

# What is Unity?

*Healing Practices*

Within the consciousness of God Mind is the idea of the perfect body, and this Ideal Pattern is constantly seeking to renew the body after Itself. When our mind is in tune with its Christ nature it becomes harmonious, and this state of consciousness will maintain order in the bodily functions.

John Randolph Price – *The Superbeings*

Physical  
Condition

Outer Life  
Experience

Cells receive instruction

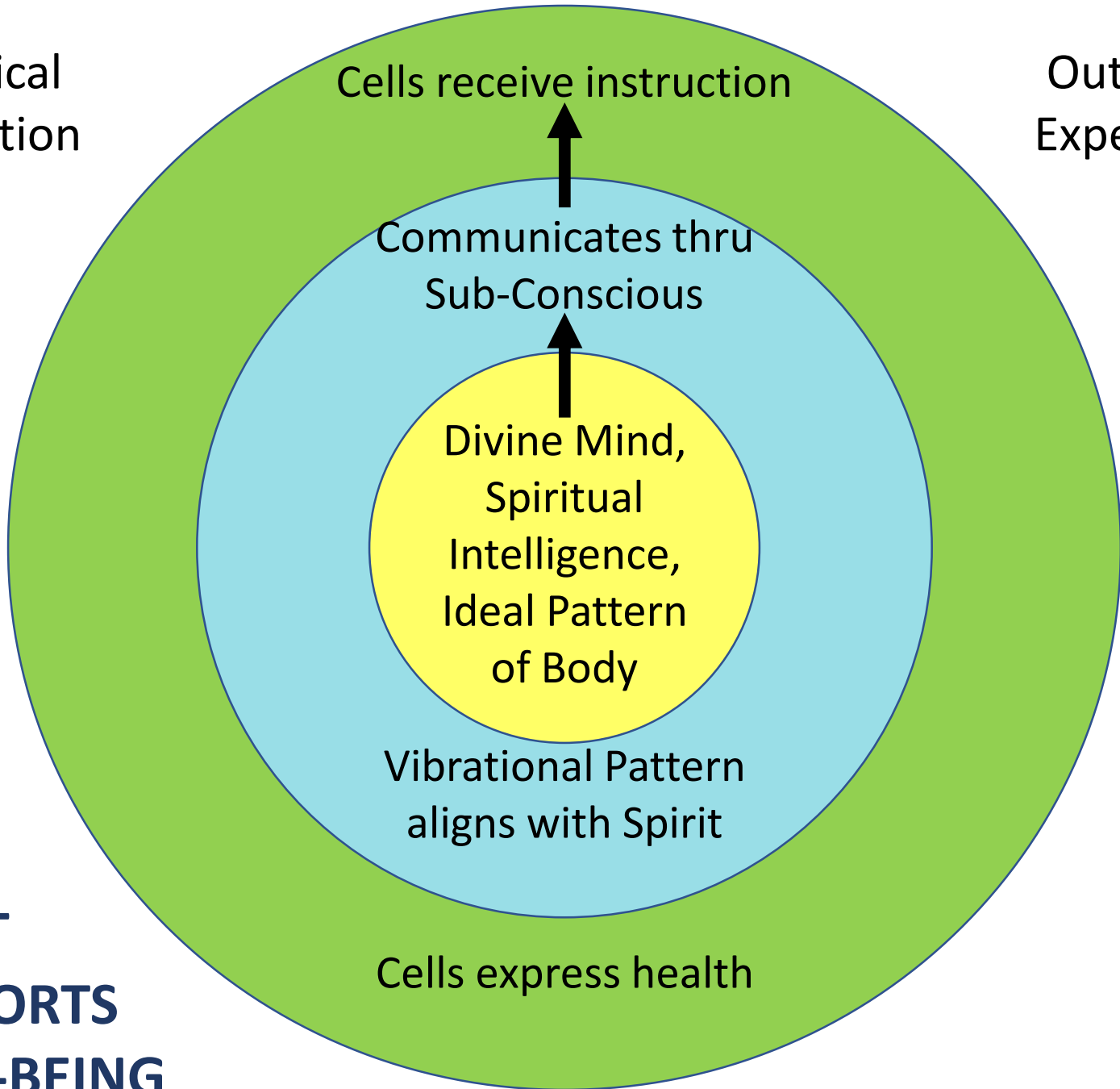
Communicates thru  
Sub-Conscious

Divine Mind,  
Spiritual  
Intelligence,  
Ideal Pattern  
of Body

Vibrational Pattern  
aligns with Spirit

Cells express health

**WHAT  
SUPPORTS  
WELL-BEING**



Instead of thinking about our apparent condition, we are to concentrate our attention upon God, that we may become so aware of God's presence and God's perfect pattern of life and God's qualities that we will forget old errors and dissolve the conditions that we have built upon from dependence on something or someone outside ourselves.

*Myrtle Fillmore – Mother of Unity (by Thomas Witherspoon)*

We function in a physical form which is an out-picturing of our current level of consciousness under the law of mind action.

Unity Institute – *Metaphysics 1*

Doctors are coming to accept the evidence that many ills are emotionally influenced. And the secret of healing of any kind is to correct the conditions that are impeding the natural flow of life by altering the states of consciousness.

