

June 2010



Daily Word

Affirmations

Inner Peace

I am now enfolded in the peace of God.

Guidance

The wisdom of Spirit guides me.

Healing

God's restorative power is quickened within me, I am healed.

Prosperity

By the grace of God, I am unlimited.

World Peace

Divine Love lifts our minds, hearts and actions of peace.

These affirmations are from the May 2010 issue of the Daily Word. It is suggested to follow these simple steps to help support you to create a spiritually centered life.

- *Claim each affirmation as true for you and your loved ones.*
- *Give thanks in advance, remaining open and receptive to your highest good.*
- *Continue affirming the truth of each affirmation to inspire you throughout the day.*

Note from the Editor

Where would you be without God's gift of imagination? Recall this month the many things that have come to pass in your life because you first imagined it. Was it your first car or your perfect house? Was it finding your soul mate or visualizing good health and abundance? Was it finding a church home that met your spiritual needs like UCHHI? Remember through the faculty of imagination the formless takes form in the body and in consciousness. Envision and dream.

Cathy Sneed

"Imagination is more important than knowledge." Albert Einstein

Reflections

IMAGINATION

"I envision God's perfect world—a world of beauty and harmony."

I can use my imagination to form mental pictures of God's perfect world as it was created to be.

I see people around the world living in harmony, one with each other and one with God. There are no borders and no limitations for anyone.

The earth is clean and beautiful. And it can be when people are good caretakers of the planet's natural resources and act in responsible ways.

I envision myself waking in the morning and facing the day filled with vim and vigor. I enjoy both physical and mental strength and vitality.

Now, through my faith-filled prayers, words, and actions, I turn my powerful pictures into reality. With God's help, I can do it!

"Be transformed by the renewing of your minds, so that you may discern...what is good and acceptable and perfect." -- Romans 12:2

Daily Word, Love, Inspiration, and Guidance for Everyone

Unity of Hilton Head Chaplain and Prayer Ministries are available for your prayer needs. To reach a chaplain, call Elizabeth Mc Ginnes @ 843-341-3899 or Carol Tietjen @ 384-9256. Chaplains are also available each Sunday after church and a healing meditation service is the first Sunday of the month following the church service.



The WORD of the MONTH

IMAGINATION

"The faculty of mind that images and forms; the power to shape and form thought."

...from The Revealing Word by Charles Fillmore

Marti Tobergte



Dream Catcher

Marti Tobergte, our new board vice president is someone who has caught her share of dreams and visions with the power of imagination. Most notably, Marti has used the power of visualization in her personal healings. Since 1978, Marti has been blessed with a remission of Myasthenia Gravis due to her positive outlook and affirmations. Likewise, her visualizations eradicated a lump in her breast. Her visions or inner knowing also led her to a spiritual awakening in Sedona, Arizona and likely led her UCHHI when she moved permanently to Bluffton in 2008.

Vocationally, Marti is a Licensed Practical Nurse with a specialty in geriatrics. She is presently on a hiatus from work and dedicates most of her time to her grandchildren and the discovery of the natural beauty of the low-country. At home, she relishes

the deer and small animals that have found a welcoming place in her backyard. She currently is pursuing kayaking to be closer to the ocean and the dolphins.

Marti's three adult children, Patti, Joe, and Melissa are luckily near by, along with her 5 grandchildren, ranging in ages from 1 year to 17 years. Her bliss is being the doting grandmother and reveling in the beauty of nature.

At UCHHI, Marti is also active on the financial committee and is the facilitator for one of Sun City's spiritual growth groups. For Marti, she enjoys the peace, love and friendship at UCHHI. Spiritually, she thanks UCHHI for confirming her long held belief that God is love and good; and to find God you must go within.

Marti certainly has more dreams ahead. One day you might be reading her children's book about her dog's road trip or seeing her kayaking with the dolphins or practicing her healing gifts. For Marti, faith, love, and imagination aren't just sayings adorning her home, they are the pillars of her life. CS

Spiritually, she thanks UCHHI for confirming her long held belief that God is love and good; and to find God you must go within.

