

**FILLMORE WINGS STUDY PROGRAM**

# **SPIRITUALITY, OR PRAYER AND PRAISE**

**UNITY CORRESPONDENCE SCHOOL LESSONS**

***Series 2 Lesson 7***





Fillmore Wings Study Program

# Spirituality, Or Prayer and Praise

Series 2 Lesson 7

TruthUnity Ministries

<https://www.truthunity.net/wings>



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## Spirituality, Or Prayer and Praise

### Series 2 Lesson 7

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## The Fillmore Wings Study Program

**The Correspondence School Lessons were Unity's SEE program for nearly 70 years.** Charles Fillmore wrote the first lesson and preached from all 18 lessons for the remainder of his life. It is the program that Eric Butterworth, Johnnie Coleman, Catherine Ponder and Ed Rabel were required to study before entering into Unity's ministry training.

For nearly sixty-five years the lessons provided truth principles to laypeople and trained them for ministry. The lessons in the course propelled Unity's tremendous growth from 1909, when Charles Fillmore wrote the first lesson, until the mid-1970s when the concept of "distance learning" by correspondence fell out of fashion. The principles are timeless, the teaching is pristine, and the presentation is clear and direct.

The original Unity Society Correspondence School consisted of two courses, Series 1 (also known as the "Beginner's Course" having six lessons) and Series 2 (known as the "Advanced Course" having twelve lessons). Each lesson consisted of a manuscript and twenty annotations used by the original instructors to grade papers presented by students. Combined, there were eighteen lessons with approximately 10 topics and 20 annotations each, giving a total number of 180 topical passages for understanding the Fillmore teaching.

**The Fillmore Wings Study Program is three things.** First, it is a collaboration of scholars and students who study, meet, discuss the original lessons, and develop commentary and footnotes appropriate for present-day understanding and language. We anticipate a 2-3 year timeframe for the the development of commentary and footnoting.

Second, the Fillmore Wings Study Program is also the content developed by the scholars and students. The most current version of each of the 18 courses is freely accessible online on TruthUnity.net at <https://www.truthunity.net/wings>. Downloadable PDF files for self printing is also provided. At some point the entire collection of 18 lessons, annotations, commentary and footnotes will be published in a single, printed volume.

Third, the Fillmore Wings Study Program is an online study program currently in development. Our scholars will eventually offer distance-learning based on our present-day understanding of the original course content. We do not anticipate offering any credit, certification or credentialing, but we will proclaim that students who complete the learning program will have earned "Fillmore Wings."



# SPIRITUALITY, OR PRAYER AND PRAISE



## INTRODUCTION TO SPIRITUALITY, OR PRAYER AND PRAISE

Introduction not yet written.

🌱 Introduction to *Spirituality, or Prayer and Praise* by Cora Alexander, LUT

## LESSON FOR SPIRITUALITY, OR PRAYER AND PRAISE<

### WITH THANKFULNESS AND PRAISE

1. How many things there are to  
praise  
In this glad world of ours!  
The strength and beauty of old  
trees,  
The gaiety of flowers;  
The lovely songs that rivers sing

For those attuned to hear,  
And birds that chirp on winter  
boughs  
With courage and good cheer.  
How many things there are to  
praise  
Around us where we are!



The gentle joys of commonplace,  
The challenge of a star;  
A window with a changing view,  
A quiet road to walk,  
And simple rooms that kindred  
souls  
Enrich with friendly talk.  
Oh, let mine eyes be opened wide  
That I may clearly see  
How often, in another's guise,  
God walks the road with me,  
And, seeing with how great a good  
He glorifies my days,  
Acknowledge His eternal love  
With thankfulness and praise.

—R. H. Grenville

2. In our previous lessons we have been considering man as mind. Our greatest physical scientists say that evolution is mind action and the embodiment of ideas is its goal. We study ideas in the absolute and in the concrete. Man is the embodiment of God ideas. That which man has named “body” is the temple of the living God and this temple is produced by the action of mind, which always builds under a definite law. Blind people develop in the ends of their fingers cells similar to those that are found in the brain, indicating that the mind makes its own center, or nucleus, and this central point or idea builds its form in correspondence to its functioning or action.

## What is the significance of the number twelve as used in the Scriptures?

3. There are certain numbers that run through all the Scriptures, yet there has been little special significance attached to them in general Bible interpretations. The number *twelve* is one of these mystical symbols.

4. In Revelation we read of the twelve tribes and the twelve foundation stones. There were twelve loaves of shewbread on the table sanctuary. Twelve stones were set up as a memorial of the crossing of the Jordan river. There were twelve sons of Jacob, and Jesus Christ had twelve disciples: the tree of life bears twelve manner of fruits. The number *twelve* refers symbolically to spiritual fulfillment.

5. There are twelve spiritual powers, twelve mental faculties expressed in twelve centers of consciousness, and these powers or faculties have avenues of expression in the physical body of man. With this as a starting point, much of the symbology of the Scriptures is made plain. Twelve, the multiple of three and four—three symbolizing the Deity, the Holy Trinity, and four symbolizing the spiritual, mental, emotional, and physical phases of man's being—is a covenant number; it marks the agreement between God and man.

6. Man, a spiritual being, is free spirit, unfettered and unbound. In spiritual consciousness he discerns this Truth and knows no limitation.

