



Good News From...

# Soul Food Unity Ministry

*"The Word of God is True Soul Food"*

~ Charles Fillmore

Volume 3

*Shining the Light of Truth on Contemporary Issues*

January 2011

## *Following Life's Directions*

It has been said that life should come with directions. The truth is that it does. There is a way life works and that way has its foundation in God as Principle. By Principle is meant definite, exact and unchanging rules of action. Those rules of action are expressed through the physical and metaphysical *Laws of Life*. Laws are the simple yet powerful models that help us understand the way life works. Laws produce the same result every time no matter where, when or who uses them. For example, when we wake up in the morning we don't have to wonder which way our feet will go when we get out of bed. Because of the law of gravity, they go down — never up. Likewise, two plus two always equals four, never five. It is the law.

Our task, if we are to follow the directions for the way life works, is to understand the Laws of Life and to follow the instructions for applying them in our lives. *"Only be strong and very courageous, being careful to act in accordance with all the law...do not turn from it to the right hand or to the left so*

*that you may be successful wherever you go."* (Joshua 1:7-8) These words to Joshua, as he prepared to lead the people of Israel into their land of promise 3000 years ago, are relevant for us today. There are no exceptions to the requirement that we live according to the law. For those of us who like to think the rules don't apply to us, nothing could be further from the truth when it comes to the Laws of Life. Violations of the law always brings negative consequences while living in accordance with it brings positive consequences of success and prosperity. Ignorance of the law is no excuse.

So that we will not be ignorant of the Laws of Life, for the next several months we will study the laws and their practical application to our daily lives.

The first, and very basic law we will explore, is the Law of Mind Action which is defined as, *"thoughts held in mind produce after their kind."* (*The Revealing Word*, Charles Fillmore) Many people take their thoughts so much for granted that they seldom think about what they're

thinking about. They may also fail to realize that what they are thinking is creating the circumstances in their lives. *“As a man thinks in his heart, so is he,”* (Proverbs 23:7). We are literally what we think. Our character and level of being are the sum of all our thoughts. *“Life is a mirror and will reflect back to the thinker what he or she thinks into it.”* (Ernest Holmes)

Thought (the act or process of thinking) is one of the greatest powers we possess; like almost all powers, it can be used positively or negatively. What this means is that what makes us sick is the same thing that makes us well; what makes us poor is the same thing that makes us rich — it is that which we are thinking deep within ourselves.

As you are reading this newsletter, you are reflecting what your thoughts have created over time. Where you are, inside and out, is not based on what has happened to you, but is based on what you choose to *think* about what has happened. We can't change the hurtful, harmful events of the past, but we can and must change for the better how we think about them. From the lessons we've learned and the blessings received, we must learn to say as Joseph did, *“You meant it for evil, but God meant it for my good.”* (Genesis 50:20)

Changing our thoughts for the better so that we change our lives for the better is easier said than done. That's because we don't consciously choose what we're thinking about. Instead, we think about whatever thoughts randomly enter our mind. These are often negative and judgmental of others, ourselves, or the outer world. What most often evokes these seemingly random, negative thoughts are our automatic, negative reactions to the people and events that show up in our lives. We think about one negative thing and then another, drawing one negative symptom into our lives and then another.

What we hold in our mind demonstrates in our lives and that is good news. We can train our mind to hold thoughts about the Truth that we want to demonstrate and it will manifest, in the fullness of time, in our lives. Like planting a seed in rich soil, there is a “growing time” required for the demonstration of the plant and of our good. Jesus put it this way, *“First the blade, then the ear, after that the full corn in the ear,”* (Mark 4:28). During this “growing time” it will take conscious effort, or inner work, to train our mind to hold thoughts about the Truth that we want to demonstrate, and to turn our attention away from all negative thinking as soon as it shows up.

This is the key that opens the door to a new and better life seeing our dreams come true. However, possession of the key is not enough. A key is for use. We may know all about the Law of Mind Action but unless we are doing the inner work of holding thoughts about Truth and turning attention away from the error of negative thinking, we are not using the key. Theory is one thing; practice is another.

### **How To Practice The Law of Mind Action**

First, get prayed up before the day's activities begin. Take the time and make the effort to make your own connection to the Presence of God within you.

Ask for God's help to keep you mentally awake and aware of what you're thinking about.

*"Thinking without awareness is the main dilemma of human existence."*

~ E. Tolle

Next, write down the answers to these questions:

~ What do I desire to demonstrate?

~ What are some affirmations, ideas and images of it I intend to hold in mind today?

Consciously choose what you are going to think about for the day — before your day begins. Then, as you move through the day, check yourself...what are you thinking about? If it is not in line with

your intention, turn your attention away from it with:

*"Let the words of my mouth and the meditations of my heart be aligned with the Truth I desire to demonstrate.*

*Thank you, God."*

And, practice, practice, practice. It will take time and it will take mental effort to train and discipline our thinking. The result will be more than worth the time and effort it takes. The Law works, if we work it!



### *Be My Prayer Partner*

February 2011

I invite you to join me in this affirmation as we become filled with the Spiritual Substance:

*"I am a radiating center of Divine love, mighty to attract my good and to radiate good to others."*

To be filled with it's Spiritual Substance, take the affirmation into the silence of prayer. Repeat it over and over until you have a realization that it is true for you. During the day, affirm it often as a powerful Truth you want to hold in mind so it can produce after its kind.

(The affirmation for each month will be published in the previous month's newsletter and on our web site at [www.unitytruthseekers.com](http://www.unitytruthseekers.com).)



## *My Oath To You*

When you are sad...I will dry your tears.  
When you are scared...I will comfort your fears.  
When you are worried...I will give you hope.  
When you are confused...I will help you cope.  
And when you are lost...and can't see the light,  
I shall be your beacon...shining ever so bright.

This is my oath...I pledge till the end.  
Why you may ask?...Because you're my friend.

Signed: *God*

*Soul Food Unity Ministry*

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