



Your Healing Journey

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Our ministry is supported primarily by the freewill offerings of friends like you. Your generosity helps make it possible for us to offer this inspirational booklet. Our desire is to make Unity literature available to everyone who wants it, especially those most in need of spiritual encouragement.

Dear Friend,

Our life's journey is all about healing—physically, emotionally, and spiritually. As “spiritual beings having a human experience,” we are here to discover the magnificent truth of who we are. Step by step, we come into our own wholeness. We see that there is nothing lacking and nothing to fear.

This booklet has been compiled to guide and support you on your healing journey. It is filled with tips, insights, personal stories, and resources from others who have put them to good use. May their healing lessons inspire and inform your own realization of wholeness, so that, in the words of our Master Teacher, “You shall know the truth, and the truth will set you free.”

Love to you on your healing journey,

Your Friends in Unity





Myrtle's Five Steps to Healing

By Rev. Ellen Debenport

Myrtle Fillmore was 40 years old when the doctors said she had six months to live.

With a newfound awareness of the power of thought, and a lifelong belief in prayer, Myrtle began to heal herself with daily meditation. It took two years.

What she learned about spiritual principles and the power of mind over body became the foundation of the Unity spiritual movement that she and her husband Charles founded in 1889.

Charles later used the same methods to heal a withered leg, which had been painful since childhood. He actually regrew bone, lengthening his leg by three inches.

Today, of course, we can point to myriad studies on the power of mind over body. Dozens of books have been written, and spiritual teachers have made careers using alternative healing methods.

What seemed a miracle more than a century ago was, just as the Fillmores taught, a methodical practice that can be replicated by others.

But how? What exactly did they do to heal themselves? Would it still work today?

Fortunately, the Fillmores wrote extensively about their methods. In one of her letters, Myrtle described the process

of healing in a way that can be divided into five steps (*Healing Letters*, Chapter 9, “No Incurable Disease”):

1. Know the Truth of You

*You are a human being made in God's image.
Your essence is divine.*

Myrtle advised: “We accept the God-given perfection.” Can you do that? Most of us could instantly name dozens of things wrong with our bodies or health.

She didn’t mean whatever is showing up right now is necessarily perfect. She meant the *ultimate* you—the Spirit you—is never sick.

You might not have treated your body well in the past. You might have received a mistaken diagnosis, or suffered medical setbacks. However, can you let that go and start right where you are to think of your health in a new way? Are you able to ignore the advertisements for the latest drug or antiaging cream that inevitably implies you will be sick and old?

Fix your undivided attention upon the Creator and inner pattern of perfection, Myrtle said. Keep bringing your thoughts back to the ultimate Truth: Know that God is bigger than any disease or injury.

2. Notice Your Thoughts and Actions

Are you dwelling in fear and worry? Cleanse your thoughts the way you cleanse your body. Go back to Step 1 and keep adjusting your mind to the larger truth. Keep remembering the divine power of health flowing through you.

Myrtle advised to look into memories and see whether you are carrying anything from the past that affects you today. Myrtle had been told as a child she was sickly like her father and would probably die young. She believed it and stayed sick until she realized and began affirming: *I am a child of God, and I do not inherit sickness.*

Myrtle never claimed that you could heal *only* with your thinking. She also emphasized eating good food, exercising, and taking care of your body. But most of all, she said, health reflects consciousness.

Lissa Rankin, the doctor who wrote *Mind Over Medicine* (Hay House, 2013), says she used to ask her patients what their bodies needed to heal. The patients were astonished at what they knew deep down.

“I must divorce my spouse,” would pop out of their mouths.

“I have to quit my job,” some would admit.

“It’s finally time to come out of the closet to my parents.”

Your body might be expressing the need to take action beyond going to the gym and to practice radical self-care.

3. Use Your Creative Power

Myrtle wrote, “Rejoice and remember you have the God power to change conditions.”

Time and again, she said to keep your attention centered in Divine Consciousness. Remember that the same power in Jesus is in you.

Scientific studies have shown repeatedly that positive expectations are more likely to make us well (placebo), while fears and a focus on illness can make us sick for no reason (nocebo).

If you are sick it's not an illusion, it is your current experience. Seek treatment as you feel guided, but look past the appearance of illness. Never forget you are a spiritual being having a human experience. Your soul is longing to express through you. It's a tight bud that wants to blossom—a light waiting to shine forth.

4. Health Is Your Natural State

Myrtle said you were created whole, perfect, and complete. Your body naturally returns to balance.

This is where Myrtle might get an argument from today's readers. She wrote, "We know very well that God would not create a person with imperfections or shortcomings or disease."

Really? Can't we look around and see such people?

Myrtle seemed to believe disease was the result of free will gone awry—if you were sick, something was wrong in your consciousness. However, maybe having something "wrong" is merely the label we give to differences.

