

UNITY DAILY WORD



*Devoted to the daily practice of
Christian truths.*

JULY, 1924

Man finds the lost word when
he finds within himself his
God-given power to create
through his word.

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UNITY SCHOOL OF CHRISTIANITY
Kansas City, Mo.

A WORD FROM LOWELL FILLMORE

God made man in his own image and likeness. Since God is perfect, man in his true estate must also be perfect. By our thoughts and our words we can identify ourselves with the perfection of this true self or we can identify ourselves with mortal limitations. ". . . as he thinketh within himself, so is he."

When we think that we are children of God and so act, we identify ourselves with perfection; while if we think of ourselves as flesh, sinful, sickly, and dying, we identify ourselves with limitation and imperfection, and these conditions become manifest in our bodies and affairs.

If we would rise above this limitation and imperfection we must claim our inheritance from God. We must say: *I am made in the likeness of God. I am the son of God. I am Life. I am Intelligence. I am Power. I am Love.*

When we say, "I am sick," "I am weak," "I am afraid," we are identifying ourselves with mortality. Now that we understand the power of our words, and our true estate, let us speak only the truth of ourselves and think of ourselves as we really are in Spirit. We all can prove that observing this law will bring health, happiness and prosperity into our lives and affairs.

UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

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F. B. WHITNEY, *Editor*

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No. 1

FOREWORD

In adding another publication to the wealth of metaphysical literature published by the Unity School, we do so to meet the insistent demand for a manual of daily studies.

The teachings will be as absolute as is consistent in making Truth clear to minds of various degrees of spiritual unfoldment. The power of the Word will be taught day by day.

Let each reader consider that this magazine and its message are dedicated to him. We bless this little manual and consecrate it to the Principle of Truth, in the name and through the power of Jesus Christ.

The Editor.

EXPLANATION

Quotations are taken from the following Unity publications:

“Christian Healing” (eleventh edition)

“Lessons in Truth” (1924 edition)

“Miscellaneous Writings” (1921 edition)

“Unity Correspondence Course”

Bible quotations are from the American version, unless noted otherwise. Quotations marked “A. V.” are from the King James version.

Some quotations are made from Weymouth’s “New Testament in Modern Speech,” Fenton’s “Complete Bible in Modern English,” “The Apocrypha,” “The Apocryphal New Testament.” None of these books is supplied by Unity School. They may be procured from the larger Bible publishing companies.

For the present, one subject will be used for a week. In this issue the subjects bear upon the steps taken in creating through consciousness: Light, Faith, Imagination, Will, Judgment.

Each Sunday we rest from our accustomed studies and have a little lesson suggested by the International Sunday School lesson:

July 6—Luke 2:7-20.

July 13—Luke 2:40-52.

July 20—Mark 1:1-11.

July 27—Matt. 4:1-11.

TUESDAY, JULY 1

Word for Today: *God in me is my light and my understanding.*

The truth that God is the Father of man does away with the oft-proclaimed presumption that it is impossible for the finite to understand the Infinite.—*Christian Healing, page 10.*

In order to have spiritual understanding, man must first realize that he has capacity for it. When one acknowledges that it is natural and right for man to have full knowledge of the Infinite, he is but confirming his own ability to enjoy infinite understanding. Man is the manifestation of God within, and, in His likeness, is all-wise and all-knowing.

To believe in the real presence of God as Divine Mind in you is to identify yourself with all light and knowledge. Man is primarily mind and is necessarily unlimited mentality. He takes his God-given dominion and power first through consciousness, and, consequently, must have full possession of all truth.

Begin today to rise out of the belief that by nature you are limited in understanding. Never think or say that anything is too difficult for you to comprehend. Think at all times of man as capable of knowing all truth. Learn to rely upon the light of God within to make clear whatever you wish to know.

“God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge.” (A. V.)

“The earth shall be full of the knowledge of Jehovah.”

WEDNESDAY, JULY 2

Word for Today: *I speak the Word, and my light appears.*

Clear revelation—the word made alive as truth to our consciousness—must come to every soul who continues to wait upon God.—*Lessons in Truth, page 122.*

Spiritual truth is revealed to us when our attention is so fixed upon the light of God within that we do not “wait upon” or entertain beliefs in ignorance and darkness.

We enter into the same spiritual consciousness and power whence issued that mighty edict: “Let there be light.” Through our Word we call into manifestation whatever we desire. The vitality of our Word is measured by our own consciousness of power to create, to bring into visibility.

Always hold to present tense when speaking the Word. When one declares that he will know sometime, he pushes his redemption from ignorance away into the future. “I said, I will be wise; but it was far from me.”

Confusion and indecision are the product of “I do not know.” Begin today to change the current. Should you find yourself at the fork of the road, declare: “I do know the right way. The wisdom and the light of God within guide and direct me.”