7. “The fault ... is not in our stars,  
But in ourselves, that we are underlings.”  
—Shakespeare, “Julius Caesar,”  
Act I, Sc. 2

8. When man learns that he is essentially a spiritual being having all power and all dominion, he is freed from the belief in bondage to anything. But when man believes himself to be only of the earth, he holds himself to earthly conditions. All Is Mind, and the belief in any other power controlling man is to be overcome by understanding of the truth: that man in his real nature is the son of God, limitless and free.

9. Our goal is to bring into manifestation the man created in the image of God, and when this likeness is made actual, we have dominion over all. Man is to sit on the thrones and judge the twelve tribes of Israel. These are the twelve mind centers in the consciousness of each of us. The ideas that we have in mind have a certain attraction for one another according to their character, just as people who are intellectual have their societies, and people who are spiritual have theirs. They are drawn together by ideas in mind; ideas dominate; ideas make conditions through the power of thought.

10. “The idea is the directing and controlling power. Every Idea

has a specific function to perform”  
(Mysteries of Genesis p. 21).

11. The Hebrew word that is translated *throne* is generally thought to have as its meaning the idea of “covering,” the covering being a mark of honor. Hence when man sits on his throne, we may say that he is covered or overshadowed by the Holy Spirit in his action of judging. A throne is the emblem of regal or absolute authority, complete dominion. The seat is raised higher than an ordinary chair, re-quiring a footstool to support the feet. Man is exalted; that is, he steps up to a greater power and authority than he previously had. This seat is also ornamented, adorned; the structure that he occupies to direct proceedings is embellished, for before he can have this place of power and honor man must add to himself, to his consciousness, that which has integral beauty and grace.

12. In what is called his natural state, man thinks at random, but the time has come when he is beginning to ask for details, and he is learning to arrange his thoughts in an orderly way. The ideas that make up God’s nature of absolute good are in divine order, and if we would work intelligently

with the Father we must analyze our thoughts and put them in their right relation, i.e., in divine order to the ideas of God Mind. Instead of being subjects, we are to be sovereigns in our individual thought world.

13. *Palestine* represents man’s body. As Jesus went up and down that land preaching the Gospel, casting out devils, healing the sick, and raising the dead, so each of us must be about the Father’s business and do this same work in our body temple, cleansing and purifying it, raising it to the divine consciousness.

14. The Bible is a textbook on physiology, but not as physiology is taught in our schools where blood and bones are studied as material things. *Jesus Christ* represents spiritual man, and His disciples, those under spiritual discipline, are the twelve faculties of this man. Christ or. I AM, our spiritual identity, is higher than limited personality. Christ is the source of abundant life in man; He is the light of the world; and a new race is to come into expression through the releasing, unfolding, or developing of the Christ Mind, the Superconscious of every man.

What is meant by the promise, “And Jesus said unto them, verily I say unto you, that ye who have followed me in the regeneration when the Son of man shall sit on the throne of his glory, ye also shall sit upon twelve thrones, judging the twelve tribes of Israel” (Matt. 19:28)?

15. Jesus Christ sought to make all people understand that they had the same powers He had. He said, “I am the light of the world” (John 8:12); “Ye are the light of the world” (Matt. 5:14); “Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do” (John 14:12). The failure to recognize the Christ in man has held the race in littleness and limitation. We must renew our mind by entertaining new ideas in regard to God and to man (God’s idea). New thoughts will be followed by new words, which will take the place of old, limited beliefs, and the new understanding must become a matter of *conscious* knowledge. We are “joint-heirs with Christ” (Rom. 8:17), but we must be

“born anew”: we must consciously develop this new state of consciousness. The more divine ideas we hold in mind, the more we expand our consciousness; the more steadfastly we cling to the truth of the un-limited nature of man, the more quickly will our mind and our body be brought into right relation.

16. We must call our “disciples” (our faculties), and train them in the work of the Lord. Heretofore these faculties have worked sub-consciously in the personal consciousness. Now man is to consciously direct these faculties so that rather than be bound by limited personal expression, they will be free to function true to divine principle. Man has a multitude of ideas,

desires, thoughts, impulses, and he must be diligent in “casting down imaginations . . . and bringing every thought into captivity to the obedience of Christ” (II Cor. 10:5).

17. The faculties must have avenues of expression in the body of man. Among these we have certain aggregations of mind force, of thought force, which are manifest in what physiology calls nerve centers, or ganglia. The solar plexus, located in the abdominal cavity, may be termed the “great body brain.” Another center: or ganglion, is called the cardiac plexus. This is located in the thoracic cavity, in front of the spine. Nerve fibers run from one to the other of these, and there is a close relationship physically and metaphysically. The cardiac center or “heart” is the ganglion through which love is expressed in the body, and we term it the “love center.” Regeneration of the body is not possible without the functioning of the love faculty. The solar plexus lies back of the pit of the stomach and forms what we term the “substance center.” In Scripture, the love center is Jerusalem, “city of peace,” where all the Jews went to worship God. Bethlehem, six miles below Jerusalem, is the “house of bread,” the substance center.

18. We get ideas from the Absolute—Spirit or Divine Mind, which is the source or origin of all ideas. Man has the privilege of laying hold of these ideas that are in the Father-Mind, the universal Mind substance, bringing them consciously into his own mind, and in the chemistry of mind a new body is built up, the Jesus Christ body. Primarily this body is the soul of man as a “body-idea,” a body composed or built up from spiritual thoughts, aspiration, impulses, which start as divine ideas and later fill the whole consciousness and are pictured forth in man’s physical body.

