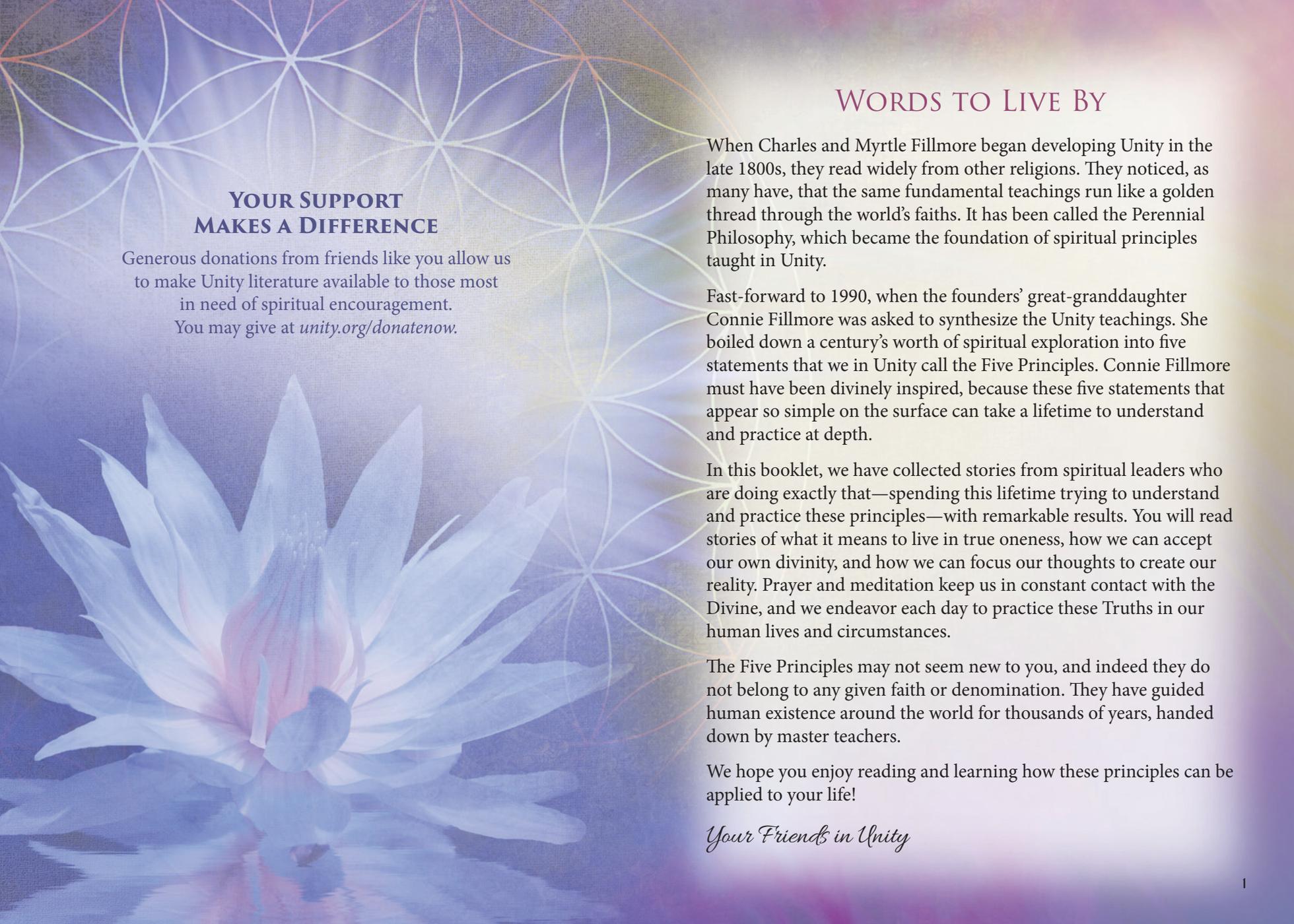


FIVE
PRINCIPLES
FOR SPIRITUAL LIVING



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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 unity.org/donatenow.

WORDS TO LIVE BY

When Charles and Myrtle Fillmore began developing Unity in the late 1800s, they read widely from other religions. They noticed, as many have, that the same fundamental teachings run like a golden thread through the world's faiths. It has been called the Perennial Philosophy, which became the foundation of spiritual principles taught in Unity.

