

Good News from ...

Soul Food Unity Ministry

“The Word of God is true Soul Food”

~ Charles Fillmore

Volume I, Number 4

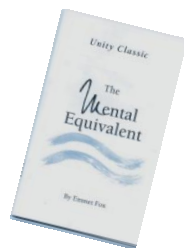
Shining the Light of Truth on Contemporary Issues

Winter, 2009

Truth Isn't True for Us Until it Demonstrates in our Lives!

Unity's purpose is to teach and demonstrate the principles of Truth taught and demonstrated by Jesus Christ. In recent years, some of us have moved our attention away from the demonstration of Truth and are more and more being negatively affected by the conditions of the world. Time spent reading truth books, hearing truth talks and attending truth classes fills us with knowledge and inspiration. However, using that knowledge is what brings us wisdom, understanding and demonstration. Therefore, we must not keep our knowledge of Truth stored in the back of our mind. It is acting on our knowledge of truth, in an effort to demonstrate it that brings greater good into our lives. *“If you know these things, blessed are you if you do them.”* (John 13:17)

The key to demonstrating the good we desire is found in ***The Mental Equivalent*** by Emmet Fox. He tells us that although most people think we live in a material world, the truth is we live in a mental world. Whatever enters our life is the material expression of some belief in our mind, whether we're aware of it or not. To demonstrate the desires of our heart -- a healthy body, abundant cash flow, love, happiness or peace -- we must furnish its mental equivalent. *“To those who have (a mental equivalent) more will be given. To those who don't have*



(a mental equivalent) *even what they have will be taken away.*” (Jesus)

This is the key to making a demonstration: build the mental equivalent by thinking of the conditions we want to manifest, by feeling it and being interested in it. Our interest gives it the energy of our attention and intention. Emmet Fox also notes that we rid ourselves of what we don't want by replacing thoughts about it with positive affirmation. The law of mind is that we can only get rid of one thought by replacing it with another. Let us write three lists daily to help put this truth into practice.

List #1 – What I Want to Get Rid Of

Make a written list of the thoughts and situations you want to get rid of by not thinking of them during the day. This brings conscious awareness of what needs to be replaced as soon as it shows up.

Now tear up and throw away the list or safely burn it to represent its elimination from your consciousness.

Write this or another affirmation that you will use to *replace* the old thinking if it shows

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up. *“Let the words of my mouth and the meditations of my heart, be aligned with the Truth, O Lord my strength and my redeemer.”* (Psalm 19:14)

List #2 – What I Want to Demonstrate

What do you most want or need to demonstrate in your life right now? Give this prayerful reflection in order to reach clarity on what you want. If you don't know clearly what you want it can't demonstrate. (Not, *“O Lord I need some money,”* but, *“I need \$5,000 or more to meet current expenses.”*) Now write an affirmation: Ex. *“Infinite Spirit opens the way for me to receive \$5,000! I am an irresistible magnet for abundant cash flow right now!”*

As you speak the words, *feel it* – energize it with interest. Expand your interest in the principles of prosperity (healing, perfect mate, success in business or whatever you are asking for) by reading prosperity books, taking prosperity classes and acting on the knowledge you acquire. Carry your affirmation with you into the day to speak it, think it and feel it often.

List #3 – What I am Grateful For

Every day make a list of at least ten things for which you are grateful. Consciously giving thanks, each day, for the abundance that exists in our lives, sets in motion an ancient spiritual law: *The more that we have that we are grateful for, the more that will be given to us.*

Be faithful in making the list of ten or more blessings for which you are grateful. As you focus on the abundance of good in your life, rather than on the lack, you help build the mental equivalent of greater good – first in mind and heart, then in full outward demonstration. *“I have come that you might have life, abundantly.”* (Jesus)



The Spirit of God in Action

We have reached a time when the transformation of our consciousness is a necessity if we are to successfully work through the major challenges facing us – individually and collectively. To help bring about the transformation, we need the powerful action of God at work in and through us.

In the Bible, the action of God is called the Spirit of God. The Greek word we translate as *Spirit* indicates a movement of air meaning the *“wind of God”* or the *“breath of God.”* Descriptions of the Spirit of God in the Bible are less concerned with essence and more with action.

In the Bible, God's Spirit is at work in the lives of people, creating, sustaining, inspiring and guiding those who are reachable and teachable.

The Spirit of God Creates

Elihu, the son of one of Job's friends, enters the dialogue between Job and three other friends who are trying to tell him what to do about his problems. Elihu's effort was to redirect Job's attention away from his problems to God. He began his words with the realization that the Spirit of God creates. *“The Spirit of God has made me (and you) and the breath of the Almighty gives us life.”* (Job 33:4)

The Spirit of God Sustains

Times were challenging for the Christians in Corinth, a large Roman city with a diverse population. There were disputes and disruptions within the church. The love of power was overcoming the power of love as rival groups jockeyed for control of the church. There was a growing indifference to immortality and the support of the congregation's disadvantaged members. Concerned members wrote to Paul for advice on how to sustain the group through this turmoil. Paul's reply, *“Do you not know*

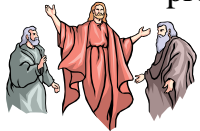
that you are God's temple and that God's Spirit dwells in you?" Knowing the truth of who they were sustained them and helped them to remain centered throughout their challenges. (1 Corinthians 3:16)

The Spirit of God Inspires

The Holy Spirit inspired Daniel to use his investigative skills to save Susanna, a righteous woman condemned to death on false testimony. *"Just as she was being led off to execution, God stirred up the Holy Spirit of a young man named Daniel. Inspired by the Spirit of God, Daniel separated and questioned the two wicked judges who had given false testimony. His investigation proved they were guilty and Susanna was innocent, giving us the word's first detective.* (Susanna 1:44 in the Apocrypha of the Bible)

The Spirit of God Guides

In the Gospel of John, Jesus is preparing his disciples for life without his physical presence. For three years they have lived and worked together with Jesus as leader and the disciples as his followers. Now he was leaving and they would go from following to leading others. How would they know and demonstrate the truth without him? Jesus told them, *"When the Spirit of Truth comes he will guide you into all the Truth."* (John 16:13)



What the Spirit of God did for them back then, the Spirit of God is ready and willing to do through us today. Our task is to stay open, reachable and teachable through prayer, meditation and study. We then will come to know the truth and acting on the truth we know, will set us free!

Visit our web site at

www.UnityTruthSeekers.com



"...so the key to life is to build the mental equivalents of what you want and to expunge the equivalents of what you do not want. How do you do it? You build the mental equivalents by thinking quietly, constantly, and persistently of the kind of thing you want. Thinking has two qualities: clarity, or definiteness, and interest. If you want to build anything into your life—if you want to bring health, right activity, your true place, inspiration; if you want to bring right companionship; and above all if you want understanding of God—form a mental equivalent of the thing you want by thinking about it a great deal, by thinking clearly and with interest. Remember clarity and interest; these are the two poles."

- Emmet Fox



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*When the Power of Love,
Overcomes the Love of Power
The World Will Know Peace.*

