

Unity Principles

1. God, Divine Mind, is the Source and Creator of all. There is no other enduring power. The nature of God is absolute good; therefore, all manifestations partake of good. What is called "evil" is a limited or incomplete expression of God or good.
2. We are spiritual beings, ideas in the Mind of God, created in God's image and likeness. The ideal expression for every human being is the pattern every person is seeking to bring forth. Each individual manifests the Christ in his or her own unique fashion. The perfect expression of the Christ is, therefore, different for each person.
3. The Law of Mind Action: Thoughts held in Mind produce after their kind. We are consciousness made manifest. This includes not only our thoughts and feelings in our personal consciousness, but the collective world view and universal consciousness.
4. Our connection to the Mind of God is made through conscious contact in the silence of meditation and prayer. The regular use of affirmations and denials are powerful ways that we can shift patterns of our own thinking so that we align with the Mind of God.
5. To know all these concepts and to not fully embody and practice them in our daily living is to not fully "know" them. Unity teaches the practical application of ancient spiritual wisdom and spiritual laws that promote health and wholeness, peace in body, mind and spirit and joyful, grace-filled living.

Unity puts into practice a true ecumenical approach. Unity sees itself as a vehicle for instruction, inspiration and prayer support for spiritual seekers, regardless of their religious affiliation. Rather than a denomination, locked in tight parameters that restrict, Unity views itself as an ever-expanding expression of love, light, and peace. Therefore, it freely shares its teachings with all people. Unity believes in the oneness and freedom of all people. Emphasis is always on the similarities rather than the differences in the human spiritual expression.



Based on the Book

Keep a True Lent

By Charles Fillmore



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Keep a True Lent

Lent is the coming of spring, which is designates the lengthening of days. Traditionally it is a time of fasting, prayer, before the festivity of Easter. Georgina Tree West, thought "the most valuable way to observe lent was to fast from (loose and let go) the belief that men or nations can stand in the way of God's good will for man."

We must affirm the power of the Christ within all people and influence their thoughts, words and action for only good for all. As we do our own work to establish peace within and share true love we let go of the attention, interest of our false beliefs and fears then we are truly fasting. When we turn our attention, interest and actions to the good, we are living and feasting in Spirit this is true prayer.

The first day of Lent is called Ash Wednesday from the custom that of sprinkling ashes on the heads of penitents in token of repentance. Repentance means denial. We deny our old error thoughts. Ash Wednesday comes forty-six days before Easter.

There are six Sundays in Lent, and they are not considered part of Lent because Sunday is always a feast day or a day of spiritual renewal. The forty weekdays beginning with Ash Wednesday constitute Lent.

The fifth Sunday in Lent is known as Passion Sunday, because it marks the beginning of Passion-tide, the last two weeks of Lent. Here we take hold of our consciousness and overcome through Spiritual power, mastery and dominion, just as Jesus our Way shower taught us to do.

The last week of Lent is called Holy Week. It includes Palm Sunday, Maundy Thursday, and Good Friday.

Palm Sunday is the Sunday preceding Easter. Jerusalem, the Holy City, symbolizes within us the habitation of peace, possession of peace, vision of peace, and abode of prosperity within us.

Week 7 Easter Sunday

I awaken to the Truth of my being. I am resurrected into the eternal realization of the indwelling life and presence of God.

The Lenten Lesson's

The New Race 35th Day
The Fire of God 36th Day
Holy Communion 37th Day
Gethsemane 38th Day
Crucifixion 39th Day, Good Friday
Resting in God 40th Day
The Resurrection—Easter Sunday

Bible Readings

Revelation 21:1-7; 22
Acts 2:1-21
Luke 11:1-23
Mark 14: 32-42
John 19: 1-42
Isaiah 11: 1-10: 12:1-6
John 20: 1-18

Daily Practice: Random Acts of Kindness – Be the Light

Practicing Random Acts of Kindness daily is as simple as smiling at others as you walk down the street, hall or when you encounter your loved ones. If you hear gossips change the conversation to something positive and fun. Leave on note on a stranger's car or in a bus stop, telling the person they are beautiful and loved just as they are. Paint a rock with a positive message and leave it for someone to find. What other acts of kindness do you want to do?

Affirmation: In unity with the Christ I realize that I am resurrected into the light, life and power of God.