Eric Butterworth – *In the Flow of Life*

Physical  
Condition

**Cells CAN'T  
receive instruction**

Outer Life  
Experience

**Can't communicate  
thru Sub-Conscious**

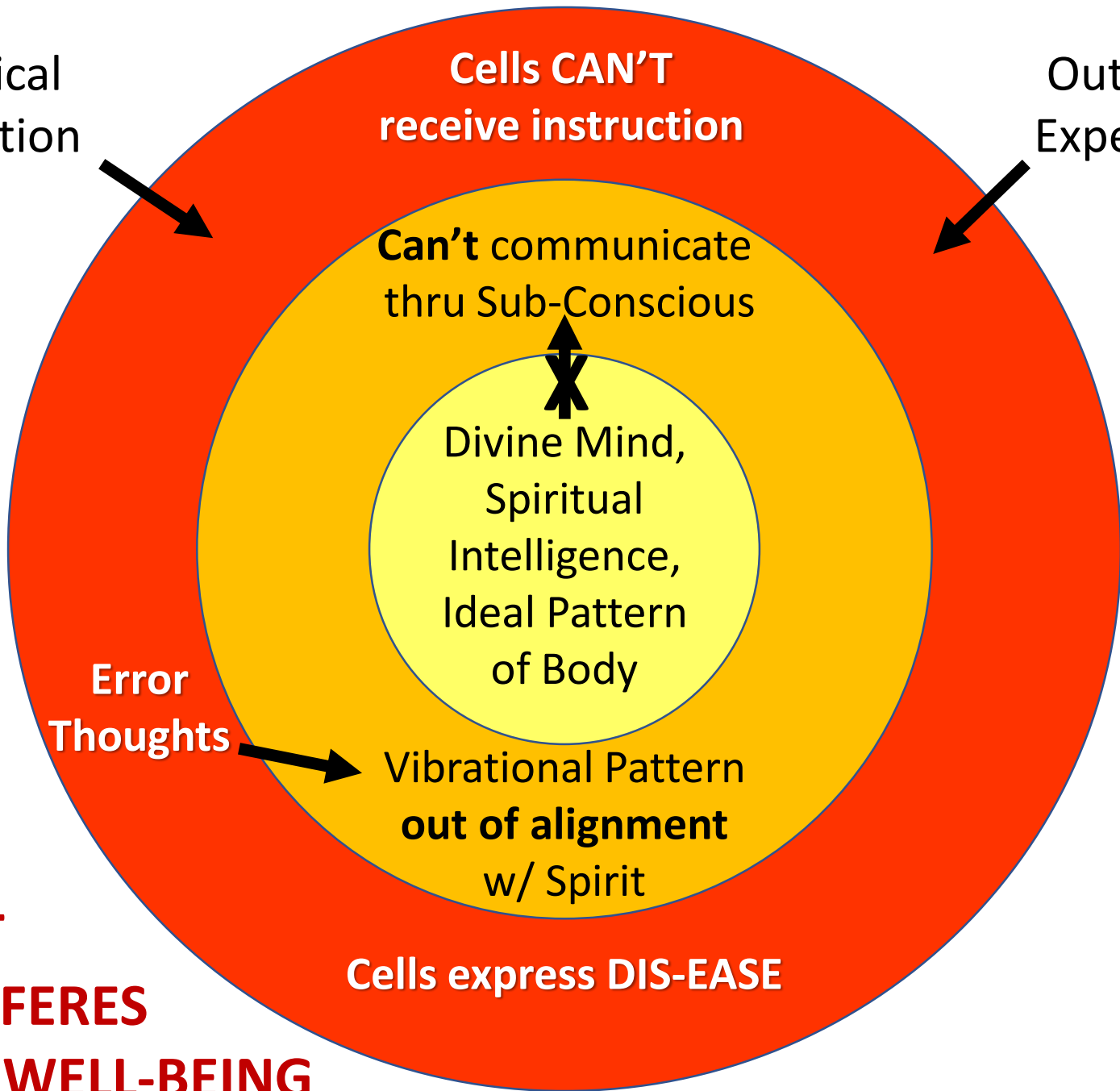
**Divine Mind,  
Spiritual  
Intelligence,  
Ideal Pattern  
of Body**

**Error  
Thoughts**

**Vibrational Pattern  
out of alignment  
w/ Spirit**

**Cells express DIS-EASE**

**WHAT  
INTERFERES  
WITH WELL-BEING**



The continual realigning process hinges on cellular communication... from one cell to another... and Vibrational communication between the physical and Non-Physical aspects of those cells. And when you are feeling negative emotion, you are in the state of hindering that cellular communication.

*Abraham-Hicks – Getting Into the Vortex*



Positive thinking is a definite step toward healing. God has given us the power to think, and our thoughts can either hinder or put us on the forward path. You must refuse to let thoughts of inharmony and negation enter your mind. Center your thought on God, think about God and God's healing, cleansing, vitalizing life flowing in and through you. Let go anxious, fearful thoughts, for they keep you from thinking about wholeness and perfection. Remember that God created you in God's image and likeness. God's life and health fill every part of your being. Every cell is alive with energy and vitality.



There are not enough actions in the world to compensate for Vibrational resistance. By focusing simply upon your Vibrational relationship with the Energy of your Source, you will be distracted from any unwanted conditions of your physical body. And as you withdraw your attention from those unwanted conditions, they will cease to exist. When you understand that you are a Vibrational Being, first and foremost - and that your dominant intention becomes that of tuning your frequency to that of the Source within you - you will provide the perfect basis for the cells of your physical body to thrive.

*Esther Hicks – Getting into the Vortex*

# ***FOCUS YOUR THOUGHT ON A DIVINE IDEA...***

- Health, Wholeness, Life**
- Balance, Strength, Power**
- Love, Harmony, Allowing**
- Flow, Freedom, Purity**
- Comfort, Peace, Serenity**

## *How will you FEEL living as Vibrant Life?*

- When you get up in the morning
- Active in the busiest part of the day
- Preparing a meal
- Relaxing at the end of the day
- Drifting off to sleep

*Feel yourself living your best physical life  
In JOY & VIBRANCY !*

**Life loves me and I love life!**





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