“Arise, shine; for thy light is come and the glory of Jehovah is risen upon thee.”

“Thy word is a lamp unto my feet, and light unto my path.”

THURSDAY, JULY 3

Word for Today: *The light of Truth purifies my consciousness and only good remains.*

Let the light of Wisdom appear and the ignorance of human thought vanish.—*Christian Healing, page 253.*

When Truth comes to our consciousness, the mists of ignorance, superstition, and fear vanish. In the light of Truth, all untruth must disappear.

Today begin the practice of measuring every thought by this standard: "Is it according to absolute truth?" Be willing to let go of any personal thought or desire that you may be trying to carry into the kingdom with you. All must go until there remains only those thoughts that are based upon the absolute.

Before the white light of Truth the shadows of inharmony, hate, disease, and poverty must go. Let go of all superstitions about the body and about drugs; let go of all superstitions about religion and all traditions about God as something external and apart from you; give up all fear about things.

Turn the sunlight of Truth into every corner of your consciousness. Before its glory will flee many beliefs that you have thought were based upon Truth.

"Take heed, as unto a lamp shining in a dark place, until the day dawn, and the daystar arise in your hearts."

"He shall be as a light of the morning, when the sun riseth, a morning without clouds."

FRIDAY, JULY 4

Word for Today: *I AM the light of the world.*

Hitch your I AM to the star of spiritual understanding.—*Christian Healing, page 146.*

This metaphysical paraphrase of Emerson's "Hitch your wagon to a star" charges us to attach the I AM to that which of all things is most ascendant—spiritual illumination. We come into possession of that to which we attach the I AM.

In our meditation we realize our unity with perfect understanding. We make union with our indwelling God, with all light, knowing our oneness with it. Speaking from this consciousness, man, like Jesus, has the authority of God; he is infallible, his inspiration pure.

Today we make our declaration of independence and liberty. We are free from all other so-called light. No will-o'-the-wisp in the external can attract us or subordinate us to it. We recognize but One—the light of God within. Man has access to that light here and now. I AM that light here and now.

Countless millions have recognized Jesus as born of God because they recognized his spiritual light. In the same way people will bear witness to your sonship when you make conscious unity with God in the midst of you.

"Nations shall come to thy light, and kings to the brightness of thy rising."

"I am come a light unto the world, that whosoever believeth on me may not abide in the darkness."

SATURDAY, JULY 5

Word for Today: *The light of God fills my body with perfect health.*

The Light celestial will illuminate the redeemed body in which God takes up an eternal habitation.—*Christian Healing, page 235.*

Man's body is the embodiment of his thought. Those who believe in disease darken the body by the outpicturing of their adverse beliefs. Those who have spiritually discerned that the body is the temple of the Holy Spirit illumine it with glorious light.

We redeem the body from disease when we redeem it from adverse consciousness. When the belief in disease no longer exists in the consciousness, it no longer inhabits the body. Then the heavenly light will radiate from the very center of our being and transmute the body into a body heavenly and perfect.

Let the light of God so shine throughout your body that the millions of little physical cells will be cleared of all stagnation and darkness. Be no longer dual minded, believing in disease and health. If you keep the eye of the mind single to the truth, only health can exist for you.

The light of God in me illumines my body temple.

The light of God reveals to me my body temple glorified and perfect.

“The lamp of the body is thine eye; when thine eye is single, thy whole body also is full of light.”

“Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.”

SUNDAY, JULY 6

Word for Today: *The peace of Christ is born to my consciousness.*

The Hebrews had been told again and again, by the spiritually wise, that a Messiah, or Christ Man, would be born in their midst. . . . The Christ Man, or perfect Idea of God mind, is now being expressed and demonstrated by men and women.—*Christian Healing, page 24.*

Mankind has long sought and looked for a savior—some agent to save him from inharmony, disease, and death. When the Christ Truth is born to his consciousness his whole world rejoices. To every part of mind and body resounds the song, “On earth, peace!”

While not denying the historic birth of Jesus, we believe that far greater to the individual is the birth to man's consciousness of that same Christ truth which Jesus received.

Today let us rest from all labor and anxiety, knowing that the Christ has been born in us and has established peace throughout our world. When you are free from all disturbing thought, God mind is free to express and demonstrate the perfect idea of the Christ man in you. Jesus Christ, metaphysically considered, is the Perfect Man demonstrated in us. We, like Jesus, are in reality sons of God, perfect ideas of the Father Mind.

“As many as are led by the Spirit of God, these are sons of God.”

MONDAY, JULY 7

Word for Today: *I have faith in one God—God in the midst of me.*

Nothing but an erasure, followed by a right computation, will bring the correct answer.—*Christian Healing, page 55.*

Today we erase from consciousness any latent beliefs in “foreign” gods. The faith that we have placed in the external will be centered within.