Spirit Work

YOUR MIND'S EYE

Do you feel stuck in a life pattern or besieged with emotional conflicts? Breaking free isn't easy, but visualizing it by using your imagination may help you break through the resistance to change and provide a new direction. Go into the silence and ask for Divine Guidance to show you a new image *in your mind's eye*. The technique is to close your eyes and imagine the ideal outcome. Now, use this "picture" daily as your

guide, making your decisions about the situation or altering your feelings to match your image. Then simply act as if it is already true and in manifestation.

"It's my conviction that slight shifts in imagination have more impact on living than major efforts at change."
Thomas Moore.



The Twelve Powers of Man

The sixth power in this series is imagination. Imagination is the ability to image, picture, conceptualize, envision and dream. The reader is encouraged to read the source materials listed below along with the Unity series presented at

www.unity.org/12powers

IMAGINATION

A mystical planet, blue human-like characters, and the oneness of animal life and nature are all elements of one man's imagination and the popular movie, *Avatar*. James Cameron, the creator of *Avatar*, reports having the first images of *Avatar* as a child. An image he nurtured for many years until technology caught up with his imagination. Your imagination can be just as powerful if you learn to accept and recognize the images you receive. Imagination is seated in the realm of dreams, day dreams and visions. It is imagination that "helps mold the mental forms for the outer expression of your needs and desires and is a universal language, for it is a language of pictures," per Mr. Roth. Imagination is so powerful that images can overpower the vision of the physical eyes and can persuade you to see what you want to see. Imagi-

nation allows us to safely try out our new thoughts and see a vision not commonly seen. The power of imagination is so recognized and widespread now through modern sports psychology that no Olympic athlete or sports team would be without their custom made visualization.

For many of us, the use of creative imagination allows us to see new ways to solve old problems. Imagination allows us "to see a completed event, condition or form and those mental images then act as a magnet for slower moving knowledge," according to Cora Fillmore. Furthermore, it is "through divine imagination that the soul first gets the impulse to expand." For the spiritually minded, the faculty of imagination is the means of communication from the Universal Mind or from God to you. The enfoldment of spirituality and spiritual vision go hand in hand.

Here are some key points to remember about imagination.

- Imagination is an attribute of God.
- Imagination gives shape, tone, and color to our thinking.
- Everything that happens in the outer world first takes place in the inner realm of thought.

Symbols seen in our visions and dreams represent the idea rather than the thing.

The Apostle Bartholomew was chosen to represent this faculty and its physical center is between the eyes, often referred to as the third eye. The associated color is light blue. In the Bible, Jesus and the scribes often used the faculty of imagination through their stories of visions and dreams as a means of instruction. As Unity followers, we often use visualizations and guided imagery to help us rise above the limitations of body and the lack of abundance and prosperity in our lives. Cora Fillmore likened "divine imagination to a chisel we wield in molding the paradise of our inner thought kingdoms." Given a choice, which is the better, God's picture for you or yours? CS

Affirmation: *Jesus Christ is now here raising me to His consciousness of divine imagination and I see spiritual perfection everywhere.*

Sources: [The Twelve Powers of Man](#) by Charles Fillmore and [Christ Enthroned in Man](#) by Cora Dedrick Fillmore, Unity House, Unity Village, Missouri.

[A Twelve Power Meditation Exercise](#), by Charles Roth, Unity House, Unity Village, Missouri.

On the Bookshelf

This book by Eric Butterworth provides an excellent perspective on the what, how, and why, of prayer. It is for anyone who wants to more fully understand the principles by which prayer operates. By applying the author's science or formula for prayer, we can become more aware of divine guidance, or our innate God-consciousness. This sounds like a complex technique, but it is presented with a clarity and simplicity that is remarkable. As I applied the technique, I became much more centered, positive, and aware of Spirit within. It was powerful!

