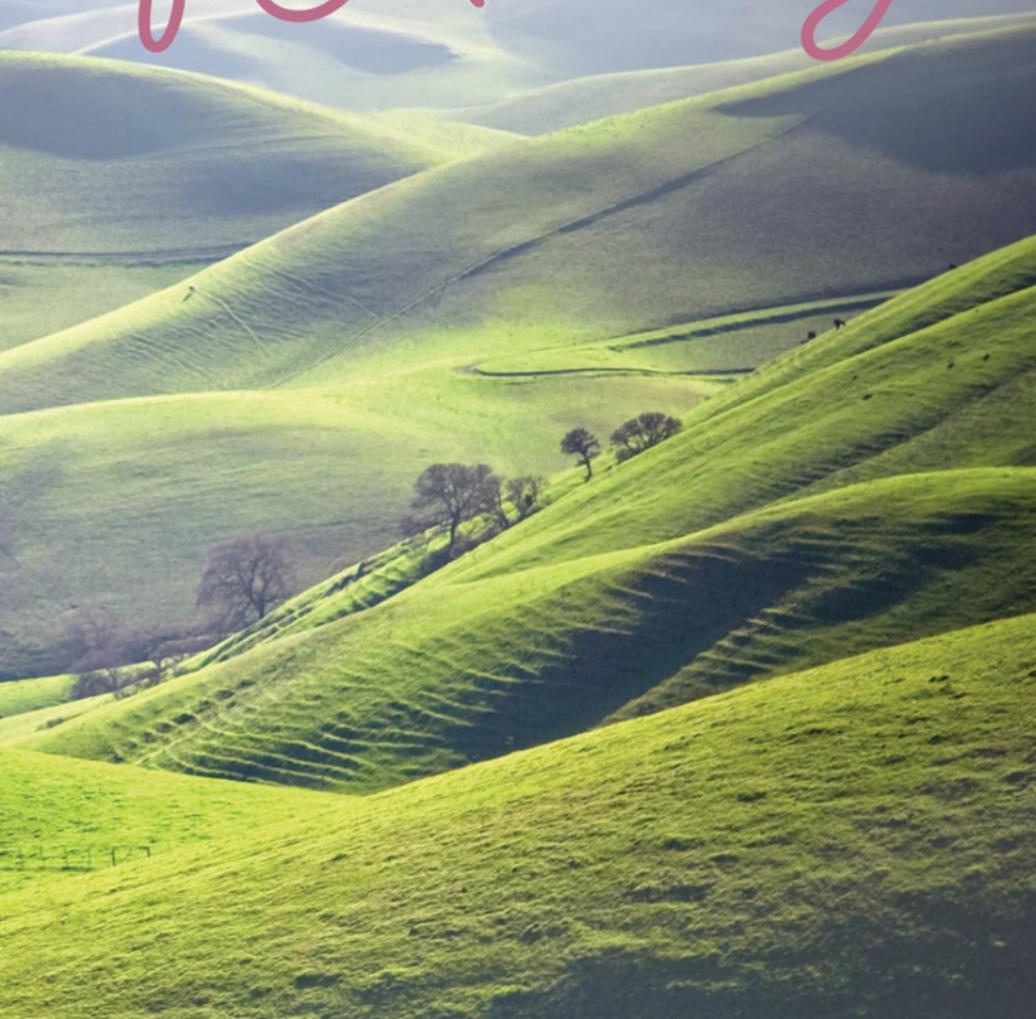


IN THE FLOW

of Healing





A HISTORY OF HEALING

Unity was founded on spiritual principles of healing, and they remain part of our primary teaching today. In this booklet, you will read stories about all sorts of healing—physical, mental, emotional. There are even times when a profound healing coincides with death.

Unity cofounder Myrtle Fillmore was 40 when doctors told her she had six months to live. Through hours of meditation and prayer, focused on the power of divine healing, she recovered after two years and kept up the practice until she slipped away at age 86, telling those close to her that she would continue her work from the other side. She and her husband Charles founded Unity in 1889 to share what they were learning about the power of mind over body and the role consciousness plays in healing.

Myrtle's story is woven throughout this booklet—it has been meaningful to so many—along with wisdom from *Myrtle Fillmore's Healing Letters*. This 1936 collection of her correspondence with those who asked for healing prayer is available at go.unity.org/healingletters.

A favorite affirmation in Unity is: *Mighty currents of God's healing love flow through me now, renewing and restoring every fiber of my being. I am whole, well, and free.* We invite you to open yourself to the healing stream that is always available to you in every aspect of life.

Your Friends in Unity

Your Support Makes a Difference

Generous donations from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. You may give at go.unity.org/donatenow.

An aerial photograph showing a wide river on the left, bordered by lush green trees. To the right of the river is a vast, straight, green agricultural field that stretches towards the horizon. In the background, there are rolling hills under a clear blue sky with a few wispy clouds. The overall scene is bright and vibrant, representing nature and health.

You Can Be Healed

REALIZING MY DIVINE NATURE, I AM HEALED.

