

Rise Above Fear and Worry



30 Days to
Fearless
Living

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Some of the questions most frequently asked these days are: How can I see what's happening in the world through spiritual eyes? How can I keep from fear and despair?

Fear is nothing but a thought, yet it can dominate people's lives. Consider this definition from *The Revealing Word*, a dictionary about the inner meaning of terms used in spiritual study:

Fear—“Painful emotion marked by alarm; dread; disquiet” (*Webster*). . . . Fear is a paralyzer of mental action; it weakens both mind and body. Fear throws dust in our eyes and hides the mighty spiritual forces that are always with us. Blessed are those who deny ignorance and fear and affirm the presence and power of Spirit.

Fear, how to overcome—Fear is cast out by perfect love. To know divine love is to be selfless, and to be selfless is to be without fear. The God-conscious person is filled with quietness and confidence.

You might ask how one becomes more *God conscious*. Fortunately, the question has been addressed throughout the years by a variety of New Thought writers and thinkers. This booklet is a compendium of spiritual practices for living without fear in “quietness and confidence,” no matter what is happening around you.

Although you may read one entry a day for 30 days, we hope you will return to this booklet time and again for its wisdom and reassurance.

Your Friends in Unity

The Spiritual Journey

Rev. Jim Rosemergy



Human beings fear many things, ranging from loud noises to public speaking to feelings to failure to success to death. I don't know a single human being who has not experienced fear. However, I do know people who have not allowed fear to dominate their lives.

Wherever there is fear, there is also the possibility of courage. To be brave is not to be without fear, but to be able to act in spite of fear. In truth, the way beyond fear is through it, and on this journey, we discover something wonderful about ourselves. Unknowingly, fear is the first to call for the courageous spirit of God that is our true selves.

... I have experienced fear in combat—not so much that I would die, but that I would be captured and tortured or that I would never see my family again. I have felt the fear that comes when a loved one is in danger and on the precipice of death. These circumstances came and went, and in their going, I learned what it was to give attention to God in the midst of a difficulty.

However, now I am challenged by fears of a different nature. Perhaps they are fears that we share and which we can move beyond together. I wonder at times if I am doing my best. I question whether I am living the life that I am meant to live. Am I resisting the divine plan? Does my life make a difference? Am I living a life of purpose? Can you see the nature of my concern?

Perhaps these fears can be summed up with the question: Am I in some way saying “No” to God? This is my greatest fear.

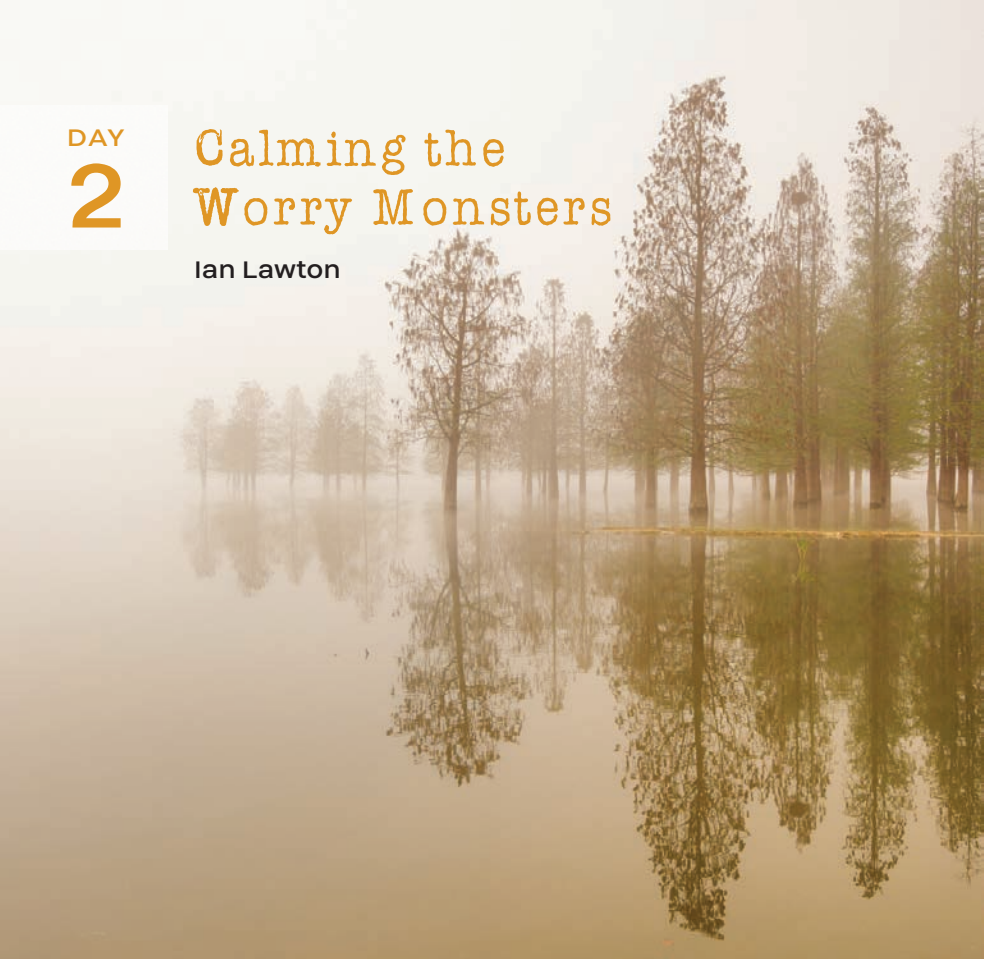
Perhaps writing to you is the beginning of my journey beyond and through the fear. It is good to get things out in the open. Dear friend, talk with someone about your concerns and what you fear. Also, know that you are a person of courage and valor. Every time you voice and face a fear, you may experience anxiety, but you are also one step closer to being free of the paralyzing effect of the fear.

When we willingly enter into our fears, they lose their power, and the power that God is rises up to say: “Fear not, I am with you. We have a work to do together.”

DAY
2

Calming the Worry Monsters

Ian Lawton



There is an old monastery in Europe perched high on a cliff several hundred feet in the air. The only way to reach the monastery is to be suspended in a basket that is pulled to the top by several monks who pull and tug with all their strength.

Obviously the ride up the steep cliff in the basket is terrifying. One tourist got really nervous about halfway up as he noticed the rope was old and frayed. With a trembling voice he asked the monk who was riding with him in the basket how often they changed the rope. The monk thought for a moment and answered cheekily, “Whenever it breaks.”

Life is full of moments like this. Our hold on life is old and frayed, we never know when or how things will snap, and we’re often dependent on other people. The best, most careful driver can die in a car accident at the hands of another driver being careless. You can send your kids to school in the safest neighborhood and find them the victims of a deranged gunman.

Every day is full of situations we can’t fully control. What if? What if I don’t get the job? What if I never find the right person to marry? What if I move and still don’t find what I’m looking for? What if I get pregnant and the baby has a rare disorder? What if? Worry is a challenge for all of us at times.

Worry is not all bad, but it’s not all it thinks it is. Worry about the future sometimes serves a purpose. It helps you to troubleshoot potential pitfalls. You can play them out in your mind, almost like rehearsing the future. Then you can either dismiss the worry because you’ve seen how irrational it is, or you can plan for it, or you can just accept it if it’s something you can’t control.

It’s all about mastery: letting worries work for you, not being run by worry. With awareness of what’s playing out in your mind, you can steer worry in helpful directions. If you let worry run your life, it will do so with glee.

Mastering worry has a lot to do with timing. Decide to address issues if and when they arise, but not a moment sooner. As Atticus Finch often told his kids in *To Kill a Mockingbird*, “It’s not time to worry yet.”

DAY
3

Faith Over Fear

Rev. Gaylon McDowell



Life is a mystery. Life is forever changing and no matter how hard people want some things to stay the same, changes happen. For some people, the unpredictability of life is problematic. The human ego, functioning out of fear of the unknown, tries to control situations, people, politics, religion, and anything it can dominate to maintain control and feel safe. Some people are looking for assurance in the midst of constant evolution. The challenge is, no matter how hard we try to preserve a way of life, it will change.

Human consciousness fears what it cannot control. Anything different from the norm is scary to the preservation of the alleged *status quo*. Fear then begins to dictate what we do. Therefore, we cannot allow the lower levels of human thinking, based on fear, uncertainty, and ignorance, to dictate our decisions. We must transcend the limited view of the human ego and connect with a higher level of awareness, seeing beyond the facts and limited perceptions to the goodness of God.