A student of mine spent a week teaching science to special-needs children and said she could see nothing "wrong" with them.

She later wrote, "As I looked into the eyes of one beautiful little girl with cerebral palsy as she sat in her wheelchair, unable to speak or to control the use of her arms and

hands (but who had the eyes and smile of an angel), I really wondered about exactly what ‘illness’ is. Is she ill? Is the adorable 3-year-old Hispanic boy with Down syndrome, who just wanted to hug me every second, or the little deaf girl who lit up like a Christmas tree when we signed the word ‘frog’ together, as I was showing the class a live frog I brought in to share? Which one of them needs to be healed or ‘fixed’? Which isn’t whole?”

In some cases, what we have declared to be in need of healing might only need to be accepted as an individual’s natural state. Perhaps Myrtle is right that God does not create imperfection.

5. Realize Oneness

Myrtle’s fifth step is the only destination possible. If you know you truly are an expression of the Divine, if you keep your thoughts focused on the power of the Infinite within you, and if you remember health is your natural state, then what could you be but one with All That Is?

The more you practice this awareness, Myrtle said, the more powerfully it lives in you. It becomes part of your self-image and your expectation for living. You feel at home within the great whole and absolute good.

God as love and health reigns supreme in you, Myrtle said. It’s who and what you are.

You can find more resources and articles at ellendebenport.com.

Riding Free

“The words ‘I know that’ or ‘I give thanks that’ are rather like the training wheels on a child’s first bicycle. They keep us steady. So, if you have a health challenge, instead of beseeching God by saying, ‘God please heal me,’ say, ‘I know that God is healing me now’ and ‘I give thanks that God is healing me now.’”

—HYPATIA HASBROUCK,
Handbook of Positive Prayer



Healing Prayers From Silent Unity

I turn my thoughts to the radiant power of love and light within me. It restores and renews every cell with divine power. I see this light shining forth from the center of my being—I am revitalized and renewed.



Perfect life is flowing through my entire body right now, doing its mighty work—cleansing, energizing, and strengthening every cell. The wisdom of God is present and working through every medical professional as they support my healing journey.

I give thanks that God's healing life flows through me now, restoring me to wholeness and vitality.



Spirit dwells in me and I am filled with life-restoring energy. I release any concern and hold to my faith in any challenge.



I give my attention to life-affirming ideas and the truth of who I am. I am one with God; health is the natural expression of the power of God within me. I am whole and vibrantly alive.



God's healing energy flows through me now. I am relaxed and free in mind and spirit. Whenever worries or concerns arise, they come to be healed. I give thanks for this awareness and for divine love healing me in every way. My emotions are calm, my mind and body are revitalized, strengthened, and renewed.



Mighty currents of God's healing love flow through me now. My body and mind are renewed and restored. I am whole, well, and free.



The doctors and staff who care for me are divinely guided in their thoughts, words, and actions. The all-powerful presence of divine love expresses through each of them. I am safe and secure.



The love of God flows through me, calming my emotions, freeing my mind, and bringing wholeness—in body, mind, and spirit. I am at peace, open and receptive to my good.



God Is Healing You Now

A Unity Classic by Rev. Mary Kupferle

God is healing you now! It is occurring at this very moment whether you know it or not. You need not have some mystical experience. You need not feel any unusual physical sensation. You need not even be aware of how it is happening. You need only to relax, to let go, and to be assured that it is being done.

If you are facing a healing challenge of any kind, you can be sure God's healing power will see you through. Indeed, it is happening at this instant. God is healing you now! Whether you are in your home, hospital, office, bus, plane, or car, God's great love is there, healing you now. Whether you have a lot of spiritual understanding or a little, whether you are old or young in physical years, whether you have a great deal of faith or little, you can grasp these few words: *God is healing me now*. They can bring you into a realization that will lead you into total healing, total rebirth, and total change of your life experience for good.

The change may come instantly. If you are going through medical tests or are under the care of a physician, you can silently know: *God is healing me now*. God can and does work through anyone or anything in an infinite variety of ways and means to help, bless, and heal us. You need not question, reason, or seek out the ways. God will open them up to you, at the right time and appropriate moment, for God is already at work within every detail of your life, bringing about healing in every aspect.

If your heart is downcast about yourself or a loved one, know that God is healing you now, that God is healing your dear one now. Decree and affirm this consistently and faithfully, and you will be placing yourself in a receptive attitude, readying yourself to receive. If you are plagued by doubts and fears, and if negative thoughts fill your mind, use the words *God is healing me now* as a rudder to keep your mind turned in the direction of God's presence and power. Remember, the Truth is that God is healing you now.

If you need to speak these words for hours, days, weeks, or perhaps longer in order to let go of limited and negative habits of thinking, the results will be worth every effort. All the way will be a healing way. You may have to stretch your muscles of faith more than you thought you could, but as you do so, knowing that God is healing you now, you will be placing yourself in the position of receiving the greatest blessing of your life.

