



**CHANGE YOUR
THINKING,
*Change Your Life***



Abracadabra: I Create as I Speak

Rev. Sandra Campbell

*“There is nothing either good or bad,
but thinking makes it so.”*

In this quote from Shakespeare’s *Hamlet*, the main character is having a conversation with two friends who were commissioned by the king to spy on him. It was sort of a wellness check because there were questions about Hamlet’s obsessive thinking about things over which he had no control. The phrase emphasizes the important role of perspective in shaping one’s reality.

One of the first Unity teachings I learned is that thoughts are things and words have power. Since everything has its beginning in the mind first, our thoughts play a major role in our reality. That is why the old adage “Think before you speak” is so important.

As a child, I was fascinated by a magician on television who waved a magic wand and pulled strange things from a tall hat. I sometimes held my breath and put my hands over my eyes when the magician placed a person in a tiny box and appeared to saw them in half!

These tricks were often preceded by the magic word *abracadabra!* Sometimes the magician, looking directly into the camera as if talking to me, would ask, “What’s the magic word?” As if he could hear me, I would confidently yell out, “Abracadabra!”

No sooner than the word was spoken, the magic happened right before my eyes. A rabbit, dove, or snake emerged from the hat, or the person I thought had been sawed in half emerged perfectly intact.

As an adult, I now understand these were optical illusions that played on my perception of reality. What is not an illusion is the power of our thoughts—not magic but principle.

Recently in preparing a Sunday message on the power of imagination, I looked up the word *abracadabra*. To my surprise, I learned that some believe it is Aramaic—the language Jesus spoke—and it means “I create as I speak.”

What a revelation! If everything starts in the mind, I am creating through my thoughts. Then when I speak those thoughts, I bring into reality that which I have spoken.

Jesus might not have used the term *abracadabra* when teaching the disciples how to live life more abundantly, but he might have meant the same when he said, “If you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you” (Matthew 17:20).

He might just as well have told them their thoughts are things, their words have power, and they create as they speak.

This does not mean I can wave a magic wand, repeat the word *abracadabra*, and change my circumstances. But by carefully choosing the thoughts I focus on, I have the power to change my reality.

It has to do with my perception of what is happening in my life. I can look at the situation through the lens of lack, fear, worry, and doubt. Or I can choose to look for the good no matter how things appear.

A favorite hymn we often sing before meditation at our Sunday services reflects this idea that we create what we allow our thoughts to focus on. The lyrics by Lucille Olson are:

Our thoughts are prayers, and we are always praying.
Our thoughts are prayers; listen to what you're saying.
Seek a higher consciousness, a state of peacefulness,
And know that God is always there,
And every thought becomes a prayer.

If you don't like the way things are going, change the way you think. When you change your mind, your attitude will change. When you change your attitude, you will see things in a new way. You might even ask yourself what lesson you can learn from the situation.

Just as Shakespeare's Hamlet said, “There is nothing either good or bad, but thinking makes it so,” when we change our thoughts, we can change our world.

Rev. Sandra Campbell is associate minister at Unity Temple on the Plaza in Kansas City, Missouri, and executive director of the Unity Urban Ministerial School.

For example:

Dear (your name),

What an amazing year! You have manifested an overflow of abundance in so many areas of your life. You set an intention to live abundantly, and it came to be with ease and flow. You enjoyed fun activities with friends and family. You continue to exercise and eat healthier foods. You cherished daily reflection and quiet time. I am so proud of all that you have achieved through focus, faith, and persistence. I eagerly anticipate this coming year of joyous cocreation!

Love,

(Your name)

Keep the letter where you will find it in one year.

This is an example of writing as a powerful tool for tapping into the thoughts in your head that are fueling the desires of your heart. The Bible encourages us: “Now write what you have seen, what is, and what is to take place after this” (Revelation 1:19).

Finally, remember the key to changing your life is to remain open to learning about the power of thought. Keep the faith that change is necessary and always possible. Allow for a perspective that will open the door of your mind to new ways of thinking, feeling, and being. Always remember that you have the power to choose what you think about and bring forth, so think of the good things that bring you the greatest joy.

Veronica Walker-Douglas is a clinical social worker in Illinois and affiliated with Christ Universal Temple in Chicago.



Prayer Changes Our Thinking

Rev. Linda Martella-Whitsett

invite you to repeat it to release every fear until all fruits of Spirit manifest. I share the process I use to change my thoughts and change my life:

1. Be still, relax, and center in God, the divine presence in your being.
2. Declare that God is in charge, and surrender all your concerns to divine care.
3. Affirm words like these:
 - *Open and receptive, I now turn to divine presence.*
 - *There's nothing to fear since God is in charge.*
 - *I'm guided by God, the infinite wisdom.*
 - *I know what to do. I do it filled with faith in certainty the good that is mine will reach me now.*

Dear reader, always turn to God and affirm: *I'm not alone; God is in charge.* Remain in that dynamic conviction with assurance and faith. Your eyes will see the confirmation of the words: "We know that all things work together for good for those who love God" (Romans 8:28).

Rev. Dr. Norma Iris Rosado serves three churches in Puerto Rico. She reports she has happily remarried another Unity minister, Rev. Dr. Juan J. Riquelme.

Thoughts of Prosperity

Rev. Edith Washington-Woods



effective when adversities were about to show up in my life or something or someone was getting out of alignment. Doubt would be detoured or diverted, frustration frayed, anxiety averted, and calm would be restored.

Calling forth divine order prevented the invasion of any unwanted disturbance from taking hold and upsetting the calm peace of my soul. Successes were shared with family and friends who, finding it significant themselves, encouraged others to engage in this divine practice.

I reflect upon my early past, not lingering upon it but noticing how things could have been better had I not allowed insecurities or other anxieties to get my attention. However, that was then, this is now, and I am eternally grateful for the lesson and the blessing!

For a good part of my life, regardless of seeming appearances, I have found courage and confidence in *I AM* and in the trust and belief that nothing is impossible with God. I rely on the power of my spoken words, I do my part, I sow good seeds, and I reap a rich harvest. I claim divine order, and I am at peace.

My new way of thinking changed my life, and it can change yours. *I am healthy. I am wealthy. I am happy. I am in tune with divine mind. I am all that God is. I am God's marvelous child.* And so it is.

Marilyn King-Compton is a long-standing member of Christ Universal Temple in Chicago, Illinois, and for nearly 40 years has been a contributing writer to Daily Inspiration for Better Living.

Train Your Brain for New Thoughts

Rev. Elizabeth Longo

