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Introduction

The 40 days of Lent are a time to prepare for a resurrection experience—a breakthrough in consciousness as demonstrated by Jesus Christ. This booklet, with messages adapted from the greatest works of Unity icon Rev. Eric Butterworth and affirmations by Rev. Adriana Segovia, will guide you through this transformative experience. Books used include Spiritual Economics, Discover the Power Within You, In the Flow of Life and The Universe Is Calling.

When asked how to experience the true essence of being, Butterworth would often quote a line from the Robert...
We are living today in a complex and changing world. If there is one thing one needs more than anything else, it is light: light in terms of insight into self, guidance along life's way, knowledge of the secrets of the universe, and the wisdom to use light and not abuse it. The clearest thinkers the race has produced have always seen the course of their lives as the quest for light. It is said that Goethe, who spent his life on this quest, gasped the last words on his deathbed: “More light!”

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Your divine potential is waiting to be discovered. We bless you on your journey of self-discovery, the journey to release your inner splendor.

Your friends in Unity

For more articles and resources written by and related to Eric Butterworth, go to ericbutterworth.com or visit unity.org/discover.

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The Effusion of Light

By Eric Butterworth
Excerpt from In the Flow of Life

W e are living today in a complex and changing world. If there is one thing one needs more than anything else, it is light: light in terms of insight into self, guidance along life's way, knowledge of the secrets of the universe, and the wisdom to use light and not abuse it. The clearest thinkers the race has produced have always seen the course of their lives as the quest for light. It is said that Goethe, who spent his life on this quest, gasped the last words on his deathbed: “More light!”

And yet invariably the search has been “out there.” We have thought of light in terms of ideas and innovations, or the minds that gave birth to them. His followers saw Jesus as the light, instead of one who gave evidence of “the true light that enlightens every man ... coming into the world” (Jn. 1:9). It
is true that He said, “I am the light of the world.” But He also said, “You are the light of the world.... Let your light so shine” (Mt. 5:14,16).

Light is the reality of God within all creation. It is the reality of our own potential. All overcoming, all healing, all self-expansion is the inevitable effect of the dawning of light within and its effusion without. It is of this that Isaiah speaks: “Then shall thy light break forth as the morning, and thine health shall spring forth speedily” (Is. 58:8 KJV).

Humankind forever stands at the crossroads of human experience, and the darkness of fear and indecision is overwhelming. Which way to go? What to choose? Who or what to vote for? One of the chief causes of strain is living in the awareness that even little decisions can influence our whole lives. Who of us cannot identify with Robert Frost as he muses:

Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.²

From the earliest times humankind has yearned for some way to see beyond the horizon and thus to know the ultimate course of those “two roads.” The precursors of religion are the medicine men and fortune-tellers and seers and prophets who were able, or claimed they were, to look into the future. The very word Providence, long used as a synonym for God, comes from root words that mean “to see forward.” And the dictionary definition of the word religion is “divine revelation for human guidance.”
Humankind has instinctively sensed a dimension of life in which there flows, like an underground stream, a directive force that is forever correspondent with every conscious need. Emerson talks of this:

There is guidance for each of us, and by lowly listening we shall hear the right word. Why need you choose so painfully? … Certainly there is a possible right for you that precludes the need of … wilful election. For you there is a reality, a fit place … Place yourself in the middle of the stream of power and wisdom which animates all whom it floats, and you are without effort impelled to truth, to right and a perfect contentment.3

… Some persons puzzle over the question, “How can one distinguish between divine guidance and human will?” The very question implies a duality—a sense of God “out there” who would or could desire for you something contrary to your personal desires. Divine guidance is not an exterior force acting upon you. It is the seed of your divinity (the Christ of you) seeking to fulfill its pattern in the outforming process of your life. God could never want for you that which you do not inherently want for yourself.