Charles Fillmore wrote that faith is, “The perceiving power of the mind linked with the power to shape substance.” Faith is our ability to see the possibilities of life. Faith sees ideas where fear sees disbelief. Faith sees opportunities where fear sees obstacles. Faith sees potential where fear sees problems. Faith sees abundance where fear sees lack and limitation. Faith allows us to work with God’s omnipresent substance (infinite possibility) and shape it into a manifestation of good we can understand and use in our lives.

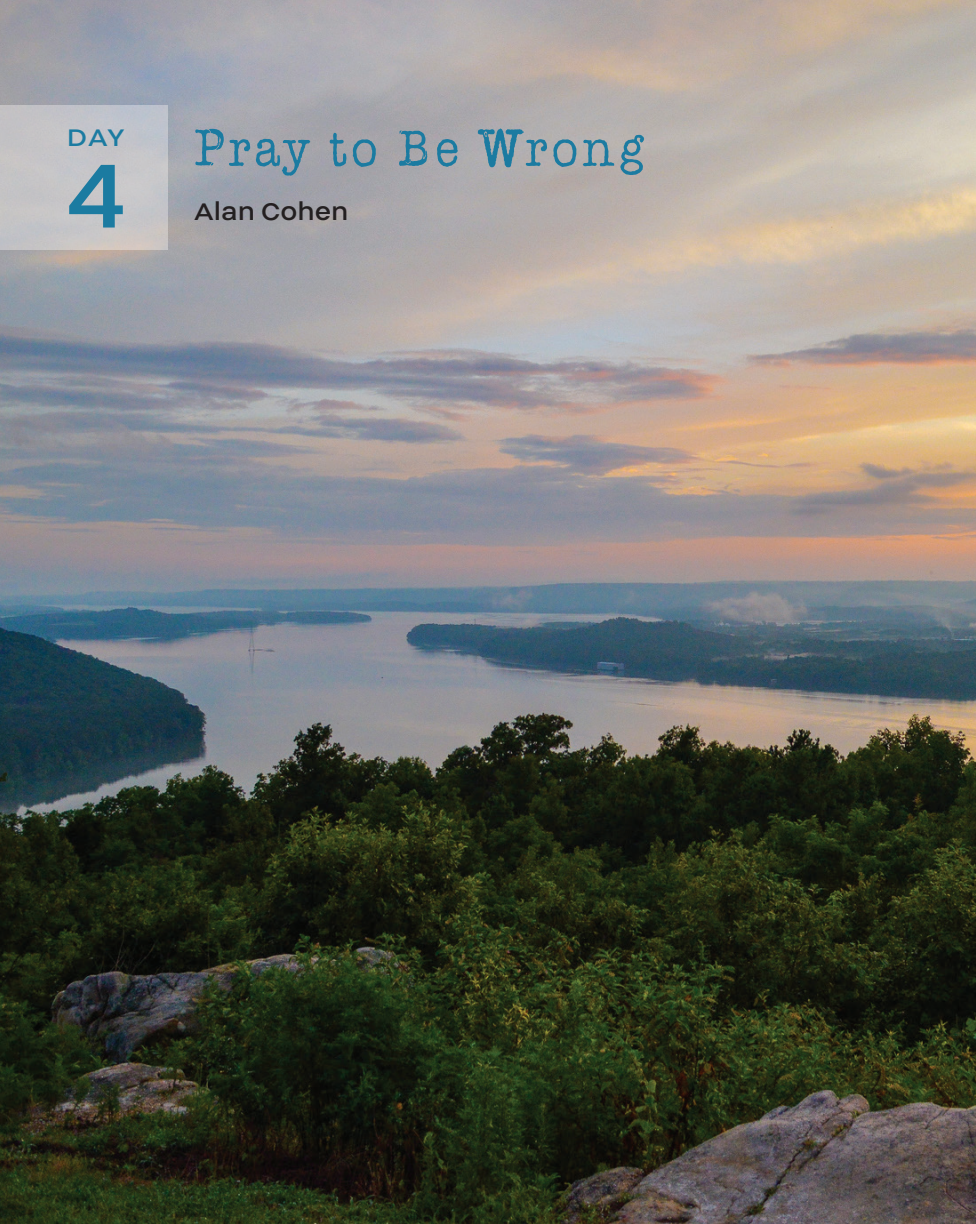
If we want to master life, we must exercise our faith. We must say *yes* to our good by seeing it spiritually, holding it in mind, believing in it, and bringing it into manifestation.

Faith allows us to become independent thinkers. When we keep our faith in God in us, our thinking will not be determined by limited paradigms but by the context of love, wholeness, and prosperity.

Jesus taught that faith works with the spoken word. In the Gospel of Mark 11:22-24, Jesus teaches us how to utilize the power of faith. He taught us to speak the word of faith to the mountains in our lives. First, we must put our minds on the Spirit that transcends the appearance by seeing God’s goodness with our faith; then we must speak to our seeming problems and tell them to be dismissed into nothingness. Trust God and live in your power.

Pray to Be Wrong

Alan Cohen



Years ago, a gunman killed the parents and four siblings of 15-year-old Cassidy Stay, and, after shooting her, left her for dead. Miraculously she survived. At her family's funeral, she quoted Harry Potter's mentor Dumbledore: "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." This young woman made an extraordinary choice about how she would process such a horrendous ordeal. She chose love.

On the day I read the news article about her eulogy, I was upset about a credit card bill. Suddenly my upset felt absolutely trivial. I realized that if Cassidy could choose love in the face of such a terrible experience, I could choose love over far lesser challenges.

Harry Potter author J.K. Rowling heard about Cassidy's oration and sent her a personal handwritten letter in purple ink from Dumbledore, a wand, and several autographed books. While these gifts could not undo the tragedy the young woman underwent, they demonstrate our power to soften each other's pain.

When faced with fear, anger, or guilt in yourself or another, ask yourself: *Is there another way to look at this that would bring me more ease, relief, or peace?* If there is, pray to be wrong about the way you have been looking at the event, so you can see it from a new, more healing perspective. *A Course in Miracles* asks us, "Would you rather be right or happy?"

Pray to be wrong about everything that hasn't worked in your life so you can be right about everything that could work—and will. Bless the past for leading you to a new life, for both the challenges and blessings have lifted you to higher ground. As you consider what hasn't made you happy, heed the profound advice of the 19th-century novelist Dinah Mulock Craik: "Certain that a faithful hand will take and sift them, keep what is worth keeping and then with the breath of kindness, blow the rest away."

DAY
5

Let Your Heart Listen

Martha Smock

You are My beloved child. Out of My own self have I created you. My life is your life; My breath is your breath; My Spirit is your spirit. There is nothing to fear, for I am with you, mighty in the midst of you.

I am the life that heals you. I am the love that lifts your heart and sets you free. I am the wisdom of your mind. I am the light of your path. I am the peace of your soul.

I am with you, dear child, through every hour of the day and the night, standing with you, upholding you, supporting you, revealing Myself to you and through you.

I am the love that will not let you go. I seek you out when you do not know how to reach Me. I speak in your heart to comfort you. I am the life of your body, and My life is perfect and eternal. Trust Me. I am your health.