When one believes in many gods, he cannot have faith in the one true god. When his faith is in drugs, he has no faith in the healing power of infinite Life. When he believes that men have power to harm him, he has no faith in God omnipotent. One cannot be dual minded and have faith in the One. For the allegiance and loyalty pledged to one thing, he subtracts that much faith in and fidelity to its opposite.

See that your thoughts and words do not give power to “foreign” gods. Make your watchword: “Faith in one God—God in the midst of me.” Train yourself to react to any beliefs in external powers by a strong subconscious realization of the truth.

You make your metaphysical computation with mathematical accuracy when it is based upon the principles of absolute truth. Faith in one God, one Principle, is as necessary to you as a recognition of one rule in addition is to the mathematician.

“Jehovah is greater than all gods.”

“Ye are of God. . . . greater is he that is in you than he that is in the world.”

“Thou shalt have no other gods before me.”

TUESDAY, JULY 8

Word for Today: *My faith in God is unshakable.*

Understanding faith is based upon immutable principle.—*Lessons in Truth, page 59.*

Understanding is made substantial in consciousness through the establishment of faith. When faith is grounded in a firm place, a firmament, it cannot be shaken. There are no firm places for doubts because they have no foundation in Truth. Faith firmly grounded gives one such a spiritual conviction that even though he may not behold in the manifest any evidence of his work, yet the realization is of such tangible substance to him that the manifestation is a veritable reality.

One may test his faith in this way: Have I faith in the opposite thing? Do I steadily hold the spiritual vision, even though the manifest has not appeared?

Begin today to give up the use of all such thoughts and words as: "I do not have sufficient faith to demonstrate." Be positive in your faith. Once you have perceived the truth, stand loyal to it.

"Blind faith" is attempted only by those who have not perceived truth as based upon scientific principles.

"Faith is a well-grounded assurance of that for which we hope, and a conviction of the reality of things which we do not see." (Weymouth version.)

"Looking unto the promise of God, he wavered not through unbelief, but waxed strong through faith."

WEDNESDAY, JULY 9

Word for Today: *I have faith in my Word of Truth.*

All metaphysicians recognize that certain words, used persistently, mold and transform conditions in mind, body, and affairs.—*Christian Healing, page 126.*

Man pronounces for himself either health or disease. Through his word he names and manifests good or "evil." Through faith he holds persistently to his word until it manifests.

To have faith in your word of Truth, several things are necessary. First, know that what you speak is absolutely true. If you do not believe that man, in reality, is perfect, your word for health will be weak. Second, know that when you speak the word of Truth, it is backed by Omnipotence. From the depths of superconsciousness the very power of God will rise. Third, keep yourself out of the way; do not limit the situation by personal doubts or worries. Fourth, make your faith so strong that you see the thing finished.

Man truly becomes an overcomer when through the right use of words he reconstructs his consciousness. The man of faith is better known by his word than by anything else. The Truth student who thinks and speaks constructive words is the one who is able to overcome and transform conditions.

"Whosoever . . . shall not doubt in his heart, but shall believe that what he saith cometh to pass, he shall have it."

THURSDAY, JULY 10

Word for Today: *Through exercise and use, my faith increases and develops.*

A very little faith often produces surprising results. . . . All things are possible if we only believe, and if we at the same time conform our thoughts to its principle.—*Christian Healing, page 85.*

A little seed of faith, exercised with understanding, is mighty to remove obstacles that loom before us like mountains. Consciousness of Truth removes the adverse beliefs that outpicture themselves as powerful to obstruct our view or our movement. The engineer who removes a mountain of earth has first removed it in consciousness, through seeing his ability to do so.

If one has but little faith in something, it is because he has centered his faith in something else. His faith in the former increases as he withdraws it from the latter. As he uses his faith, he develops more faith because the exercise of it has shown him what he can do. One finds that he cannot put too much faith in spiritual truths when once he has perceived that they work at all times and in all places. Faith, like muscle, develops and increases by use. Characteristic of spiritual understanding is its power to cause those who have it to stand firmly for it, to have faith in it.

“Let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.”

FRIDAY, JULY 11

Word for Today: *I have faith in mankind.*

Have faith in the innate goodness of all men and in all conditions. Do not condemn, no matter how great the provocation.—*Christian Healing, page 86.*

Faith in God, faith in self, and faith in all mankind make up a beautiful trinity. The individual manifests what he thinks man to be; hence he must have faith in man in order to have faith in self.

Many people have no faith in man because of their interpretation of "Let God be found true, but every man a liar." A man who is "false" is one who lacks a consciousness of truth. We, however, are to see the true in every man and to help awaken him from the slumber of falsehood to a knowledge of truth.