19. “Every idea projects form. The physical body is the projection of man’s idea; we carry the body in mind. . . . If the body-idea is grounded and rooted in Divine Mind, the body will be filled with a perpetual life flow that will repair all its imperfect parts and heal all its diseases.

20. “When man realizes that there is but one body-idea and that

the conditions in his body express the character of his thought, he has the key to bodily perfection and immortality in the flesh” (Christian Healing, p. 34).

21. Jesus was born in Bethlehem, the substance center. The new body must have a substance form. David was also born in Bethlehem. The substance of the new mind and the new body must be spiritual in character in order that it may be enduring. At Bethlehem, the substance center in man, a union of love and wisdom takes place, and thus the Christ is brought forth in substance, and an abiding consciousness of life is realized and made manifest. The crown of the head symbolizes the center through which spirituality or reverence is expressed in the body, the “land of Judah.” *Judah* means “praise Jehovah.” Through this consciousness, the Christ Mind makes its presence known in man’s mind, and from this point distributes itself all through the consciousness. It is here that positive, enduring life is generated. By learning the nature of divine ideas and how to use them, the individual makes them a part of his organic structure, spiritually, mentally, emotionally, and physically. Such organization and use of these ideas enables man to turn away from limitations and to center his thoughts on God, absolute good.

22. Enlightened man goes through the various centers and rebuilds them with the word of Truth. The cellular structures are changed and manifest man is entirely transformed. First, the mind is renewed; second, through this renewal the body is transformed. Instead of the cells going the way of all flesh there is a quickening and a right understanding of spiritual substance that gives a new concept to the appearance called “matter.” The abiding consciousness of life—pure, spiritual, omnipresent, eternal—keeps every cell alive and alight. In this way the physical body is transmuted and becomes incorruptible, immortal. “Be ye transformed by the renewing of your mind” (Rom. 2:2). This identification of manifest man with the spiritual man, or Christ, leads always to a greater expression and manifestation of divine power.

23. The reason men “look up” in prayer is that the consciousness naturally turns to the center at the top of the head where

the individual mind comes in touch with the Father-Mind, the “secret place of the Most High” (Psalms 91:1). This Superconscious phase of mind is above or higher than all the various states of mind in man but is not separate from them. It pervades every phase

of thought as an elevating, inspiring quality. All lofty ideals come from this Judah faculty whose office is to pray and praise; it is the inspiration of everything that elevates and idealizes in religion, poetry, art, in all things that are real and eternal.

**What does the gathering of the disciples in the upper chamber symbolize? Name these disciples, and the spiritual faculty each one represents.**

24. The gathering of the apostles in the “upper room” symbolizes the gathering of all the mind faculties at the center of spirituality, until all are baptized or imbued with the consciousness of spiritual reality through conscious communion with the Father-Mind. Jesus in-structed His disciples to gather in the upper chamber at Jerusalem and there to await the coming of the Holy Spirit. They were aspiring, expecting, looking for the Holy Spirit, and it descended from the Most High and filled all those who were aspiring and looking for its manifestation. Thus the Holy Spirit descends into the mind (conscious phase) and the heart (subconscious phase) of man, then to his body to make it alive and luminous—an electrical body, a glorified body filled and aglow with Spirit.

25. The twelve apostles symbolize twelve thought agents in man. An apostle is “one sent.” These twelve thought agents preside over and direct the work of the human consciousness. It is well to bear in mind that they are primarily “centers of consciousness” and do not have physical location<sup>9</sup> yet they do express their attributes physically:

1. PETER: represents faith. His center of expression in the body is in the pineal gland, center of the brain. Faith is the “perceiving power of the mind” (Prosperity, p. 43).
2. ANDREW: representing strength; comes into expression in the lower back, at the loins. Strength is the sustaining, enduring idea or power.
3. JAMES, son of Zebedee: represents judgment. This center has to do with discrimination, evaluation, choice. “James is the

faculty in man that wisely chooses and determines” (The Twelve Powers of Man, p. 21).

4. JOHN: symbolizes love; the center for the expression of love is the heart. “Love is the attracting, harmonizing, unifying, equalizing, binding idea In Divine Mind” (Annotations for Lesson One, Lessons in Truth).
5. PHILIP: representing power; expresses through the body at the root of the tongue. It is the idea of dominion and authority. Its root meaning is “to be able,” thus it is “the ability to do, to perform, to accomplish, to produce and effect, to make a change, to master a situation” (Annotations for Lesson Two, Lessons in Truth). The power center in the throat controls “all the vibratory energies of the organism” (Metaphysical Bible Dictionary, p. 524).
6. BARTHOLOMEW: represents the function of imagination; has its center of expression in the brain between the eyes. Fulfilling its true purpose, imagination makes no false images.
7. THOMAS: represents understanding, the knowing idea ex-pressing through the front brain. Thomas is “called the doubter because he wants to know about everything” (The Twelve Powers of Man, p. 21).
8. MATTHEW: represents will, the ability to act upon a choice made by the judgment faculty, expressing through the same brain area as understanding—the front brain. Understanding and will are very

closely related in their functioning; understanding provides the vision and the will provides the motive power to act.

9. JAMES, son of Alphaeus: represents order, his center of expression being in the region of the navel. "Order is heaven's first law" (Alexander Pope, "Essay on Man," p. 4 line 1) comes to have meaning when we study the necessity for right relationships (order) of all things, if we would produce harmony.
10. SIMON, the Canaanite: functions as zeal, and his center of expression is the medulla oblongata. Zeal is the affirmative impulse of existence . . . the mighty force that incites all things to action" (Keep a True Lent, p. 159).
11. THADDAEUS: represents renunciation or elimination functioning in the abdominal region of the body. "The denial apostle is Thaddaeus . . . the great

renunciator of the mind and the body" (The Twelve Powers of Man, p. 21). Elimination of error thoughts is as important to the mind as the elimination of waste from the body.

