

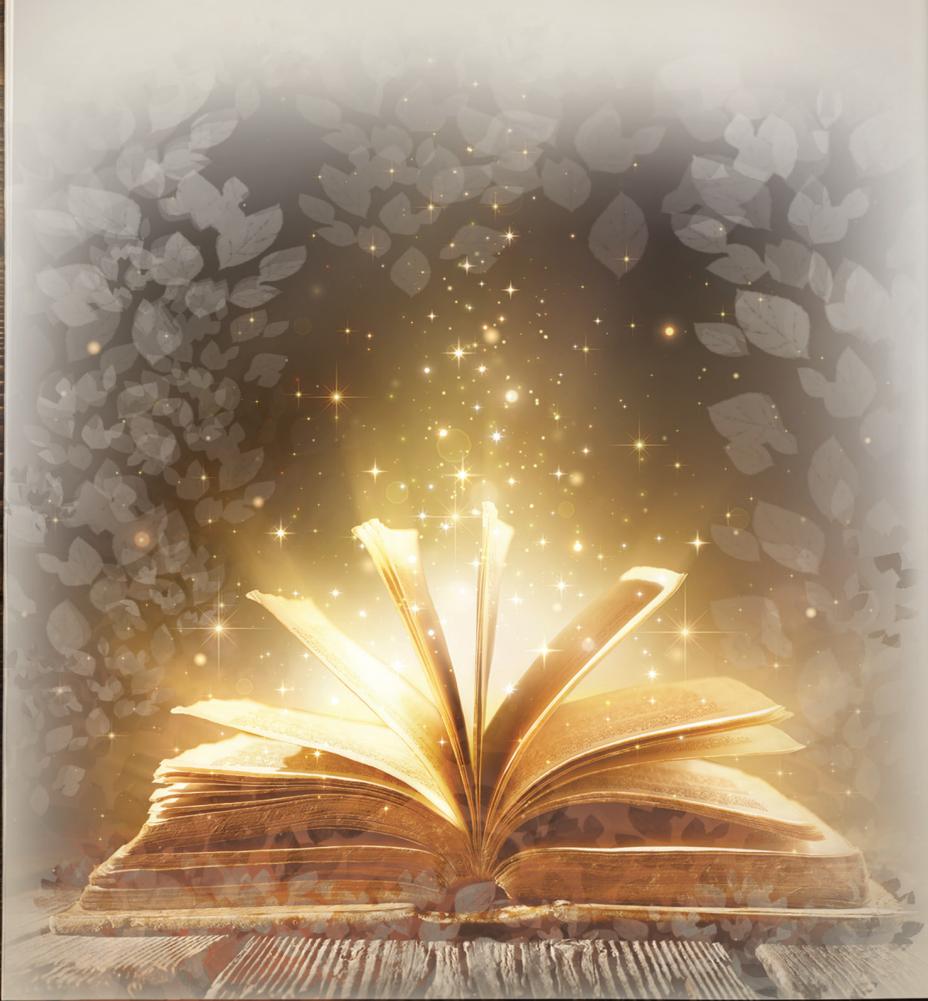
# LOVE, HEALING, AND ABUNDANCE

**BRINGING SPIRITUAL  
WISDOM TO LIFE**



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## WORDS THAT CHANGE LIVES

The prolific Unity author James Dillet Freeman said Unity is “words that change lives.” Your friends here at Unity love to share our rich teachings with you, 130 years of spiritual exploration, practical suggestions, and brilliant writing—all part of a larger movement that has reshaped the Western understanding of God and humanity. The universal principles taught in Unity are not so much lofty ideas as practical tools you can use to create the life you want.

These teachings are still being explored today. That’s why each topic in this booklet pairs a legendary Unity writer of the past with a legend-in-the-making today. Some of today’s writers have authored books, others post blogs online, and still others speak and teach nationally and train tomorrow’s New Thought leaders. All are using words—in modern language—to uplift humanity and, yes, to save lives.

A note about the work of past teachers: Their language may seem dated; they were writing 50 to 100 years ago. Some of the language is also distinctly masculine—God is *He* and human beings are *man*—which was considered proper English until recently. Like language, the emphasis in some of these teachings has evolved. To be sure, the ancient spiritual principles do not change, but each generation offers a fresh interpretation for its times.

We hope this collection of classic and contemporary writing intrigues, informs, and inspires you on your ever-evolving spiritual path.

*Your Friends in Unity*

# LET THERE BE LOVE

REV. WINIFRED WILKINSON HAUSMANN



(Excerpted from *Your God-Given Potential*)

Everybody loves somebody or something—sometime, somewhere, somehow ... Love must play a part in the life of every individual. It is our nature to love.