The greatest men have had faith in men, faith in their inherent divinity. Through faith in man we find God in manifestation. When the race consciousness is cleared of belief in dishonesty, doubt, and suspicion we shall discover a perfect world peopled by men of faith and honor.

Those with the consciousness of truth ascend the heights, and, through their faith, lift those with lesser vision. Begin today to give up doubt and distrust. Be ever willing to encourage and lift the one in whom others have had little faith.

"I, if I be lifted up from the earth, will draw all men unto myself."

SATURDAY, JULY 12

Word for Today: *I have faith in the healing power of God in me.*

We all can see our bodies with the "single eye" of which Jesus spoke, and, through this faith in the reality of the invisible body, regenerate the flesh.—*Christian Healing, page 234.*

Jesus knew the truth about the body so well that he did not behold disease as reality. Those who keep disease in mind, when they declare health, are double-minded. The ideal body is in the mind's eye. When we cease thinking of disease the physical body is regenerated through the action of the inner body consciousness. We then manifest a perfect body like the perfect body in the ideal.

Keep piling up faith. Eventually your faith in the regenerating power of God in you will overbalance the faith that you have had in your personal beliefs in physical limitation and disease. The invisible body is to the body consciousness a tangible thing. It lives. You will be compelled to acknowledge and accept it if you are loyal to the truth and see that nothing but health can be true.

Faith is fidelity to Principle. Be faithful to truth and to the power of your word. Give no credence to beliefs that anything, save the regenerating, revitalizing presence of God, can give you health.

"It was neither herb, nor mollifying plaster, that restored them to health: but thy word, O Lord, which healeth all things." (Apocrypha.)

"The prayer of faith shall save him that is sick."

SUNDAY, JULY 13

Word for Today: *Christ is now active in my body temple, doing the Father's work.*

A temple is also constructed in the very body of each man and woman, in which Christ holds religious services.—*Christian Healing, page 221.*

When the Christ Truth begins its work in the body temple, the old crystallized beliefs are confounded. In many instances new life is unwelcome and considered out of place. This tendency to reject the new life is plainly noted in those who would keep healing divorced from religion. Many would prefer to grow old in the established faith rather than to accept youth and health through practical Christianity.

The Christ, though as yet small in stature, knows its mission and must do the Father's work. It must be true to Principle and preach deliverance and salvation in the body temple.

Your body is more wonderful than any cathedral or any synagogue. No preacher can minister to you as well as the Christ in your midst. The most beautiful temple that you can possibly erect to God is the beautiful body temple in which God is glorified. Be not mindful of old traditions about the body. When the Christ in you declares the spiritual law to your body temple, accept its God-given authority.

“Jesus went about all the cities and villages, teaching in their synagogues . . . and healing all manner of disease.”

“Your body is a temple of the Holy Spirit which is in you . . . glorify God therefore in your body.”

MONDAY, JULY 14

Word for Today: *My vision is stayed on God.*

A man can imagine that he has some evil conditions in body or affairs, and, through the imaging law, build it up until it becomes manifest. . . . He can use the same power to make good appear.—*Christian Healing, page 97.*

Since the body and the affairs are but the expression of what man has imaged through consciousness, it is necessary that he cast from mind all adverse and vain images. While the camera of the mind images man as evil or diseased, it cannot image him as he is in absolute truth—perfect and whole. Nations rage when “the peoples meditate a vain thing.” The body consciousness is thrown into a state of fever when the imagination works adversely.

Man cannot have other gods, make graven images to them, and be true to the One. If one recognizes fear and hate and disease as having presence and power and reality, the consciousness imprints these “inventions” and graven images of adversity upon his body and his affairs.

Let us cast from consciousness every vain imagination about ourselves and our affairs. In this way we become true to one Mind, one God. Let us make our images conform to the principle of Truth.

“God made man upright: but they have sought out many inventions.”

“Thou wilt keep him in perfect peace, whose imagination is stayed on thee.” (Marginal rendering.)

TUESDAY, JULY 15

Word for Today: *Understanding God, I behold in myself his image and likeness.*

God gives to his image the power to express all that he is. This not only includes man's ability to think, but also the power to shape and to form thought.—*Christian Healing, page 91.*

The exercise of imagination, the power to visualize and to mold thought, is the third step in the creative process. Because it is a powerful faculty it should be exercised through understanding. We put the very substance of God into all that we form through imagination.

How necessary that we should be in the highest state of exaltation when we visualize! How essential that we should consecrate the faculty through first perceiving from spiritual heights the truth of the situation! That image is pure and immaculately conceived which is unadulterated by sense conceptions. Seeing the countenance of God is beholding one's own face in absolute truth. Having seen the divine we arouse ourselves from the old thought and behold the spiritual in expression.

