

Unity's Five Principles

1. There is only one Presence and one Power, God, Absolute Good.
2. God is individualized in each and every one of us. This Divine essence was fully expressed in Jesus and other masters, and it is our life purpose to express Divine Being in our own lives.
3. The law of mind action shows us that our thoughts and feelings reflect in the way we experience our daily lives. Through our core beliefs we create our perceptions of people, events, and activities and choose our response to them.
4. Meditation and affirmative prayer are our tools for pivoting into inner knowing. These "tools for transformation" help us to "be still and know that I Am God" and to practice living from the spiritual reality of our nature.
5. Practical application of this truth is remembering that we are eternal spiritual beings and allowing that love to fully express in our activities and relationships. We act on our truth. We bring what we know into the world.