

## Foreword

In April, Reverend Nancy Norman [for whom I provide resource and research materials] and I were discussing her desire to use some of Mr. Fillmore's earliest teachings as a class series. People were able to demonstrate the Truth he taught and from their demonstrations, the Unity Movement came into being. Reverend Nancy decided she wanted to work with the first Correspondence School lessons from 1909. We asked Priscilla Richards, former archivist at the Unity Library, to look them up for us.

Reverend Nancy's idea was an idea whose time has come. Priscilla reports being powerfully energized spiritually as she read and made copies of the lessons. She said that as she was making copies, Reverend Toni Boehm passed by and on hearing Reverend Nancy's idea, asked for and received copies of the material. Copies were also given to several other local ministers and to several dozen ministers with whom Nancy and I have shared the material.

In reading the material, we immediately became aware of the difference between the students Mr. Fillmore wrote for in 1909 and Unity students today. One example is his student's understanding of the religious concepts and language he uses that are unfamiliar to many Unity students today. Reverend Nancy asked me to clarify those concepts and prepare from the lessons a workbook on Mr. Fillmore's teachings for today's Unity students in her congregation.

To do that I sought to understand the Truth within the religious concepts Mr.

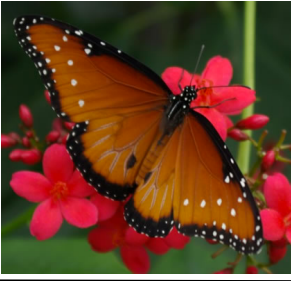


Fillmore uses. My search took six months of research, prayer, study and walks in the woods at Unity Village where I sought and received understanding of Mr. Fillmore's teachings back in the days I lived and taught there. **Fillmore For Today** is the first part of the assignment from Reverend Nancy. It covers the six lessons of the

Preparatory Course required, according to Mr. Fillmore, before one studied the first Correspondence School lessons.

Mr. Fillmore's teachings and their related spiritual practices that demonstrated so powerfully for Unity students 100 years ago, can help us powerfully demonstrate the Truth in our lives today.

~ Sallye Taylor, October 2010



*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*

*September 2010*

## Fillmore For Today

So firmly planted within us is the truth of our dominion — our ability to overcome all adverse conditions — that we continually seek to express it. Our dominion is implanted within us but we are unaware of it's presence and of how to give it perfect expression. So, we struggle with all kinds of adverse conditions knowing deep within that we should be masters, not victims of circumstances, able to live our life in peace, harmony, health and success. Spiritual understanding shows us that overcoming adverse conditions is possible and it points the way.

Our work in overcoming consists of bringing negative, error-filled aspects of the subconscious into the light of conscious awareness. All overcoming, when rightly understood, is seen to be an inner realization of victory over the negative aspects of the subconscious. This includes dealing with the problems of everyday life in spiritual understanding, and demonstrating over limited conditions through the keeping of spiritual laws. We

demonstrate the work with spiritual law not only in our outer life but in the innermost consciousness of our being.

At first we may think we have nothing in our subconscious that needs overcoming. But when the Spirit begins to quicken and transform us it will reveal the need of a new state of consciousness throughout our whole being. When we begin to see the depth of error within our subconscious we may begin to condemn ourselves. But condemnation too, must be overcome because it only prolongs the error.

The result of overcoming is salvation (healing), and every one of us must work out our own salvation (healing). This is inner work and no one outside of us can do it for us. We must take hold of the healing Truth principles with our mind and through the creative power of thought, build healing states of mind that are enduring. The perfection of mankind as the offspring of God is an eternal Truth, but this Truth must come into our consciousness. It is our individual

entrance into the Christ-consciousness that heals us. Jesus brought the *light* into the world but whether we get the benefit of the light (and its overcoming power) or not depends on whether we incorporate it into our consciousness through our daily thought.