If you become discouraged, thinking that healing will never come, if you see little sign of progress, quietly realize that God's continuous healing power is at work beyond your ability to judge. Do not reason or compare or try to figure it all out. Instead, deliberately trust that in every moment and in every detail, God is there, guiding, helping, seeing you through to total healing.

To continue to repeat these words *God is healing me now* is to fill the mind and body temple so full of this awareness that there is no room left for fear or doubt. Further persistence in repeating them is to become so fully saturated with this Truth that it begins to overflow your mind and body and fill the atmosphere around you. The very air you breathe, your environment, will begin to vibrate with the power of

the thought: *God is healing me now*. Healing will fill the air. Healing will be released within every cell of your body, into every condition in your life, and into the lives of those around you ...

I have seen the healing of all kinds of conditions. For every healing in my own life or in the lives of others, I have seen just as many ways these healings have come. The ways of answered prayer for healing are as infinite as God is infinite.

Healings have occurred in every kind of environment, through silent prayer or audible, through strong decrees and gentle, sometimes in church services and sometimes in hospitals, regardless of the religious affiliation or lack of it or the manner of prayer. The ways of God and God's healing power transcend our concepts. There is no limit to the healing power of God or to the reach of the healing touch and presence of Jesus Christ.

No matter what any person may say of the impossibilities of healing, all things are possible with God. To acknowledge with praise and thanksgiving: *God is healing me now*, is to let the healing begin its flow. Now is the time to believe it for yourself. God is healing you now!



Healing Gems From the Unity Archives

“True healing is threefold: spiritual, mental, and physical. A person cannot be truly whole if one of these parts is ailing, as all are inextricably linked.”

—CONNIE FILLMORE, *The Unity Guide to Healing*

“The means employed may be many and varied, but the reason for healing is one: the unimpeachable wholeness of the universe. You can be healed because you are whole!”

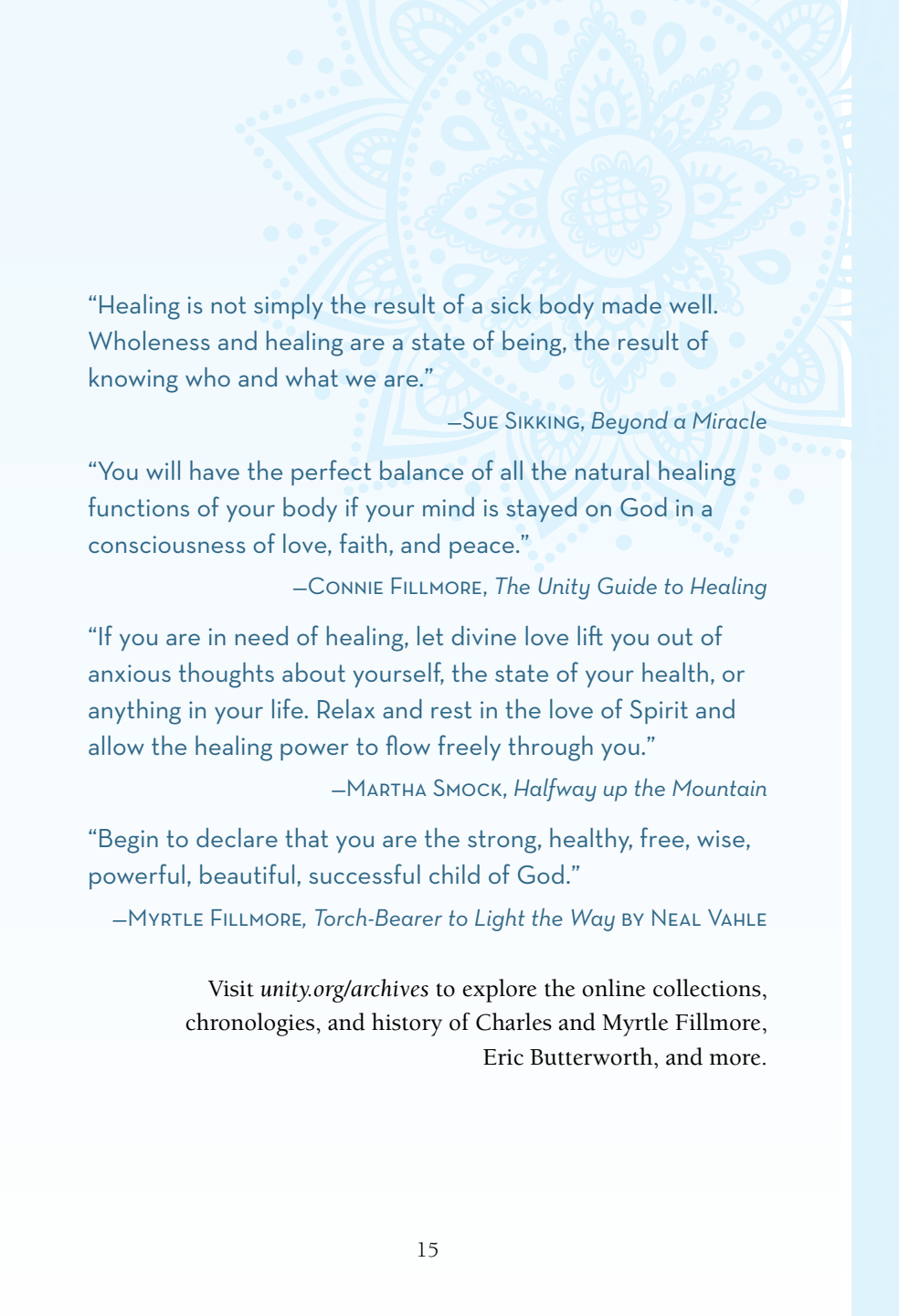
—ERIC BUTTERWORTH, *In the Flow of Life*