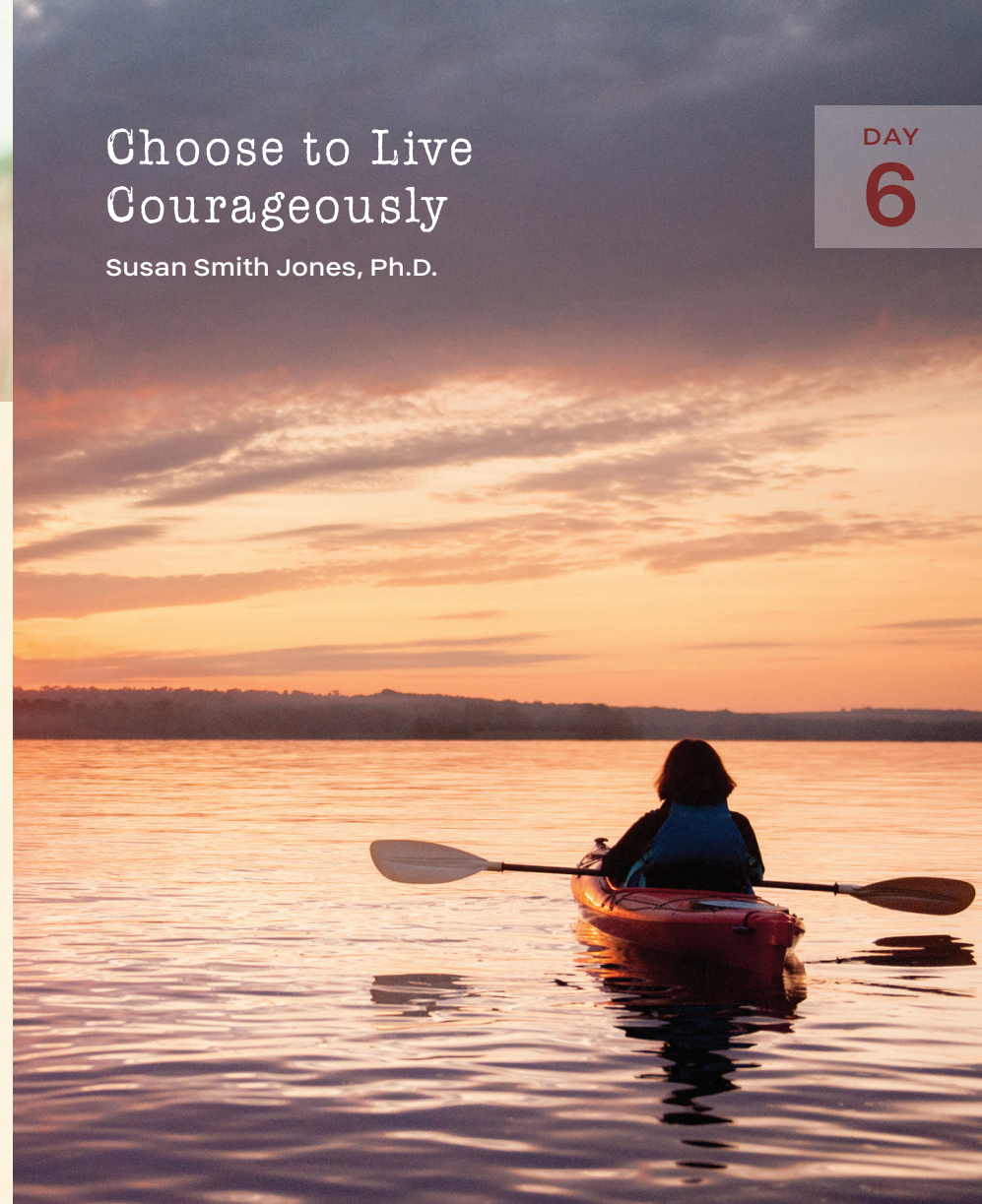
I am with you in all the experiences of your life. I am the power in you to understand; I am the power in you to forgive; I am the power in you to become.

Beloved, I am with you. Live in Me. Rejoice in Me. You are My beloved child.

Choose to Live Courageously

Susan Smith Jones, Ph.D.

DAY
6



What a difference it can make if we choose to live courageously! It takes daring just to live, but it takes courage to live your vision. Getting up each morning to face the day as a willing and enthusiastic participant in life takes courage. Every day there are so many opportunities to act courageously, but fear often stands in the way.

Why do we let fear paralyze us? If we know the truth about ourselves, we can choose differently. Instead of letting fear get the better of us, we can let Spirit be our guide, with courage at the reins.

Is it possible to be in touch with your true courageousness without being in touch with Spirit? I don't think so. We can soar to the top of the mountain when we know that the courage we want is part of us; it's our trust in God. Trust in God will destroy the fear that stifles our efforts.

Fear comes from our misperception of a situation. We look through our human eyes and mind rather than the eyes and heart of God. When we face our fears, acting from the awareness that we are one with Spirit, we learn and nurture courage.

French philosopher Jacques Maritain said, "A man of courage flees forward, in the midst of new things." When we face our fears head-on, they begin to evaporate. When we embrace what scares us, we find we are endowed with a level of courage that we never knew existed.

Let your courage be the shield that protects you. Let courage direct your spirit's light to shine on your path and give you the strength to live your vision, to dare to risk and go after your dreams. In the end, most people don't regret the things they do. They regret what they failed to do. ...

We strengthen and develop our courage by using it. Don't let it go to waste. Trust in who you are and be all you were created to be. Choose to live courageously.

Thinking

Daily Word, September 24, 1950

DAY

7



My thought of God frees me from all fear and fills me with strength and happiness.

The way to rid yourself of discontent and anxiety and every troublesome thing is to open your consciousness to God. You may say, “I believe that and I try, but I do not seem to be successful. How can I think of God when so many other thoughts crowd in?”

God has given you the power to control and direct your thinking. You may not be able to keep harmful thoughts from flashing into your mind, but you can refuse to let them stay. The unwelcome visitors will leave when you turn your attention away from them toward God.

If any thought makes you miserable or keeps you from enjoying complete good, you can be sure it is a false thought and has to go. It will go if you think of God. God is good. God is your Father. Dwell on that. Absorb its meaning into your consciousness. You can stop worrying. You can stop thinking about what seems wrong in your life. You can change all by thinking persistently about God.

Walk in newness of life.—Romans 6:4



Living Life from Within-Out

Eric Butterworth

DAY

8



It has been said that the starting point in spiritual realization is a right understanding of the One designated as the Almighty. But in a world of such broad diversity, how can we understand unity? How can we discover the One without lapsing into a duality that implies two?

There are many definitions of God, but none quite so insightful as this: God is the sphere whose center is everywhere and whose circumference is nowhere. It is not a picture that can be drawn. In fact, it should draw the mind away from the tendency to envision an anthropomorphic being.

A sphere whose center is everywhere? Impossible! But wait: If the center is everywhere, it must be where I am. Could this be the meaning of omnipresence? A point of life and light, present everywhere as each individualized expression? If this is true, then I am the center of God. It is an audacious thought with a sacrilegious tone. And yet, can a geographical center be otherwise located in a dynamic and expanding universe? Every point in this sphere, where God is, is thus a bubbling forth of the infinite flow of life. ...

The great Truth taught by the mystics of all ages is: Life is lived from within-out. This means that the whole universe is concentrated at the point where you are. More than this—you are the universe expressing as you. You are its living enterprise. It forever stands behind you with its full resources. However, the fullness of this universal support comes through you and not just to you. The most profound knowledge that you can attain is that your whole existence flows forth inexorably from a universal process, which is always from within-out.

How widespread and deep-seated is the belief that we are forever in competition with people and in conflict with the world around us. Our fears, resentment, anger, and even grief come because we feel that the instability of life in the world is a threat to our existence in it. Jesus gave the answer, “The kingdom of God is within you” (Luke 17:21). ... The kingdom within is the realm of all-potentiality, all-substance, all-life, all-love, all-peace.

A Four-Step Process to Fearless Living

Revs. Richard Rogers and Richard Maraj

DAY

9

How do we live fearlessly when there seem to be so many things that scare us? We appear to be afraid of everything. We are afraid to go to the doctor, and we are afraid not to go. We are afraid of the past and the future. We are afraid to know and not know. How do we break out of the pattern of fearful thinking and live fearlessly?

Here is a four-step process that moves us into fearless living:

Dedicate Your Life to God—Something happens when you turn your life to God or your Higher Power. You no longer live for you but begin to access greater power and confidence. When you surrender your will and ask to do the will and the work of God, you are no longer trying to figure things out to keep yourself safe. God is now in charge of your life, and you are here not just for your own desires but to fulfill your divine purpose. Your prayer becomes *Thy will be done*.

Deep Listening—There is a deep knowing within you. Your soul knows how to keep you safe. Your soul can guide you to a greater life. Your soul can access the infinite wisdom of God, but you need to listen to the deeper conversation going on within you. As you listen to your own inner voice consistently, you will be amazed at what is revealed to you.

Courageous Action—It is not enough to listen to God; you have to be willing to put the wisdom and guidance into effect in your life. That takes courage. Knowledge is not enough. Knowledge demands courageous action. It is not enough to know the truth; you have to be willing to quickly and boldly act with as little resistance as possible. The way your life becomes better is to act from the highest understanding you know.

Enlightened Review—As you begin to live this process, it builds your faith in God and yourself. Each day as you dedicate your life to God by listening deeply and taking courageous action, you watch your life become greater. You will also see ways you can dedicate more of yourself to God, listen deeper, and let go of old resistance to taking action.

What Is Faith?

Rev. Robert Brumet

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Faith is intrinsic within the mind of every human being. It operates within each of us. We are often admonished to “have faith,” but actually we cannot *not* have faith! Faith is fundamental to our nature. To have faith usually means to focus our faith in a particular direction. Yet faith is always operating in our consciousness, no matter how doubtful or fearful we may feel.

