all sorts of handicaps, and in the present edition, it is finding a new field of usefulness.

I am happy to cooperate in this way with the fine Unity work in which I believe so heartily.

May The Golden Key be the means of opening your door to health, freedom, and knowledge of God.

—Emmet Fox

Emmet Fox (1886–1951), notable New Thought leader and writer, was born in Ireland but lived most of his life in England before moving to the United States. He became interested in the New Thought movement as a young man and gave his first metaphysical lecture in London in 1928.

During a visit to the United States in 1931, Dr. Fox accepted the position of minister of the Church of the Healing Christ in New York City. As a Divine Science minister, he was highly successful and respected in his field.

Emmet Fox had a high regard for Unity and its cofounder, Charles Fillmore. In 1944, Dr. Fox authorized the special Unity edition of this pamphlet, The Golden Key.

As part of the Unity Classic series, this pamphlet presents important beliefs and ideas of one of the early New Thought leaders. The teachings of any movement evolve over time, and the material included here represents the author’s interpretation of New Thought ideas at a given period in history.
FOREWORD

I have condensed this message into five pages. Had it been possible, I would have condensed it to five lines. It is not intended to be an instructional treatise, but a practical guide for getting out of trouble. Study and research are well in their own time and place, but no amount of either will get you out of a difficulty. Nothing but practical work in your own consciousness will do that. The mistake made by many people when things go wrong is to skim through book after book without getting anywhere.

Read *The Golden Key* several times. Do exactly what it says, and if you are persistent, you will overcome any difficulty.

—Emmet Fox

Scientific prayer will enable you to get yourself, or anyone else, out of any difficulty. It is the golden key to harmony and happiness.

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

God is omnipotent, and we are God's image and likeness and have dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. The inability to draw on this power is not the special prerogative of the mystic or the saint, as is so often supposed, or even of the highly trained practitioner. Everyone has this ability. Whoever you are, wherever you may be, the golden key to harmony is in your hand now. This is because in scientific prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the divine action takes place, and your treatment will be just the getting of yourself out of the way. Beginners often get startling results the first time, for all that is essential is to have an open mind and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none.

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

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

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

But you must stop thinking of the trouble, whatever it is. The rule is to think about God. If you are thinking about your difficulty, you are not thinking about God. To be continually glancing over your shoulder in order to see how matters are progressing is fatal, because it is thinking of the trouble, and you must think of God and nothing else. Your object is to drive the thought of the difficulty out of your consciousness, for a few moments at least, substituting for it the thought of God. This is the crux of the whole thing. If you can become so absorbed in this consideration of the spiritual world that you forget for a while about the difficulty, you will find that you are safely and comfortably out of your difficulty—that your demonstration is made.

If you are thinking about your difficulty, you are not thinking about God.

By working in this way about a person, you are not seeking to influence his (or her) conduct in any way, except that you prevent him from injuring or annoying you, and you do him nothing but good. Thereafter, he is certain to be in some degree a better, wiser, and more spiritual person, just because you have “golden keyed” him. A pending lawsuit or other difficulty would probably fade out harmlessly without coming to a crisis, justice being done to all parties concerned.

If you find that you can do this very quickly, you may repeat the operation several times a day with intervals in between. Be sure, however, each time you have done it, you drop all thought of the matter until the next time. This is important.

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

Do not try to think in advance what the solution to your difficulty will be. This is called “outlining” and will only delay the demonstration. Leave the question of ways and means to God. You want to get out of your difficulty—that is sufficient. You do your half, and God will never fail to do God’s.