Of course, willfulness can be a problem. But then the first step in prayer is to let go the ego, to give consent to the flow of the “unimpeachable wholeness of the universe.” You may not succeed on every occasion in letting the flow of your own pattern have its way. This is why the term practice the Presence is so meaningful. Paul advises us to “study to show thyself approved unto God” (2 Tim. 2:15 KJV). This does not mean trying to win divine approval. You are always as approved of God as you are of sunlight. Your work is to determine how you are blocking the flow. Then open the windows, step out of the shadows into the light. And this may take effort and perseverance.

… Your mind is your kingdom. It has no boundaries. The free flow of ideas and creativity is your inheritance. It is important to begin acting on the belief that you can dip into this process at any time, manifesting guidance and light in creative and imaginative ways that are beyond human knowing. For it is a wellspring that is inexhaustible.

I am open to letting Spirit express through me.

It is Easter time! The Christian world assembles in a manner unsurpassed the rest of the year to hear the message of the Resurrection. It is a simple though puzzling story. Jesus had been crucified on the Cross and buried in a tomb. Later, his followers came to the tomb and found it empty.

Could it be that the Easter story and the underlying principle of resurrection are saying to every person, “I want to live in you. I want to raise you from death to life, from defeat to victory, from sickness to health, from failure to success?”

*Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill.*—Matthew 5:17
I choose positive and uplifting thoughts to create the life I desire.

If you are not happy with the things that are repeatedly happening in your life, or with the direction in which you seem to be moving, you can turn it around. But first you must understand that it is your life, that you live in a world of your own thoughts, and that you can change your life by altering your thoughts whenever you really want to do so. This is not to say it is easy, but it is possible.

Life is consciousness. You stand where you do today, wherever that is, because of your consciousness. And there is only one way you can come to stand anywhere else—by changing your consciousness. If you wish to go up higher, you can do so, and there is no limit to the heights to which you can climb.

I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!
—John 16:33

I am a most important person to God, for I am God’s living enterprise.

God is not off somewhere in space where you must strain to reach Him to get Him to work a miracle for you “if you are lucky.”

God is on your side. God has a stake in you. God is not someone to reach for but a presence to accept. Instead of dwelling on how difficult things are for you, turn often to the center of your being and relax in the assurance that you are God’s living enterprise and that your good fortune is secure because it is God’s good pleasure to give it to you.

To set the mind on the Spirit is life and peace.
—Romans 8:6
The kingdom of God is within you, your very own divine potential. Be still. Accept. Trust. The results will astound you!

During this journey to release my inner splendor, I acknowledge my divine potential by:

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1st Sunday
February 26, 2012

Aware of God’s presence within me,
I experience the fullness of life.

One thing is certain; life is not physical, but simply flows through the physical as a vessel. Life is invisible. No one has ever seen it. Life, like an idea, cannot be touched, tasted, smelled, seen, nor heard. Perhaps this is the key; perhaps life is an idea in the great Mind of the Infinite. As is the case with an idea, all that we see are its visible manifestations. We see it coming into birth.

In his epistle to the Philippians, Paul said, “For to me to live is Christ.” This has been given all sorts of theological overtones, but could he not have meant, quite simply, that life is the evidence of a divine idea, which he called the Christ, finding its expression in us and as us?

Your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.
—COLOSSIANS 3:3, 4

5th Day of Lent
Monday, February 27, 2012

I think, speak and act from the sacredness of my Being.

It is the intelligence of God that ever works to inspire each individual to right action. It is the life of God through which our lives are forever biased on the side of health and healing. It is the substance of God through which our efforts are influenced in favor of success and prosperity.

Without any question, the knowledge of this Truth will make you free. Can you imagine how different your life would be right now if you really believed that there was an activity of God within you, working for your good, for healing and guidance and justice?

For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God’s will in all spiritual wisdom and understanding.
—COLOSSIANS 1:9
The wisdom and love of God inspire my every decision.

We can never understand Truth or life until we give up, once and for all, the idea of favoritism in the universe, and until we stop praying to be forgiven before we have changed our own attitudes. God plays no favorites.

If you are having a problem, don’t shift into the attitude that a “twist of fate has ruined my life.” And most important, determine that you will grow through it and thus rise to a state of mind where such a thing cannot happen again.