“I went to all the life centers of my body and spoke words of truth to them—words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past ... We must continually discipline our thinking and bring it in line with the truth. Thoughts are formative, they are like seeds that produce after their kind.”

—MYRTLE FILLMORE, *How to Let God Help You*

“We need to see that it is our mission to radiate healing in the world. The positive, loving, healing consciousness helps to uplift and heal all with whom we come into contact.”

—DONALD CURTIS, *The Christ-Based Teachings*



“Healing is not simply the result of a sick body made well. Wholeness and healing are a state of being, the result of knowing who and what we are.”

—SUE SIKKING, *Beyond a Miracle*

“You will have the perfect balance of all the natural healing functions of your body if your mind is stayed on God in a consciousness of love, faith, and peace.”

—CONNIE FILLMORE, *The Unity Guide to Healing*

“If you are in need of healing, let divine love lift you out of anxious thoughts about yourself, the state of your health, or anything in your life. Relax and rest in the love of Spirit and allow the healing power to flow freely through you.”

—MARTHA SMOCK, *Halfway up the Mountain*

“Begin to declare that you are the strong, healthy, free, wise, powerful, beautiful, successful child of God.”

—MYRTLE FILLMORE, *Torch-Bearer to Light the Way* BY NEAL VAHLE

Visit unity.org/archives to explore the online collections, chronologies, and history of Charles and Myrtle Fillmore, Eric Butterworth, and more.

When Grief Heals

By Rev. Chaz Wesley

I could hear her crying. Beyond the closed door of her bedroom and with her face buried in a pillow, my mother was sobbing uncontrollably. Although I was only a child, I had known sadness—but I'd never felt it vibrate before.

When her dear friend Judy was dying of breast cancer, my mom spent day and night caring, cleaning, cooking, and doing a multitude of things for Judy, her husband, and their three kids. She did it all again later for her own family. Mom and Judy companioned each other and prayed together. And then, my mother would go to her bedroom and cry until the walls trembled.

This was my first experience with the dying process, and it brought up many questions for me, but none of them were ever really answered—mostly because none of them were ever really asked. Like so many parents, my mother didn't like to talk about dying, especially to a child. When death finally ushered Judy to the heaven of her understanding, we shared the obligatory whispers of condolences and skirted the conversation even more.

As I search the memories of my childhood for how death and grief were presented in my family, I find little evidence that I was ever taught death was anything but awful, and expressions of grief were to be avoided at all costs.

As a transformational coach and grief expert who specializes in modalities of mindful bereavement, defining *grief* is a daily task. It is best described as an individual's normal



response to loss. Although there is no *normal* in grief, it is normal to grieve.

We usually associate grief with the loss of a life. However, we grieve countless other losses, such as the end of a relationship, loss of a job, a decline in health, or even an unrealized goal or dream. Whenever we face loss, we experience grief.

Grief is a natural healing process. More than an emotional experience, it affects every aspect of our being. When our whole sense of self (emotional, behavioral, physical,

cognitive, and spiritual) feels injured and vulnerable, one of the ways we can claim our rightful presence in the world is to claim the legitimacy of our grief. It is who we are, right now; it is the journey we are on, right now; and it is a valid way to be.

*My body and
mind have the
innate capacity
to heal.*

If you are grieving, allow yourself time and space to express your emotions, your authentic self, and your grief. Many people are already on the path, and they can be your guide and companion. You may experience sadness, depression, anxiety, fear, loneliness. You may even feel embarrassed about how your feelings cause you to respond to situations.

One common experience of grief, especially if you've had time to expect the loss, is that of *numbness*—simply not feeling much at all. This is different from denial. Numbness often feels as though you are completely removed from your emotions.

Grief is not a route to be avoided. It is a process to be embraced. Remember these helpful tips as you begin the journey:

Give yourself permission to grieve. Doing so in your own way and on your own terms is the best gift you can give yourself.

