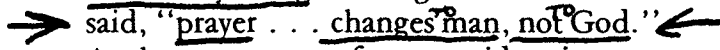


considering a new word or phrase, let us seek a new understanding by taking a new look at prayer. Let us develop a new and fresh outlook.

Perhaps the greatest reason for the rejection of the common concept of prayer is not so much a rejection of it as a rejection of what it implies. The implication of the dictionary definition of prayer is that God is a being that can be coerced. It presupposes that the purpose of prayer is to get God to do something or be something that He is not already doing or being. Charles Fillmore said, "prayer . . . changes man, not God."



At the very outset of our consideration, we must either assume, as many human beings do, that God is a personality that is like a man or a woman, only bigger, or that He is omniscience, omnipotence and omnipresence. So many people, without having given a great deal of consideration to it, think of God as an entity outside of our self or our world. Certainly they think of Him having or ex-

*The loving, comforting presence of Christ within me uplifts, sustains and strengthens me.*

pressing greater power or wisdom or love, but still as something that is defined or outlined....something "out there," and therefore limited. No matter how great the difference in comparison, if we conceive of Him as circumscribed, that is, as separate from other entities or beings, then we have a limited concept of the all-mighty nature of God.

ROBERT P. SINKING:

What is God? "Do it yourself"

(1.981, 45 PAGES)



In Unity we believe that God is all. Out of the all-ness of God the entire creation was formed. If there is a basic postulate in the Unity message, it is this: "There is but one presence and one power in the Universe, God, the good, omnipotent, in whom we live and move and have our being." We conceive God to be the eternal Truth of the Universe, . . . that which IS. We understand God to be that which is....the love inherent within the Universe. God is not simply



*God is love; in that love I safely dwell. I trust the eternal welfare of my soul into His care and keeping.*



still identically the same in its basic structure, though its form has changed. What has actually happened is that the molecular structure has been accelerated in its innate movement. We realize that even though the ice "stands still" it is not really still, but in movement within itself. The heat has accelerated the movement. It has made it move within itself more quickly, at a higher rate of vibration. If more heat is applied, the water becomes gaseous. We now have steam, a (highly accelerated) form of the basic structure of water. In this form, the water is no longer brittle and hard, nor is it so limited that it can be contained in a receptacle. When in liquid form, water is contained in a receptacle and restrained by air pressure and gravity. When more highly accelerated and thus in the gaseous form water is set free from all of these limitations, but it is still water, it is still made up of two parts of hydrogen and one part of oxygen. What has brought about the change is the

*Through Jesus Christ my heart is cleansed of any sense of guilt. I am forgiven, beloved and blessed.*

introduction of heat.

Let us use this simple example to illustrate something of the way prayer, true prayer, affects man and his experience as a human being. Earlier we have stated that God is the unchanging principle that (is) the Universe. <sup>God</sup> We have acknowledged that God is omnipresence, omniscience and omnipotence, Almighty God, the Father-Mother Principle of the Universe, all substance, life, power and love. If we accept this, then we must acknowledge that man is (part of God) You are part of God, I am part of God. Perhaps this is a startling idea to accept at first, but at least it is consistent with the idea of God as Almighty God.

Is it not conceivable that the substance of which we are formed is (spiritual) substance? Is it not within the realm of reasonable possibility that whether we conceive of ourselves as being physical or psychical or spiritual beings, we are in reality always (spiritual) beings whose acceleration has simply been

*I put my trust in God and I find security in the realization that my good is constant and enduring.*

on the decrease? For the sake of making our point clearer, let us do a bit of defining here: It is probably quite clear to most of us what we mean when we refer to ourselves as physical beings. The other two can bear just a bit of clarification even at the risk of being repetitious. According to the *Oxford English Dictionary*, the word *psychical* means, "Of or pertaining to the soul or the mind; mental, as distinct from physical." When we refer to man as a psychical being, we are referring to man as a mental/emotional or soul being. This is man in his "soul nature". We are not here discussing something strange or occult, we are simply talking about man in his soul nature, that part of him that includes his mind and thought processes and his emotional or feeling nature. Each of us is certainly a physical being, but all of us recognize that there is something more to us than the physical. We think, we reason, we feel. The conscious mind and the sub-conscious mind as well as the feeling nature

*I am poised and centered in the Christ Mind, and nothing can disturb the calm peace of my soul.*

are part of you as a psychical being. This is the sum total of the many accumulated ideas back of you as an expressed being. It is you as (consciousness)

In our spiritual nature, we are (infinite beings), we are one with (all) that God is. \* This is that part of our being that is not subject to death nor pain nor limitation of any kind. It is that part of our being which does not change by the usually accepted laws of deterioration. This is that "you" that has been able, throughout the years, to observe the changes that have taken place in your mind G. or your body or your world. When you meet old friends anew after the passage of years, and they comment on the changes that have taken place in you, changes of good or ill, your spiritual nature notes a discrepancy in their observation, for in this part of your being, you are an unchanging being. Haven't you had that rather disquieting experience of having someone say how much you had altered in outlook or attitude, when all the

*I am unfettered and unbound.... triumphant! glorious! splendid! free!*

giving. It often is a bit confusing to be filled with a feeling of true gratitude to God, a sense of thrilling thanksgiving, and at the same time to be aware of the facts of inharmony, disease and limitation. Our prayer, however, has been answered in spirit already. We must continue to meditate. If we have a challenge to meet that our present state of consciousness has not been able to deal with, then it stands to reason that we must be open and receptive to new thoughts, new ideas, new power and new faith. We must not meditate on our ills or limitations, but remember always that meditation is a positive and upbuilding time, moving in an ever onward and upward direction.