Fear is faith turned inside out. Fear is having faith in certain images created by the mind rather than having faith in the creative power of the mind itself. Our fearsome mental images may have their origin in prior personal experiences, or they may be the result of cultural conditioning. These memories may be filled with strong emotions. If we do not discharge this emotional energy from the body, these images will continue to haunt the mind. As we put our faith in these images, we make our fear real and thus we give it power over us. (The word *fear* can be used as an acronym for false evidence appearing real.) A story from the East tells of an artist who painted a large picture of a tiger on the wall of his house. He was a very good artist and the picture appeared so real that he became afraid to enter his own house! So we, too, may frighten ourselves with our own imaginings when we imbue them with reality.

In a sense, we choose our reality because we, knowingly or unknowingly, choose where we place our faith. Very early in life we develop the perceptions that create our sense of reality. The choice of where we place our faith soon becomes habitual and unconscious. By the time we become adults, these habituated perceptions are deeply entrenched in the subconscious.

What we perceive to be reality is the result of several factors. One of these factors is our human physiology. Our physical

characteristics are largely the result of our biological evolution. The physical characteristics of our sense organs and brain cause us to perceive the external world as it appears to us.

According to Carl Jung, we also have certain innate mental characteristics that affect our perception of reality. He called these characteristics archetypes. These archetypes influence the way we perceive and interpret the experiences of our lives. Which particular archetypes may influence us and how they influence us are the results of many factors. Our stage of life is one factor. Our culture and our particular era of human history are also factors in determining our perception of reality. ...

Faith is the power to create our reality by our perceptions, our beliefs, and our interpretations. Seeing is believing, and yet believing is seeing. According to our faith, our world reveals itself to us and becomes real.

Excerpted from *The Quest for Wholeness*, Unity Books, 2002



DAY
11

If Faith Is a Tool, What Does It Do?

Rev. Jim Rosemergy



A tool has a specific purpose. Hammers pound nails. Saws cut wood. Glue binds objects together. It would be difficult to drive a nail into wood with a saw. Try cutting a brick with a screwdriver.

If faith is a tool, what does it do? We insist that faith's primary work is making things appear and disappear. Disease is to vanish; a new job is to appear. We manifest rain or a large house or someone to share our home as long as we both shall live. Are we magicians entertaining ourselves and others by making things appear and disappear, or do we have another purpose? Is making things appear and disappear the primary work of faith?

I believe that faith's best work is not done in the world. Through faith, our spiritual identity is revealed, and aspects of our humanity, such as fear and condemnation, are no more. Through faith we align ourselves to the indwelling Presence always at work in us. Let us express our faith by being willing to respond to the power of God within us.

Isn't it true that in our way of life, we believe all things begin within us? If this is true, the primary purpose of faith is not in the world; it is in us. As spiritual beings, are we not destined to echo Jesus's words, "I do not belong to the world" (John 17:16)? Perhaps the real work of faith is to help us detach from the world rather than to sink our roots deeper into it.

Are you willing to try an experiment? Let us no longer attempt to use faith as a tool to build a larger house in which to live or to manifest anything in the world. Let us use this tool to craft a new person, to chip away our humanity so the divine masterpiece is revealed.

When faced with a challenging situation or dilemma, most of us hope we will have enough faith so Spirit can act. Could it be that in these moments, God is hoping we are willing to become a person through whom Spirit can act?

Excerpted from *Unity Magazine*

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12

The Prayer of Faith

Hannah More Kohaus

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of this day.

I now am wise, I now am true,
Patient and kind, and loving, too;
All things I am, can do, and be,
Through Christ the Truth, that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.

The Voice We Might Not Hear

Martha Smock

DAY
13

We listen to many voices, voices that dwell on negative conditions that predict all sorts of dire things, voices that would negate optimism and faith.

Perhaps someone pours out a tale of woe; perhaps we turn on the television and all the news seems bad; perhaps we read the headlines in the newspapers and wonder what the world is coming to.

The voice we sometimes do not hear is the inner voice, the voice of the Christ.

“In the world you face persecution. But take courage; I have conquered the world” (John 16:33). Not I *will*, but I *have*. ...

Christ is your center, your anchor, your unchanging life. Christ in you says: “I am with you, unchanging, eternal. I am your center of peace. I am your anchor of stability. I am that in you which is strong and steadfast. I am the overcoming power in you. I show you the path of life. I am the way, the Truth, and the life. You can meet changing conditions and circumstances; you can rise up with courage and faith; you can go forward with confidence and joy. In me you can do all things.”

In time of sadness or grief, listen to the Christ. “Believe in God, believe also in me” (John 14:1). “Peace I leave with you; my peace I give to you. I do not give to you as the world gives” (John 14:27).

Turn to the loving Christ and hear Christ say, “Peace! Be still!” to the surging waves of emotion that would overpower you. In Christ you are calmed and quieted, you rest in Christ’s presence and feel strengthened and upheld.

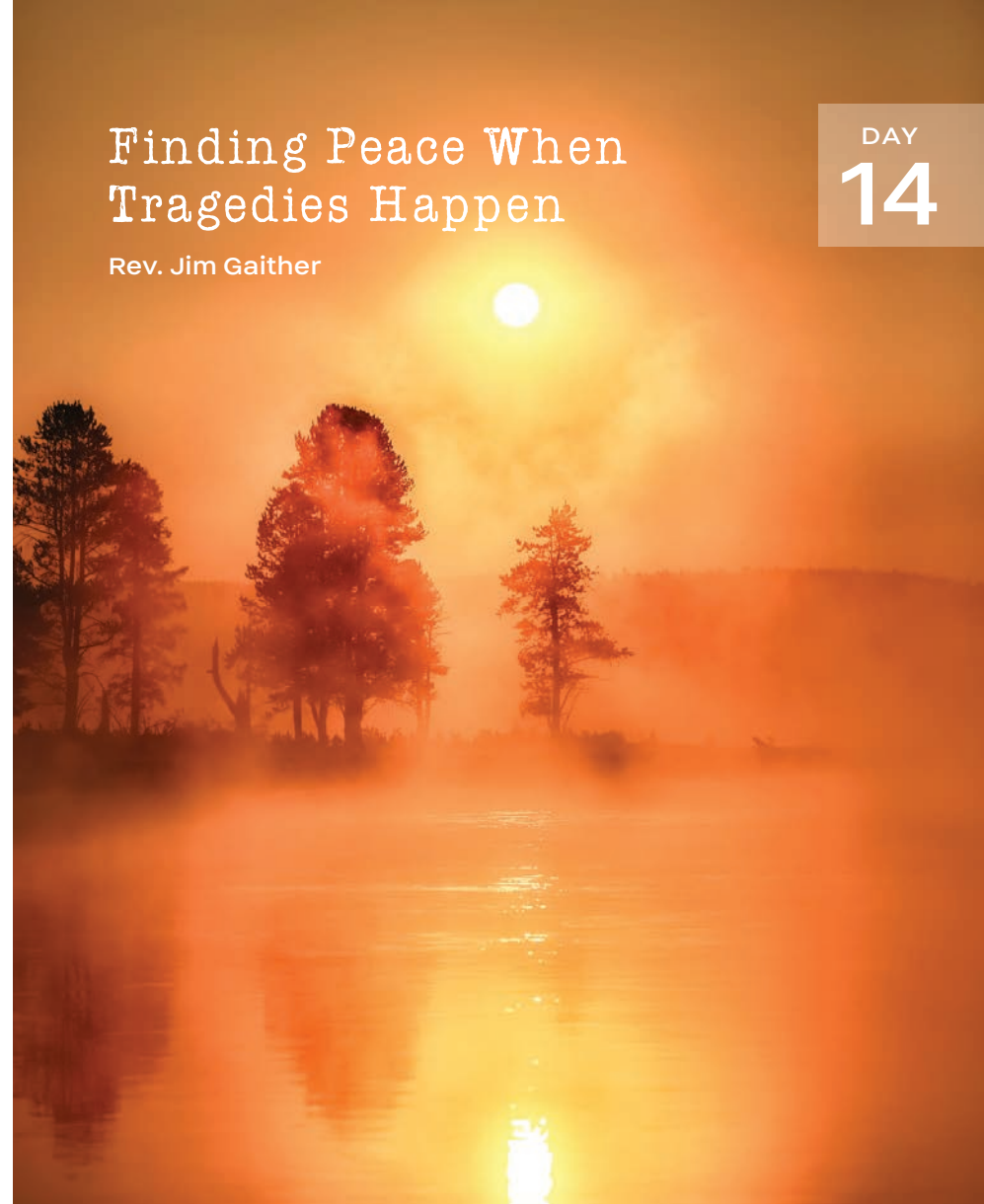
Remember that though things change, God is changeless, enduring. God’s love is eternal. God’s life is eternal. You can never lose your own. You are always and forever one in Spirit with those whom you love.