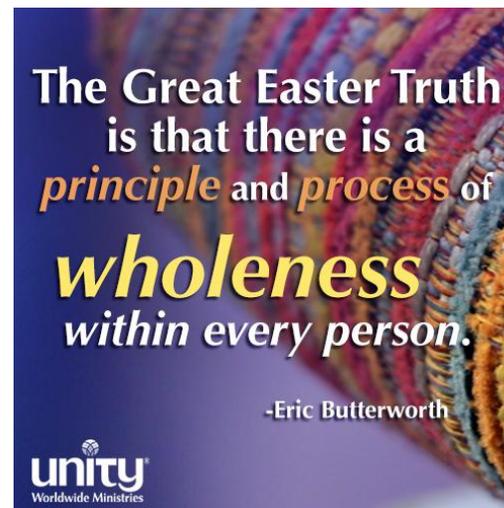
Questions to Ponder or Discuss

- ♥ What was your experience as you did Random Acts of Kindness?
- ♥ What Truth have you awakened to during the last 40 days about yourself?
- ♥ How did your views change with the daily bible readings?
- ♥ What's next?

Maundy Thursday represents the beginning of the transformation as we release the old error states of mind and make ready for the new process in the soul's evolution.

Good Friday, the crucifixion or crossing out in consciousness certain errors in states means. It is the final process of releasing the mind of human limitations.

Easter is the resurrection. The awakening and arising of the spiritual consciousness of the I AM in each of us, the Oneness



<http://www.unityworldwide.media/lenteaster1.html>

You are invited to participate during the next seven week

- ***Read the book Keep a True Lent, by Charles Fillmore***
- ***Make the daily reading a time of reflection and contemplation***
- ***Repeat the affirmations, returning to it during the day***
- ***Review the weekly questions***
- ***Participate in groups***
- ***Attend Sunday Celebration Services***
- ***Keep your focus on your Inner Journey along the path of Life.***

Week 1

Image and Likeness

Journal

“So God created mankind in his own image, in the image of God he created them; male and female he created them.”

Genesis 1:27

In Unity our 2nd principle declares our essence is of God; therefore, we are inherently good. This God essence or the Christ was fully expressed in Jesus, our Way shower. It is part of our Divine inheritance and the essence of the spiritual journey to live and express our true Christ nature.

Readings

Forward

Chapter 1 The Way to Perfection

Chapter 2 The Holy Trinity

The Lenten Lesson's

Bible Readings

Lent

Denial—1st Day Ash Wed

Matthew 5:1-16

Affirmation 2nd Day

Luke 7:1-17

God 3rd Day

John 15: 1-16

I AM 4th Day

John 10 1-8

The Altar 1st Sunday

Matthew 5:21-16

Affirmation: *. There is one presence and one power active in my life and in the Universe God.*

Daily Practice

Take a few moments with this breathing exercise: On the in breath, speak the words “**GOD IS.**” Hold it...Then on the out breath, affirm “**I AM.**” Hold it. Repeat this several times. See you linked with the energy of God’s light. With this centering in the light, you see with light. And you’re seeing actually becomes a of all that you see...Begin to see each moment of your day connected to the “light” your schedule for the day, your appointments, contacts, projects, relationships,. See the light surrounding each of these moments in and through the light of God.

Questions to Ponder or Discuss

- ♥ How do you see yourself in the image and likeness of God?
- ♥ What does it mean to be the image and likeness of God
- ♥ What is your view of the Trinity?
- ♥ How is your view of the Trinity alike or different than Charles’ explanation?

Good Friday

Good Friday represents the idea of crossing our in consciousness the negative thoughts and beliefs which hold us in bondage to self. To represent this step in consciousness we will celebrate spiritual communion with the symbolic elements.

Symbolic Elements

Blood expressed as a spiritual principle in race mind which rest on pure ideals and manifested in mind and body in concrete form when rightly appropriated. It can be used to purify the mind and the healing of the body. Jesus' experience on the Cross where his blood was spilled lowered his consciousness to that of the race consciousness, and administering to the whole race a blood transfusion which revives us in sickness and begins a purifying and energizing process that saves us from death.

