



**WALK your TALK**

**Knowing these principles is not  
enough. We must also live the  
truth that we know.**

Unity's 5<sup>th</sup> Basic Principle

**Knowing spiritual truth satisfies.  
Practicing spiritual truth  
transforms.**

Kitty's version

**Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock.**

Matt. 7.24-25

**There is only one Presence  
and one Power in the  
Universe and in my life,  
the all-loving goodness of God.**

Unity's 1<sup>st</sup> Basic Principle



Live 1<sup>st</sup> Principle:  
*Live life fearlessly*



**If God is everywhere then Love and Intelligence are in this. I let go of fear and let God's good flow.**

**We are each individual,  
eternal expressions of God,  
and therefore inherently good.**

Unity's 2<sup>nd</sup> Basic Principle



Live 2<sup>nd</sup> Principle:  
***Limitless Love***



Life LOVES  
You and  
SO DO I!



**I can do all things through the Christ who strengthens me. It is safe to try new things and love without conditions.**

**We create our life experience  
through our thoughts,  
feelings and beliefs.**

Unity's 3<sup>rd</sup> Basic Principle



Live 3<sup>rd</sup> Principle:  
***Choose thoughts that feel good.***



**I am responsible for the life I'm creating,  
so I choose my thoughts consciously.**

**Affirmative Prayer consciously  
aligns our thoughts with  
the Truth about God in our lives.**

Unity's 4th Basic Principle



Live 4<sup>th</sup> Principle:  
*Pray as God prays.*



**I pray as God prays so  
I may live as God lives.**



**Jesus** - In everything, do to others as you would have them do to you.

**Buddha** – after enlightenment, go back to the marketplace and there practice **compassion** for all beings. Don't just sit and congratulate yourself on nirvana. Do all in your power to assuage suffering in the world.

Rabbi **Hillel**, a contemporary of Jesus was dared by a pagan once to sum up the whole of the Torah while standing on one leg. "That which is hateful to you, **do not do to your fellow man**. That's the Torah and everything else is commentary."

**Confucius** – students asked which of your teachings can we put into practice all day everyday and he said **never treat others** like you would not like to be treated yourself.

**Karen Armstrong** –all faiths bring the same message. Look into your own heart, discover what gives you pain, then refuse under any circumstances to inflict that pain on another. Somehow you achieve new capacities of mind and heart. Once you practice this, everything else falls into place.



**If you know these things,  
you are blessed if you do them.**

**John 13.17**