Finding Peace When Tragedies Happen

Rev. Jim Gaither

DAY

14



“Why did God let this happen?”

People of faith grieve and wonder why a good and all-powerful God would allow human suffering. Tragedies happen. Wars kill and destroy. Diseases cause suffering. Children die. Everyone is touched in some way by tragic events. We search for reasons and meaning but may not find what we seek. We feel denial, anger, despair and sometimes reach a point of acceptance. Yet even when we reach acceptance, we may still wonder, *Why?*

Let's leave God out of the question and consider tragedies purely in terms of natural laws and human behavior. At that mundane level of explanation, we can find the causes of any tragedy. We can give political explanations for wars. We can give natural explanations for disease. Human behaviors that cause suffering can be explained in terms of personal choices, happenstance, genetics, psychology, and environment. When we look for natural causes, the “*why* it happens” becomes “*how* it happens.”

“How” explanations can be useful. When we know *how* bad things happen, we can find ways to decrease the frequency and probability of bad things occurring. Still, in knowing how suffering happens and how to avoid it, there is little or no comfort regarding what has already happened.

Once we admit “natural” causes of tragedies, God is no longer directly responsible for each event. If every human event can be explained in terms of nature and human choices, it makes no sense to ask why God let it happen. It only makes sense to ask different questions about God: Why did God make a universe that operates according to just this particular set of natural laws? Why did God put us in a world of risks and choices?

If the universe did not have laws, we would not be here. If we did not live in a world of risks and choices, we could not have free choice and could not be creative. If we were not free and creative, we would not be like God. Freedom involves risk.

We can learn to accept the world as it is. We can learn nonattachment, and we can focus on enjoying what there is to enjoy in life.

Like saints and mystics, we can pray and meditate to know God within us. The mystic strand in the world's religions affirms that consciousness of God is consciousness of love and peace. I believe the quest to know God is the most satisfying and comforting path available to us in this life.

We can express love and peace right where we are. We can alleviate the suffering of others. We can make life more enjoyable. We can make this world a better place.

Regardless of why things happen, we can be at peace with existence and be angels of compassion on earth.

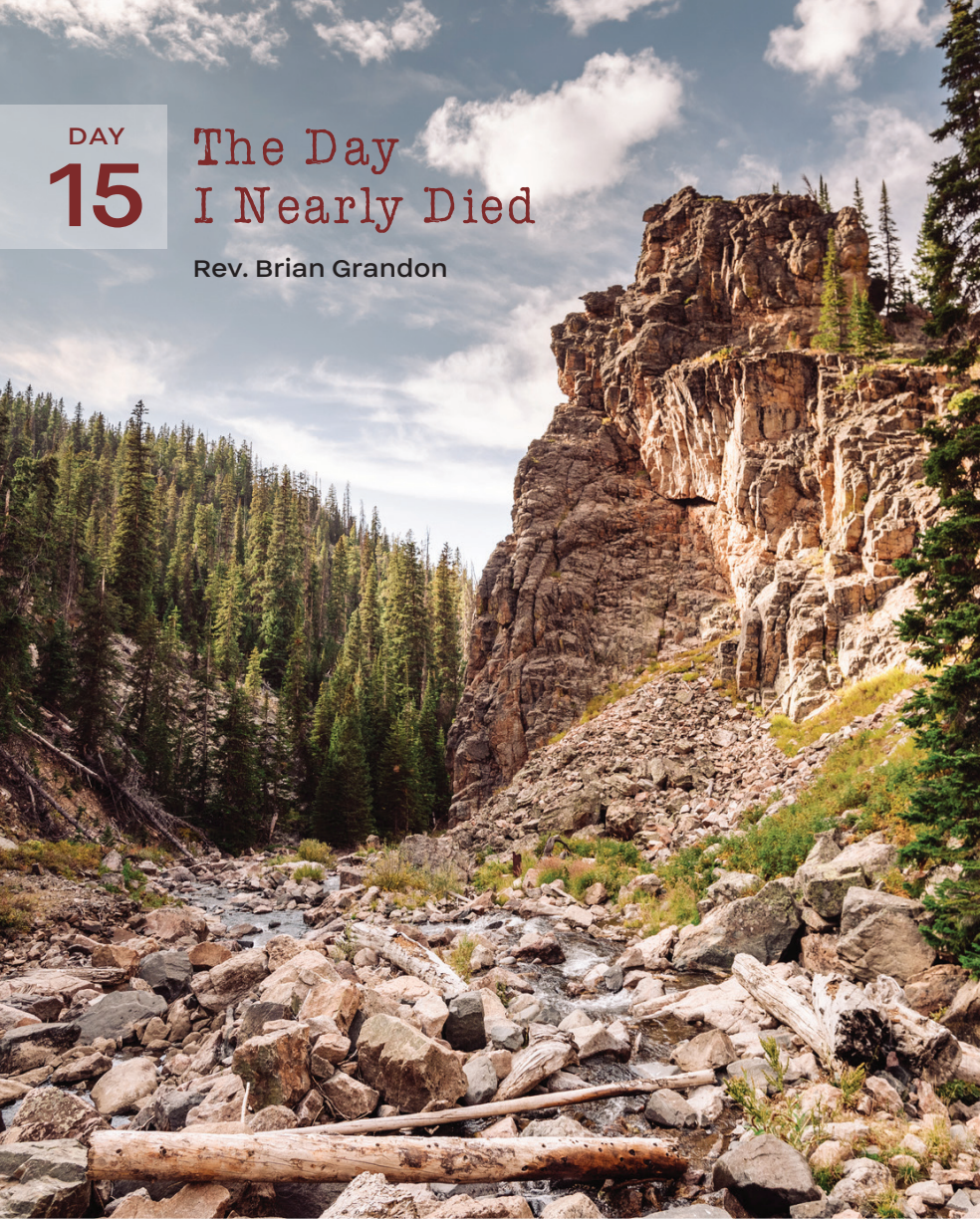
This article originally appeared in *Unity Magazine*.



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15

The Day I Nearly Died

Rev. Brian Grandon



On September 28, 2010, I was carrying a pane of glass from an old house on a construction site—and it shattered. It severed all of my tendons, a nerve, and an artery in my left arm. I did not know the extent of these injuries at the time, but I was in a state of shock and convinced the foreman to drive me to the hospital. I did not take the time to fasten a tourniquet, but just squeezed it with my good hand and jumped in the truck.

To begin with, I have relatively low blood pressure and am anemic. After just a few blocks, I realized I was in serious trouble. Soon, I would bleed to death! I was immediately becoming groggy; my grip was weakening and couldn't stop the blood flow.

Then, I prayed, *“But God, I’m not done yet.”* I prayed another highly personal prayer then began to shut down. We were still about 10 minutes away from the hospital. I began to wonder if this really was my time or if I would have a near-death experience. I was not fearful of death at all, just disappointed that the guy driving would be freaked out by a dead body next to him and that I would not be able to say goodbye to my loved ones.

Suddenly I heard him yell out, “Hey, there’s an ambulance on the side of the road up in front of us!” He honked his way across seven lanes of San Diego traffic to cut off two ambulance guys from leaving a 7-Eleven parking lot. They had just stopped in for some soda pop for lunch. So in this parking lot, the EMTs stopped the blood flow and got oxygen on me so quickly it was amazing.

Later that evening, I met up with the EMTs at the hospital. They told me that my blood pressure was so low that I only had about two minutes until it was game over. God answered my prayer long before I knew what to pray. My life is a prayer, and I am never separated from God.

DAY
16

Command of the Spirit

A Meditation by Myrtle Fillmore



Stand by the Truth, for its seed is in itself.

Be the light, health, substance, beauty,
and youth of your world.

For ignorance, see light;

for sickness, health;

for want, plenty;

for ugliness, beauty;

for old age, youth;

for bondage, freedom.

Get on fire with this doctrine; let it be
your first, last, and only thought.

Our God is a consuming fire.

The righteous shall shine as the sun.

Appearances are nothing to Spirit.

Set the mind free from ideas of lust and
deception. This is freedom to heal.

No man hides iniquity.

Believe in the honesty of all people.

Like the child, see good in all things.

Distrust makes wrinkles and old age.

Keep to your intention.

Spirit fulfills your obligations.

Reiteration of Truth trains the mind ...

Persistence in Truth brings healing and prosperity.

All is Truth.

From *How to Let God Help You*, Unity Books, 1956

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17

How I Wrote the “Prayer for Protection”

James Dillet Freeman



Let me tell you how I wrote the Unity “Prayer for Protection.”

When World War II was raging in Europe, we received many letters and phone calls from people caught in the conflict, but for a long time we did not have a prayer for protection that we were all satisfied with. This is how one came. ...

