

A Brief Overview of Unity

Founded in 1889, by Charles and Myrtle Fillmore, Unity offers a practical philosophy for living. We have no strict creed or dogma, but offer a comprehensive teaching to all who are seeking a deeper understanding of their spiritual nature. We are not a religion, but a positive, practical, personal path to higher awareness of our nature, not as victims of life, nor even channels of Divine Love, but as powerful expressions of Divine Ideas. We experience these different beliefs (as victims and channels) as we evolve our awareness toward knowing our Oneness with Spirit. We are in fact One with the Universe (what some call "God"), not separate in any way from it. People from all faith traditions can remain faithful to their original tradition and follow this spiritual path, and we honor many major teachers and traditions as valid.

Unity is more than a church, more than a school. It is a spiritual movement for individuals growing, seeking, unfolding, and becoming what they are meant to be. Unity is more interested in teaching how to think than what to think. In Unity, we are always free to choose what has value for us.

As Divine Expressions, we think in the absolute Realm, the realm of Divine Mind and Divine Ideas. All possible ideas already exist in this spiritual realm, which we access by going within in the Silence. What we feel in the Silence inside ourselves, similar to what we feel in the presence of great love, great beauty, spectacular unspoiled nature, or great artistic expression, is our Oneness with Divine Being. We all yearn to connect consciously with that Divine Power.

In the Absolute Realm, when we are aware in the Silence, every idea we choose to think and feel about ourselves, or about our fellow human beings or our world, expresses spiritually. By Divine Law, whatever thoughts we choose in the Absolute, reflects into our relative, earthly experience. However, we do not have the power to direct how or when it will appear in material experience. Our power lies in the Absolute, spiritual dimension.

In the Absolute Realm, all possible thoughts already exist. Divine Ideas are unchangeable. In the Absolute Realm, our role is to choose and imagine whatever divine ideas match our needs and desires. As embodied beings, we can also turn our attention to the relative, material realm, where things are always changing. This is what we think of as "daily life." When we focus primarily on Relative "daily life," with its constant demands and issues, we are pretty powerless. The Relative is only a reflection of absolute Truth. Our power, truth, and joy lie in the Absolute.

Our spiritual path involves integrating our spiritual beingness into our physical life, so that we can experience more peace and harmony.

Unity defines prayer as tuning into the Absolute Realm, being aware of our Divine Nature as Expressions of Spirit, and affirming the ideas we want to experience and express. Unity prayer also involves choosing to release the idea that temporary situations have any power over us. Prayer unifies our thoughts with Truth. It is through our Oneness with the One that our divine experience comes alive, our thinking becomes harmonious, and our life is blessed with good.