Choose to reconsider your thoughts. If you were raised with the notion that showing emotions was wrong (especially sorrow, sadness, or pain), allow yourself to reexamine that belief.

Don't underestimate the value of what you're feeling. You have within you an essential and instinctive response to loss. Any of the emotions you are experiencing should be considered *normal* for you, right now. They are a natural part of the grieving process—*your* grieving process.

If you need help, ask. Seek it from your friends, faith community, a grief group, or a bereavement professional.

Remember. You grieve because you have loved.

Only by fully living your grief will you be able to walk this journey and receive the gift each step offers you.

My mother denied death and grieved in silence when her friend Judy died. Years later, when my mother died, I vowed to change a paradigm that had riddled generations of families, societies, and cultures. My relationship with my mom—and with Judy—has never ended. It has simply changed.

Although change can seem unnerving—and at times feels as though it is underscoring the passage of time and the absence of our loved one—we can look at life from a broader perspective. The greater truth is this: You are no closer to your loved one than when you hurt; and you honor him or her through your participation in the healing process.

The journey of grief changes us forever. The pathway to healing is the evidence of that change.

You can find more resources and articles at chazwesley.com.

Take a Prayer Break

“If you become irritable, tense, and easily overwhelmed, what you need is not a coffee break, but a prayer break, a time for silence. Right where you are—at your desk, at the kitchen sink, even driving your car—take a few deep breaths to establish the image of life glowing from within. Whisper to yourself: *I am free from tension, stress, and strain*. Then with your vision sharpened with the concentric perspective, go on your way doing what you are doing. This simple process of getting centered within is the finest strategy for coping.”

—ERIC BUTTERWORTH

How to Cultivate Serenity

By Victor M. Parachin

Each day brings opportunities to take action, build resources, and develop strategies for cultivating serenity and peace. Here are eight serenity suggestions:

1. Remember one of Jesus' great promises: "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid" (John 14:27). The peace Jesus leaves with us is the peace of experiencing God's presence. No matter your circumstances, claim that gift through prayer by affirming daily the peace and serenity of Christ in your life. When challenges and traumas emerge, be encouraged by this observation from New Testament scholar Dr. William Barclay, who says that the peace of Christ does not mean the absence of trouble. He writes in his book on the Gospel of John, "The peace which Jesus offers us is the peace of conquest. No experience of life can ever take it from us, and no sorrow, no danger, no suffering can ever make it less. It is independent of outward circumstances."

2. Pay careful attention to your mental and spiritual attitudes. Are you being guided by fear or by faith? We are what we think. The mind is like a garden, and thoughts produce fruit. Abundant thoughts produce plentiful fruit; meager thoughts produce poor fruit. Review your thinking to be certain that the focus is upon faith and triumph, not despair and defeat.

3. Use the power of music. In the 18th century, German author Johann Paul Friedrich Richter noted, “Music is the moonlight in the gloomy night of life.” Today there is scientific evidence that music can soothe frayed nerves. At Baltimore’s St. Agnes Hospital, classical music was provided in the intensive care units. “Half an hour of music produced the same effect as 10 milligrams of valium,” says Dr. Raymond Bahr, head of the coronary care unit. “Some patients who had been awake for three or four straight days were able to go into a deep sleep.” Other studies show that music can lower blood pressure, basal metabolism, and respiration rates, thereby lessening physiological responses to stress. To increase serenity during times of high stress, make a point of listening to music you truly enjoy.

4. Employ the therapy of laughter. “A cheerful heart is a good medicine,” declares the writer of Proverbs (17:22). That biblical wisdom is now confirmed by science. According to W. F. Fry, M.D., a psychiatrist and associate clinical professor emeritus at Stanford University Medical School, humor is a “direct antagonist to the three major negative emotions—anger, fear, and depression.” Sometimes we should just laugh at problems. Taking time out to watch a television or film comedy not only helps us laugh but helps us look at our challenges from a different perspective.

5. Don’t expect perfection from yourself. Remind yourself that being human means making mistakes. If you make a mistake, forgive yourself and take the necessary steps to reclaim your life. Tone down negative and harsh thoughts of yourself by recalling how God views you:

“You are precious in my sight, and honored, and I love you” (Isaiah 43:4).

6. Live one day at a time. Many people are deprived of peace of mind because they live with anxiety about the past and with fear of the future. The way to eliminate such anxiety and fear is to take one step after another and live one day at a time.

7. Take care of your soul. Ultimately, serenity and peace are gifts from God. “Let me hear what God the Lord will speak, for he will speak peace to his people ... to those who turn to him in their hearts” (Psalm 85:8). An increasing number of psychologists are noting the positive correlation between a person’s faith and their serenity. Tapping into faith produces spiritual and emotional benefits.

