

SOUL FOOD UNITY MINISTRY

“THE WORD OF GOD IS TRUE SOUL FOOD”

~ CHARLES FILLMORE

Volume 2

Shining the Light of Truth on Contemporary Issues

April 2011



*New
Weekly
Feature*

Visit our website,
www.unitytruthseekers.com,
for this new feature -

“The Weekly Word.”

“Our spiritual ministry of prayer is only half done unless we give those to whom we minister an explanation of the truth principles that will enable them to demonstrate spiritual principles for themselves.” (Myrtle Fillmore)

Each week you will find a new, relevant lesson in the practical application of Truth Principles for living a better life.



✠ Good Friday and Easter ✠

“Whoever seeks to gain his life will lose it, but whoever loses his life will preserve it...” (Luke 17:33)

As the climax of Holy Week and the story of Jesus, Good Friday and Easter, death and resurrection reflect the central image in the New Testament for the path to a transformed self.

The path involves dying to an old way of being, and being born into a new way of being in the world. It is the way recorded in Matthew, Mark

and Luke, *“If any want to become my followers let them deny themselves and take up their*

cross and follow me,” (Matthew

16:24, Mark 8:34 and Luke 9:23). It

was customary for a person

condemned to

crucifixion to carry the horizontal beam

of the cross to the place of execution. Hence, “taking up one’s cross” meant walking the way of death.



PRAYER AFFIRMATION FOR THE MONTH

“I can do all things through Christ who strengthens me.”



Similarly Jesus said, ...*whoever seeks to gain his life will lose it, but whoever loses his life will preserve it,*” (Luke 17:33).

Clearly Jesus is speaking metaphorically and not literally as the writer of Luke made clear when he added “daily” to the saying about taking up one’s cross (Luke 9:23). For Jesus and his followers, death was a metaphor for an internal process of surrendering self-will and ego-inflation to become radically centered in and loyal to God. The central movement in metaphorical dying is a letting go of being centered in the ego and its anxieties and preoccupation with serving its own opinions and self-interests, to become centered in God above all things. In his teachings, Jesus taught that the way of death, metaphorically speaking, was a part of the process of spiritual development. The horror and shock of his

actual physical death affected the consciousness of his followers profoundly. It caused them to see his teachings about the way of death from a literal perspective rather than the metaphorical perspective of Jesus himself.



As a metaphor for the path to a transformed self, Good Friday and Easter go together; both parts of the process are essential: death and resurrection. When one is emphasized over the other distortion and failure to demonstrate new life

is the result. Some of us get stuck on the cross holding on to the problems and pain of the old way of being and never experience new life. Others of us seek the new resurrected life without letting go of ego-centered motives and behaviors. To lose our ego-centeredness, to experience its “crucifixion,” we will each need to have our own *ego humbling experience*. For each of us it will be different. For some of us it will come as a crisis in some area of our body and affairs and for others as a growing awareness of God in our lives. In any case, the movement will be surrender of “me” so there can be more of “Thee.” More of “Thee” in our consciousness resurrects us to new life and greater good in all areas of our being. The old has passed away and behold all things in our lives are being made brand new!

The Law of Attraction

The Law of Attraction reveals to us another of the ways that life works. The mind is a magnet and attracts whatever corresponds to its ruling state. Whatever we think, feel and expect sends out vibrations that will attract into our lives the things and conditions that are in harmony with it. That is because the Law of Attraction is always working. We are always sending and attracting or asking and receiving what we are asking for. This is a truth that Jesus taught, *“Ask and you will receive,”* (Matthew 7:7). The scholars of the Jesus Seminar said that here we are dealing with an authentic saying of the historical Jesus. Scholars accepted the saying because the promise of response to each request is absolute.

The Universe, in its full and total reality, responds according to our requests. The problem is, many of us are getting responses to requests which we do not understand we’re making. We see the response in the conditions we have attracted but do not see what in us attracts it. We ask for trouble without knowing it.

What we have to understand is that the level of our inner being determines the vibration and enters the request we are

sending out. We may ask in morning prayer for health and happiness without seeing factors that govern our thinking and feeling for much of the day. Factors such as mentally indulging in our grievances, secret jealousies, dislikes and so on that are asking for something quite different. It is these unseen factors that attract what we don’t want and don’t like in our lives. No matter how good the reason is, we can’t

afford the luxury of negative thinking.

To change for the better what we are attracting we must raise our level of being and vibration by replacing all negative thinking

with an affirmation of Truth or a favorite verse of scripture.

Next we must hold ourselves, our thoughts, feelings and expectations consistently in vibratory harmony with the good we desire to demonstrate. See it, feel it, expect it, affirm it and give thanks for it as often as possible during the day and with emphasis before bedtime. And, through the absolute working of the Law of Attraction this good will be drawn to us.



Soul Food Unity Ministry's
Healing Retreat



October 7-9, 2011
The Elms Hotel
Excelsior Springs, MO

Join us and participate in music, scripture, prayer & meditation, inner-work and healing rituals that can help us heal mental & emotional issues and their results as *dis-ease* in our bodies & relationships.

Our space for this Great Fall Weekend is limited so do register early.

For more information email
info@unitytruthseekers.com

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Rev. Sallye Taylor, Rev. Gloria Lilly-Holt
& Rev. Bill Wear, Jr. Co-ministers
923 NE Woods Chapel Rd. #239
Lee's Summit, MO 64064