



What Is  
**Unity?**

Unity is an inclusive spiritual community with centers around the world. It offers practical tools and uplifting resources to help people of all faiths apply positive spiritual principles in their daily lives.

We honor the universal truths in all religions and respect each individual's right to choose a spiritual path.

Unity is perhaps best-known as the publisher of *Daily Word*, a booklet of daily devotionals in circulation for more than 100 years, and as home to the Unity Prayer Ministry, called Silent Unity.

## Our Teachings

Unity teaches that each person is a unique expression of God, created with sacred worth. Living from that awareness transforms our lives and the world.

Whether you have a strong spiritual foundation, are just at the beginning of your spiritual journey, or do not believe in God at all, Unity offers insights and guidance for all people. While rooted in Christianity, the Unity teachings bring together ancient wisdom from many faith traditions.

Each person comes to Unity at a different place on their journey. We invite you to use the spiritual language that resonates with you. Whether you like to say God, the Universe, Spirit, divine truth, love, or some other phrase, we believe this divine energy is all the same—a benevolent expression of good, order, abundance, and love in the world.

Read more about Unity teachings and find hundreds of inspirational articles at *unity.org*.

## The Five Principles

Unity teachings reflect five universal principles that have run like a thread through many of the world's religions for thousands of years:

1. God is everywhere and always present. This divine energy underlies and animates all existence.
2. Human beings are innately good because they are expressions of Spirit.
3. Our thoughts have creative power to influence events and determine our experiences.
4. Prayer and meditation connect and align us to our own spiritual nature and our oneness with God.
5. It is not enough to understand spiritual principles. We must apply them in all areas of life and incorporate them into our thoughts, words, and actions.

## Unity Views

### God

God is Spirit, the loving source of all that is. God is the only power, all good, all wisdom, everywhere present. God is divine energy that is continually creating, expressing, and sustaining all creation. In Unity, some other ways we speak of God are life, light, love, substance, principle, law, and universal mind.

### Jesus

We believe Jesus was a man who expressed his divine potential and sought to show humankind how to express ours as well. We see Jesus as a master teacher of universal truths and as our way-shower. In Unity, we use the term “the Christ” to mean the divinity in all beings. Jesus is the great example of this Christ energy in expression.

## The Nature of Humankind

We are each individual, eternal expressions of God. Our essential nature is divine and therefore inherently good. Our purpose is to express our divine potential as demonstrated by Jesus and other master teachers. The more we awaken to our innate spiritual nature, the more fully God expresses in and through our lives.

## The Bible

Unity founders Charles and Myrtle Fillmore studied the Bible as history and allegory, and interpreted it as a metaphysical representation of humankind's evolutionary journey toward spiritual awakening. In addition, Unity recognizes that the Bible is a complex collection of writings compiled over many centuries. We honor the writings as reflecting the understanding and inspiration of the writers at the time they were written. The Bible continues to be a valuable resource for us, reflecting our experiences and spiritual growth.

## **Prayer and Meditation**

Affirmative prayer is the highest form of creative thought. It includes the release of counterproductive, negative thoughts, then holding in mind statements of spiritual truth. In meditation, we experience the presence of God and align with our divine nature. Prayer and meditation heighten our awareness and thereby transform our lives.

## **Spiritual Action**

In Unity, we feel a sacred responsibility, individually and collectively, to make a positive difference through personal example and active service in our ministries, our communities, and our world.

We see all people as individual expressions of God and honor their divine nature. Our service to others reminds us we are all one, and we embrace the rich diversity of creation in terms of race, ethnicity, sexual orientation, socioeconomic circumstances, and physical abilities. We make an effort to welcome and include all people in our spiritual gatherings.

## Youth and Families

Unity recognizes that there are many expressions of family life. All are welcome. Unity creates an affirming environment that fosters positive self-image, personal responsibility, and unconditional love and acceptance.

### **Unity:**

- Beholds all children as whole and perfect expressions of God
- Empowers children to fulfill their divine potential
- Teaches children to meditate and pray
- Invites children to experience a loving God

Unity provides a strong spiritual foundation for children's lives.

## Our History

Unity was founded in 1889 in Kansas City, Missouri, by Charles and Myrtle Fillmore. Myrtle used prayer and affirmations to heal lifelong physical ailments, and others became interested in her spiritual methods of healing. The Fillmores published their first magazine in 1889, eventually reaching millions through their publishing. Small prayer circles that began in living rooms burgeoned into a movement today with more than 500 study groups and churches around the world.



The Unity organization is headquartered at Unity Village, an incorporated township in the suburbs of Kansas City. The Unity Village campus is known for its Mediterranean architecture, beautiful landscapes with fountains and a rose garden, and a hotel and golf course. It hosts retreats, weddings, and conferences throughout the year. Learn more at [unityvillage.org](http://unityvillage.org).

## Read More About Unity

### Basic Teachings

- *The Five Principles* by Ellen Debenport
- *The Simple Truth* by Richard and Mary-Alice Jafolla

### Affirmative Prayer

- *Discover Your Divinity* by Linda Martella-Whitsett and DeeAnn Weir Morency
- *The Universe Is Calling* by Eric Butterworth

### Unity and Jesus

- *Discover the Power Within You* by Eric Butterworth

### Prosperity Teachings

- *Spiritual Economics* by Eric Butterworth
- *Unapologetic Manifestation* by Ken Daigle

### Unity History

- *The Story of Unity* by James Dillet Freeman

Unity books are available at [shop.unity.org](http://shop.unity.org) or Amazon.

## Discover. Grow. Experience.

### 24/7 Prayer Support from Silent Unity®

- *Unity.org/prayer* or call 816-969-2000

### Unity Publications

- *Daily Word®* *dailyword.com*
- *Spirituality & Health: A Unity Publication®*  
*spiritualityhealth.com*
- Free booklets on spiritual topics *unity.org/booklets*
- Books and products *shop.unity.org*

### Unity Village *unityvillage.org*



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