Therefore I do my best always to have a clear conscience toward God and all people.
—Acts 24:16

I am determined in seeing only good, only God.

Prayer is not an escape into apathy and inaction, but rather a harnessing of all our mind power in a relaxed attitude of believing. So long as we believe in a God who interferes with nature to please someone who has asked a favor, we will not have a strength of faith upon which to build our lives.

Jesus did not originate spiritual healing. He did not create the healing law. He simply discovered and brought to full flower the great Truth of the healing principle by which anyone may rise above sickness or weakness into perfect life and wholeness.

Your eye is the lamp of your body. If your eye is healthy, your whole body is full of light; but if it is not healthy, your body is full of darkness.
—Luke 11:34
8th Day of Lent
Thursday, March 1, 2012

In the silence of my inner sanctuary, I listen.
In God, in Truth, in the kingdom of heaven, health, wealth, harmony, peace are constant, and they are now. They are ours to the degree that we can open our eyes to see them, to sharpen our faith to believe them, and call forth the will to accept them and use them.

This is why Jesus placed such great emphasis on prayer. What is prayer but the appropriation of the fullness of life, eating of the tree of life and opening our eyes to a new dimension of life.

For with you is the fountain of life; in your light we see light.—Psalm 36:9

9th Day of Lent
Friday, March 2, 2012

I live and move and have my being in the light of Spirit.

No matter what you feel about yourself or what you are experiencing in the flesh, no matter what others say or what the doctor concludes, affirm for yourself: There is that in me that’s whole.

The light of the whole spirit (Holy Spirit) of God now shines forth from you. Believe in this light. It is your hope of healing, your assurance of wholeness. As you inspirit your consciousness with thoughts of faith and joy and love and gratitude, your spirit-titre is raised and light is increased. There is that in you that is whole. There is that in you that is radiant light.

Let your light shine.—Matthew 5:16
When you have a problem, don’t say, “There is no problem,” but rather “There are no unanswerable problems.” Look beyond appearances for answers.

During this journey to release my inner splendor, I reach for spiritual answers by:
I pray in a consciousness of oneness with God and with all creation.

We are dealing with prayer, not as a religious act or a theological exercise, but as a personal experience of oneness, something that we do, not for God, but in and for ourselves, something we do to lift ourselves to a transcendental awareness of God. We might say that prayer is a gesture, a personally symbolic act.

It is important, however, to get the awareness that the gesture of prayer is not directed toward anyone or anything outside of oneself. To repeat, prayer is not something you do for God. Your words are not for God’s ears. Your gestures are not for his eyes. “Your Father knoweth what things you have need of before you ask Him” (Mt. 6:8, ASV). In the gesture, the words, the form, whatever else your prayer involves, you are seeking to realize your wholeness, your transcendence.

But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.—MATTHEW 6:6

My words express the love and wisdom of God.

Remember, you do not speak words to make them true. The truth is true even before you affirm it. So you affirm it, not to get a response from God, but to become synchronized in consciousness, to let the ever-present healing action unfold. You are not praying to God about your problem. You are getting in tune with the divine process.

Sickness is a fact, but it is not the truth. So you affirm the truth to become established in the awareness of the greater potential that is within you. Lack may be an experience, but it is not a spiritual reality. So you affirm the reality. You may have a depleted bank account or an empty wallet, but you can never be cut off from the wealth of the universe. You may affirm: I am wise with the wisdom of Spirit. But this does not suddenly make you wise. It conditions you to experience the wisdom that has been yours since “before the world was.” This is why Jesus claimed, “Before Abraham was, I AM” (Jn. 8:58).

So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.
—ISAIAH 55:11
13th Day of Lent
Wednesday, March 7, 2012

In communion with Spirit, I am still and know.

A new horizon opens to those who begin to think of prayer as knowing how wonderful they are, how creative, how at one with the divine flow.