\*

**Do it yourself.....NOW!**

Prayer is something that you and I must do for ourselves. We may well be able to draw upon the strength of others in our prayer work, but we must begin where we are to do it for ourselves. Whether your prayer life

*I am beloved of God and set free from all condemnation.*

has been rich and fruitful or whether it has seemed in vain, begin again right now to develop your prayer potential. So often we wait until we are in dire need to turn to prayer.....remember the old adage....."man's extremity is God's opportunity". We don't have to wait until it hurts so badly that it is unbearable, we can begin now.

One of the most popular essays in Truth literature is the beautifully simple message of Emmet Fox, "The Golden Key." Emmet Fox suggests that fundamentally we must redirect our thoughts from the problem at hand to God. Instead of thinking about "your heart condition," train yourself to think about God. Instead of thinking about inflation and the high cost of living that demonstrates in your life as poverty or limitation, think about God. Instead of stewing about what he said and what you should or could have said that has created so much inharmony in your personal relationships, think about God.



*I love all whom God's love has drawn into my life's experience.*

We have all been endowed with the capacity of decision-making or choice. No matter how grave a negative condition or experience may be in fact, it only has the power over us with which we have endowed it through <sup>our</sup> choice. Now, that is pretty heavy, but think about it for a moment..... to the extent that you do, the challenging international conditions that you read about in this morning's paper have faded from consciousness. We give our attention either to the conditions of our choice, or to those that clamor for that attention most loudly; but it is we who do the choosing.

It may be difficult to turn to God when your fear or lack clamors so loudly or your feelings of guilt eat away at your insides, but the choice is still yours. Perhaps it would be helpful—not only to begin with, but to follow through with—in making true prayer an ever more active part of your life, if we can define three simple, easy to remember steps.

*I praise and give thanks for every soul in my experience. Each one is from God.*

In order to make it easier to stop thinking about the negative conditions in life, instead of reminding yourself in gory detail and living color, make an effort to answer this simple question: "what do you want?" Move your attention from what you seem to be stuck with, and begin to enumerate what your goals are. Get out a piece of paper—better than that, get out a good thick pad of paper—and begin to write down some of your goals. At the outset, don't be overly concerned about the feasibility of your goals, or the practicality of your goals or the possibility that they have for manifestation. Just write!! After a brief time you will realize that your goals begin to fall into classifications—that is, physical or bodily goals, material or financial goals, professional goals, personal goals, etc.

Don't let this tendency for classification deter you—just keep on writing your goals down. Use as much paper as you can put your hands on. After a while you will begin

*I exercise my power of perception as I see the good I seek.*

ROBERT P. SIKKING: "DO IT YOURSELF"

to recognize the need for the establishment of priorities. Now, if "your problems" are grave, you will find your habits of thought returning very easily to them, but remember you have the power of choice and you truly cannot think about the negatives if you are concentrating on the positive goals that need setting. Now, take time to organize your goals. Classify them in some logical manner and then give them some consideration as to priority. Rewrite your goals neatly and in class and priority arrangement. Now, you are ready for step number one.

Step number one is VISUALIZE!! Take time to utilize the spiritual faculty of imagination. See yourself doing and being what it is that you have written as goals. Take time to perceive, in as graphic detail as you can, just what it will be like to experience the goals that you have set. Go through your list of goals one by one and visualize!! See yourself walking freely and without

*I am alive, alert, awake, joyous and enthusiastic about my life.*

pain or restriction, exercising or playing your favorite sport. See a strong healthy body looking back at you from your mirror every morning. You have the ability to imagine, so imagine yourself in joyous fulfilling relationships with the significant people in your life. See yourself receiving the bounty that is sufficient to establish the freedom from lack that you seek. Visualize!! Don't do it just once, do it every day for three weeks. (That should be long enough to create a new habit of thought.) After getting into the habit, you won't want to break it.....visualize!!

Step number two is VERBALIZE!! Put into words written and spoken, the growing faith that is such a vital part of the manifestation of greater good. At the bottom of each of these pages are statements of denial and affirmation. Pick ones that best fit the good that you aspire to. Feel free to use them as a guide to form your own statements, but wherever they come from, select

*I let divine order simplify my thinking and establish joy and fulfillment now.*

words that are descriptive of the good you aspire to and the faith that shall call it forth. Verbalize!! Now, again, you don't just do this one time, verbalize again and again, even at the risk of being thought odd. Verbalization is a part of the process of getting an idea from mind into manifestation.....verbalize!!

Visualize and verbalize the good that you wish to express and then take step number three, VITALIZE!! Give the energy of your daily thought and feeling to the good that you see and spread. Get excited about the marvellous good that is coming your way. Show your enthusiasm for the blessings that you want to manifest in your life. This is a state of consciousness that must be maintained. Visualize, verbalize and vitalize!!!

It is important to remind yourself and to remember that there is absolutely nothing that you cannot do or be or have, if you want to enough; for you have access to the miracle-working power of prayer. It is a

*God blesses me with patience and calmness of Spirit.*

power that you and I must use, it is not a means by which we get someone else or something else to function. Prayer ought not only to be a power that can free us from pain and suffering and limitation, but one that can build a better world in which to live. May God bless you in your prayer work.....I know He will!!

*I let go all doubt and replace it with confident action.*