12. JUDAS: represents life, his center of expression being in the generative functions. As Judas betrayed Jesus, so life seems to betray us when this power is not rightly used. "We need life, but life must be guided in divine ways" (The Twelve Powers of Man, p. 22). Righteously expressed, Judas becomes Judah.

26. Prayer develops the consciousness of the Absolute, which also means guidance in the development of the *faculties* that will enable the twelve *powers* to be used in the right way. Jesus Christ re-presents God in "man, the universal Presence individuated in the human. Thus, the twelve foundation ideas (powers) in Divine Mind were and are brought into unity and manifested as Jesus Christ.

## How is death of the physical body to be done away with?

27. The Man who walked by Galilee and first *completely* manifested God was a forerunner of the new race of men. His statement that we should be saved through His flesh and blood has a scientific basis. When man consciously understands and then applies his understanding that his life is Christ life, that his body is the body of Christ, composed of eternal divine substance, death will be done away with. Death of the body is no part of the divine plan; it is missing the mark of manifestation of the life idea. The belief in death as reality will be wiped out of consciousness when we lay hold of substance, the "body" of God, and begin to use the powers of mind and body in the right way. To do this we must overcome by denial the errors held in the mind and begin to affirm the Truth. The conscious realization of substance and life carried into the body by thoughts and words of Truth will continuously renew and sustain the "body of Christ" in consciousness, atom

by atom, cell by cell; and our so-called physical body of flesh and blood will be transmuted into a glorious, radiant body of life and light.

28. "When thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee" (Matt. 6:6).

29. We must pray to the Father within. If we have been in the habit of praying to a God outside of us, we must change our method of prayer. We go consciously into the upper chamber, get still, and wait for the realization of the presence and power of the Father-Mind. When we do this, we are consciously enlightened, our mind is made alive and aglow with spiritual realities. We must not forget to praise, for prayer and praise go hand in hand.



## What is the true method of prayer?

30. All modes of worship have the creative law as their foundation. We find in the Psalms, and among the works of many of the poets, that the idea of praise is a form of worship. The question naturally arises, "Why should a great Being who has everything and is everything want admiration and praise?" The object of praise is not to satisfy some kind of personal God who requires that men praise Him, but to carry out a divine law that will add, not to God, but to man. We sing praises in order to arouse enthusiasm in our self. Through singing and praising we free energy within, letting out or expressing the inner feeling of joy and thankfulness, of grateful love and reverence pent up within us. We realize that God is constantly pouring in-creasing blessings on us because we are His beloved children. What-ever we set free

should be given the right method of expression. The law is exact. A mournful dirge makes a mournful thought atmosphere and sets man and his world working in a consciousness that tends to tear down rather than to build up. If the music changes and becomes a song of joy and praise, the keynote is changed, and man builds into his consciousness strength and stability. We must first recognize that there is but one Mind and that we are free agents who may use the ideas of that Mind as we will. We may praise or not as we choose—we have free will. Praise is the divine Self-expressing itself through man; it is the bursting forth of holy, healthy joy; it is the expression of the indwelling spirit of joy and good will, bursting into song and hymns.

## What is the effect of praise on man's body? What is the effect of praise on the earth?

31. In *Christian Healing*, pages 78 and 80, we read:

"Through an inherent law of mind, we increase whatever we praise. The whole creation responds to praise and is glad. Animal trainers pet and reward their charges with delicacies for acts of obedience; children glow with joy and gladness when they are praised. Even vegetation grows best for those who praise it. We can praise our own abilities and our very brain cells will expand and increase in capacity and Intelligence when we speak words of encouragement and appreciation to them. . . .

"Turn the power of praise upon whatever you wish to increase. Give thanks that it is now fulfilling your Ideal. The faithful law, faithfully observed, will re-ward you. You can praise yourself from weakness to strength, from ignorance to intelligence, from poverty to affluence, from sickness to health."

32. Persons who go to mediums and fortunetellers for Information and guidance limit their own power and place themselves in bondage. By knowing that we are free and that by the power of our thought we can produce any condition we desire, we keep our self from falling into the delusion that something outside of us has fixed our present or future condition. No one can tell definitely what is to come to pass in the future, for in Spirit—and man is a spiritual being—there is no time; there is only the eternal now. Each of us has the choice and can be what he wants to be. Conditions, circum-stances are in man's making, for every thought and word of man is invested with creative power and seeks to come into manifestation.

33. "It has come to be recognized as a law of mind action that men become like that which they behold; they manifest that which they mentally see. One who knew this law wrote, 'Nothing foretells futurity like the thoughts over which we brood'" (Metaphysical Bible Dictionary, under Law, p. 396).

34. God as the Father-Mind is the one Source of wisdom, and man's help comes from the Lord, the Christ Mind or law within

him. As we trust completely in this Christ Mind, our steps are guided in a plain path. By consulting outsiders, we often lose conscious touch with God, and as we go hither and thither for help, we descend to a lower level of consciousness. It is God who inspires and illumines man. By the law of thought, if man believes a medium, he will

bring to pass what the medium tells him about some coming event in his life. When he believes the medium, he gives assent, and the uniting of his thought force with that of the medium or fortuneteller starts the formative action on its way to manifestation.