One teacher has defined imagination as the biscuit cutter which shapes the thought substance. The one who manifests distortion has a distorted pattern maker. God gives him power to remedy these imperfections by beholding the perfect image implanted in him from the beginning.

“I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.”

WEDNESDAY, JULY 16

Word for Today: *I perceive God's idea of man in authority.*

That man has latent possibilities goes without argument, and that there is a limit to the ability of the mind is unthinkable. What a man imagines he can do, that he can do.—*Christian Healing, page 89.*

Truth causes man to give up all belief in limitations and impossibilities; he can do and be whatever he desires. When once his mind ceases to conjure up vain imaginations about himself, he is no longer the victim of his belief in defeat, disease, and death. His consciousness is then free to act as the channel for spiritual truth.

When one dwells in the consciousness of man as unlimited and perfect, one creates that image and discovers that he is the man upon which he has meditated. His powers and possibilities extend from eternity to eternity; they are unlimited, unconfined.

When the individual becomes conscious that God within is manifesting through him, he is God manifest or God man. What has been traditionally attributed to God as eternal life, love, and dominion, he now sees and images forth as his own unlimited powers and blessings.

Begin today to see man in his God-given authority and dominion. Encourage those about you to awaken to their unlimited God-given possibilities.

“God created man to be immortal, and made him to be an image of his own eternity.” (Apocrypha.)

THURSDAY, JULY 17

Word for Today: *Through the eye of Spirit, I behold my perfect body.*

The marks of old age can be erased from the body by mentally seeing it as youthful. If you want to be healthy, do not imagine so vain a thing as weakness and decrepitude.—*Christian Healing, page 97.*

One reason why people in hospitals do not recover sooner is that they are continually perceiving an imperfect image of man. A sculptor removes imperfections from his marble by first having the mental image of beauty and perfection. In the same way man erases age and weakness from the body by seeing it as youthful and perfect. The body is the index to the mind. It is a public bulletin board of what one has thought and imaged.

You can strengthen your mental image by keeping it steady. You must not waver in its projection; it must be focused sharply and distinctly. Do not think and talk disease one minute and the next minute try to behold yourself as the image of God. You must perceive the teachings of Truth as absolutely true. If you have the conviction that perfection and health for you are absolutely realities, you can be assured of their manifestation. If you behold yourself as the glorious image of God, your body temple will be transformed into the likeness of God.

“We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory.”

FRIDAY, JULY 18

Word for Today: *I behold all men in their Christ perfection.*

Some of the most miraculous cures ever made have been where the healer simply saw perfection in the patient. He saw with the eye of Spirit that which really exists.—*Christian Healing, page 208.*

There is no mystery about metaphysical healing, to one trained to behold the Christ man in all men. Before the spiritualized consciousness of the healer, the patient must yield the belief that disease is a reality; he must stand revealed to himself as he is in Truth—whole and perfect. The healer gives disease no presence or power. He is not treating disease or a diseased body; he is correcting the thought by implanting there the spiritual thought.

Never think of man as less than perfect. If the suggestion of physical limitation comes to you, lift your spiritual eyes to the "mount" (spiritual consciousness) and there behold with God the perfection of man. You will then be able to present the mental image of the Christ man to another so vividly that he will readily accept its truth and manifest health.

You have power, through beholding the perfect man, to restore to wholeness here and now those who have thought that man is less than perfect.

"If a man be overtaken in any trespass, ye who are spiritual, restore such a one in a spirit of gentleness."

"See that thou make them after their pattern, which hath been showed thee in the mount."

SATURDAY, JULY 19

Word for Today: *I see the bounty of God manifest as my daily supply.*

Let not the seeming emptiness of your hand at times stagger your faith for a moment. It is just as full when you do not see it as when you do. Keep right on recognizing it as God's right hand in which are all good gifts now.—*Miscellaneous Writings, page 72.*

The unsuccessful business is but the objectified image of fear, poverty, and failure. Truth students are successful in demonstrating supply because they are successful in maintaining a consciousness of Truth and prosperity. According to absolute truth, man is always supplied, since he discovers his supply when his vision is clear enough to behold it. Man needs but to recognize that what is God's is his, in order to partake of God's supply. Man is necessary to bring God's bounty into visibility.

Man's only business is to prove the Lord. The Lord without man is like steam without an engine.

The righteous man, the man who is conscious of spiritual truth, is favored in all his affairs by a manifestation of abundance. He sees not emptiness, but plenty. Jesus knew this law so well that he was continually bringing into visibility that which he needed.

“A righteous man thinketh that which is righteous. And whilst he does so, and walketh uprightly, he shall have the Lord in heaven favourable unto him in all his business.” (Apocryphal New Testament.)