8. Practice the art of taking a minibreak. Life must never be reduced to movement from one appointment to another and from task to task. Jesus is a good example. After a day full of ministry, he instructed his disciples: “Come away to a deserted place all by yourselves and rest a while” (Mark 6:31). The daily grind of life should be broken by periodically doing something different and pleasant. Go for a bike ride on a quiet road, play a favorite childhood game, visit a local tourist site, or spend a few hours on a beach. Keep in mind that some parts of life can be managed, controlled, and shaped, while we have no control over others. Serenity is always found in the lives of people who know the difference between what can be controlled and what cannot be.

God's Power Is Within Us

“Before I entered recovery, I would say, and I still hear this statement today, ‘I can’t stop drinking.’ What does this statement really mean? Well, it reflects that we’ve forgotten we were given at birth the divine power to change our lives. God’s power is within us. We really can do what we set our minds to achieve. The real truth is that if I set the intention and follow up with cocreative attitudes and behaviors, then I will not only stop drinking, but stay stopped. This is the message people need to hear.”—Rev. Leo Booth



Healing for the Healer

By Rev. Ed Townley

In a classic James Thurber cartoon from the 1950s, an indignant woman says to her bank teller, “But how can I possibly be overdrawn when I have all these checks left!” My ego mind understands that logic; it’s also good at reversing it, as in, “How can I possibly be a healer when I have all these healing needs left in my own consciousness?”

I know it’s somewhat of a spiritual cop-out to insist that I must wait until I’m totally healed myself before I can offer healing to others. In Truth, the opposite is the case. It is the ongoing process of healing ourselves that *allows* us to be a healer for others.

So healing is as important to the healer as it is to the healed. Sometimes it is the healer who is healed by the healing experience.

I remember in 1975 when I reached an unimaginable milestone: my one-year anniversary in the process of recovery from my various addictions. However, it was difficult to celebrate since I was in a New York City hospital wrestling with deep-rooted anxiety and depression that had been unleashed by the very recovery that was supposed to be healing me. That wasn’t what I expected “recovery” to look like!

Forty years later, when it came time to observe my 25th year of Unity ministry, it was equally difficult to celebrate because I was in a Connecticut hospital wrestling with the same challenges. In fact, the depression was heightened by my ego mind’s conclusion that I had obviously been a fraud all those

years. How could I preach healing principles to others when they weren't working in my own life?

So imagine my surprise to find—largely through social media feedback—that my own healing struggle was helping others to heal—without any input from my ego mind at all. I was trying to cope with my own issues, and that effort was touching others. It's not really surprising, of course—it's a spiritual Truth Jesus taught throughout his ministry: Every healing intention, no matter where it is directed, has infinite impact.

My bouts of anxiety and depression didn't mean I was absent from my Christ Self. Rather, they were challenging me to *be* the Christ, wrestling with my own experiences, allowing that healing energy to do its work and through me. Anxiety and depression were in fact agents of healing.

In 2016 I led an informal Easter service gathering around a table in the common room of a psychiatric ward, with a total attendance of six. It was ministry as I'd never imagined it. It was healing as I'd never experienced it.

To paraphrase *A Course in Miracles*, there is no degree of difficulty in healing. Every instance of spiritual love dissolving ego fear is a healing, and the process seems never to end—at least while we continue as spiritual beings in this human experience.

So a completely healed healer is a contradiction in terms: It is precisely by continuing a healing work in ourselves that we can extend it to others with intention and compassion.

Perhaps the most important requirement for healing, beyond faith, is *willingness*. It's the willingness to heal ourselves that allows us to experience the healing energy that flows through us to others.

You can find more resources and articles at spiritexpressing.org.

Healing Affirmations

I am healed and whole.



Divine life renews every cell in my body.



I am wondrously made of infinite love.



*The Christ within assures my strength,
energy, and vitality.*



*I am open and receptive to the healing
love of God within.*



*Mighty currents of God's healing energy
are flowing through me now.*



What the Page Revealed

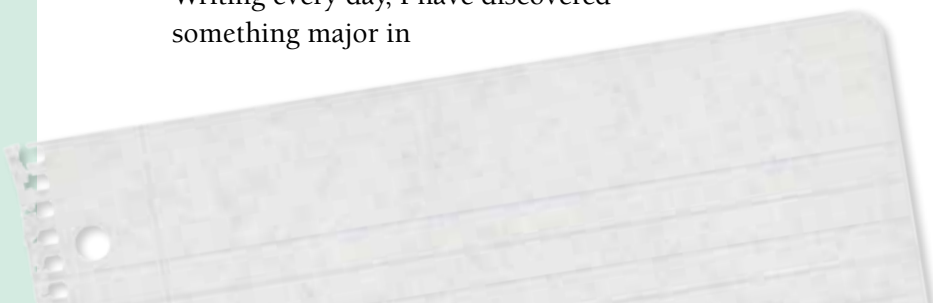
By Rev. Joy Wyler

I was reading a book on creativity, *Finding Water* by Julia Cameron, when I stumbled upon her description of a daily journaling practice. I had been phenomenally unsuccessful at journaling. I never knew what to write and profound thoughts never burst forth. My journals were pretty with unlined pages, but when my incomplete phrases arranged themselves on the page, it looked like a tipsy snail had left a ragged mark. So whenever I tried, I gave up quickly.