Silent Unity came to me and asked me to write a protection pamphlet that we could send to people. ... They told me they wanted affirmative prayers for protection on the back page. Among these was the verse from the 23rd Psalm: “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me” (Psalm 23:4 KJV).

One of the young women who worked in Silent Unity was reading my manuscript as I wrote it, and as she finished it, she came up to me and said: “Jim, if I were a woman in England and they were dropping bombs on my roof, or if I were a soldier and someone was pointing a loaded gun at me, I wouldn’t want to feel like I was walking through the valley of the shadow of death. Can’t you do better than that?”

I thought, *You want me to do better than the 23rd Psalm? You have to be out of your mind.* But rolling around in the back of my mind was the little verse I had written as a prayer for protection at Christmas. I had written it just for Silent Unity, but now it came rolling up to the front of my mind and demanded that I pay attention to it. It enticed me to see what I could make of it. First I took the rhymes from it. I felt it would be more universally received if it was not a rhyme. Then I changed Christ to God. It had been Christ because it was a Christmas prayer, but I felt if we were going to send it around the world, God might be more acceptable to more people. So the little prayer became:

“The light of God surrounds me, The love of God enfolds me,
The power of God protects me, The presence of God watches
over me.”

That is the way we first printed it. Then a line came to me that I felt would make the prayer even more powerful. The line was:

“Wherever I am, God is.”

DAY
18

Freedom

Daily Word, September 25, 1940



In the freedom of the spirit of Christ within me, I know no bondage.

Freedom from all bondage, mental and physical, can come only from the consciousness of freedom, from the realization that nothing in all the world can limit or bind you. Your consciousness of freedom sets you free from bondage, because it is the consciousness of the presence of Christ.

What seems to put you in bondage? Some belief in disease, fear, failure? Some belief that persons and things can affect you? Some thought that the world about you can dominate your own indwelling Spirit? You are free from such beliefs when you know that Christ, the Spirit of freedom within you, is mightier than all these. In Truth your freedom has always existed.

Live in the consciousness that nothing in all the world can limit or bind you. You are free with the freedom of Christ. You are now free in the perfect realization that nothing in all the world can limit your freedom or take it from you.

**I am Jehovah thy God, who brought thee ...
out of the house of bondage.—Exodus 20:2 (KJV)**



DAY
19

Gethsemane

Rev. Ernest Wilson



In the Garden of Gethsemane, Jesus faced the hardest problems that men have to meet—hatred, jealousy, rejection, betrayal, defeat, physical suffering, death, and (perhaps worst of all) human loneliness. It was the human Jesus from whom the cry was wrung, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will but as thou wilt.” It was Jesus renewed in power and courage, reaching past the dark shadow into the everlasting light, who said ever so gently to poor, drowsy Peter, “So, could you not watch with me one hour? ... the spirit indeed is willing, but the flesh is weak.” It was Jesus the Christ, once more the radiant Son of God, who added, “Are you still sleeping and taking your rest? ... the hour is at hand” ...

You and I, all of us, have what we might describe as our Gethsemanes. We may even have what have been described as our “crucifixions.” It takes a courageous man, however, to place his lesser woes beside that picture of Gethsemane and see his troubles shrink. It takes a wise and faithful man to go one step further, to face his own Gethsemane alone with God, and to call forth the faith that sees beyond crucifixion to resurrection.

If we go so far as to compare our experiences to Gethsemane and Calvary, we should go further: to the resurrection. Do not stop part way. Go the whole way. And the whole way is past apparent defeat into ultimate victory.

With enlightened vision I see that only the good is enduringly true ...

Excerpted from *The Week That Changed the World*, Unity Books, 1968

DAY
20

The Redemption of Forgiveness

Kimerie Mapletoft



When you watch TV or read the newspapers, are you struck by how much they focus on punishment and revenge? About fighting hatred and fear with more hatred and fear? Yet the most profound stories ever told are ones about real redemption and forgiveness. They touch the heart and soul, and open us to the experience of God, to grace, in a way that nothing else can do, except of course in our own personal experience of this profound activity.

A few of us from Unity in the U.K. went to see *Les Misérables* at the cinema. I was a slightly reluctant viewer. I had never been to the live show as I understood it to be a very sad experience, and indeed a lot of the film seemed to be very cruel, with a lot of sadness and pain. I saw a contagion of fear that dominated people's responses to each other, of course creating even more sadness, pain, and ultimately death.

Yet as the story line went on, it became clear that it was so much more about redemption and forgiveness. How one deep act of forgiveness, where a very obvious human mistake was completely denied, revealed the real person underneath; and how this awakened the lead character to experience himself as someone who had a soul, who could make a difference, and indeed he did. The film explores the journey from hate and revenge to a true place of forgiveness, love, and peace.

It is a story that each of us can relate to. ... If we choose to follow the path of redemption and forgiveness—which is no easy thing when we are surrounded by people in fear and have fear inside us too—we truly experience the grace of God as love, forgiveness, joy, and peace; as complete freedom from who we think we are, to who we really are.

Toward the end of film, we hear the words: “To love another person is to see the face of God.”

When we can truly look beyond the sins and mistakes we all make (“Let him who is without sin cast the first stone” John 8:7) and see the real person within, as Jesus did—the real person who is looking for love just as we are—when we can be the expression of forgiveness, our hearts open wide and we really do see the face of God, and others see God in us.

DAY
21

Change: Designed to Illuminate

Rev. Ogun Holder



Whatever someone is going through, no matter how difficult it may seem, the feelings will not last forever. ... The desire to escape the distress and “dis-ease” can occupy every waking moment ... and often our sleeping ones as well. How did we get here? What did we do to create this? Isn't it the truth that we brought this affliction upon ourselves?

Well, there's truth ... and then there's TRUTH. The truth is that we may or may not be responsible for whatever change has occurred in our lives. Sometimes we make choices; sometimes they are made for us. This is not to say we are victims, just that we are not in control of it all—a subtle but profoundly important distinction. More than 7 billion people live in the world. That's a lot of choosing and creating. As much as we are all connected in the nebulous Oneness, we are truly creating only our own experiences. And because there are 7 billion of us, we will also always be involved with someone else's creations. Unless, of course, we choose to live as a hermit atop a mountain, and even then we've left someone behind. Add to that natural disasters ... Mother Earth doing some rearranging of her own. Without warning, diagnosis and death and despair and disaster can occur in our lives. Some would say there is a certain elegance to the Universe's creative chaos. But more often than not, we neglect to notice and appreciate the artistry until well after we have stepped away from the crisis of the moment.

Now here's the TRUTH: The creative essence of the Universe, All That Is, the one power and one presence we call God, the Alpha and the Omega, whatever name and understanding to which you subscribe, is fully present at the point of your consciousness. In this moment, this very now moment, in the midst of it all, resides a being of immense magnificence, of limitless power, of transcendent grace. If you're still unclear about who that being is, take a look in the mirror. But do not see only the strained features of a weary body exhausted by change and grief. Look into your own eyes and go deeper—deeper into the certainty of the strength that lies beyond what you deign to believe you possess; deeper into the knowing that you are not simply expressing the Divine, but that you are the Divine.

Excerpted from *Unity Magazine*

DAY
22

How to Handle Change

Rev. Robert R. Barth



... It is said that change is the essence of life. If we don't move with it, change will happen in spite of us. One way to work with change is found in Exodus 14:13-15. Here we find several steps that we can take to resolve any conflict, remove any obstacle, or help us adjust to any change. "Fear not, stand firm, and see the salvation of the Lord. ... Tell the people ... to go forward" (RSV).

The first step is: DON'T PANIC. As the author of the Book of Exodus says, "Fear not." This experience will work out. Know that a day from now, a week from now, a month from now, a year from now, this will all be behind you. The real reason not to panic is:

God is in charge.

So, second: PUT GOD FIRST. Relax. "Stand firm," knowing that with God in charge, all will work out for the highest and best good of all concerned. "The Lord will fight for you, and you have only to be still" (Exodus 14:14 RSV). How do you put God first? By seeing "the salvation of the Lord," by knowing the truth in the situation. Let go of your Red Sea. Define the obstacle, then look beyond the obstacle.

Manifesting Health—Is your promised land, your goal, perfect health? As you listen to the Lord of your being, you will know that perfect health is yours to claim. God is the perfect life energy flowing through every atom and cell of your being. Wholeness is being manifested in you, right now.

Manifesting Prosperity—Are you seeking prosperity? As you sit in the stillness, you will be assured that God is the source of all of your good. As you put your faith in God, your supply will be guaranteed. Prosperity will flow to you in many ways, through many channels.

