"Let there be peace on earth, and let it begin with me." These are the words we sing at Unity Center of Des Moines at the end of service each week. And so shall it be. **Let it begin with me!**

The following questions will help determine if the way you are living supports a Unity mindset. A mindset where we strive to love ourselves and others unconditionally, living from a higher place of consciousness. A place of love, grace and understanding.

Also, notice when you ARE operating from a Unity mindset! Take a moment to give yourself a pat on the back. We make ripples as we go out into the world. Let's see if our ripples can be used to bring us into greater connection with one another.

Questions

For a given thought, feeling, judgement, decision, action, or behavior (just pick one of these at a time), work through the questions in which you are drawn.

- How strongly attached/identified am I, with this thought, feeling, judgement, decision, action, or behavior?
  - Do I feel a charge in my body regarding this attachment or identification?
  - Where is the charge located?
  - What does my inner knowing tell me about this charge/feeling?

- Is it important for me to speak this thought, feeling, judgement, decision, action, or behavior out loud?
  - Why?
  - What does it feel like in my body if I restrict myself from expressing this thought, feeling, judgement, decision, action, or behavior?

- What do I feel in my body if someone says something that seems to disagree with the thought, feeling, judgement, decision, action, or behavior that I have expressed?
  - Do I have a right to feel the way I do?
  - Does the other person have a right to feel the way they do?
  - What else is coming through for me as I work with this?

- Am I expressing myself in a healthy manner?
  - Am I operating from a place that feels clean to me or am I operating from something that feels emotionally charged within me?
  - Am I responding, rather than reacting?

- Am I able to allow another's perspective without reacting or expressing judgement toward them?
  - If not, what thoughts and feelings are showing up for me internally?
  - What belief might there be behind this thought or feeling?
  - Is that belief true/valid? Or is it simply a belief?
    Remember, just because it *feels* true, does not mean it is true.

- Does my thought, feeling, judgement, decision, action, or behavior create an 'US vs. THEM' dynamic? Does it create a feeling/expression of "*I am right! And they're wrong*"?
  - If yes, why? Am I attached to a certain way that things must be? What emotions do I feel? What thoughts are coming through?

- Is my thought, feeling, judgement, decision, action, or behavior likely to make another feel less loved, less valuable, or shamed for who they are, for what they express, or what they believe?
  - If yes, ask yourself, "*What can I do differently then*?"...and listen within...

Remember, when we operate from a place of attachment/identification, the black/white thinking of "I'm right, you're wrong," we are attached to or identified with the way **we believe** things **should** be, which inevitably breeds division/separation/judgement, the opposite of Unity.

Unity and unconditional love do NOT mean sacrificing yourself or your boundaries or standing for nothing. We are all unique. With differences of thought, feelings, and experiences. But that is also the beauty of life. When you feel like you are stuck on the differences or stuck in a single perspective (i.e. 'only one right way' or 'viewing another as the enemy'), then take a step back, breathe, and ask the Divine to show you a better way.

Let us focus on our commonalities and places of agreement which brings us into deeper acceptance, appreciation, connection, and ultimately, Unity, with those around us!

> "*It is the law of Spirit that we must be that which we would draw to us. If we would draw to us love, we must be love, be loving and kind; if we would have peace and harmony in our environment, we must establish it within ourselves.*"

Charles Fillmore (Unity co-founder)

For additional information and resources,
visit riseagainllc.com > Speaking and Exercises