The approach seemed simple: Begin with a plain, lined spiral notebook, and a good, reliable pen. Then get up every morning and write. Just write what is in your head.

I began by writing about my evaluation of the previous day, and it grew from there. Today I write about dreams or the unfinished business still chasing about in my thoughts. I write about plans for the day or reasons to do nothing. I write about the pain, joy, fear, and wonder of everyday life. I write before I have too much time to think about writing and before I can convince myself there is no time for journaling. Sometimes I call it “letting my mind off the leash.”

Writing every day, I have discovered something major in

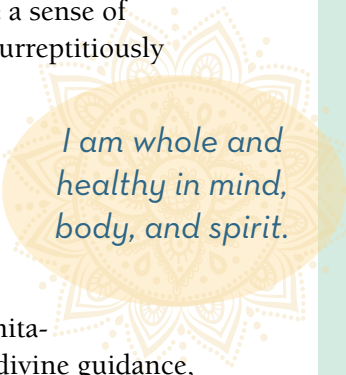


my journals: My own buried thoughts, feelings, and fears. Without my coaxing and certainly without a plan, they have crept out onto the page and into plain sight. Countless times I have looked down in surprise at what I've written. Often, I had no idea what fear, anger, or unforgiving thoughts lay beneath my current tears and anxiety. But I cannot heal festering wounds that are unseen and unknown.

Journaling has allowed me to reveal to myself what needs to be healed. Naming the feelings gives me a sense of mastery over them, so they are no longer surreptitiously driving my behavior.

The simple practice of writing in the morning has revealed ideas that I knew were not the Truth. Until I saw them written on the page, I didn't recognize them as beliefs that were ruining my life.

Yet there on my page was a belief about limitations, an idea that I was not supported by divine guidance, or a conflict in which I failed to see my part and the divine lessons available for me. Once I saw it on the page, I could probe more deeply, or process it with a trusted friend or therapist. What I saw revealed, I could transform. Seeing more clearly, I can affirm the power and love of my Christ Self and I can affirm that for others. I can see that my emotions and wounds are temporary.



*I am whole and
healthy in mind,
body, and spirit.*

I now have a box filled with the spiral notebooks from years of journaling. Journaling has allowed me to move through many physically and emotionally challenging times, and has allowed me to see my spiritual growth unfolding. It can do the same for you. Just get a notebook and begin.

Wholeness Over Healing

By James Scott, Licensed Unity teacher

Emergency Room, 5 a.m., June 14, 2014. “Your colon is completely blocked ... by a tumor. You have another tumor on your liver.” I allowed myself to grieve for about 30-60 seconds. Then I centered and took a breath. “So, what do we do next?”

It has been three years since that day and I am still undergoing chemotherapy. I begin each day with the idea that this

“No matter what course may be pursued or how the healing law is employed, the goal is to establish wholeness, to evoke the perfect activity of the life force which renews, rebuilds, and sustains the body.”

—CONNIE FILLMORE,
The Unity Guide to Healing

medical situation is a speed bump meant to slow me down and refocus my life as I continue to move forward. I am now 65. Decades ago, I declared that I would be around until the age of 120. I have 55 more years to go, and after this bit of a

slowdown, I will be back to full power.

I have heard that thousands of people are praying for me around the world. If anyone asks what to pray for on my behalf, I always answer “wholeness” rather than “healing.”

Unity teaches that “thoughts are things.” If you focus on the negative, you energize the negative. Often, although we want to help someone find healing, we focus on the



negative—their symptoms or physical problem. That is the same thing as energizing the negative in our thoughts.

As I move forward in this wondrous life, I often ask myself, *What do I really want?* Every moment holds infinite possibilities, but what do I really want on the other side of this speed bump? I'll never advance the cause of world peace if I choose to sit around the house complaining about how bad my spleen feels. *Move forward!* I tell myself. Focus on the positive, and move toward with what I really want.

In the spiritual classes I teach, it is not unusual for half of the class to either be dealing with cancer or having already

overcome it. Their stories of recovery and moving on with their lives encourage others. Treatments for specific cancers have become so advanced that survival rates are stunning compared to 50 years ago. When people see their high percentage likelihood of survival, their response changes from “It’s over. I’m gone,” to “So ... what do we do next?”