Manifesting Harmony—Are you seeking harmony in relationships? God's love is working through you and through all of your relationships. Love is cleansing any past hurts. Love is actively at work in and through you and in and through others.

Whatever you are seeking, you will find an answer. As you sit in the Silence, there will come a moment when God speaks to you, when God guides you. But even this is not enough. There is one more step you must take.

And that is: ACTION. You need to move ahead. You have placed God first. You have prayed, meditated, and known the truth. Now it is time to move ahead. There is a right and perfect step to take. ... Do as you are guided, and the obstacle will disappear. You will be able to walk right through it.

Saying Yes to Change

Joan Borysenko, Ph.D.

DAY
23



The mysteries of change are known in every world wisdom tradition and provide us with an archetypal map for spiritual growth. In the book *Saying Yes to Change: Essential Wisdom for Your Journey*, my husband and coauthor Gordon Dveirin and I outline the three classical stages of change that constitute a rite of passage—for instance, from the acorn to the oak or from the caterpillar to the butterfly. ...

The Three Stages of Transformation

- 1. Separation: The Journey Begins.** When I directed a mind/body clinic at a Harvard Medical School teaching hospital, patients often told me that the day they were diagnosed with cancer or AIDS, they died to who they were. They felt as if they were falling into an abyss. When illness, job loss, financial reversal, betrayal, divorce, or death of a loved one disrupts our world, our ego identity shatters and we are separated from what was. The human response is fear. At a deeper level, however, a spiritual process is beginning to unfold. The shell of ego cracks, and its habitual way of constructing the world falters. Deprived of familiar frameworks, we are invited to enter the ritual process of transformation.
- 2. Dwelling at the Threshold: Surrendering to the Unknown.** The late anthropologist Victor Turner, who identified the three stages of transformation, termed the second “the time between no longer and not yet.” We have died to who we were but are not yet reborn to who we might become. We are at the doorway, the threshold of new potential. ... This is the great unknown where ordeals are faced, allies appear, and the gifts of trusting in and surrendering to a larger divine reality are claimed.

- 3. The Return: Transformation and Rebirth.** The caterpillar who died to itself in the phase of separation—then dwelled at the threshold in its chrysalis—is finally reborn as a butterfly that can spread beauty and inspiration with its very presence. Our spiritual transformation entails dying to the false self with its fears, attachments, and need to control. With the rebirth to our true nature, or God-self, we are in alignment with a larger whole and truly support the inner freedom and well-being of all. ...

Life ... is a journey into the unknown where change is constant. The challenge is to pay attention, heal what needs healing, and grieve what we've lost as a testimony to how precious it has been. Staying faithful to the certainty that we live in a spiritually meaningful reality, we are called by change to authentic trust and surrender. Answering that call, we live in peace, joy, and service right now in this beautiful and holy world.

Reprinted from *Daily Word*



DAY
24

I Am There

James Dillet Freeman



Do you need Me?

I am there.

You cannot see Me, yet I am the light you see by.

You cannot hear Me, yet I speak through your voice.

You cannot feel Me, yet I am the power at work in your hands.

I am at work, though you do not understand My ways.

I am at work, though you do not recognize My works.

I am not strange visions. I am not mysteries.

Only in absolute stillness, beyond self, can you know Me as I am,
and then but as a feeling and a faith.

Yet I am there. Yet I hear. Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.

Even when you feel most alone, I am there.

Even in your fears, I am there.

Even in your pain, I am there.

I am there when you pray and when you do not pray.

I am in you, and you are in Me.

Only in your mind can you feel separate from Me, for only in
your mind are the mists of “yours” and “mine.”

Yet only with your mind can you know Me and experience Me.

Empty your heart of empty fears.

When you get yourself out of the way, I am there.

You can of yourself do nothing, but I can do all.

And I am in all.

Though you may not see the good, good is there, for I am there.

I am there because I have to be, because I am.

Only in Me does the world have meaning; only out of Me does
the world take form; only because of Me does the world go
forward.

I am the law on which the movement of the stars and the growth
of living cells are founded.

I am the love that is the law's fulfilling. I am assurance. I am
peace. I am oneness. I am the law that you can live by. I am the
love that you can cling to. I am your assurance. I am your peace.
I am one with you. I am.

Though you fail to find Me, I do not fail you.

Though your faith in Me is unsure, My faith in you never wavers,
because I know you, because I love you.

Beloved, I am there.

DAY
25

Live Fully, Love Freely

Jesse Herriott, M.A.



If you pay close attention to the news or the talk around town (and on social media), you may quickly find yourself drawn into a state of pandemonium and fear. Fear is a natural emotion that runs through our biological systems as a result of external stimuli that we perceive to be threatening. It would be absurd to deny that fear is a real emotion.

Whenever you are faced with a circumstance that makes you fearful, try to remember the foundation of spiritual practice isn't to run away or deny the fullness of the human expression and experience. Rather, it is to feel whatever comes up and allow it to pass through you.

To illustrate what I mean, let's take a brief look at language. One of the many Latin words for *fear* is the word *metus*, which means "among, with, or around fear." The root of that word, *met*, is used in composing words such as *meti-culous* (fearful of making a mistake).

But if you add the letter "A" to that root to turn "met" into "meta," you instantly shift from being "around, on the same level as, or with" fear to being "above" or "transcending" whatever you are facing, as in the word *meta-physics* (above or beyond the physical).

The lesson is this: As soon as you feel fear gripping you, try adding one iota of spiritual truth to your awareness, and it will create an opening for you to step out of that state.

The purpose of the human experience is to live fully and love freely. Whenever you are stuck in fear, you are disconnected from the awareness that you are loved and guided. By love, I am not referring to an emotion directed toward you, but the truth that you are the embodiment of divine love itself.

In many cases, we try to run away from our true feelings and deny the signals life is bringing us. Well, if fear is a biophysical response to external stimuli in your environment, then your life is giving you an answer to a very powerful question you have asked. Your job is to shift your awareness of that message by bringing the truth of your being into your consciousness.

You are always loved and you are always provided for. Don't run away from your fear. God in you, as you, through you, has the tools to shape it into something beautiful. Dig your heels in. Hold on to your truth, and for your next move, select one of the many infinite possibilities that are around you. Your life will get better when you participate in creating the good you wish to experience.

A New Life—
A New Song

Daniel Nahmod



Several years ago, I experienced an awakening. Day after day, I had sat at my desk at my computer programming job, more or less pretending to work. I realized the life I was living was a life I no longer wanted to live.

I decided to move from Chicago to Los Angeles, and in 1998, I began my new life as a singer/songwriter. Soon after I arrived, I volunteered at Cedars-Sinai Medical Center with my guitar, singing for patients, nurses, and administrators. I sang for people in comas and watched as they moved to the rhythm of the music. Elderly patients would hum along to familiar songs. ...

In 2005, just after Hurricane Katrina, I received a call from my friend, Rev. Richard Rogers. We talked about how we might be of help to the people of New Orleans and the Gulf Coast.

We met at the Houston airport and drove to the Houston Astrodome, where thousands of displaced people filled this gigantic building. They were people without homes to go to, without a job to report to, without a structure to their lives. Richard walked the floor shaking hands, hugging people, offering comfort. I played my guitar and sang songs during two of the most intense and profoundly heartbreaking days I have ever experienced.

The fear and absolute bewilderment were palpable. As I walked from cot to cot in the middle of the most chaotic, disruptive, disturbing scene I'd ever witnessed, I stopped frequently to talk with individuals. I came to one elderly woman sitting on her cot, holding her head in her hands. A little girl, her granddaughter, was sitting by her.

I asked this woman, "Would you like to hear a song?" She waved her hands in the air as if to say, "whatever." I sat down next to her and asked, "Would you do me a favor? I think you're going to know this song. Close your eyes and sing it with me."

I started playing "What a Wonderful World," and she began to sing ever so quietly with me. Her eyes were closed and so were her granddaughter's. I closed my eyes as well, and for four minutes or so there was no Astrodome, no despair, no Katrina. There was just the beauty of that song. We were lifted up and transported—not physically, but emotionally and spiritually—to the safest place imaginable.

In those few moments, the work of my life gained greater clarity. I'm aware that when I sing a song, whether it's in a hospital room or a large auditorium, for four or five minutes I am sharing a vision. It's a feeling, an instinct, and, I hope, a wisdom. It's a safe space.

Reprinted from *Daily Word*

DAY
27

Fearlessness

Daily Word, February 19, 1949



I know that God is with me at all times, my unfailing protection, and I am free from any thought of fear.