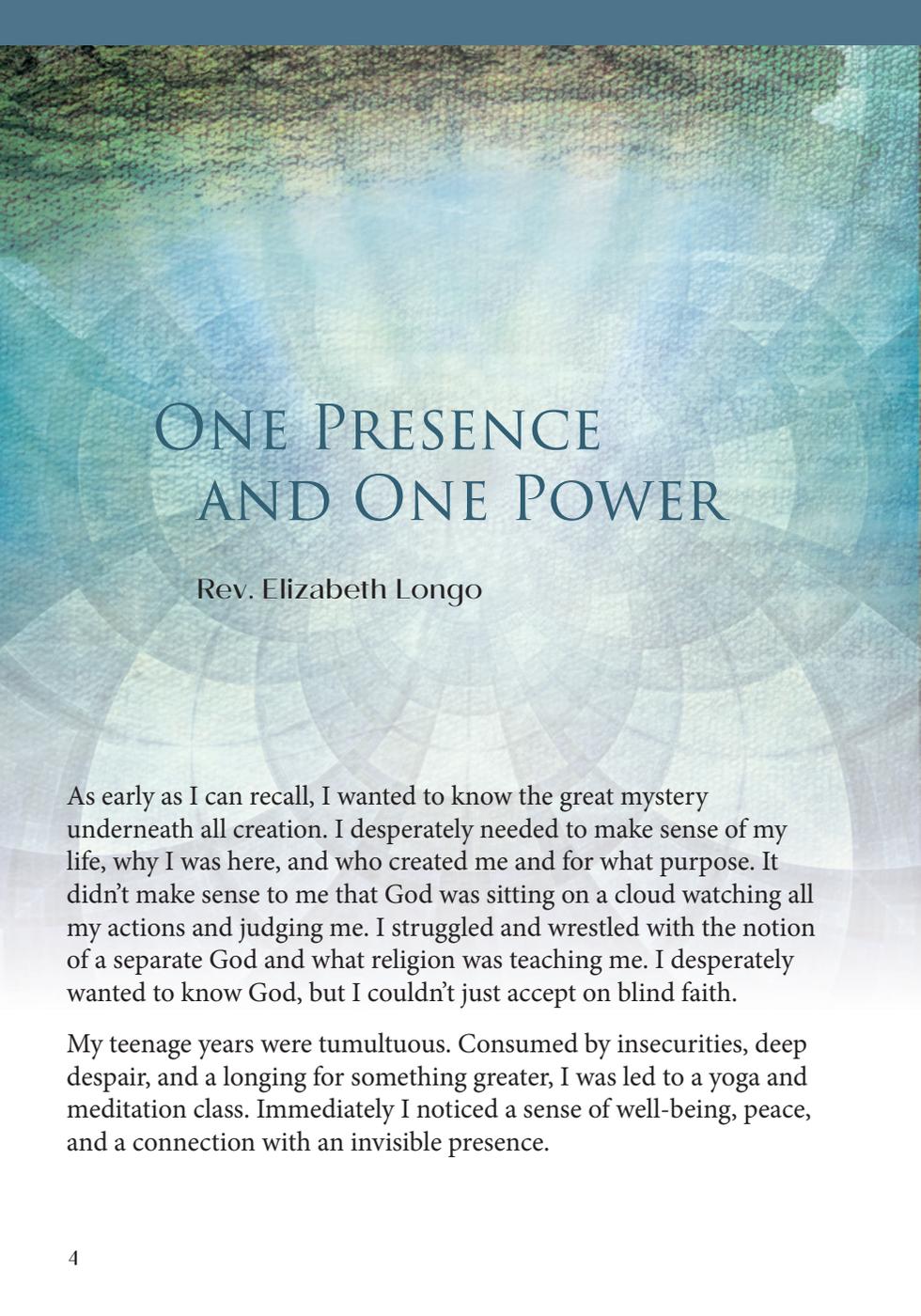
Fast-forward to 1990, when the founders' great-granddaughter Connie Fillmore was asked to synthesize the Unity teachings. She boiled down a century's worth of spiritual exploration into five statements that we in Unity call the Five Principles. Connie Fillmore must have been divinely inspired, because these five statements that appear so simple on the surface can take a lifetime to understand and practice at depth.