What do you do next? Affirm: *wholeness*. That is who you are in essence ... a whole and complete child of Spirit. Infirmities are manifestations, but they are only masking the wholeness at your core. My evening prayers include the affirmation: *I am a perfect child of God, housed in a perfect physical body made of God-substance*. I say it because I believe it. Whatever the MRI may say, it is the I AM that knows the Truth. Anything else is an illusion.

I tell people, “Don’t pray for my infirmities, you might energize them. Instead, pray for my wholeness to reveal itself in all its glory, every moment of every day.” Scientific studies show prayers targeted to a specific part of the body are considerably less effective than prayers for wholeness. They also confirm that prayer works.

Every day, focus on who you truly are at the center of your being. Your body and your spiritual center will work together to reveal the action or path that is right for you. Focus on the magnificent reality that you are a part and parcel of God, with the ability to do amazing things for others around the world.

You can limit yourself with your thoughts, or you can activate your highest good. You are peace. You are joy. You are love. You are divine. You will find that out in your next adventure, but it’s more fun if you learn it right now!

The Power to Heal

“The power to heal comes from within and engages every aspect of our being. Even if the symptoms have not yet faded, spiritual healing is in progress. Our healing is made manifest as we recognize our innate wholeness in mind, body, and spirit ... Jesus demonstrated that faith is the key to healing. He said, ‘According to your faith let it be done to you’ (Matthew 9:29). Faith allows spiritual healing to flow in the right time and in the perfect way. We awaken to the energy of God within us, and we are made whole.”

—REV. ANNE TABOR



Love Is a Healing Power

By Rev. Mark Anthony Lord

Ho'oponopono is an ancient Hawaiian practice built on the spiritual truth that what you see and experience in life is not really “out there,” but a creation of your own mind, like a dream. The great news is that you can change the dream you are having, seeing, and experiencing. *Ho'oponopono* is one way to do that. You can use it anytime negative memories, fears, or judgments haunt your mind. Simply repeat the four steps below as you go about your day and watch the transformation happen.

Step 1: Repentance—“I’m sorry.”

As you take responsibility for creating pain and suffering through your thoughts and judgments, it becomes easier to feel genuinely sorry. What you are really saying is, *“I’m sorry for creating you/this as broken, afraid, sick, sad, and so on. I’m sorry I am creating you/this as anything less than holy and good.”*

Two words, *I’m sorry*, is all you have to say. It can be tough to realize you are creating so much pain and suffering in your life experience, but don’t get caught up in that. You’re changing it by owning it. “I’m sorry” opens the door for the healing.

Step 2: Ask for forgiveness—“Please forgive me.”

The ego doesn’t like this because it doesn’t like to be humbled, which it confuses with humiliation. Don’t let your ego’s resistance stop you. Just be willing to feel the desire to be forgiven. What you’re really saying is: *“Please forgive me for*

my part in creating this. Please forgive me for not being able to see you/this/it as perfect and one with the Divine. Please forgive me for my part in keeping you/this/it trapped in fear or pain."

"Healing is not a process but a revelation; for the revealing of the perfect (person) always heals."—ERNEST HOLMES

Fortunately, all you need is the "faith of a mustard seed," or an ounce of willingness, to activate a request for forgiveness. Just say, "please forgive me."

Step 3: Gratitude—"Thank you."

Gratitude is magnetic. It immediately activates the law of attraction to bring you joy, power, peace, and whatever you desire. Gratitude in Ho'oponopono also brings relief. To feel grateful means you know you are moving toward the negative dream being over. What you're really saying is, *"Thank you for helping me see my part in this. Thank you, God /Universe, for always being loving and kind. Thank you to the Spirit within the other person(s) helping me to become free."* You simply say, "thank you," and the rest is encoded in there.

Step 4: Love—"I love you."

Love heals and seals the deal! Say, "I love you" to yourself. Say it to whomever is in your mind. Say it to God/Universe or to the air that you breathe and the sun that shines. Love is a healing power that unites, restores, rebuilds, and reveals the perfection in you and others.


That's it—the whole practice of Ho'oponopono. It's simple, effective, and creates miracles in your life.

You can find more resources and articles at markanthonylord.me.

Ageless Joy

“With the passing of years, changes take place in our bodies, in our circumstances; life moves on and we move with it. But with childlike faith and in a childlike spirit, at any age we can find joy in living and we can keep alive the feeling of youth, of agelessness. It is our secret weapon against belief in old age. We can refuse to equate the number of years we have lived with ill health, with faults and failings and despair. We can remind ourselves that we are beloved children of God, now and forever ... We are spiritual beings, here for a purpose, and we are needed and important, whatever our age. Best of all, we have a youthful spirit that is irrepressible, that time cannot quench, that the passing of years cannot touch.”

—MARTHA SMOCK



***I fairly sizzle with zeal and
enthusiasm and spring forth with
a mighty faith to do the things that
ought to be done by me.***

—CHARLES FILLMORE,
age 94

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