### What is the true and sure way for man to bring good to himself?

35. The way to bring about the good that we desire is by applying the law. Praise. Praise God. Praise yourself. Praise others. Praise your wisdom and your ability. We must say, "I can, and I will." This self that we are to praise is of course our real Self, the Christ. Good comes to us when we believe absolutely in God, In His rule, in our oneness with Him. If we would be

prosperous and successful, we must not enter into the thought atmosphere of pessimistic persons. Let us talk about prosperity; let us associate with those who believe in success and prosperity, who talk on the positive side. We need to remember that praise of substance and abundance brings increased manifestations of good.

### What is joy? Where is the source of joy? Why have so many persons been disappointed in their search for joy?

36. Sing! Pray I Rejoice! Let us make union with the great joy and bliss of universal Mind. Let us not wait for joy to come to us from without. If we wait for it, we will be disappointed, for joy originates in the Spirit of joy, in Divine Mind where it is waiting as an idea, eager to be made manifest.

37. We are surrounded by a pulsating, energizing substance which physical scientists call the universal energy or light. Jesus called it the kingdom of the heavens. Out of this energy we can make what-ever we want. Before Jesus multiplied the loaves and the fishes, He gave thanks, and at the grave of Lazarus He said, "Father, I thank thee that thou heardest me" (John 11:41). Man uses this universal etheric substance continually. Often his thoughts are unworthy, so the results that follow are disappointing. Man must *choose* to have thoughts that are spiritual; he must have an inner knowing that nothing has reality except God, the great pulsating, radiant substance.

38. Every word and every attitude of mind has its effect on our life. Every time we sing or pray or praise, we are carrying out the creative law of our being. If we would succeed, we should be very careful

how we talk of failure. If we want health, then we should praise health and bless it until it becomes manifest in our body. We need to talk about health to the children in the home. We should teach them the Truth, and health laws in the care of the body.

39. The more we study the Bible, the more we see that it is based on universal Truth. The Psalmist sang:

"Let the peoples praise thee, O God;  
Let all the peoples praise the. . .  
The earth hath yielded its increase:  
God, even our God, will bless us"  
(Psalms 67:3, 6).

40. No clearer statement of the power of praise with its law of increase could be given. It is by man's word of praise and blessing that the earth is to be restored to perfection, and the desert made to rejoice and blossom as the rose. "Thy kingdom come ... on earth" (Matthew 6:10 WEB).

41. The Israelites were shown that their sufferings and afflictions came not because God willed it but because they were disobedient to the law of praise. "All these curses shall come upon thee, and shall pursue thee, and overtake thee . . . Because

thou servest not Jehovah thy God with joyfulness, and with gladness of heart, by reason of the abundance of all things" (Deuteronomy 28:45, 47 WEB).

Father-Mind we should not be ignorant of divine law that moves ideas into expression and manifestation. By understanding it we make our thoughts and words correspond with divine ideas and the law of their righteous expression.

42. Divine Mind does its work in the realm of ideas. In our communion with the

**Explain the meaning of the Scripture, "And all things, whatsoever ye shall ask in prayer, believing, ye shall receive." (Matt. 21:22)**

43. In Spirit or Truth every demand is instantly granted, hence Jesus could say, "Whatsoever ye shall ask in prayer, believing, ye shall receive" (Matt. 21:22). In this promise of Jesus, we find again the truth that "use is the law of increase." The key word is *believing*. In believing, one is using the law of faith, that is, he is perceiving the good and is molding and shaping it in his imagination before there is any evidence of it in the outer. The full knowledge of any principle, and an understanding of the laws that govern its use, inevitably open the way for the increase of its "fruits."

acceptance of Omnipresence. God is Spirit, Divine Mind, and is not limited to time or space, for He is Omnipresence. When we abide or dwell in spiritual consciousness, we may speak creative words with power, and there is instant compliance. Jesus realized this when He said: "Father, I thank thee that thou hearest me. And I knew that thou hearest me always" (John 11:41). We are to learn to translate our prayers into action and bring the ideas into manifestation. While we "live and move and have our being" in God, we must learn to abide *consciously* in His presence and power. We open our soul so that Spirit may fill us and move through us as energy. Praise, being acknowledgment of God, is the great releaser of spiritual force or energy.

44. If we think that our prayers are to be answered in some future time, we place mental barriers in the way of our

## ANNOTATIONS FOR SPIRITUALITY, OR PRAYER AND PRAISE

**Explain the significance of the number twelve as used in the Scriptures.**

1. The number twelve as used in the Scriptures represents spiritual fulfillment, completion, wholeness. Man has twelve spiritual faculties, twelve centers of consciousness. When these faculties are

fully expressed, man is in conscious at-one-ment with God, his source, and the resultant manifestation is fulfillment—completion, wholeness, perfection in all areas of his life.

**What is meant by the promise that the overcomer shall sit on thrones, judging the twelve tribes of Israel?**

2. One sitting on a throne and judging (See Matthew 19:28 WEB) suggests the thought of one in absolute authority or

complete dominion. It means that I AM gives complete control and mastery of the twelve mind faculties and their channels of

expression in the body. The I AM stands as supreme director and in consequence the only manifestations that can follow are those of harmony, satisfaction, and deep delight. This throne is in the kingdom of heaven where I AM is enthroned.