So you see, true prayer is essentially wrapped up in the psalmist’s call to “Be still and know that I am God” (Ps. 46:10). This is really what it is all about. How simple! Yet we make it so complex. The first step is to relax the involuntary tensions of the mind, and lift your thoughts to synchronize with the steady flow of transcendence … to affirm how wonderful you are, how beautifully you are created.

Now again, here is your reminder: God can do no more for you than he can do through you.

And this is my prayer, that your love may overflow more and more with knowledge and full insight.—PHILIPPIANS 1:9

12th Day of Lent
Tuesday, March 6, 2012

As I pray, I let go and let God be God in me.

We must note that Jesus uses the word Father to mean the energy, the activity and creative intention of the Universe. Jesus was a great listener. He heard the universe calling, often. And he dedicated himself to being an instrument by which the universe would call out its message of truth and transformation.

Jesus set the inward-out tone of prayer when he said, “When thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father shall reward thee openly” (Mt 6:6, ASV).

It could hardly be clearer: in prayer, go within to the “still point” of your oneness with God, and in a time of silence, listen, for the universe is calling. In the secret awareness that the whole universe is present where you are, project the life and energy and substance as you pray from this consciousness … and the universe will rush and pour and stream into you in fulfillment of your dreams.

But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith!—LUKE 12:28
**15th Day of Lent**  
Friday, March 9, 2012

*In quiet moments of prayer  
I find the Truth within my soul.*

To all those who are weary and sore oppressed, and whose faith seems at times to prove inadequate, we say: Lay aside your profession of faith and your creed, your religious mottoes and affirmations, and devote some time to quiet meditation and contemplation of yourself as a spiritual being. Know that Truth is not something you can learn or accumulate in memory, but something you unfold within yourself. Neither praying that God will make you a better person nor affirming that you are now perfect will enable you to be more than you were created to be. The great work of prayer and spiritual treatment helps us to release the hidden potential of our inmost selves to give expression to the Truth that is the very law of being.

*And after he had dismissed the crowds, he went up the mountain by himself to pray.*  
—Matthew 14:23

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**14th Day of Lent**  
Thursday, March 8, 2012

*With faith and vision I create a  
life of joy and purpose.*

Your prayer time may have renewed your faith and sharpened your vision, but it is still “thy faith hath made thee whole.” It is not that God has done something special for you, for God has already done all that he can ever do. He has created you in his image, and endowed you with the possibilities of the kingdom of God within you. So God has already done his work. Your need is to believe it, and to act as if you believe it.

Beyond the *Amen* of prayer, the next step is to act as if you believe that what you have affirmed is really true. Go and do what comes naturally, and it will come naturally, because it is the activity of God in you that has revealed the goal, and has given you the faith in it.

*If you know these things, you are blessed if you do them.*—John 13:17
You can’t have harmonious relationships and hold onto your resentment too. Love is always and eternally present, but we block it with our resistance. There is no way that your prayer can be answered unless you change the level of your thinking.

During this journey to release my inner splendor, I open a channel for love by:

- ________________
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I am the fullness of God’s love.

It may be said that God is Life, God is Intelligence, God is Power—and God is Love. But again, all this is simply abstract generalization unless and until we can say, “Whatever else God is, God is me. Not that I am all of God, but that I am that something that I call God as it is expressing itself as me. God is Life and I am that Life manifesting as my body temple.

“God is Intelligence, and I am that Intelligence in the form of the wisdom of my mind. God is Power, and I am that Power in the form of my strength and creativity to build and shape. God is Love, and I am that Love expressing in and through and as my loving heart.” Thus, it is not love that is the great need in the life of persons—it is loving.

So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.
—1 John 4:16

I am God’s love expressing.

Love is the foundation of the creative process, the root of the reality of the universe, and the very nature of the Infinite Power and Presence we call God. All things begin with love. Genesis says, “In the beginning God ...” But then John says, “God is love!”

We are created in and of love. No matter how far we may stray from the root of reality into the circumference of living, it is always true in principle. The chief work of our lives is always to “call to remembrance” our true nature, which is created in the image and likeness of God, who is love, and to get on with the business of life—which is for loving.