Love ... is a part of life and living, and without love, people perish ... As those who are seeking to unfold all the faculties under God's direction, we can be guided into the right use and development of this power. As we let the divine interpretation of love unfold in our lives, we will find that it opens the door to experiences of God's good, above and beyond anything we have ever thought was possible.

In Spirit, love is “the pure essence of Being that binds together the whole human family” ... It is the harmonizing, healing, unifying, attracting power in the universe. In nature, it works as gravity. In divine mind, it is the idea of universal harmony and unity, that which binds together the whole of God's creation into one harmonious unit so that even the tiniest movement of a person's finger displaces atoms out in space; and the thoughts and feelings of our civilization combine to form a [human] race consciousness which determines the future of all humankind. We are indissolubly linked with everything in God's creation, and the only place we can ever be separate from it is in our own thinking-feeling nature ...

Love *is*. Love continues to be, just as the sun continues to shine, whether or not we know it is there, whether or not we can see it, whether or not we believe in it.

On the level of mind, in the human plane, love (or oneness, a sense of identification) is the power that draws people together as families and friends. Also in mind, at a higher level of development, it can be the inner light that enables us to see good in all persons, to identify with the higher nature of other individuals, even when they fail to express it.

As Charles Fillmore explains it: “Love is an inner quality that sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good it causes that quality finally to appear uppermost in itself, and in all things” ...

It is not necessary for us to like all that we see in our world. We do not have to agree with the wrong things that people do. But regardless of appearances, we must love the Christ or God in all persons and all things. We must, because it is our nature to love and because “he first loved us.”

*Rev. Winifred Wilkinson Hausmann (1922–2012) served churches in the Cleveland, Ohio, area with her husband George and was the author of six books.*

# USING THE POWER OF LOVE

REV. JUAN DEL HIERRO



“Love *is*.”

Such a powerful reminder in “Let There Be Love” by Rev. Winifred Wilkinson Hausmann. A reminder that is so needed.

Let’s face it, it can be challenging to love. It can be challenging to face all that we have going on in our lives and the life of humanity and still find our way into love. Yet this reminder brings us back to knowing that love simply *is*.

Love is a power that is not only within us, but it is also actively being used by us. As the writer invites us to ask ourselves, what is the “right use and development of this power”? How can we lean into this innate power within us and use it to its highest potential?

Asking ourselves this question is key to living a life of joy and, in many ways, living into our divine purpose. In 1 Corinthians 13:13, “And now faith, hope, and love abide, these three; and the greatest of these is love,” we are invited to trust unwaveringly in God, hope devotedly, and love extravagantly. But as Jesus said, the greatest commandment is to love one another and love God.

## LOVE DOES NOT APPEAR AFTER HEALING TAKES PLACE; LOVE IS WHAT BRINGS ABOUT HEALING.

Love is the key.

It unlocks the shackles we have created for ourselves and others and reveals our true nature. By developing the power of love within us, we release ourselves and others from our judgments and the limited definitions we have placed on each other. It brings us into greater harmony with the truth that we are all one. It binds the whole human family because it sees no separation, and through our experience of it, we realize that it heals our perceived notions that we are separate from each other.

Perhaps this is why we are told that love is the greatest of that which is in us. Protestant theologian John Calvin once said that “faith and hope are our own: love is diffused among others.”

As we share our love, it lifts up others. It not only allows us to see others as the expression of the Christ, but it also lets others feel themselves as the Christ. Love not only breaks down the walls between ourselves and others, but it also breaks down the walls others have built between themselves and their own Christ nature.

It is through this that love “opens the door to experiences of God’s good, above and beyond anything we have ever thought was possible.” The good we experience is in us and with each other. One of my favorite Bible verses is Matthew 18:20: “For where two or three are gathered in my name, I am there among them.” It tells me the Divine is in our relationships. What better way to honor that Presence than by unleashing the full power of love within them?

Our relationship with the realization of our own divinity can be difficult. Our relationships with others can be filled with even more challenges. Rather than thinking we must work on such relationships to bring us into a greater sense of love, we can recognize our ability to call forth the power of love to bring about healing. Love does not appear after healing takes place; love is what brings about healing.

Let our direction be guided by love. Let us see the Christ within others and within our experiences. And let us fully accept the power of love as it brings us into greater unity with others and within us.

Have faith in love, and place your hope in love. Trust it, because love never fails. Love *is*.

*Rev. Juan del Hierro is associate minister at Unity on the Bay in Miami, Florida, and has received congressional recognition for his social justice work.*

# IMAGINATION AND THE LAW OF MIND ACTION

JAMES DILLET FREEMAN

(Excerpted from *New Thought for a New Millennium*)

One of the great teachings of Unity is the law of mind action: “Thoughts held in mind produce in the outer after their kind.” Charles Fillmore taught over and over that it is the law of mind action which shapes our world. Our world is what our mental processes—our senses and perceptions, feelings and emotions, logical thoughts, passionate desires, and imagination—decree it to be.