There are two definite steps in the process of overcoming. The first step is to place our self by faith in the consciousness of the Christ within and hold ourself there. Thus, the change from human consciousness to spiritual consciousness is accomplished in one mental movement. But the complete transformation comes through a second step, that is, the working of the Truth from the inner to the outer, from the mind into the heart, body, and affairs. This is *working out our salvation* (healing). "*Be ye transformed by the renewing of your mind.*" (Romans 12:2) Holding our self in the Christ consciousness by faith connects us with the Truth of our being. This Truth quickens the mind and renews it, and the renewed mind transforms the whole person.

### **Overcome**

1. Ignorance
2. Hate, enmity and separation
3. Sin, sickness and disease
4. Insufficiency, lack, poverty
5. Fear

### **To The Overcomer It Is Promised:**

1. The realization of their spiritual nature
2. Inner supply that demonstrates outer supply
3. A new name or nature
4. Dominion over outer circumstances
5. The manifestation of a new heaven and a new earth

### **Directions for Overcomers**

#### **A 7-Day Course of Prayer Treatment**

Each day's treatment is to be *held in the Silence* with concentration during the daily prayer time until a sense of its realization (it's real for me) is experienced. Repeat it over and over as you move through the day.

If you desire to help another, think of him or her when you hold the daily thought and the Holy Spirit will cause your word to manifest for both of you.

*(To precede each day's treatment)*

#### **Invocation**

*"I am now in the presence of Pure Being,  
and immersed in the Holy Spirit of  
Life, Love and Wisdom.*

*"I acknowledge thy presence and power,  
O Blessed Spirit,  
and in thy Divine Wisdom now  
erase my human limitations,  
and from thy pure substance of Love  
bring into manifestation my world  
according to thy perfect law."*

## Monday

**(Denial)** *"I am not limited to the events, conditions, and circumstances of the past; I relax, release and let them go."*

**(Affirmation)** *"Jesus Christ is here now raising me to the consciousness of an overcomer."*

## Tuesday

**(Denial)** *"Hate, jealousy and enmity have no power over me."*

**(Affirmation)** *"I am a radiating center of Divine Love mighty to attract my good and to radiate good to others."*

## Wednesday

**(Denial)** *"Sickness and disease are powerless to take or keep my health from me!"*

**(Affirmation)** *"Mighty currents of God's healing life, love, wisdom and power are flowing in and through me now healing every nerve, cell and fiber of my being. I am healed, whole and free."*

## Thursday

**(Denial)** *"There is no absence of God or God's abundance in the universe or in my life."*

**(Affirmation)** *"God is the source of my supply and God provides amazing channels of supply in abundance to me right now."*

## Friday

**(Denial)** *"There is nothing in the universe for me to fear, for greater is God within me than anyone or anything in the world."*

**(Affirmation)** *"I am strong in the Lord and the power of his might. I face the world strong, free and unafraid."*

## Saturday

**(Denial)** *"I dissolve in my mind any belief that others can withhold my good from me."*

**(Affirmation)** *"Vast improvement comes quickly in every phase of my life now. Everyday in every way things are better for me now."*

## Sunday

*"Be still and know that I am God."*

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Charles and Myrtle Fillmore believed that Unity's Prayer Ministry was only half done unless it also explained the Spiritual Principles that would enable people to demonstrate greater good in their lives. To meet the need for an orderly, systematic study of Truth Principles, they created

***The Unity Correspondence School in 1909.***

In the introductory directions to his students, Charles Fillmore wrote that an understanding of Truth may be gained in two ways:

- The first is intellectual understanding received from books, teachers and other outer sources.
- The second is spiritual understanding which comes from the Spirit of Truth quickening the intellect, illuminating the whole consciousness with an inner knowing and realization.

It is the object of these lessons to quicken the spiritual understanding.

This thought should be held daily:

***“The Spirit of Truth quickens my understanding  
and leads me into all Truth.”***

***“Fillmore For Today” is a classic adaptation of Charles Fillmore's 6 lessons and accompanying spiritual practices. You may order your own downloadable copy on our web site:***

***[www.unitytruthseekers.com](http://www.unitytruthseekers.com) - \$12***