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.
—John 3:16
I am loved and loving.

There is a creative intention of love within us at all times. We are always in love, we are always loved, and we always have enough love within us to deal with any and all relationships and experiences in the world.

The only reason for the feeling of being unloved is that we have been conditioned to an exterior orientation of love. We have grown up thinking that love is something that comes to us and from us, rather than that which flows through us from an inward source that is inexhaustible. The hunger for love that is so common to all persons is the ceaseless urge to “open out a way whence the imprisoned splendor may escape.”

Because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.—Romans 5:5

I give way to the flow of divine love.

There is a dynamic activity of harmony and love everywhere, whether or not you are aware of it. This is what the “omnipresence of God” means. It is always present at the inmost center within you as a potential for transcendent power. The need is simply to give way to love’s flow.

Jesus says, “Love your enemies and pray for those who persecute you.” In other words, stop resisting and start loving. You may say, “I just can’t do that. I have really tried to love them, but it is too much for me.” But you see, to try to love is not to love. Love is not trying; it is being. It is not condescension or creating a façade of acceptance. It is letting go and giving way to the concentric flow.

Beloved, let us love one another.—1 John 4:7
As I let divine love flow,  
I create a life of peace.

Take time to practice the presence of God, the activity of love. Know that you are in love wherever you are, and that love is in you as an attracting, healing, harmonizing and totally fulfilling power. Let your awareness of love begin to transcend the exclusiveness of loving one person, and thus to heal the hurt that may persist over the loss or absence of that one person.

You can grow from loneliness to oneness, but it will take effort. You will need to realize the reality of love that is always present, and you will have to practice its presence. You may feel that your loneliness will give way to oneness when your “true love” comes along. Don’t delude yourself! It is not in finding the right person, but in being the right person that leads to the fulfillment in love.

For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.  
—HOSEA 6:6

I love myself just as I am.

Our capacity to love is directly dependent upon our ability to love ourselves with a mature self-love. Love is not something to get from people or even from God. For we have already been created in and out of love. Nor is it something we can ever lack. “I have loved you with an everlasting love” (Jer. 31:3).

Love is the reality of our total self which we can frustrate or express. Unless we realize this truth, we may go on indulging in the romantic myth that “someday love will happen to me.” Love has never “just happened” to anyone. People spend years of their lives trying to “find” love. But love is not to be found. It consists not in finding the right person, but in becoming the right person.

I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.  
—JOHN 17:26
There is an upward pull of the universe, ever seeking to lift you to the heights of your divine nature. It is as real and as inexorable as the force of gravity. Your responsibility is to choose the level of consciousness on which you deal with the everyday experiences of life.

During this journey to release my inner splendor, I reach new spiritual heights by:
I am a true expression of Spirit.

You live in an environment you do not see. Can a fish see water? Can a person see God? You are environed by God; you live, move and have being in God. God is all, the universe. And the universe is centered at the point where you are as the “eachness” of your transcendent self.

You are the focus of an infinite idea. You exist! So, you are Being being you.

There is a mystical center in us all; the whole God is present at every point in space; God is the environment and the center in which I live, move and have being.

O Lord, I love the house in which you dwell, and the place where your glory abides.—PSALM 26:8

I am a Spiritual being having a human experience.

The study of Truth often awakens in the student the desire to become spiritual. But you are spiritual! Spiritual growth entails concentrating, not on becoming something, but on Being. An acorn doesn’t concentrate on becoming an oak tree; it is an oak tree. Its natural concentration is in being. Thus, it naturally unfolds the power to split asunder any boulder that would obstruct its growth.

Get it established in consciousness right at the outset that what you are seeking is seeking you. It is in you. The whole universe is breaking through to you. God is Being being you. Let go the tendency to try to achieve Oneness. You are one. Let go trying to achieve healing. You are whole.

But as for me, I am filled with power, with the spirit of the Lord.—MICAH 3:8
I let go of the past and am eager to discover new possibilities for growth.