Man's mind is his "kingdom." A "throne" is a seat of power and dominion, a place of absolute authority. When one is awakened

to the power of thought, one at once seeks to know how to use that power rightly. The twelve faculties of mind function through twelve centers of consciousness in the organism. When those centers are quickened by the word of Truth, man through the power of the I AM will rule his world, exercising dominion which is his inheritance from the beginning. Instead of being a subject, he will become sovereign.

### How is a new state of consciousness developed in man?

3. The mind is renewed by the entertaining of new ideas and thoughts. These lead to the speaking of new words, and the combined result is a new state of consciousness. Since the body is the product of thought, it changes in conformity to the new mental state. As the circumstances of one's life are also produced by thought, these too change to conform to the new way of thinking.

One develops any state of consciousness by thinking and feeling on some idea. In many cases it may require denial to cleanse the old thoughts, with affirmation on the new ideas that are to be the nucleus of the new state of mind. Sometimes much repetition of both denials and affirmations is necessary but the individual, the need, and the circumstances will determine how much of this mental work is required.

### Name two of the "thought centers" mentioned in the lesson, giving the location of their expression in the body.

4. Two of the "thought centers" which manifest in the body as ganglia or plexuses are:

💡 thus metaphysically it has been termed "the love center."

💡 the solar plexus behind the stomach and in front of the aorta, called also "coeliac plexus," of the "pit of the stomach." As the lesson says, it has been referred to as "the great body brain." Because it is related to the emotions, it thus has an influence upon the stomach. Metaphysically it has been termed "the substance center."

There is a close connection between these two centers and it is interesting to note that in the Scriptures the "love center" is represented by Jerusalem or "city of peace" which the Jews felt was their special place to worship God. Bethlehem, near Jerusalem, means metaphysically "the house of bread" or the "substance center." "It indicates the nerve center at the pit of the stomach, through which universal substance joins the refined or spiritualized chemical products of the body substance" (MBD/ Bethlehem).

💡 the cardiac plexus, situated near (or acting on) the heart. This is the ganglion through which love is expressed, and

### What does the gathering of the disciples in the upper chamber symbolize? Name these disciples, and the spiritual faculty each represents.

5. It symbolizes the gathering of all the mind faculties at the center of spirituality until all are baptized or imbued with the consciousness of spiritual reality. Jesus

instructed His disciples to gather in the "upper room" at Jerusalem to await the coming of the Holy Spirit. At the day of Pentecost a radical change came over those

in the upper room, so much so that the manifest results were a mystery to the onlookers. So it is with us when the mind faculties are gathered at the center of spirituality: until all are impregnated with spiritual consciousness, the manifest results of harmony and peace are a puzzle to those who are still holding to untrue beliefs. (The disciples are named on pages five and six of the lesson, along with the faculty each disciple represents.)

It is not difficult to understand why the three disciples Peter, John, and Andrew were among the first called by Jesus, because they were so closely related in the process of spiritual unfoldment and

development. Whenever we embark on any project, we are moving in faith, and the first faculty we should call forth is faith. We broaden our faith faculty by uniting it, ourself, and all creation in the lifting power of love. Having the two faculties of faith and love, we bring forth strength to carry us to completion of the appointed task. The three faculties represented by Peter, John, and Andrew really form a type of trinity that is the basic foundation for all nine of the other faculties. James, son of Zebedee, representing discrimination or judgment, was the third disciple to be called, but Peter, John, and Andrew are often thought of as the basic three.

### How is death of the physical body to be done away with?

6. When man consciously understands and applies his understanding that his life is God life, that his body is God's body and is composed of eternal, divine substance, death will be done away with. This conscious realization of substance and life carried into

the body by words and thoughts of Truth will continuously renew, sustain, and reproduce the perfect body created by God, and our body will manifest as the glorious, radiant body of light ideated by our Creator.

### What is the true method of prayer?

7. The true method of prayer is to "enter into thine inner chamber" which means to turn *consciously* within to God, closing our mind to all outside distractions so that we may commune with our own indwelling Lord. We speak of this contact as "the Silence" for it is here that we open ourself to the inflow of the attributes (ideas) of God. Preceding

this period we may have had to do much meditating on Truth, on our relation to God, and undoubtedly we have brought into play the processes of denial and affirmation to make our consciousness fertile ground for the "planting" of God ideas. No method of prayer can be a true one unless both praise and thanksgiving become a part of it.

### What place in man's body symbolizes the point at which man first makes conscious unity with God?

8. The top of the head (the I AM center) is symbolical of the place in consciousness where man makes his first conscious unity with God. Looking up in prayer, entering the "inner chamber," going up "into the mountain," the gathering of the disciples in the upper room, rising mentally into the spiritual realm, dwelling "in the secret place of the Most High" — these all testify in symbolism to the highest place in consciousness — the Christ consciousness — which man can conceive and to which he can

ascend.

"I will lift up mine eyes (vision, perception of the things of Spirit) unto the hills" (the high place of spiritual understanding), for it is from this high consciousness that comes our help, our power and ability to overcome limitation, to rise triumphantly over every adverse condition and situation. "My help cometh from the Lord" (Psalms 121:2).



## Define praise and show why it must be active in the life of every man.

9. Praise and gratitude make us receptive to blessings; praise brings us consciously in tune with Divine Mind; praise opens the mind and heart to higher aspirations, wipes out fear and doubt from our consciousness, enlarges or magnifies our good, and increases our capacity to enjoy more of God's love, wisdom, joy, and presence. Praise multiplies and glorifies substance and is the acknowledgment that we have already received. Our holding the attitude of continual praise for God's goodness and love makes us more conscious of His presence and power.