I release any belief in limited health or well-being. Instead, I turn my mind toward the knowledge of my divine nature. God's life is my life. I claim vitality and wholeness, strength, and well-being. I heal by realizing my true nature and living fully, starting with this moment of conscious prayer.

—From the Unity Prayer Ministry

SEVEN WAYS TO HEAL YOURSELF

Angie Olson

Does the idea of praying yourself well seem impossible? Myrtle Fillmore, cofounder of Unity, *knew* she could heal herself—and she did. Her intense healing experience has been an inspiration to people around the world and is the cornerstone of how Unity began more than 130 years ago.

Myrtle was sickly as a child and a young adult, suffering from tuberculosis. After attending a New Thought lecture in 1886, Myrtle came away with one statement that changed her life: *I am a child of God, and therefore I do not inherit sickness.*

In *The Story of Unity*, James Dillet Freeman states, “In one hour Myrtle Fillmore’s whole outlook toward herself and her life had been changed. Like a revelation ... this simple and divine idea that she was a beloved child of God, that God’s will for her could only be perfect life and wholeness, filled her mind and possessed her being. The old belief that she was an invalid, that she had been born to be an invalid, was as waters that have passed away.”

So then, how do you pray yourself well?

Myrtle Fillmore believed that anyone can follow the principles of Truth and be healed. It requires more than simple prayer, however. Her teachings on healing indicate that one must engage in regular spiritual practices that encompass mind, body, and soul.

The following excerpts from her book *Myrtle Fillmore’s Healing Letters* shed light on only a few of the spiritual ideas Myrtle taught about healing. Practiced in unison, these concepts build a foundation for physical, mental, and emotional well-being.

1. Unite All Areas of Your Life

Myrtle believed there are three realms that must be addressed for healing to occur: “Daily declare that your *spiritual* life and world, your *mental* life and world, your *physical* life and world are unified and that you are expressing harmoniously the ideas of the Christ mind on these three planes.”

“I applied spiritual laws effectively, blessing my body temple until it manifested the innate health of Spirit.”

2. Have Immense Faith That You Can Be Healed

When asked what restored her vigorous health, Myrtle stated, “It was a change of mind from the old, carnal mind that believes in sickness to the Christ Mind of life and permanent health ... I applied spiritual laws effectively, blessing my body temple until it manifested the innate health of Spirit.”

3. Turn Inward

Myrtle taught that God is inside each person: “Sometimes we pray to a God outside of ourselves. It is the God in the midst of us that frees and heals ... You need to think of God, the all-powerful Healer, as being already within you, in every part of your mind, heart, and body.”

4. Be Optimistic

Positive thoughts help replace old ways of thinking and quicken healing: “Prayer is an exercise to change our thought habits and our living habits ... When some of our thought energy is expended in negative beliefs and feelings ... we get those old negative results.”

5. Rest Every Day

Myrtle noted that times of rest and rejuvenation feed the soul: “A period of quiet and rest each day is your opportunity to establish yourself at the center of your being, the one place where the supply of life and substance is inexhaustible.”

Myrtle Fillmore is an inspirational example of how powerful faith and prayer can be. Her teachings continue to guide people in the healing process.

6. Take Care of Your Body

Myrtle strongly believed in maintaining a healthy lifestyle—eating healthy foods, exercising, and resting: “The body responds to changes of the mind; and when this is accompanied by truly wise living habits, the conformity to true ideas ... will renew it and make it every whit whole.”

7. Bless Your Body

Finally, Myrtle believed that we must express gratitude for our bodies regularly: “Our first duty, then, is to bless our body ... to praise its wonderful work, to learn what its needs are, and to supply them.”

Angie Olson is vice president of digital marketing and strategy at Unity World Headquarters.

SOUL LESSONS FROM THE PANDEMIC

Blanche Kimble-Wilson

Considering that life is always presenting lessons and challenges for us to overcome and learn from, a reflective look at such experiences is necessary to understand the intended meaning, results, and benefits.

If you were to look back at your life experiences from the past couple of years, what would you say you have learned from them? Have the experiences been positive or negative or a combination that caused you to push past your previously set limits?

Whatever they were, what did they teach you about yourself? What did they teach you about your family and friends?

The pandemic brought life experiences and soul lessons to most of us, with differences for each person.

The pandemic brought life experiences and soul lessons to most of us, with differences for each person. We experienced mandated safety practices such as wearing facial masks, staying six feet apart from others in public, washing our hands many times a day, sterilizing objects, and so on. Science and technology gave rise to vaccines and other discoveries in hope of combating the spread of the virus from person to person.

Holding the perspective that life on earth is a classroom where the soul learns spiritual lessons is a practical way to become more consciously aware of our divine origin and birthright of spiritual good. Assessing the pandemic years in the light of learning, we discover something about ourselves and the good we have gained, even while being pushed beyond our comfort zones as we lived and interacted with our fellow beings.

Quarantining taught many of us how much we actually need each other. Spending time alone gave us time to reevaluate what is really important to us individually and for our families. Many began to see how much stress had built up in the body and emotions.