How we judge and limit ourselves by past experience! Denying the power of self-transcendence, we settle into an “I can’t” consciousness that seems completely logical. “I can’t because I never have”; “I can’t because I am weak”; “I can’t because I am too old.” I can’t, I can’t, I can’t!

Only Joshua and Caleb felt the lure of the impossible: “Let us go up at once, and occupy it; for we are well able to overcome it.” (Num. 13:30) What we have achieved as human beings has always been made by the Joshuas and Calebs. They have said, “The difficult is easy; the impossible will take some time.”

Jesus answered, “Is it not written in your law, ‘I said, you are gods’?”—John 10:34

I am the eachness of all that God is.

What is the One that we call God? It is not a One off there somewhere, ruling the universe as an absentee landlord. It is the One, the whole of things, the allness of which and in which I am an eachness. No matter what I may think I am, I am the flowing forth of the One.

I am unique and different at the surface. There can be no other “eachness” quite like me. And yet I have no existence outside of the whole. My eachness can never be separated from the allness which is God.

Bless the Lord, O my soul, and all that is within me, bless his holy name.—Psalm 103:1
I am part of a sacred Universe.
My true essence is divine.

The great message of Jesus was wholeness, oneness. He said, “I and the Father are one” (Jn. 10:30). His real meaning has been obscured because people have thought of Jesus as “very God,” his relationship with God being unique.

Jesus was articulating the principle of “universal unity.” He was saying, “You live in the universe, and you are a part within the whole. However, the whole is also within you, and there can never be a separation.”

As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me.—John 17:21

I can do all things through Christ.

Once we catch the ideal of the ascending urge in us as symbolized through the whole Bible, we see Jesus not as God becoming a person, but as a person becoming God, a person feeling the pull of the divine within himself. That Jesus did it is good news, for it means that it is a reachable goal, a repeatable demonstration. Didn’t he say, “All that I do you can do too”?

The central point of “good news” of the Gospel story is not really Jesus, but the Christ spirit that he expressed and the universal principles he taught and demonstrated.

And I, when I am lifted up from the earth, will draw all people to myself.—John 12:32
We should not hesitate to ask largely. God can give much as easily as He can give little. Your miracle of abundance is ready for you. Awaken from the illusion of lack. Lift up your eyes. There is supply for you, right now, if you can accept it.

During this journey to release my inner splendor, I accept my miracle of abundance by:


I am a limitless child of God.

In human consciousness, human beings are involved in all sorts of limitations: sin, disease, privation. And in this consciousness, all the things that Jesus did were absolutely miraculous! Just imagine turning water into wine, feeding five thousand hungry people with a few loaves and fishes; healing people lame and blind since birth. Impossible! Or at least miraculous and beyond duplication. Yet Jesus dealt continuously with our higher nature. He healed and helped and transformed people by the power of their own higher nature, and not by any special power of his own.

Jesus knew that everyone had within the divine level of being, and that in the Divinity of each human being is the limitless potential of healing. It is because of the divine potential within you that it can be said, regardless of any medical prognosis, “You can be healed.”

Jesus turned, and seeing her he said, “Take heart, daughter; your faith has made you well.” And instantly the woman was made well.

—MATTHEW 9:22

I accept and express my divinity.

We must begin to see Jesus as the great discoverer of our innate Divinity, the supreme revealer of the truth about us, the pioneer and Way Shower in the quest for self-realization and self-unfoldment. We must see him turning to his fellow beings, including you and me, and saying, “Come and sit with me for a while and let me help you to see as I see, to feel the depth of the Spirit in you as I have felt it within me. Let me show you the way, the high road to your own Mt. Olympus.

“Let me lead you into the wonderful world of the Christ within you, where you will know, and know that you know, that you are a limitless expression of the Infinite. And I can assure you that when you realize the Truth as I have realized it, you will be able to do all the things I have done and even greater things will you do.”

Be perfect, therefore, as your heavenly Father is perfect.—MATTHEW 5:48
I surrender to Spirit what no longer serves my greater purpose.