SUNDAY, JULY 20

Word for Today: *I am the beloved Son, in whom God is well pleased.*

John is the illumined intellect turned toward the creative light. It is not that light itself, but bears witness of that light—recognizes it, and proceeds to clear the way. . . . Whosoever testifies in favor of Truth . . . is making straight the way for its full blaze in his consciousness.—*Christian Healing, pages 186-7.*

The intellect is the messenger that pioneers through the wilderness of thought and prepares the way for the coming of the Christ consciousness. When the intellect perceives what is Truth and what is not Truth, it cleanses the consciousness of all false reasonings and prepares it for the vivifying work of Spirit.

The second baptism, that of Christ, is characterized by the downpour of spiritual illumination that descends from the center of spirituality in the consciousness and floods it with glory. This initiation acknowledges the individual as the beloved son of Spirit and his being is filled with joy as he witnesses Spirit's good pleasure. The wisdom of the higher state of consciousness enables him to perceive a meaning and a significance of truth heretofore unknown.

When you receive spiritual baptism in the silence, carry it with you throughout the day.

“We speak wisdom, however, among them that are fullgrown: yet a wisdom not of this world.”

“I have more understanding than all my teachers; for thy testimonies are my meditation.”

MONDAY, JULY 21

Word for Today: *There is but one will—the will of God in me.*

The will is the man. Without absolute freedom of will, man would be an automaton. If his will were restricted in the least degree on any side, he would not be perfectly free.—*Christian Healing, page 100.*

There is no external will or mind to dominate me.

I am free to exercise my God-given will.

I am not led by the will of sense, but by the will of Spirit.

The will is man's capacity to execute thought; its exercise is fourth in the creative process. Through it, man carries out what has been conceived in consciousness. He is under no domination nor does he give obeisance to other men or external things. If man's will were limited by the encroaching of other men's wills, he would not have will. If it had to be exercised as prescribed by other people, free will would have no value to him.

When man has received spiritual enlightenment he knows that he is not related to the wills of other men but directed solely by his own indwelling spirit. He knows that knowledge of spiritual truth preserves him and keeps him from delivering himself, through fear and ignorance, to the belief that others can dominate him. He knows that God's will is but the dictate of God's Spirit.

“Jehovah will preserve him . . . deliver not thou him into the will of his enemies.”

TUESDAY, JULY 22

Word for Today: *This day I choose to do Spirit's bidding.*

Man has the same freedom that God has to act in the fulfillment of desire. God does not dictate men's acts. . . . The idea that God makes man do certain things cannot be true in a single instance, because if it were, man would not be a free agent. —*Christian Healing, pages 100-1.*

Medieval religions pictured God as a power that dictated to man through a terrible will. Man was pictured as having no free will or free agency of his own and as being in subjugation at all times to the divine fiat. Man has freedom at all times to think adversely or according to spiritual truth. There is in his life no power to force itself upon him; through Truth he knows that there is no "god" to impinge itself upon his life or his movements.

Through spiritual understanding man sees the true path, but follows it altogether as a matter of choice. In order to enjoy perfect freedom he must be guided only by his own indwelling spirit. He may then be assured of spiritual peace and the conviction that what he does is a divine prompting. When man exercises his God-given faculty of will, wisely and spiritually, he is letting God's will be done.

"Choose you this day whom ye will serve."

"If any man willeth to do his will, he shall know of the teaching."

"He that will, let him take."

WEDNESDAY, JULY 23

Word for Today: *I exercise my will unselfishly and understandingly.*

When *I will* becomes so absorbed in its realm of expression that it loses sight of the ideal and centers all its attention in the manifest, it is Adam listening to the serpent and hiding from the Lord God.—*Christian Healing, page 33.*

When one exercises his will independently of spiritual wisdom and love, he sends it forth into the manifest world, from which it pulls him more and more from his spiritual center. Even those who have found the paradise of Truth may be tempted to exercise will without purity of purpose and without good intent.

One should first establish himself in the I AM, and in Spirit understand what to do in the exercise of his will. As this realization becomes more and more active, the executive, the will, is brought into use and the man's thought extends wisely and unselfishly to the manifest. In this way he understands and knows the will of the Lord, and sees it executed.

Today give up all tendency to obstinacy, stubbornness, contrariness, and resistance. Instead, turn within and seek to know the will of Spirit. Do not allow personal will to dominate through lack of understanding and vision. Get a consciousness of Truth before you take a stand. Make contact with the I AM. Realize, "I know the wise and loving step," then carry out this step through *I will*.

"Understand what the will of the Lord is."

THURSDAY, JULY 24

Word for Today: *I relax and let God's will be done in me.*

Willfulness makes tenseness, and a tense mind ties knots in the nerves, muscles, and tendons of the whole organism. The metaphysician, observing these conditions, treats for relaxation of the will and for a general letting go of the whole system.—*Christian Healing, page 102.*

The secret of relaxation rests in having a consciousness that there is nothing to make one tense. Man's natural attitude is freedom; he gives it up only when he replaces it with tenseness, willfulness, and personal consciousness. In the same way, when he gives up willfulness and tenseness, he is relaxed and free, conscious of the freedom, peace, and will of God.