The object of praise is to let out or

express the inner feeling of joy and thankfulness, grateful love and reverence "pent up" within man, as he realizes that God, Absolute Good, is constantly pouring increasing blessings on him. Praise is worship in expression, based on the knowledge of man's inherent power and resource, the one God.

Praise kindles enthusiasm and engenders life, sets energy free, and builds for youth and beauty. The object of praise is the joyful acclamation of fulfilled prayer. It is the celebration of victory before and after the appearance of answers. Praise is homage to the Creator of all blessings.

## What is the *effect* of praise on man's body? What is the *effect* on the earth?

10. The effect of praise on man's body is a response from every cell. In the atmosphere of praise each cell builds for youth, strength, and beauty. Back of every cell is the unlimited power of divine intelligence; thus when praised as perfect, the cell responds by getting rid of all that is foreign and imperfect and building according to the divine plan for permanence and eternity. Praise increases the flow of life and energy and makes for perfect bodily functioning. Praise of the body as the "temple of the living God" produces a smooth-running organism.

Praise has a wonderful effect on the earth and on the plants, minerals, animals, birds (even on so-called inanimate objects). The earth and all in it has come forth from

and is composed of God life, substance, and intelligence. Praise acknowledges these qualities and speaks to the intelligence in every atom, causing either growth in living things or the needed response from other forms of creation. Machinery has been known to respond instantly to a word (silent or audible) of praise. Praise does away with impatience with tools, with instruments of any kind, so more skill is exercised by the operator. As the artisan lovingly handles tools and materials (gold, silver, cloth, clay, marble, and so forth), he is in effect using the power of praise, and the result is a thing of beauty and precision.

Praise is voicing the all-powerful Word: it calls out of man, out of all creation, the inherent God qualities.

## Why is it unwise to seek light and help from mediums or fortune tellers?

11. God created man and gave him free will. His birthright from Divine Mind is the power and ability to produce the conditions he desires by his thought-word, so it is unwise to seek another person's aid to know what lies in the future. Each person's circumstances and conditions are the result of his own use of the formative power of

his thought. Every thought and word of man makes its mark on divine substance and seeks expression and manifestation.

Divine (Creative) Mind is the one source of wisdom, and man's help comes from his own indwelling Lord (law of his being). Man always has access to the Christ Mind. As he

trusts completely the wisdom of the Christ Mind, his steps are guided in a plain path. There must be the "waiting" in the silence for the ideas of Absolute Truth. The wise man will have a "single eye" of faith which will be directed toward his Creator, the

Father Mind, from which he inherits his ability to produce by thought and word. Anchored there, he abides in God consciousness, which in turn inspires and illumines him.

### Why do the predictions of mediums or fortune-tellers sometimes come to pass?

12. Their predictions sometimes come to pass because of the working out of the mental law of cause and effect, or sowing and reaping — that movement of the formative power of man's thought-word. When man *believes* the predictions, he

assents to them. Thus he thinks and speaks into existence or manifestation the very thing predicted, *unless* there are stronger mental pictures established within that can erase the picture presented by the fortune-teller or medium.

### What is the true and sure way for man to bring good to himself?

13. The true and sure way for man to bring good to himself is by praise, which is acknowledgment of God and His good in some form or other. "All things respond to the call of rejoicing, and all things gather where life is a song." It is equally true that the wail of complaint, condemnation, faultfinding, and gloom will hide the harmony desired and bring about discord.

Man makes *practical* application of the law of praise by realization that the law of Divine Mind is growth, progress, perfection for all. By watching, expecting, and praising every little sign of the Godnature in himself, in others, in animals and plants, man can educate himself to sing, laugh, praise, and expect blessings; he can talk, think, praise, and bless the Creator.

Man learns to praise God as the presence and power of Absolute Good, from which come forth blessings for man and all creation. Praise of God is acknowledgment of His life in every cell of our body; the intelligence and understanding that move through our mind; the love and compassion that fill our heart. True praise is more than mere lip-service. What the lips utter must be the deep feelings of the heart that enable us to look upon God's world and praise the good we see, as well as the good that is waiting to come forth into barren lives, sick bodies, twisted minds, poverty-stricken circumstances. Praise, like love, does much to erase the error beliefs held in the mind of man that have produced unhappy conditions.

Through being able to vision the inner reality of all manifestations as divine and perfect, man will pour forth praise with feeling; he will deny negative appearances, and then practical results will follow as perfect manifestations.

Man should cultivate an optimistic outlook, should praise the Creator and His creation (that is, the innate perfection), and should praise the successful work of the Divine Mind indwelling all. Praise God, His rule, His will, His purpose, His plan of perfection for all life. Praise the Father abiding in man, the silent Force moving in and around all creation. Praise the divine inner Worker: "The Father who dwells in me does his works" (John 14:10).

### What is joy? Where is the source of joy? Why have so many persons been disappointed in their search for joy?

14. According to Webster's dictionary, joy is "the emotion evoked by well-being; a state of happiness or felicity."

Metaphysically, joy can be said to be the universal idea of exultation. It is a spiritual quality expressed through man as an

attitude of mind and a buoyant feeling of the heart. Joy is the welling-up and bubbling-over feeling that man experiences when he is in rapport in all ways with life, his fellow man, and his God. There is an inner joy that is not expressed in emotionalism, the joy that Jesus Christ spoke of when He prayed "that my joy may be in you and that your joy may be full" (John 15:11).