The **Body** is thought manifested and when we are in conscious union with Divine Mind the body manifests perfection. The body is redeemed by moving through the three earthly dimensions, mind, idea and expression into the fourth dimension of realization that manifestation is of Spirit or God Mind.

The Lenten Lesson's

Crucifixion 39th Day, Good Friday

Bible Readings

John 19: 1-42

Affirmation: Yea, though I walk through the valley of the shadow of death I will fear no evil; for thou art with me.

Questions to Ponder or Discuss

- ♥ What are your thoughts on Good Friday?
- ♥ How have your thoughts changed?



The Spirit of Truth projected into the chamber of imagination, when rightly understood, will be a sure guide through all circumstances and conditions.

Readings

Chapter 3 The House Not Made with Hands

Chapter 4 Christ in You

Chapter 5 The Throne of Love

The Lenten Lesson's

Bible Readings

The Garden of Eden 5th Day

Faith 6th Day

Strength 7th Day

Wisdom 8th day

Love 9th Day

Power 10th Day

Imagination 2d Sunday

John 14 1-12

Hebrews 11: 1-12

Matthew 4: 1-11

Mathew 7: 1-12

John 4:7-21

Luke 4: 31-44

Acts 10:9-35

Daily Practice

During your daily time of silence allow your creative imagination to open. Ask the universe. What is your heart's desire? How can you create your heart's desire in your life? Follow your inner guidance to your Truth and begin to see it out pictured in your life. Journal or express your thoughts through art or another medium.

Affirmation: In the quietness and confidence of spirit, I see myself as God sees me, perfect whole and complete.

Questions to Ponder or Discuss

- ♥ How do you view the statement, "The real source of life is within you"?
- ♥ Where is the limit to healing?
- ♥ What are your thoughts on the blood of Jesus saves?
- ♥ How is fear cast out?
- ♥ What happens we "pull down the wall of separation"?
- ♥ How is the Word of God the creative agent?

Week 6 Palm Sunday

Journal

The metaphysical meaning of Jerusalem is abiding consciousness of Peace. We make the decision, the final step on the journey to release the consciousness of separation and prepare to resurrect into a new consciousness of our eternal Oneness.

Readings

Chapter 15 Faith-Thinking

Chapter 16 The Appropriation of Divine Life

Chapter 17 All the Way

The Lenten Lesson's

Bible Readings

Patience 29th Day

Hebrews 11:17-40; 12: 1-6

Divine Judgment 30th Day

Luke 6: 37-49

Spiritual Substance 31st Day

Matthew 1: 3-9

The Atonement 32nd Day

John 17: 1-26

Mount of Transfiguration 33rd Day

Matthew 17: 1-13

Transmutation 34th Day

John 2: 1-11

Palm Sunday

John 12: 12-50

Daily Practice: The I Am

Each day take time to ponder your day without judgment or guilt. What are some of the negative or limiting thoughts you had during the day? Write down these thoughts and then beside them write down the words I AM and change the thought to the Truth for you. Example: I AM Life and I treat my body with unconditional Love. I AM radiant Light filled with wisdom. I AM in the divine flow of all the time. I AM Love and I AM secure in all I say and do.

Listen to: Holy, Holy, Holy by Karen Drucker

<https://youtu.be/J3r-3TFB6wI>

Affirmation: The Spirit of God dwells in me and I am made perfect.

Questions to Ponder or Discuss

- ♥ How do you prepare yourself for your daily charge in life?
- ♥ What do you notice on the days you do not connect to the universal Oneness?

Week 3 Thoughts Held In Mind

Journal

Unity teaches the external reality we experience with our five senses is not fixed. The results of the thoughts and feeling we hold in mind produce after their kind.

Readings

Chapter 6 The World Calls to Courage

Chapter 7 Conscience

Chapter 8 Man

The Lenten Lesson's

Understanding 11th Day

Will 12th Day

Law 13th Day

Zeal 14th Day

Renunciation 15th Day

Conservation 3rd Sunday

Bible Readings

Luke 2:40-52

John 1:1-18

Galatians 6:1-19, 18

Luke 10:32-42, 11:1-4

Isaiah 55: 1-13

Romans 8:1-11

Daily Practice

At night before you retire write a diary account of your thoughts and experiences of the day with no judgment. Acknowledge what thoughts you are holding.