The effect of willfulness is seen in the body as clinched and tightened hands and tense feet. Relaxation is noted as poise, peace, and freedom. In treating oneself or patients, one should establish relaxation first by establishing a consciousness of freedom from the domination of personal will; he should enter into the Christ consciousness and realize the peace of God.

A good remedy for willfulness is the knowledge that the matter is placed under divine supervision. If one is really spiritually led to do a thing, there is no reason for his being tense. He need have no anxiety about what Spirit can do.

“They were willing therefore to receive him.”

FRIDAY, JULY 25

Word for Today: *God's will in me is health and harmony.*

An understanding of God as Father eliminates from the consciousness of men the error that God wills suffering to men. It is found that some cases in healing do not respond readily to spiritual treatment, because this belief has become fixed in the patient's mind.—*Unity Correspondence Course.*

Man punishes himself by his own ignorance; when he knows the truth he is free. Quite often he refuses to take the responsibility and prefers to blame God for the punishment. The truth about his relation to God frees him. The Old Testament is a record of the experiences undergone by the soul while it looks upon all things (good and evil) as coming from God. The New Testament records the coming of the great truth-bearer, the Christ.

Give up the old idea that some heavenly power wills you misfortune, and let the truth do its work. You will find that the new state of consciousness will regenerate and transform you into perfect health.

I am willing to be made whole.

I will that the will of God be done in me.

I will stand at all times for the truth: God's will in me is health and harmony.

“Be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.”

“I will; be thou made clean.”

SATURDAY, JULY 26

Word for Today: *God's will in me is prosperity and abundance.*

All desire in the heart for any good is really God's desire in us and for us.—*Lessons in Truth, page 66.*

Poverty is no longer considered a virtue. Students of practical Christianity accept God as their unfailing resource, just as they accept God as their life and their strength. We find God through the consciousness of fullness, not through a consciousness of lack.

Your highest desires are but the desires of your own indwelling Spirit, coming into fuller and fuller expression. The will of God in you is always for your highest good and for your fullest supply. Many people retard and limit their prosperity by denying that they should have plenty. You must know the will of God in you and expect your prosperity, before you can bring it into visibility.

Do not think or talk about limited finances. Do not speak of any person or condition as influencing or limiting your supply. Recognize but one will, the will of God in you. Keep attuned to His all-powerful will. Know that it is a power that wills and brings you bountiful prosperity. Keep your consciousness open and receptive to prosperity. The closed mind makes the closed hand.

“I may be prospered by the will of God.”

“If ye be willing and obedient, ye shall eat the good of the land.”

SUNDAY, JULY 27

Word for Today: *I have overcome the world.*

All overcoming work is done within man. Jesus went into the wilderness of his own mind, and there met and overcame the adversary.—*Unity Correspondence Course.*

Knowledge of Truth should always be used wisely and justly. Truth should not be commercialized. One should not seek to make money by selling treatments and prayers; one should not try to use the psychology of Truth to develop his own personality or to "put over" his personal ambitions; he should not use the law in sense ways or use it to gain temporal power. Spiritual power should not be used for the sake of display.

The overcomer denies these desires in his own consciousness. There he meets the adversary and overcomes him by a strong realization of Truth. Truth is his savior and deliverance. No power without has tempted him and no external power can deliver him. Through his strong Christ consciousness, Jesus overcame adverse desires and stood strong in the power of Spirit.

In Truth, we learn to serve one God. We are accountable to God alone.

"Let no man say when he is tempted, I am tempted of God; for God cannot be tempted with evil, and he himself tempteth no man."

"You would not lead us into temptation, but deliver us from its evil." (Fenton version.)

MONDAY, JULY 28

Word for Today: *I judge all things through spiritual judgment.*

The great judgment day of Scripture indicates a time of separation between the true and the false. —*Christian Healing, page 113.*

In Truth we learn to judge or discriminate between that which is true and that which is not true. The more spiritual one becomes the more is his faculty of judgment developed. The more he enjoys a consciousness of health and prosperity, the more he knows that disease and lack are not true to the principles of spiritual truth. When one recognizes the false as true he is like the mathematician who believes that a wrong computation is right. Judgment, therefore, is a safeguard and keeps one from false security.

To the metaphysician the judgment day is the point of time in consciousness when he can discriminate or judge according to truth.

The faculty of judgment is of greatest value when used in discriminating between thoughts. It is of value in the process of denial and affirmation; otherwise one would deny truth and affirm falsehood in his consciousness. Many feel that the exercise of the faculty of judgment brings upon the false or untrue a stamp of condemnation. The individual is not personally responsible because a thing is not true according to the higher truths.

