

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*

January 2010

## Myrtle Fillmore's Healing

Unity began with the healing experience of Myrtle Fillmore in 1886. In How I Found Health, she describes the spiritual practice she worked with. *“It flashed upon me that since life is guided by intelligence in making all forms, I could talk to the life in every part of my body and have it do what I wanted. I began to teach my body and got marvelous results...I went to all the life centers in my body and spoke words of Truth to them, words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past when I condemned them and called them weak, inefficient and diseased. I did not become discouraged at their being slow to wake up, but I kept right on, both silently and aloud, declaring the words of Truth until the organs responded.”*



Having had the experience of spiritual healing, Myrtle felt called to share this good news with others. *“I want, before I go out to preach it, to be so one with my doctrine that nothing will move or upset me; that I shall not, by my inconsistencies, bring reproach upon the cause.”* When she was confident that she fully understood the principles

and the practice, she sought to help others and thus began the Unity movement.

Myrtle Fillmore used the power of the spoken word in bringing healing to her mind and body. We find many examples of the power of the spoken word in scripture, including Genesis 1:9, *“And God said...and it was so.”*

The creation story found in Genesis 1:1-2:3 was written during the time that the people of Israel were in Babylonian exile. Although it was written during the exile, it reflects a long history of oral use in worship and generations of theological reflections. Scholars call these writers the Priestly or “P” writers. Anyone looking for a scientific account of the origin of the world will be disappointed with the “P” story of creation. This is so because the world view of these ancient writers was pre-scientific. Their image of the world was of a 3-storied structure with heaven above, the earth beneath, with water under and surrounding the earth. They did not write the story of creation as a treatise of the scientific origins of the world. Rather, they use the poetry of faith to speak of that which is transcendent.

Living among the Babylonians, the “P” writers knew their story of creation and used its outline, but they did not use the Babylonians concept of God. Instead, they stated in direct opposition to the Babylonian story, the power, freedom and unchallenged control of the God of Israel over the created world. For example, the Babylonians worshipped the sun, moon and stars as gods. The “P” creation story shows the God of Israel creating, through the power of the spoken word, the sun, moon and stars. This demonstrates the majesty of the God of Israel over the gods worshipped by the Babylonians. This is reinforced by the deliberate repetition of the basic formula that is used, “*God said; and it was so.*”

Just as these commands were spoken into expression by the creative power of the Word of God, so too can each of us speak the word of creative power and get results.

*“To produce works, there must be a working power. This is exactly what the Word is, the working power of God.”* (Talks On Truth, Charles Fillmore)



The creative process is all accomplished through the Word; through the creative power of God that is imminent in every living creature. We see then the twofold nature of the Word—first the creative power of God is **spoken** (*And God said...*), and then all the qualities of God that are expressed in the Word **are made manifest in the world** (*And it was so.*)

The responsibility of setting the creative power in motion by speaking the Word is ours; the responsibility for making it work is inherent in its own nature. *In pure metaphysics there is but one word, the Word of God—it is God as creative power.*” (Christian Healing, Charles Fillmore) We make our own world through our use of the spoken word—especially the words spoken by the voice in our head. The voice talking in our head continually disrupts the body’s natural state of well-being when it is not speaking Truth. Many of our bodies are under a great deal of stress (a leading cause of disease), not because they are threatened by some external factor, but from the words we are speaking to ourselves in our head.

Listen to the talk in your head. What are you saying to and about your body? Do you observe **body-talk** that is not aligned with Truth? Are you willing to change this body-talk?

Just as Myrtle Fillmore spoke to her body centers words of Truth and was healed, so too, must we speak words of Truth to our body centers if we are to be healed.

### ***Talk Words of Truth to Your Body Centers***

1. **Faith** (Body center located at the center of the brain.)  
*“I have faith that God’s indwelling power is healing me now.”*
2. **Strength** (Body center located in the lower back.)  
*“I am strong in the Lord and in the strength of his might. My yoke is easy and my burden is light. I face the world strong, free and unafraid.”*

3. **Judgment/Wisdom** (Body center located at the pit of the stomach.)  
*"I use my judgment powers rightly; things are justly working together for my good, and I am working with them in a spirit of love and justice."*
4. **Love** (Body center located in the heart.)  
*"There is only love in my heart for everyone. I pour out my love to all humankind. I will let God love through me now and always."*
5. **Power** (Body center located in the throat.)  
*"I speak only good, for I know the power of my words to create whatever I decree."*
6. **Imagination** (Body center located between the eyes.)  
*"I see only the best for myself and others."*
7. **Understanding** (Body center located in the front brain.)  
*"I am intuitive understanding. Within me is the wisdom of the ages showing me what to do under all circumstances. Thank you, God."*
8. **Order** (Body center located behind the naval.)  
*"Divine order is now established in me by the power of the indwelling Christ."*
9. **Will** (Body center located in the front brain.)  
*"God's will for me is supreme good. God's will for me is health, wealth and happiness. I am willing to do the good will of God!"*
10. **Zeal** (Body center located at the base of the brain at the back of the neck.)  
*"I fairly sizzle with zeal and enthusiasm and I go forth to do the things that need to be done by me!"*
11. **Elimination** (Body center located in organs of elimination.)  
*"I am blessed with perfect elimination in mind, body and affairs."*

12. **Life** (Body center located in the generative organs.)  
*"I am alive, alert, awake, joyous and enthusiastic about my life today."*

## **Email Ministry**

Beginning Ash Wednesday, February 17, 2010, and on each Monday of the Lenten season we will send to you, via email, an inspirational message, scripture and prayer from Sallye Taylor to support you in preparing for a profound, personal Easter experience.

If you would like to receive Sallye's messages, please send your email address to:

[info@unitytruthseekers.com](mailto:info@unitytruthseekers.com)



Newsletters are also available by email and on our website. To receive an emailed copy of your newsletter please send your request to:

[info@unitytruthseekers.com](mailto:info@unitytruthseekers.com)

### **Editorial Staff**

**Managing Editor**  
Rev. Sallye Taylor

**Co-Editors**  
Rev. Gloria Holt  
Rev. Bill Wear, Jr.

**Copy Editor**  
Linda Miller

*Soul Food Unity Ministry*

Rev. Sallye Taylor, Rev. Gloria Lilly-Holt  
& Rev. Bill Wear, Jr. Co-ministers

923 NE Woods Chapel Rd. #239  
Lee's Summit, MO 64064

*Good News from...Soul Food Unity Ministry* is made available by the tithes and love offerings of our friends and supporters. We are grateful to them for enabling us to bring this newsletter to you.

Visit our Prayer Ministry  
on our newly revised web site at  
[www.UnityTruthSeekers.com](http://www.UnityTruthSeekers.com)

We invite you to submit your prayer requests by email and receive a response from our prayer team.