Butterworth equates the term Universe with Divinity, Spirit, Truth,

The Universe is Calling by *Eric Butterworth*

or God. He is saying that God is calling us to expand our consciousness or awareness so that we will know the Divine guidance that is always present within us. We can consciously allow God "to do to and through us". This book helped me to know that God is always centered in me. It also helped me to recognize that I need to become more centered in God.

Simply put, this is what Butterworth presents-not to be asking God to fix our problems or make decisions for us. We just need to become aware of the Divine guidance, grace, love, and wisdom that comes by going within to that quiet place that we share with Spirit. God knows what we need before we do. Just listen.

This is the formula:

Relax and let go; centering yourself at the still point within.

In the silence, feel the energy and awareness of oneness with infinite power (we are not praying to God, but from a consciousness of GOD).

We then project that power through stating affirmations we want to manifest.

This third step was the most illuminating for me. He explains in detail how to identify affirmations that are relevant to one's needs. Through these affirmations you become synchronized in consciousness with God, to let the ever present healing action unfold. You will release your "NO" attitudes or negative thoughts to a positive, life affirming, "YES!" consciousness. This is quite marvelous. As you can tell, I benefited greatly from reading this book. I affirm, "You will too!"

Tucky Samsen

May Calendar

Mark your calendar for the following messages and events.

June 6: Guest Speaker, Rev. Barbara Higgs "Gratitude in Sharing" (Birthday/Anniversary Sunday)

June 13: "You Shall Not Kill...Commit Adultery...Not Steal"

June 20: "Honor Your Father and Your Mother..." (Father's Day)

June 27: You Shall Not Bear False Witness...Not Covet..." (Summer Potluck - Salad Buffet)

Bring your favorite salad or salad toppings or dessert. We will furnish the greens and drinks.

July 11: Summer Solstice Circle Dancing

Things to Know

- Unity tithes 10% of its monthly income to worthy causes and other spiritual endeavors. Recently UCHHI contributed to Haiti relief.
- Our Youth Minister, Stephanie Bell attended a Unity Youth Conference in Chicago before heading to Haiti for a week to help with relief efforts.
- Out of town but want to still provide sacred service? The Connections newsletter is always looking for book reviewers, testimonials or spiritual insights. It is has easy as a click on the computer to send your contributions.
- Read your weekly E-contact note for current activities and messages from Rev. Epstein. Not getting your E-contact note? Send Marilyn Lange, our church office manager your e-mail address at unitychurch@hargray.com or call the church office at 843-842-8300.

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Feedback:

Have a favorite quote, story, or spiritual experience. Pass it on and let us share it with others. Send to Cathy Sneed at sneeds@yahoo.com

VISIT OUR WEBSITE:

www.unitychurchofhiltonhead.org

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In Honor of Mother Earth

Mother Earth continue to have major assaults from earthquakes in Haiti and China, volcanoes in Iceland, oil spills in the Gulf and flood waters in the USA. Frank Stark and Carol Tietjen have located this prayer to the Great Mother for all us to use and visualize the healing of the Earth.

*Earth please make me
A sanctuary,
Strong and holy
Tried and true.*

*And with thanksgiving,
I'll be a living
Sanctuary
For you.*

*May you walk in beauty
In a sacred way.
May you walk in beauty
Each and every day.*

*May the beauty of the fire
Lift your spirits higher.
May the beauty of the earth
Fill your heart with mirth.*

*May the beauty of the rain
Wash away your pain
May the beauty of the sky
Teach your mind to fly.*

*I circle around, I circle around
the boundaries of the Earth,
Wearing my long-winged feathers as I fly,
Wearing my long-winged feathers as I fly.
I circle around, I circle around,
The boundaries of the Earth*

*I heal you with the water of the ocean.
I heal you with the bark of a tree.
I heal you with the smoothness of a river stone.
I heal you with the heart of a doe.*