Watch Video on Unity Principle #3 with Rev. Bonnie Gilbert Ashe

<https://www.youtube.com/watch?v=UBv2kgFsb2w>

Affirmation: We are co-creators with God; we create our own reality through our thoughts and beliefs.

Questions to Ponder or Discuss

- ♥ How do we create our reality?
- ♥ What are your thoughts regarding "Jesus, the way shower"
- ♥ What did Charles point out as the formula to eliminate the atomic bomb? How can you use the formula in your daily life?
- ♥ What are your thoughts on the Unity Principle #3 Video?

Week 5 Unlimited Possibilities

Journal

When we align and open ourselves to the Divine Presence within we open ourselves to the unlimited possibilities of the universe.

Readings

Chapter 12 Conscious Mind and Subconscious Mind
Chapter 13 Reincarnation
Chapter 14 God's Abundance

The Lenten Lesson's

The Idea 23rd Day

Healing 24th Day

Peace 25th Day

Heaven 26th Day

Principle 27th Day

Miracles 28th Day

The Overcomer 5th (Passion Sunday) John 20: 19-31

Bible Readings

Luke 5: 1-11

Matthew 9: 14-38

Matthew 5: 14-40

Matthew 13: 24-53

John 5: 19-47

Matthew 14: 15-36

Daily Practice: Clearing and Letting Go

To be an open vessel we have to allow space into our mind and life. Take 10 minutes or longer each day to clean out a drawer, closet or room, removing those things or thoughts which no longer serve you and recycle them into the world and universe.

Enjoy this Video Sonic Unleashed: Endless Possibilities [With Lyrics]

<https://www.youtube.com/watch?v=CwXEGLg7oKU>

Affirmation: It is not I but the Christ within that does the work.

Questions to Ponder or Discuss

- ♥ What ideas do you have to manifest into the world?
- ♥ How do you feel as you create space in your mind and life?
- ♥ What does peace look like to you?
- ♥ Where do you see heaven in your life?
- ♥ What are the daily miracles in your life?

Week 4 Resting in the Silence

We enter the silence to consciously experience our ones within the one Mind, God. To do so we must change the focus of our minds; we must withdraw our attention from the manifest realm of effects and turn inward where we seek and find the cause of all things, God as Spirit..”

Readings

Chapter 9 The philosophy of Denial
 Chapter 10 The affirmative Word
 Chapter 11 Spiritualizing the Intellect

The Lenten Lesson's

Jesus Christ Our Helper 17th Day
 Evolution 18th Day
 The Blood of Jesus 19th Day
 The Body Temple 20th Day
 The Grace of God 21st Day
 Fourth Dimension 22nd Day
 The Sabbath 4th Sunday

Bible Readings

Romans 8:1-11
 Romans 8: 18-39
 John 6:41-65
 Matthew 6: 16-24
 Matthew 5: 17-20, 38-18
 John 21: 1-17
 Mark 2:23-28; 3: 1-6

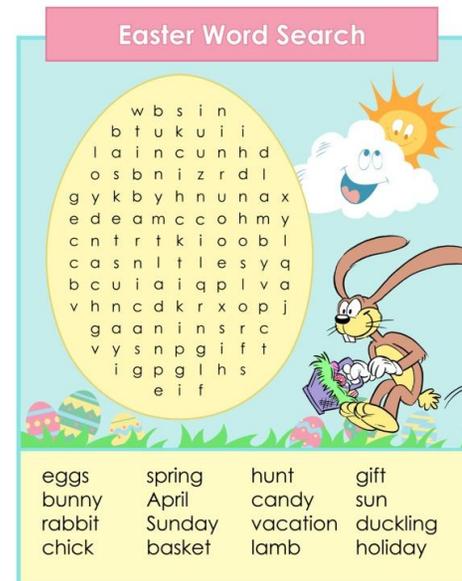
Daily Practice: Doing Nothing - Be

Take time each day sitting in the silence. Once you are back from the silence write down your thoughts, or guidance.

Affirmation: I rest in the consciousness of the True Sabbath, the silence and my heart is filled with joy and satisfaction.

Questions to Ponder or Discuss

- ♥ How was the process of being instead of doing?
- ♥ What did you seek and find in Spirit?
- ♥ What insight came to you through the Bible readings?



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