In this booklet, we have collected stories from spiritual leaders who are doing exactly that—spending this lifetime trying to understand and practice these principles—with remarkable results. You will read stories of what it means to live in true oneness, how we can accept our own divinity, and how we can focus our thoughts to create our reality. Prayer and meditation keep us in constant contact with the Divine, and we endeavor each day to practice these Truths in our human lives and circumstances.

The Five Principles may not seem new to you, and indeed they do not belong to any given faith or denomination. They have guided human existence around the world for thousands of years, handed down by master teachers.

We hope you enjoy reading and learning how these principles can be applied to your life!

Your Friends in Unity



ONE PRESENCE AND ONE POWER

Rev. Elizabeth Longo

As early as I can recall, I wanted to know the great mystery underneath all creation. I desperately needed to make sense of my life, why I was here, and who created me and for what purpose. It didn't make sense to me that God was sitting on a cloud watching all my actions and judging me. I struggled and wrestled with the notion of a separate God and what religion was teaching me. I desperately wanted to know God, but I couldn't just accept on blind faith.

My teenage years were tumultuous. Consumed by insecurities, deep despair, and a longing for something greater, I was led to a yoga and meditation class. Immediately I noticed a sense of well-being, peace, and a connection with an invisible presence.

Through the practice of meditation, I began exploring my inner world, becoming familiar with the Silence and listening to the “still, small voice.” I read every self-help and mystical book I could get my hands on. I discovered Buddhist and Vedantic teachings that spoke of God as an energy everywhere present. While I didn't fully understand, this resonated with my soul. I was onto something. Knowing about God wasn't enough. I needed the existential experience.

Then I went to India. I immersed myself fully in a spiritual life, living in an ashram. I would wake before dawn and do a walking meditation, sit for hours in the Silence, sing spiritual songs, and perform sacred service. It was hot and humid, and I was sleeping on the floor on a thin mat with hundreds of women in a shed. And yet I had never been more fulfilled in my life. Without a care in the world, I was in bliss. Still, I had not had that profound experience that would crack open my shell to know my oneness with God. I had read about saints and sages and their mystical experiences, and my soul longed for it.

One day after a group gathering, I was asked by the spiritual teacher what I wanted. Well, I had a huge list of wants! I thought I knew what I needed to be happy. When I was about to open my mouth, “I” disappeared. I don't know how much time transpired. What I do know is that I felt at one with all of life, and in an instant I knew I was so much more than a body, my history, my experiences, and anything known. I was eternity appearing as me. And then everything returned to “normal.”

This was the deepening in loving awareness and a sense of oneness with my creator that my soul had longed for. Upon my return to America, I felt deep sorrow and longing for something more. All my unresolved issues were still there; I was just more acutely aware. Then I had the great fortune to discover a practical approach to

Christianity that resonated in my heart. Every part of my being was fired up at the discovery of the five spiritual principles taught in Unity.

Immediately I knew this was my path to freedom. I knew with absolute certainty that God is all there is! The other four principles are to be embodied so I can have full realization of my divinity within this human experience.

Knowing that God is all there is, I relax. I take time to learn more about the unified field and the latest science that confirms that there is an intelligence present everywhere. I bask in the Silence, knowing that I am one with my Creator, fully human and fully divine. My soul is aware of the sacredness of all life. And all is well, regardless of appearances.

AFFIRMATION: *The presence and power of God guides me in all my affairs.*

AFFIRMATIVE PRAYER: Centered in God, I know that all is well and all things are working for good, for there is only one presence and one power. I choose to live my life aware of this truth regardless of circumstances. There is no such thing as a separate life. I am not deceived by appearances. I remain centered in God, aware that all circumstances come and go. I live in gratitude with an open heart that welcomes the allness of God.

Rev. Elizabeth Longo is a coach and ministry consultant in South Florida.

LIVING ONENESS

Rev. Kelly Isola

The first principle tells us there is one presence and one power, God. What are traditionally known as the other four principles, I believe, are really practices. They are four ways of bringing that one presence and one power, that principle of oneness, into conscious awareness and then acting from that awareness of oneness.

In *Practical Metaphysics: A New Insight in Truth* (Unity Books, 2017), author Eric Butterworth wrote, “God is Spirit, present in its entirety at every point in space at the same time.” That statement is potentially impossible to grasp because the very moment we try to define the undefinable—that which is infinite, present at every point at the same time, what we call God, Spirit, Allness, Divine Mind, Principle, or whatever word we have for Ultimate Reality or Oneness—we have limited the very thing we hold as unlimited.