Socrates once said that the unexamined life is not worth living. Jesus is constantly challenging us to take a good look at ourselves in the context of the divine potential within us. We must recognize that the basic problem in life is the frustration of our own potentiality. When we are faced with inharmony in relationships, it is not so much a problem between ourselves and another who seems to be fighting us, as it is a break in our own circuit of good from the Father within.

Life is consciousness. The problems we face indicate that our wires are down. We need to repair the break within ourselves. The only existence an error-condition has, as far as we are concerned, is that which we give it in our own thinking. Withdraw the thought about it and it fades into nothingness. What matters to us, in reality, is not people or things or conditions in themselves, but the thoughts and feelings we harbor concerning them. It is not the conduct of others but our reaction to it that makes or mars our life experience.

I have good advice and sound wisdom; I have insight, I have strength.—Proverbs 8:14

I am committed to being true to God’s kingdom within me.

Jesus knew what the Psalmist had implied when he said, “Be still, and know that I am God” (Ps. 46:10). Now he knew himself to be an expression of God, or the activity of God-life and intelligence pressing itself into visibility. Now he knew that the kingdom of God, the wealth of the Universe, was within the depth-potential within him.

We don’t know how this great breakthrough was actually accomplished in Jesus, how long the process took, or when he achieved self-mastery. But we know when he made his appearance at the Jordan River to be baptized by John. He was a committed and polished teacher with the amazing message that “The kingdom of God is within you.”

And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him.

—Matthew 3:16
I am the living spirit of God.

In his discourse to the woman at the well of Samaria, Jesus said, “God is Spirit and they that worship Him must worship in spirit and truth.” The Latin word spiritus from which we get our word “spirit” then, is the Life Principle, the divine breath which God is breathing out as a human being and the Universe. The word spirit implies: unformed, unspecialized, unrestricted, limitless. When Jesus said “God is Spirit,” he was not giving a definition. You cannot define God. Jesus was simply giving a guide to direct our thoughts away from finite form, or from thinking of God as a superman.

When we think of God as a person, He is always “up there” or “out there.” We are forever trying to find Him, to reach Him, to influence Him. You do not have to look “out there” to find the Life Principle. “Closer is he than breathing and nearer than hands and feet.” The principle is personalized in what Jesus referred to as “The Father within me.”

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.
—2 Corinthians 3:17

I live a life of truth, freedom and fulfillment.

What is this freedom that Jesus brought to human-kind? Many have thought of it as a freedom from concern over salvation, a sense of being “saved” for all time by joining a church or giving assent to a religious creed. There is no final salvation. It is a day-by-day process to discipline thought and action.

Every time you make the effort to meet life with a positive thought, you are “saved” from the inevitable effect of a negative thought. There is no intermediary between God and you but your own mind.

There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.—Ephesians 4:4-6
The Christ of you is that divine potential of you, and the universe calls you to work diligently to release your “imprisoned splendor.” This is what life is all about. Let us work from the consciousness that looks upward to eternal life! To the fearless and deathless! The everlasting!

During this journey to release my inner splendor, I am open—mind, body and spirit—to expressing the Christ of my being by:

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**6th Sunday**  
April 1, 2012

*I follow the light of my Way Shower by being open, gentle and kind.*

God is in constant communion with us. God cannot be separated from His creation any more than your body can be separated from your mind.

Let the festival of Passover and the observance of Holy Week serve to bring us all together in a great celebration of the integrity of our common roots in God and of the diversity of our unique individualizations of God. Could this be a key to peace?

*Arise, shine; for your light has come and the glory of the Lord has risen upon you … and nations shall come to your light.*— Isaiah 60:1-3

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**35th Day of Lent**  
Monday, April 2, 2012

*I open the door of my heart to the splendor of the kingdom of God.*

Among the fundamentals of Jesus’ teachings is one idea so dynamic in its implications that it should be shouted from the housetops. When this message gets into the consciousness of humankind, we will be finished with fear and worry forever, for we will have the key to faith.