The knowledge that God's presence is ever with me, surrounding and enfolding me, brings a sense of security and protection that banishes any thought of fear. I cannot be afraid when I know that I am never alone, never cut off from God's help.

I abide continually in the assurance that I am secure in God's love. Wherever I may go, whatever difficulty may seem to beset my path, God is with me to protect me and to bring me safely through the experience. I place myself in God's care and keeping. I trust Him to guide and deliver me. I replace any thought of fear with a thought of divine protection, with trust in God's protecting power.

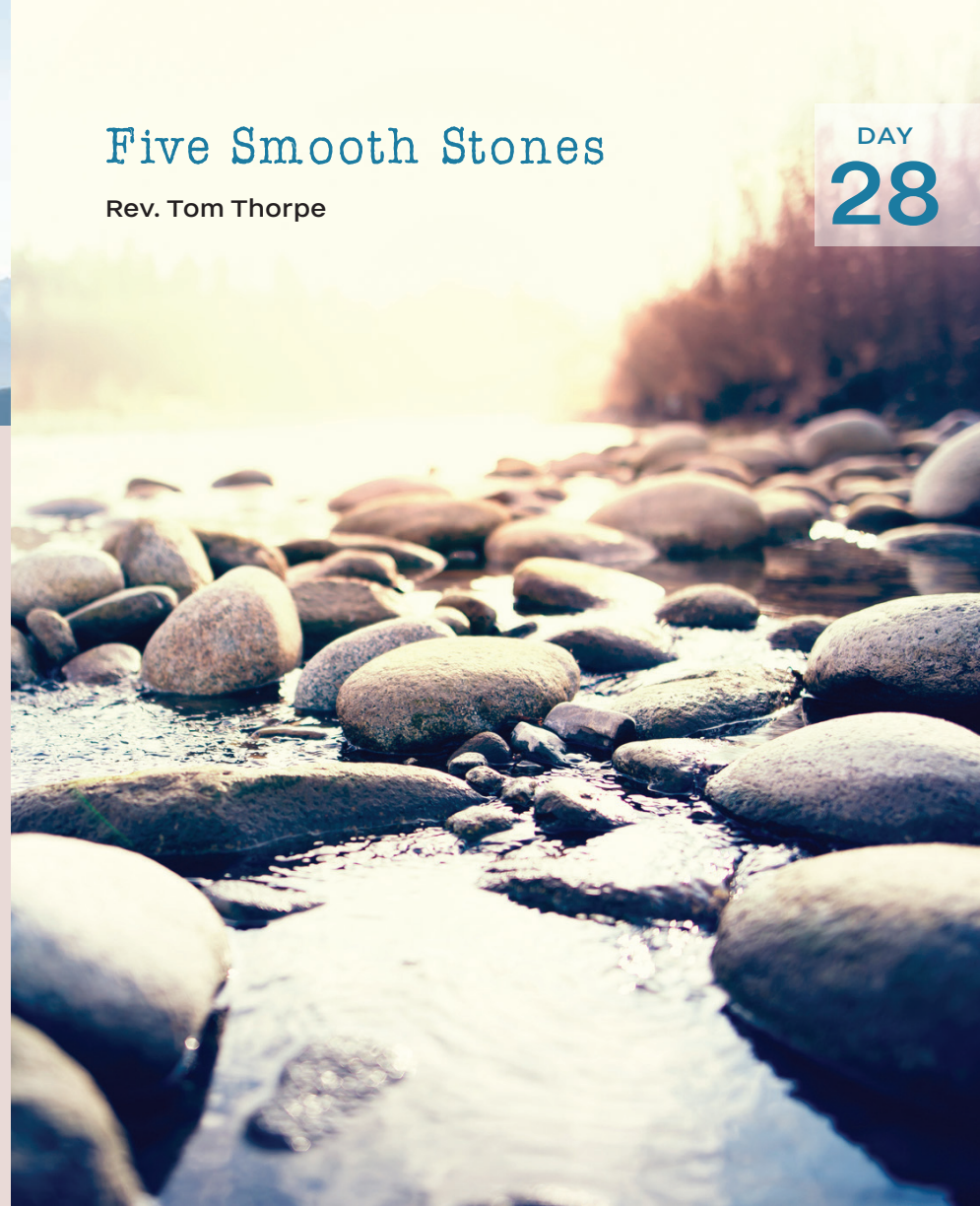
My constant awareness of God as my shield and protector, my constant willingness to trust Him to guard and deliver me, will free me from fear and keep me peaceful and relaxed at all times. God is with me, and all is well.

**He shall give his angels charge concerning thee,
to guard thee.—Luke 4:10 (KJV)**

Five Smooth Stones

Rev. Tom Thorpe

DAY
28



Unity gives us five smooth stones to use in our overcomings. These are the five basic Unity teachings. David, you'll remember, brought down Goliath with his first stone.

So, too, can we overcome any fear when we have developed sufficient skill in using our first stone: There is only One Presence and One Power in the universe: God, the omnipotent Good.

Consider that if God is the only power in the universe, there can be nothing to fear. Why, then, do we have fears? We have them because our skill in using this first smooth stone has not been fully developed. We don't completely believe in One Presence and One Power. Our fears offer proof of our unbelief. We need to practice to build our skill by using the four remaining stones.

Our second smooth stone is our own identity as the Christ, the beloved child of God. Our nature and God's nature are the same, since we are expressions of God. Paul writes, "I can do all things through him who strengthens me" (Philippians 4:13). So can you and I. When, from my humanness, I feel powerless and defeated, I can remember my divinity, my God-given Christ nature. Through this remembering, I "come over" to a new understanding.

Our third smooth stone is our understanding of the formative power of thought. We call this power the law of mind action. It reminds us that our thoughts create our experience. Through our habitually held thoughts, we decide how we will respond to the people, events, and circumstances of our lives.

Our response may have no immediate effect on what happens to us. Our response does, however, dictate whether we will see ourselves as victims or know our dominion. Through practice

with this third stone, we "come over" to the understanding that we are lords of our lives.

Our fourth smooth stone is affirmative prayer, the prayer that knows the Truth. Through denials (statements that release the grip that error thinking has held on our minds) and affirmations (statements that build a strong consciousness of Truth), we "come over" to a clearer view not only of ourselves but also of how God's universe is structured to offer us constant support.

Our fifth smooth stone is, next to the first, the most important. It reminds us to base every thought, word, and action on our growing understanding of the Truth we know. As we use this fifth stone more and more, we "come over" to a renewed awareness of our God-given dominion. As we approach constant God awareness, our first smooth stone will shine with a light of Truth that will quickly dissolve any fear.

This article originally appeared in *Unity Magazine*



DAY
29

Sing a New Song

Mary L. Kupferle



No matter what has occurred before, this is a new day, a new hour, and a new moment. You can take hold of joy on the wings of prayer and find yourself lifted into lightness, peace, and courage.

You are a child of the living God, meant to express happiness, meant to radiate beauty and serenity as bright and lovely as the rays of the morning sun, meant to embody the music and harmony of the universe. Joy is your gift from God, and it is not dependent on what occurred 10 years ago, a month ago, yesterday, or last night.

Joy belongs to you, whether you know it or not. It is yours now, to discover, to use, to exercise, and to bring into expression. ...

You can sing your way through this day, and you will find yourself strengthened, not only mentally but physically. This does not mean that you must actually give voice to song—although this is helpful in itself. It does mean that wherever you are, whatever you are doing, you can sing a song in your thoughts, in your heart, and in your soul.

You can do this. Your expression will change; your face will shine; it will radiate beauty and youth; your body will move freely and gracefully; your work will go more smoothly; your life will be blessed and transformed. ...

Sometimes we think we cannot get into the swing of things, that we are out of step with success, wholeness, happiness, or peace. At such times, it is more important than ever that we realize that the gift of joy is innate within us and can be awakened. The apostle Paul says: “Rekindle the gift of God that is within you” (2 Timothy 1:6). Rekindle it with the words: *I will sing a new song!* You can and you will find a wellspring of joy within you that you never dreamed existed.

You need not wait until some future time to become aware of this inner joy. You need not wait for it to come to you through some particular person, thing, or achievement.

Do not postpone your joy for another moment. Sing a new song of joy today, this hour, this minute.

DAY
30

Sailor

James Dillet Freeman

By ways I never charted
and hardly wished to go,
I have sailed an unknown course
on a sea too wide to know.

I have drifted lost at times,
not sure where the shore might be;
I have searched through storm-tossed nights
for a light I could not see.

But a Higher Wisdom than my own
has had me in its hand,
and I shall trust that it will bring
me safe at last to land.

From *Angels Sing in Me*, Unity Books, 2004

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