





**OPEN-MINDED** *about Who I AM*

## Unity's Mission

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

## TO EDUCATE –

To draw forth and develop the inherent potential, talents, and knowledge that already exist within an individual.

## INDIVIDUALITY -

The true self; that which is undivided from God; our spiritual identity; the God part of us. That which characterizes one as a distinct entity or particular manifestation of divine Principle. Individuality is eternal; it can never be destroyed.

Charles Fillmore – *The Revealing Word*

## **OUR INDIVIDUALITY EXPRESSING...**

**We were made in the image and likeness of God.**

**Be perfect as your heavenly Father is perfect.**

**Let the same mind be in you that was in Christ Jesus.**

**We live and move and have our being in God.**

## Unity's Third Principle

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

# **I OPEN MY MIND TO WHO I AM...**

- 1. I AM divine. I AM spirit.**
- 2. I AM made in the image and likeness of God.**
- 3. I AM perfect as my heavenly Father is perfect.**
- 4. I AM letting the same mind be in me as in Christ Jesus.**
- 5. I AM living, moving and having my being in God.**

*Learn to watch our consciousness, our impulses and desires as a chemist watches solutions.*

Unity Metaphysics

- 1. Ask “What am I believing?”**
- 2. How did this belief form?**
- 3. Does this belief belong to someone else?**
- 4. Does it align with who I AM in Spirit?**

## **SELF OBSERVATION –**

One of the most effective ways to gain greater self knowledge is to realize that you have a dimension of your mind that is even greater than your "thinking self." This greater level of your mind can actually OBSERVE your thinking self. It can evaluate what it observes. It can make decisions about what it observes. If it chooses it can control, change, and adjust what the thinking self is doing. It is from this higher level of your mind that true self knowledge is attained.

**Observe thoughts and feelings about...**

**YOUR BODY.**

**Open your mind to I AM...**

**I AM the Life of God expressing.  
Divine Strength empowers every cell.**

**Observe thoughts and feelings about...**

**YOUR RELATIONSHIPS.**

**Open your mind to I AM...**

**I AM perfect, whole and divinely LOVED.  
I AM the love of God expressing.**

**Observe thoughts and feelings about...**

**PROSPERITY**

**Open your mind to I AM...**

**I AM the expression of infinite abundance.  
Wonderful things are happening for me.**

**Observe thoughts and feelings about...**

**MAKING DECISIONS.**

**Open your mind to I AM...**

**I AM one with Divine Wisdom.  
I always know the right thing to do.**

*We have not been given a spirit of fear but of love  
and of power and a sound mind.*

*2. Tim. 1.7*

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. We were born to make manifest the glory of God that is within us.

Marianne Williamson – *A Return to Love*

Place your focus on the higher vibrational point of view...your kindness, loving unconditionally, your inner peace, your alignment with your Source Self. Bring that into your daily life and look through the eyes of your Source Self. As you bring that in, you're automatically changing your focus and moving your attention to heaven on earth. As you experience this vibration then you help others rise. You can be of help for others to wake up to their higher consciousness as well.

Tina Marie Bueno – *Next Level Soul Podcast*

I open my mind to who I AM...

**I AM the unconditional Love of God.**

**I AM the Peaceful Presence of the Divine.**

**I AM open to the deepest spiritual Wisdom.**

**I AM expressing from infinite Abundance.**

**I AM seeing the world with  
Compassionate Understanding.**