It's quite the paradox, but every spiritual truth is a paradox. While I am fully human and fully divine, I also know I am part of something beyond myself.

We build boxes for God in the hopes of knowing and understanding what likely can never be known. Still we keep trying. Why? Because I believe the most profound emotion we can experience is the sensation of what is mystical. We catch a glimpse of this in the Book of Acts, "In him we live and move and have our being" (17:28). We know this sense of oneness on an intuitive level, from a place in our brain that does not use language, rationality, or logic. Frankly though, we shouldn't spend time trying to maintain or keep those boxes for God safe. Or at the very least, let's make the boxes pliable and changeable, if for no other reason than the fact that we are constantly changing.

I used to think oneness was an amorphous, unknowable spiritual principle too daunting to experience unless I put great effort into it. Or did enough introspection and healing—*maybe then* it was attainable. So what does oneness really look like, not as a theory but lived in the reality of everyday life?

Most of us live oneness without even knowing it. It's anywhere that we naturally value and express compassion, love, being of service, listening, and belonging. We practice the first principle in an infinite number of ways. It is always arising as something different, depending on how we harness it, embody it, and demonstrate it—in other words, *how* we live and move and have our being.

If I am to live oneness, the question then becomes, How do I need to be for you to know love? How do I need to be if you are to be happy or have abundance? The power of oneness gives us access to great creativity and generosity. It is the principle that allows me to act with intention to serve all life, not just my own individuality or the glory of my own uniqueness.

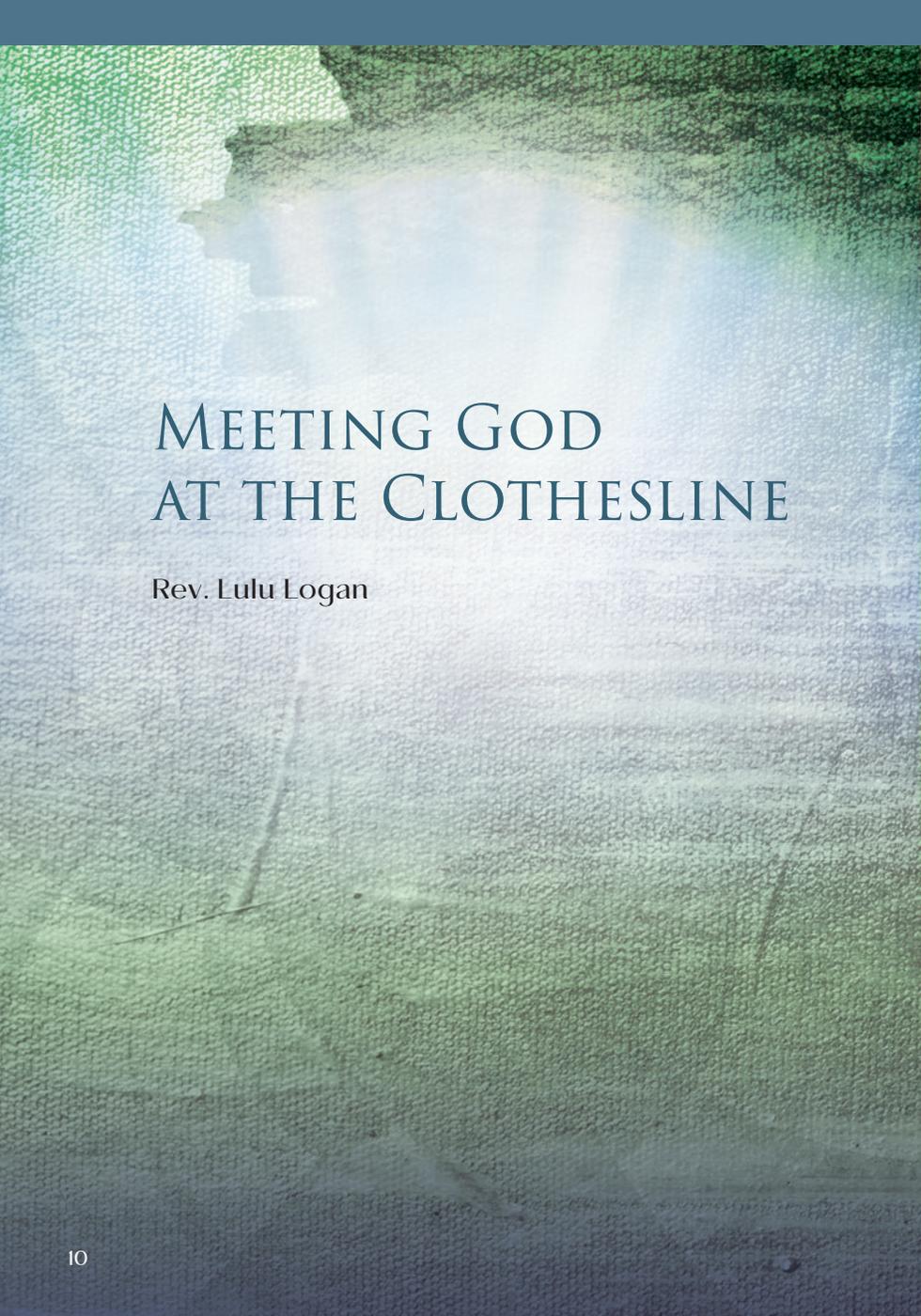
Oneness is a bright energy shining a light on how all these different parts that make up my world are all "onenesses." It is an ever-present, shining beacon focusing us on how we can play together for our well-being and for the whole of life. Then we are living our oneness.