Why are there so much misery and pain in our world? I don’t know about you. I hope you are more of a positive thinker than I am. I find myself continually thinking thoughts and feeling feelings of fear, worry, anger, guilt, confusion, and various other negative varieties. I am constantly trying to turn off such thoughts and turn on more positive ones ...

Imagination is the most entertaining and most frightening of all our faculties. It is the conjurer. It can beguile and bewitch us; it can frighten or enlighten us; it can lift us to ecstasy or plunge us to despair.

## IMAGINATION IS THE MOST ENTERTAINING AND MOST FRIGHTENING OF ALL OUR FACULTIES.

If we let it run unrestrained, it may take over our life. Many of us would live in our imagination almost as much as in our outer world ...

Our mind is busy every moment. When it is not under our conscious direction, it is just as active as when we are telling it what to think. If we have formed the habit of letting our mind dream up unhappy circumstances and events, it will do so whether we want it to or not.

In the early days of Unity, denial was almost as important a part of Unity’s methods of prayer as affirmation. Every moment, a thought is entering our mind and we’re saying *yes* or *no* to it.

That is why Paul tells us we should try to “pray without ceasing” (1 Thessalonians 5:17). Unless we keep our minds consciously turned toward God, we are likely to find that we have formed the habit of drifting unconsciously into troubled and troubling imaginings ...

We human beings learned long ago that we had a power in us which can call forth the likeness of things and that if we concentrate it on gaining some single aim and hold to it with all our will, it may call forth the thing itself. This is the magic of prayer.

*James Dillet Freeman (1912–2003) was a Unity minister and prolific author and poet. During nearly 70 years with Unity, he served as director of the Silent Unity prayer ministry and led the ministerial training program. Two of his poems, including the “Prayer for Protection,” traveled with astronauts to the moon.*

# CHOOSING WHAT TO IMAGINE

REV. DAVID B. ADAMS

How often have we been told when facing some new prospect or challenge to use our imagination?

As a child, doing so turned a hollow underneath a large shrub into the most powerful fortress in the world. I imagined myself the protector of this fortress, defending it from monsters of every type. This created endless hours of excitement and fun, the by-product of a vivid imagination.

At night, that same vivid imagination could leave me lying frozen in bed, certain that something under the bed would get me if I moved. Were these things, in either case, real? No, but the fantastic joy or paralyzing fear they generated felt quite real.

According to *The Revealing Word*, our imagination is the faculty of mind that visualizes and forms; it is the way in which “we lay hold of ideas and clothe them with substance.” When used in cooperation with our other spiritual faculties in alignment with the Christ within, it is the dynamic instrument with which we lay hold of a divine idea, envision that idea brought to fulfillment, and ultimately bring it into being.

However, it is important to remember that imagination will operate according to the framework of your consciousness. In other words, your imagination will function according to the Truth you are living in the moment.

If your ongoing focus is on creating a life of joy—being the best expression of the Christ you can be in any moment—these faculties will harness their energy into making this your reality. If your ongoing focus is on fear, lack, or disharmony—whether ideas you consciously cling to or the embedded beliefs from society and your upbringing—these same faculties will harness their energy toward that reality.

James Dillet Freeman mentions in “Imagination and the Law of Mind Action” the idea of turning our ideas on and off when we are working toward the right use of imagination. I find this problematic. When I am in the thick of fearful thoughts, trying to shut down those thoughts by just “thinking positive” proves ineffective and frustrating.

As I see it, every thought I have is the bearer of some information. It either offers insight toward my next step or points toward some learning or healing that is available. When I meet thoughts with understanding, the information they contain can be revealed. I ask questions like *What is this thought creating? Who do I wish to be in this moment?* My imagination affords an opportunity to observe, reshape, and reframe those thoughts so I can recognize or envision the good that is present. This leads to the next important step: action.

Without a willingness to act based on what it is we desire to call forth, our imaginings are little more than daydreams. If, however, our mind is fixed on the one power and presence always working on our behalf, then our imagination will find ways we can express that Truth in our thoughts, words, and actions. From this point of power, our next steps will be revealed toward bringing any desire into expression. Our work is to move from revelation to action.

In *Christian Healing*, Unity cofounder Charles Fillmore said, “The highest and best work of the imagination is the marvelous transformation that it works in character.” Using imagination to source divine ideas and envision their demonstration in the world will bring forth the life of joy and abundance we each desire.

And what will that look like? Well, use your imagination ...

*Rev. David B. Adams is senior cominister at Unity of Independence, Missouri, and a Grammy Award-winning tenor.*