Time alone gave us more dedicated time to pray and meditate on healing the mind and body without interruptions. We gained better insight into skills and abilities that we previously might not have acknowledged or been aware of. We might also have had the opportunity to begin new careers or start businesses that we always had dreamed of but never had taken time to explore.

The pandemic also taught many of us how to use technology to connect with people around the world who have similar interests. We learned how to align with global issues and pray for beneficial outcomes and results such as peace, harmony, and feeding the body if need be.

Those who lost jobs or were underemployed learned that we have a greater capacity to push past previously held beliefs. We learned the true Source of our good and our daily provision. We healed our reliance on strictly material supply and realized that behind any tangible and visible provision is the invisible Spirit-Source, the substance and supply for each one of our needs.

Reflection can reveal to us our great healing capacity for patience with ourselves and with others. It shows us through prayer and meditation how to let healing flow through, in, and as us, making us whole, perfect, and complete spiritually, which eventually will manifest in the outer body and experiences.

Yes, life is a school; you are the teacher. What are you teaching yourself?

Blanche Kimble-Wilson is a longtime writer for Daily Inspiration, a publication of the Universal Foundation for Better Living.

A HIDDEN WHOLENESS

Rev. Kathy Beasley

Throughout my life, I have known healing by many names and understandings. I have found that to truly heal, we must recognize the wounds we bear by taking small steps forward in consciousness.

These small steps can be accomplished by having faith in a hidden wholeness waiting to be claimed or reclaimed. Amidst all the feelings that wash over us, we can find the gift of solace in the Silence by making meaning in the exchange of our stories.

The edge in my own healing was knowing wholeness is the forgiveness of others and ourselves, letting go of what has held us back and holding on to what gives us resilient hope.

Mine is first a story of brokenness that I carried in my bones for much of my life. The brokenness was the acceptance as truth that I was not worthy of the simplicity of goodness, that my life would never amount to anything, and that I would never measure up, nor would I matter. This thinking came with a cost that held me captive and showed up as fear, lack of confidence, and never pursuing the dreams that meant the most to me.

Healing came when I realized that no matter what had been spoken to me, there was always something within me that shielded me from total acceptance of this as my Truth. The world handed me a broken image of myself that would never satisfy my soul.

Healing came when I realized that it is not that which surrounds us or negatively impacts us that has the power to shape our character and determine our self-worth. That, beloved, is an inside job and can only be filled from within, by you and only you.

Shakespeare's Hamlet addressed "the slings and arrows of outrageous fortune." As he noted, "To be, or not to be, that is the question." Healing is not the outcome of a decision but the decision itself "to be."

One of my favorite theologians Paul Tillich wrote about the "courage to be," and I know now that healing takes the profoundness of courage for each of us. It is a decision to shift from the scripts that require us to live, move, and find our being in brokenness and begin the transformation from surviving to thriving, from a state of dis-ease to with ease, from desolation to consolation, from mourning to joy, from a place of accepting brokenness to a moment of knowing our wholeness as a birthright.

While there is nothing easy about the journey of healing, the destination has always been to know more of our own hidden wholeness and to begin the journey that is shaped by faith in being who we are called to be, rather than succumbing to the external options of who others have thought we ought to be.

Today I know and accept my wholeness and the Truth of my being. I declare that I am healed!

I invite you to look at your stories and determine whether you are reading from your story of brokenness or wholeness. No matter the volume, it takes courage to turn the page, pick up a pen, and begin to honor a new story and a telling of your Truth.

Beloved, the greatest story ever told is the story you tell of who you were created to be. Hamlet posed the question, and we live the answer by knowing that we have everything we need to be whole, to be magnificent, to be complete, to be transformed, to be holy, to be you, and to be healed.

Rev. Kathy Beasley is a staff minister at Unity of Central Florida in Orlando and the training supervisor for the Unity Prayer Ministry.

NOTHING TO HEAL

Rev. Joy Wylter, J.D.

In 1955, in a small town in southwest Missouri, a baby born with physical differences was not warmly welcomed. While I was set aside in the nursery to meet my demise quietly, my parents were cautioned not to become attached to me.

On my third day of life, my father announced he'd had enough of the death foolishness, and he and my mother would take me home and love me as much as they could, as long as they could.

Living in proximity to well-known evangelical healers in Oklahoma, my paternal grandmother wanted to take me to a meeting for a physical touch healing. She wanted to fix what was wrong with me. My father's response really was a profound healing. He said, "We don't need to take her anywhere. She is perfect as she is. There is nothing to heal."

For a child born with a physical disability that would influence her whole life, I cannot think of a more powerful seed thought to plant in a young mind than, "There is nothing broken about the way you came into the world. Your divine design does not need to be healed."

What if we released our language around "birth defects"? What if we knew with certainty that the Universe celebrates each birth and judges no one as defective? What if there is no single picture of how spiritual wholeness expresses in humanity?

Western thought is infused with ableism or the idea that success and value are tied to how much we produce and whether we attain high levels of physical, intellectual, and emotional strength and skills as typically measured.