AFFIRMATION: *Whenever I am living with dignity, compassion, care, love, and belonging, I am living oneness.*

AFFIRMATIVE PRAYER: As I become aware of the entirety of God at every point, I am inspired to claim my full divinity and express oneness through my full humanity. Divine life is the creative force that is alive, eternally expressing as joy, beauty, grace, peace, and everything in between, because these are all in that ever-present oneness that is always arising.

Rev. Kelly Isola is a speaker, teacher, writer, and ministry consultant based in Lee's Summit, Missouri.





MEETING GOD AT THE CLOTHESLINE

Rev. Lulu Logan

It was bright and sunny on this late spring day in central Tennessee, yet there was nothing but darkness inside of me. I continuously replayed an episode from the previous day that left my mind in a state of chaos. At the time, I was a young mother of three and an expert at cultivating a chaotic mind, with toxic weeds sprouting up everywhere. This time it was no different.

My best friend and I had taken our 1-year-old babies for an outing. We left our other children at their respective homes with their dads and looked forward to a few hours of near freedom.

When I returned home, it was evident something had occurred. My oldest child's face was tearstained, and his younger brother was clearly upset. The story relayed to me involved the sudden death of our family dog, a Great Dane named Crystal. The details were murky, but the loss of a beloved pet is difficult regardless of the circumstances, and I was bereft.

The following day, as I hung the baby's cloth diapers on the clothesline to dry in the bright sunlight, I wept. I cried out to a God I wasn't fully sure existed, and if there was a God, I was positive he had better things to do than watch me cry at the clothesline. "Oh, God," I said, because what else could I do? "I am totally unable to fix this. I am sick to death of trying to run my own life. I mess up everything I touch. Please help me! Please help me! Please help me!"

Each diaper I picked up from the clothes basket to shake out and hang with wooden pins brought a cascade of more tears and pleas for help. Yet by the time I reached the bottom of the basket and began to walk back toward the house, I felt a strange calm and sense of peace. And then something incredible happened that I would never forget. I felt, literally felt, a protective arm around my shoulders, supporting me and infusing me with peace.

Though this incident is decades old, never again have I doubted the existence of God or divine care and love for me. Although I

didn't have the words at the time, that was my first awareness of the presence and power of the one God in the universe and in my life as absolute good. I live now knowing I am always guided and guarded, cherished and profoundly loved.

AFFIRMATION: *I am held warmly and tenderly, profoundly loved by the divine creator of the universe.*

AFFIRMATIVE PRAYER: Thank you, divine presence, for supporting me with eternal love and protection. Although my human sight can be limited and shallow as I seek a higher consciousness, my inner inherited divinity is sure and solid. I know that begging and pleading is not ever necessary for help is *always* just a heartbeat away.

Rev. Lulu Logan is a minister at large based in Winter Garden, Florida.

PRINCIPLE TWO

Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good.