

My  
Soul



Flows

**The Spirit of the Lord is upon me,  
because he has anointed me to bring  
good news to the poor. He has sent me  
to proclaim release to the captives and  
recovery of sight to the blind, to let the  
oppressed go free, to proclaim the year  
of the Lord's favor.**

Luke 4.18



**True healing is threefold: spiritual, mental and physical. A person cannot be truly whole if one of these parts is ailing, as all are inextricably linked. The way to healing is first to re-educate the mind and to establish the presence of Truth in all the faculties.**

Connie Fillmore



LEADER

**I bring Good News to my body, mind and emotions.**

ALL

**The Spirit of God is within me!**

LEADER

**I proclaim release from captivity.**

ALL

**I am no longer held back by circumstances!**

LEADER

**I release all thoughts of oppression.**

ALL

**With God all things are possible!**



**LEADER**

**I recover my Inner Sight.**

**ALL**

**I judge not by appearance.  
I am the Light of God expressing!**

**LEADER**

**I proclaim and own the Lord's favor!**

**ALL**

**God's infinite Good is mine!**

**ALL**

**My soul flows with new life and my  
body, mind and spirit are set free  
to be my truest me.**



**Happy are those who find wisdom and  
those who get understanding, for her  
income is better than silver and her  
revenue better than gold. Her ways are  
ways of pleasantness and all her  
paths are peace.**

Prov. 3.13

**Whatever else you get,  
get understanding.**

Prov. 4.7



**If we are to attain Christ consciousness, growth never stops. We go from one level of consciousness to another. If a plant stops growing, it starts to die. So it is with us: if we feel there is nothing else for us to learn, no new worlds to conquer, we begin to die.**

Marion Brown – *Putting Life Back Together*



**We are a vibrant, inclusive community  
for personal growing and  
joyful knowing of  
our oneness with Spirit  
and each other.**

*Mission Statement  
Unity in Naperville*





**The most effective prayer may be wordless... a time of silence to align ourselves with All That Is and return to the wholeness that is our true nature.**

Ellen Debenport – *The Five Principles*

**Some of the most effective language in the world leads you up to the brink of silence and leaves you there, with the soft surf of the unsayable lapping at your feet.**

Barbara Taylor Brown





**My Soul flows  
with new life  
and I'm set free  
to be my  
truest Self.**