When we fully know this message, we will never again accept anything as impossible or incurable. We will never lose hope. We will work by all the means at our command to achieve the health and well-being that we desire, and even more, we will command the means, for we will realize that we have resources within that are limitless. What is this message? The kingdom of God is within you.

*Glorify God in your body.*
— 1 Corinthians 6:20
**36th Day of Lent**
Tuesday, April 3, 2012

_I remove any stone that may block the vision of who I really am._

Easter at its best is not a backward glance to the Cross, the tomb and the Resurrection. It is a forward look to the quality of life it forecasts for all persons. It is not the story of God playing human, but of humanity at its best, demonstrating the God-potential.

Easter says to everyone, “No matter what challenges you may be facing in your life, with the right attitude you can go through them, even grow though them, and no tomb of human despair can hold you back.”

*_When they looked up, they saw that the stone, which was very large, had already been rolled back._—MARK 16:4

**37th Day of Lent**
Wednesday, April 4, 2012

_God is guiding me and loving me through every experience._

Remember, Jesus has made the great discovery of our Divinity. He is trying to help us realize that there is always a depth-potential of strength within us even in times of weakness. He is telling us that if we find ourselves upset over something another person has said or done, our upset indicates that we have been in the wrong state of consciousness. To react to it in this same state of mind only compounds the problem within us.

Jesus said, ‘Turn to the other side of your nature. You are both human and divine. There is that in you that can never be hurt, that is always poised and peaceful, that knows your spiritual unity with God and knows that no one can take your good from you. In this divine state of consciousness, the hurt is healed, the influence of the other person on you is nullified, and you become a healing influence on that person.’

*_Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory … in Christ Jesus to all generations, forever and ever._
_Amen._—EPHESIANS 3:20-21
In the stillness of my soul, I rest in the comfort of God’s presence.

As we contemplate the mystery and miracle of the resurrection story of that first Easter, we may not understand what happened. But something happened! Maybe the problem is in trying to understand the phenomenon in the framework of human experience. (Spiritual things must be spiritually discerned. We live in a human body and in a physical world. The Easter mystery must lie in another dimension.)

What does that empty tomb mean? Incidentally, it must mean that there is something eternal about life that can transcend even death, and that the chain reaction of Jesus’ great discovery, those many years before, triggered the release of pent-up energies that recharged the cells of his body so that “death was swallowed up in victory.”

As Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.—ROMANS 6:4

I trust God, the perfect unfoldment of my spirit.

From a metaphysical point of view, there is rich meaning in the crucifixion story. The whole Gospel account is a story within a story. Incidentally, it tells of the overcoming and regeneration of one human being into the perfection of the Christ. But fundamentally it tells of the processes of the struggle of finite man into his infinite oneness. It is your story and my story. Thus, in the crucifixion, we see that the personal ego, the material-centered thoughts must go, must die so that the true essence of the divine may live.

Let us work diligently to lift up our motives, our goals and aspirations, so that we can say: “I came to bear witness to the Truth.”

Then Jesus, crying with a loud voice, said, “Father, into your hands I commend my spirit.”

—LUKE 23:46
Life is the activity of God. It is principle, the animating force, the everywhere-present potential of livingness. It is not involved in time; it has no beginning and no end. Individually, however, life is that universal force projected into a particular form and manner of expression. God is life, but in another sense you are life!

My thoughts, words and actions reflect the resurrection of my inner splendor. I will continue to let my light shine by:
This is a day of resurrection.  
I am a new creation in Spirit.

The Easter story suggests that it is more important to have something to look forward from. When we look forward from a consciousness of unity with life, oneness with God, all work, play, relationships and religion become inner-centered. We become more concerned with what we can give to life than what life is giving to us. And the Resurrection becomes not just another miracle, but a timeless quality of life.

There is a need to forgive and forget, to let go the crucifixion and the blame-fixing and self-limiting concepts about it. A far more relevant symbol might be the empty tomb, the perfect circle.

But he said to them, “Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him.”—MARK 16:6
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