“He that is spiritual judgeth all things, and he himself is judged of no man.”

TUESDAY, JULY 29

Word for Today: *My judgment is established in quietness and in justice.*

The remedy for all that appears unjust is denial of condemnation of others, or of self, and affirmation of the great universal Spirit of justice.—*Christian Healing, page 115.*

Quietness and silence should precede judgment. In this way, personal feeling, emotion, and condemnation are stilled. Through denial of personal judgments, the consciousness is made ready for the realization of spiritual judgment. One cannot judge wisely and unselfishly when the consciousness is set on the personal relationships. He cannot expect divine justice to be manifest when he is holding to personal judgment. An early step in the development of this faculty must be, therefore, the establishment of silence.

That one succeeds best in the establishment of justice who can keep himself out of the situation. Learn to handle your own affairs as if you were another person and personally unconcerned as to the specific outcome. Be willing to let truth prevail, whether or not it works to your personal liking. Be impersonal in even the most personal situations. Keep the consciousness fixed on the denial of the limited and on the affirmation of the broad and just. When you reach the point of silence and impersonality, judge.

“Judge nothing before the time, until the Lord come.”

WEDNESDAY, JULY 30

Word for Today: *I am just with myself and all men.*

We see faults in others and pass judgment upon them without considering motives or circumstances. Our judgment is often biased and prejudiced.—*Christian Healing, page 113.*

Misjudgment presents itself in many guises, chief of which is prejudice. The word "prejudice" means "judged before;" in the personal relationship, this means the human tendency to see a person today in the light of yesterday. The personal does not consider that the consciousness of the individual has changed in the meanwhile. It does not consider the fact that the judgment yesterday was a mistaken one. It supposes that man is judge and that he can take from the hand of God the power of supreme judgment. One must learn sooner or later to place judgment in the absolute.

When one sees faults in people, he recognizes that man is something that is faulty; he opens his own consciousness to seeing man as evil and he cannot demonstrate perfection while he sees man as faulty and imperfect. Think of man (either yourself or another) as something too perfect to pass judgment upon. Today we are to practice seeing people freed from our past conceptions of them. The impressions of yesterday give place to the truth today.

"As for me, I shall behold thy face in righteousness."

"In righteousness, shalt thou judge thy neighbor."

THURSDAY, JULY 31

Word for Today: *I see the justice of God manifest in me and in all men.*

Put all the burdens of the world upon the one supreme Judge and hold every man . . . amenable to the law of God.—*Christian Healing, page 116.*

The divine law of justice is omnipotent. It needs no human hands or personal advice. It works as smoothly and as easily as the earth revolves. To try to change it or to hurry its action would be as fruitless as to try to make the planets change in their courses. Man needs to understand divine justice and to realize its action.

If you are unjust to others or if you think that others are unjust to you, realize that divine justice is manifest in all your affairs. You can realize this when you give up the limited and personal viewpoint. Remove the burdens from your back and let the divine law work. If men are unjust to you, get your own consciousness cleared of the belief in injustice. A condition can be created only through your own consciousness. You can help in ridding your consciousness of a belief in injustice by being just with all people. This course will so strengthen your consciousness of justice that only justice can appear in your world. Do not decree a law for others unless you are willing to abide by it. Learn to rely upon divine justice.

“Behold now, I have set my cause in order; I know that I am righteous.”

FOOD FOR THOUGHT

The perfect vision, as Jesus saw, reveals the kingdom of God.—*F. Richard Lynch.*

The body is the instrument of the mind, and no one has ever seen his real body as it is in the sight of God, except through the mind.—*Charles Fillmore.*

In high moments of recognition of the Light that transcends reason, man transcends himself.—*Emma Curtis Hopkins.*

A man who foolishly does me wrong, I will return to him the protection of my ungrudging love; the more evil comes from him the more good shall go from me. Hatred does not cease by hatred ever; hatred ceases by love.—*Buddha.*

God is Principle, and there is just as much sense in praying or pleading with the principle of mathematics to solve your problems, as to plead with the Principle of all good to heal you.—*William Walter.*

The spirit of truth is the meaning, the significance of truth.—*George Burnell.*

If, however, we estimated ourselves aright, we should not be judged.—*Paul (Weymouth version).*

When we can see that evil is not the individual, but an idea in his mind, and face it as an idea independent of the individual, we shall have separated it not only from the source from which it came, but from that which sustains it.—*E. V. Ingraham.*

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mighty breath

Shall, like a whirlwind, scatter in
the breeze

The whole dark pile of human
mockeries;

Then shall the reign of Mind
commence on earth,

And starting fresh, as from a
second birth,

Man, in the sunshine of the world's
new spring,

Shall walk transparent, like some
holy thing.

---Moore.