



Good News From...

Soul Food Unity Ministry

"The Word of God is True Soul Food"

~ Charles Fillmore

Volume 2

Shining the Light of Truth on Contemporary Issues

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Twenty-Nine Gifts

Cami Walker, dealing with the devastating effects of multiple sclerosis was given a prescription by a friend that transformed her mentally and physically. The prescription was to give *"29 gifts in 29 days and record it in a journal."* Cami was on her way to the hospital and asked how she could give anything away there? Her friend, Mballi Creazzo, reminded her there would be others at the hospital and that her gifts didn't have to be limited to material things. She was told that healing doesn't happen in a vacuum, but through interactions with other people. By giving to them, she would be focused on what she had to offer others. Giving of any kind is taking a positive action that begins the process of change for the better.

Cami Walker's friend was introducing her to the divine law of giving and receiving that must be understood and practiced if we would be healed, prosperous and free. Jesus clearly articulated this divine law when he said, in Luke 6:38, *"Give, and it will be given to you."* Jesus was teaching his audience of poor peasants in the 1st century, and to us in the 21st century, that a giving consciousness

sustains the flow of good into our lives. Jesus understood how easy it was for them, and us to get down in consciousness because of the desperate need to receive. He told them the key to being lifted up into the high consciousness of receiving was to give. This key can lift us today. To truly practice this law we must change our thoughts and attitude to generosity, to *giving* rather than the usual focus on *getting*.

The most important aspect of the well-known scripture, John 3:16, is: *"For God so loved the world that he gave..."* God is the divine givingness of the Universe. And we are created in the image-likeness of this divine givingness. We cannot find the true meaning and purpose of our lives until we see ourselves as a giver. It may mean a complete turn around in our approach to life, where we think *how to give more* instead of *how to get more*. In our spiritual quest, we are seeking to establish ourselves in a united relationship with the divine flow. We can never really achieve this level of consciousness until giving becomes the

main thrust of our lives. And when it does, when we discover the wonder of giving we become, with deep love, a cheerful giver.

In his book, Prosperity, Charles Fillmore wrote that we must not give with any idea that we are bestowing charity. He wrote that there is no such thing as charity as it is popularly understood. Everything belongs to God and all of his children are equally entitled to it. The fact that one has a surplus and gives some of it to another does not make the one a benefactor and the other a dependent. The one with the surplus is simply a steward of God and is merely discharging the work of good stewardship.

Being generous in spirit and deed is spiritual food for our soul. Whatever we



P. Ferrucci, renowned psycho-therapist & author

may *lose* in the moment of giving, whether it is time, money, or an idea, will be more than matched by all we receive. As Piero

Ferrucci says so eloquently *“Being kind and generous is the simplest way to become*

who we really are.”

In their book, The Power of Giving, Azim Jamal and Harvey McKinnon write, *“We believe that giving is a fundamental human need — one that benefits both the recipient of the gift and the giver.”* They also ask and answer some insightful questions we need to reflect on as we

consider working with the law by giving 29 gifts in 29 days.

Why Give?

1. We are working with a foundational truth principle — the divine law of giving and receiving.
2. Giving affirms the abundance that is ours to give.
3. The more we give of ourselves, the more we find our true self.

What Can We Give?

Love
Laughter
Knowledge
Hope and encouragement
Time
Money
Skills and talent
Attention
Give what you need most

To Whom Should We Give?

Start with yourself.

Give to channels of spiritual good and inspiration in your life. (Don't forget the value of tithing.)

Give to the community.

Give a prayerful blessing to everyone who crosses your path.

Cami Walker was doubtful if her friend's prescription would really change anything for the better. She tried it anyway and found that it worked. With great mindfulness she gave 29 gifts in 29 days and she was transformed. Her testimony of its effectiveness is told in her book, 29

Gifts, How A Month of Giving Can Change Your Life. In it she shares the nine lessons she learned as she gave her 29 gifts in 29 days.



Cami Walker's 9 Lessons

1. When we give with an open heart, we receive the profound gift of humility.
2. Gratitude keeps our heart open.
3. Giving opens space for us to receive because giving and receiving are part of the same naturally reciprocal cycle.
4. Selflessness does not mean giving of ourself to the extent that we are left depleted.
5. When we give from a place of service, honesty, and fullness, we are left feeling revitalized.
6. When we give from a place of responsibility and resentment, we negate the gift and nothing changes. In fact, we are often left feeling resentful and drained.
7. When we are immersed in self-centeredness as opposed to self-love, we become isolated and lonely and forget we're a part of a greater whole.
8. When we give, we are living the practice of being spiritual and human. When we practice making mindful connections with others, our life *feels* meaningful, therefore it is.
9. We rarely move back into a place of scarcity when we remember to give mindfully every day and to record it in our journal.



Dear Friends,

It was at a time when the leadership of Soul Food Unity was making the effort not to get caught up in the consciousness of scarcity, as we dealt with declining income, that Cami Walker's book came to my attention. Since we knew the law of giving and receiving, 29 Gifts... gave us a wonderful way to practice the law. We invite you to join us in this prospering process. There is an online journal provided free at www.29Gifts.org to keep a record of your experience. Or, use a spiral notebook especially for this spiritual practice (as I am doing).

Six of the 29 gifts Soul Food Unity is giving, are available free on our web site www.unitytruthseekers.com. They are: The Two Stories of Christmas; for my fellow lovers of detective fiction, The Inner Detective; and, our podcasts (FYI) For Your Inspiration:

What It Means To Be Free
How Not To Be Anxious
How To Heal Hurt Feelings
How To Prosper Under All Circumstance

See our back page for more information.

Love, Sallye

Good News From...Soul Food Unity Ministry is made available by the tithes and love offerings of our friends and supporters. To receive an emailed copy of our newsletter please send your request to: info@unitytruthseekers.com

Free On Our Website

[The Two Stories of Christmas](#)

Matthew and Luke tell two different stories of the birth of Jesus, Neither is factually true but both contain Spiritual Truth. The Christmas story is our story. As we read and reflect on the powerful symbols in each story, we will find deeper meaning and understanding of the Christmas experience.

For lovers of detective fiction...

[The Inner Detective](#)

Many of us want to know ourselves better and, in the words of Jesus, know the truth that will set us free. This lesson's intent is to help those of us who read detective fiction for fun and relaxation, use it as *grist for the mill* of self-knowledge and spiritual growth.

[\(FYI\) For Your Inspiration... Podcasts](#)

- ♥ *What It Means To Be Free*
- ♥ *How To Heal Hurt Feelings*
- ♥ *How Not To Be Anxious*
- ♥ *How To Prosper Under All Circumstances*

We can no longer accept Spiritual Truth without demonstration. These talks, by our senior minister, Sallye Taylor, provide spiritual information and inspiration that help us to be in command of our spiritual faculties and powers through which we can demonstrate the good we need and desire in our lives. The messages in these talks are true soul food!

www.unitytruthseekers.com

Soul Food Unity Ministry

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