

Recommended Unity Readings!

NOTE: Many of the Fillmore books are available for free as Unity co-founders Charles and Myrtle Fillmore did not copywrite their publications/books.

Unity Principles

- **The Five Principles** – Ellen Debenport - *The Five Principles* provides tools for daily living and is an easy-to-read explanation of Unity's basic teachings.
- **Unity: A Quest for Truth** – Eric Butterworth - "Unity today is dedicated to the open mind, to the continuous quest for Truth. It seeks not to tell you what to think, how to define God, what creeds to accept. Unity seeks only to teach you how to think, how to pray--so that you can formulate your own definition of God, experience your own communion with God, and find your own distinctly personal revelation of Truth."
- **Lessons in Truth** – H. Emilie Cady - *Lessons in Truth* is a clear, concise representation of New Thought philosophy and metaphysical Christianity. The spiritual concepts presented in these twelve lessons show us how to increase our personal empowerment and enhance our spiritual growth. This has been the foundational book since the beginning of Unity.

Bible Study

- **The Revealing Word** – *A Dictionary of Metaphysical Terms* - This special dictionary written by Unity co-founder Charles Fillmore contains metaphysical meanings of 1200 words and phrases that are frequently used in Unity publications and the Bible. The inner interpretations found in *The Revealing Word* can be applied to everyday living.

Child/Family

- **I Believe in Me** - Whimsical animals, characters, and angels illustrate, in full color, twenty-seven affirmations that will inspire you, the child you love, and the child within all of us. *A Wee Wisdom Book*.
- **Do Puppies Pray?** - Peter Pup is a very curious and somewhat mischievous puppy who decides to investigate the puzzling actions of his boy. When he enrolls his best friend Jake, the two set out on a journey of snooping and peeping to solve the big mystery. It turns out that solving the mystery is the beginning of a new way of life in the neighborhood.

Unity Daily Reader/Magazines

- **Daily Word** - *Daily Word* offers daily messages and practical teachings to help people of all faiths live healthy, prosperous, and meaningful lives. Choose one of three subscription plans to experience prayers and inspiration every day!
- **Unity Magazine** - *Unity Magazine* supports your spiritual growth with insights from leading spiritual teachers. Discover practical advice and tools for abundant living in every issue.

Health/Healing

- **Myrtle Fillmore's Healing Letters** - In 1890 Myrtle Fillmore, co-founder of Unity, formed what was to become Silent Unity. She received many letters requesting advice on how to deal with life's challenges. This collection of writings, drawn from the "healing letters" Myrtle lovingly wrote to so many, contains wisdom, insight, and practical advice to help you deal with any situation you may be facing today!
- **Christian Healing** – Charles Fillmore - In *Christian Healing*, Unity co-founder Charles Fillmore demonstrates how to read, apply, and study lessons of affirmation in much the same way as one would study and apply mathematical principles.

Inspiration/Personal Growth

- **The I of the Storm** – Gary Simmons - You can learn to transform fear into fearlessness...resistance into nonresistance. This book is ideal for anyone struggling with relationship discord or personal challenges and, in general, for everyone who feels uncomfortable with conflict.
- **Lessons in Truth** – H. Emilie Cady - *Lessons in Truth* is a clear, concise representation of New Thought philosophy and metaphysical Christianity. The spiritual concepts presented in these twelve lessons show us how to increase our personal empowerment and enhance our spiritual growth.
- **Discover the Power Within You** – Eric Butterworth - In this inspirational classic, Eric Butterworth sees the divine within us all to be a hidden and untapped resource of limitless abundance. Exploring this "depth potential," Butterworth outlines ways in which we can release the power locked within us and let our "light shine."
- **Write It On Your Heart** – Random Acts of Kindness Journal - What does our world need now more than ever? Love? Kindness? Charitable acts? It needs compassion for what our fellow humans are going through. In this book, Unity employees humbly offer our ideas for acts of kindness with spaces to journal your experiences and illustrate your thoughts. Write It on Your Heart: Random Acts of Kindness Journal is a spiral-bound, hardcover kindness journal published by Unity Books in 2018, edited by Rev. Ellen Debenport with submissions by Unity employees.

Metaphysics

- **The Twelve Powers** – Charles Fillmore - *The Twelve Powers of Man* is a metaphysical look at twelve expressions of the divine inherent in each of us. Expressions such as love, faith, strength, zeal, imagination, and others are discussed.
- **Complete Works of H. Emilie Cady** - H. Emilie Cady was a true holistic pioneer. Both a turn-of-the-century homeopathic practitioner and metaphysician, she treated her patients medically and spiritually. The unique spiritual approach she taught was simple, clear, and rooted in her own experience.
- **The Simple Truth** – Mary-Alice & Richard Jafolla – Making sense of God, Life & Other Stuff. Twenty-four short, stimulating chapters offer explanations of fundamental spiritual subjects. This fourth edition has been rewritten with expanded material, humorous and interesting quotations and anecdotes, and reader-involving features and questions.

New Thought

- **Prosperity** – Charles Fillmore - Originally published in 1936, the timeless classic *Prosperity* examines abundant living as a way of life from the viewpoint of Unity cofounder Charles Fillmore. In twelve concise lessons, he explains how we can adjust our minds to the realm or kingdom of God where rich ideas exist to experience what is called "prosperity."
- **The Story of Unity** - James Dillet Freeman - Charles R. Fillmore, grandson of the cofounders of Unity, calls *The Story of Unity* "both a factual and fascinating account of how a courageous American couple gave the world a new practical approach to Christianity at a time when it was badly needed."

Prayer/Meditation

- **Effectual Prayer** – Frances W. Foulks - Author Frances W. Foulks takes you through the eight steps of prayer from what makes prayer effectual to actually living in the consciousness of the Christ. Reverend Foulks offers practical advice on how to live happier lives--pray.
- **Handbook of Positive Prayer** – Hypatia Hasbrouck - Learn how to pray as Jesus prayed and discover more about journaling, visualization, prayer vigils, prayer partners, and other ways to attain a more effective prayer life.

- **Teach Us to Pray** – Charles Fillmore - Prayer in man is a conscious expression of the upward trend of nature found everywhere. Discover that every impulse or desire of the soul for life, love, and light is a prayer.
- **How to Pray Without Talking to God** – Rev. Linda Martella-Whitsett - *How to Pray Without Talking to God* shows how to develop a true spiritual practice by: re-forming the words of traditional prayers; cultivating a habit of daily prayer and meditation; learning how to pray with others.
- **The Universe is Calling** – Eric Butterworth - *The Universe is Calling* addresses the growing need for understanding and clarity regarding the function and nature of prayer. Instead of prayer to an imperialistic and remote God, Butterworth encourages praying from the shared consciousness of God. He outlines principles that enable entrance into the stream of God-consciousness, and offers techniques that act as universal guidelines for both interpersonal communication and spiritual living.

Prosperity

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- **Spiritual Economics** – Eric Butterworth - This straightforward, nontheological approach to prosperity has been effective for thousands. Learn how to work with the flow of life, reverse financial adversity, and attract wealth in every area of your life.

*Available in the Unity of Greater Hartford "Seeds of Spirit" bookstore

**Purchase directly from Unity headquarters: <https://shop.unityonline.org>