The true source of joy is God, and only as we enter into the consciousness of our oneness with the Father can we find real joy. True joy takes hold of man's consciousness when he awakens to the realization of his divine nature and the blessings that accompany that realization.

Many persons have been disappointed in their search for joy because they have

looked outside themselves for happiness, not realizing that spiritual fulfillment can come only from the God Presence within. This is not to imply that the things of the outer do not contribute to our joy and well-being! They do, but they take second place, and we are not dependent on them for true and lasting joy. Joy cannot be found without but comes from within, even though it will express itself through things and circumstances in the outer. The joy of the artist seeks expression on canvas, on marble, in music or dance, The joy of the parent expresses in loving acts to the children. Yet in each the joy is not found by searching for it in the painting, the sculpture, the marble, the music, the dance, or in the children, but by allowing the inner emotion of the individual to come forth through these avenues.

## What is the universal substance?

15. That which some scientists of the past termed the "universal ether" (called by present-day scientists light, energy) is known to the spiritually-minded as Omnipresence, God substance, Spirit substance, Mind Essence, the "body of God" (the embodiment of divine ideas). [TruthUnity note: see "The Ether Concept" in Metaphysics 2 (Blue version).

Mind essence, or divine substance, is that from which all things are seen and formed. There is no lack of this substance, nor is the supply lessened by use. It is inexhaustible and at the disposal of our every thought and word. Jesus Christ understood perfectly this ethereal realm, and used its substance to form and mold into manifestation that which

was desired to fulfill any need.

This universal, invisible, spiritual substance in which we are immersed (and which permeates us) is very sensitive. Every thought that man thinks causes it to pulsate, making its atoms change their positions and come together to form conditions in man's body and environment, according to the character and strength of the thought. Therefore if man takes control of his thoughts, instead of thinking at random, he can use his creative power (his formative power of thought) together with praise and thanksgiving to mold and bring into manifestation from this substance whatever he needs for his use.

## Is it God's will for man to suffer?

16. God's will is His "plan of Absolute Good for man and all creation" (How I Used Truth Lesson 1 Annotation 9), thus it cannot be God's will for man to suffer. Any suffering that comes to man is the result of lack of understanding of God's laws, which has caused man to separate himself in consciousness from God.

"Many have believed, and some still believe, that God's will must

involve suffering or experiencing unpleasant conditions. This is far from the teaching of Jesus, who brought to mankind the message of a God of love. 'I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee' (Jer. 31:3 A.V.). If we are not aware that God's will or plan is within us we will live our life without any definite direction or

meaningful purpose. If through ignorance we do not seek God's guidance, then results in our life will not be according to God's will" (How I Used Truth Lesson 1 Annotation 9).

Very often, through pain and suffering

caused by his ignorance of God's laws, man *does* turn to God and finds that his loving Father's plan is for good in his life. He begins to see himself as a spiritual being, a son of God, and his heart is lifted in praise to his Creator. Praise then stirs up his inner resources and man begins to build a new life in accord with God's plan.

**Explain the truth back of Jesus' saying, "And all things whatsoever ye shall ask in prayer, believing, ye shall receive" (Matt. 21:22 A.V.).**

17. All good is man's now and always has been, just as all air is man's to breathe. There is a step that all of us take in order to benefit from the good to which we are heir; we must appropriate our good in consciousness first. The mental attitude of faith or expectant belief seems to correspond to the physical action of drawing air into the lungs, and faith seems to be as essential in bringing the desired good into manifestation as the physical action is in bringing air into the lungs. The act of breathing creates a vacuum which compels air to rush in. The act of faith sets up a condition, a "mental vacuum," so to speak, which compels the desired good to rush in.

The word *shall* is not used here in the future tense, but rather is the expression of a command which indicates conviction and certainty. In Spirit there is no time. Unrelated and unlimited ideas are conceived in spiritual consciousness, and their demand is instantly fulfilled. The conception of an idea and its birth occur simultaneously. Jesus revealed this fact in the statement, "Therefore I tell you, whatever you ask in

prayer, believe that you receive it, and you will" (Mark 11:24). Thinking of a future time is a mark of limitation, and is nonexistent in Spirit. Man, dwelling in spiritual consciousness, declares the absolute good, and it is at once established. Jesus realized this and said: "Father, I thank thee that thou has heard me. I knew that thou hearest me always" (John 11:41-42). He translated His prayers into actual fulfillment. Man is here to learn to translate his prayers into manifestation. To do this he adds praise to prayer, knowing that praise is the great releaser of spiritual energy and power.

We must learn to abide consciously in the Father, to live in the very heart of the one Presence and Power in order to make conscious contact with this all-knowing, all-loving Father Mind. We must learn to let Spirit fill us, direct us, and express in and through us with divine intelligence and power. When we pray without ceasing, praise without ceasing, we will know instantaneous fulfillment of our own needs, for omnipresence, omnipotence, omniscience will manifest through us.





## APPENDICES



# SPIRITUALITY, OR PRAYER AND PRAISE

## UNITY CORRESPONDENCE SCHOOL LESSONS

### Series 2 Lesson 7

The Unity Correspondence School Lessons were Unity's SEE program for nearly 70 years. Charles Fillmore wrote the first lesson and preached from all 18 lessons for the remainder of his life. It is the program that Eric Butterworth, Johnnie Colemon, Catherine Ponder and Ed Rabel were required to study before entering into Unity's ministry training.

For nearly sixty-five years the lessons provided truth principles to laypeople and trained them for ministry. The lessons in the course propelled Unity's tremendous growth from 1909, when Charles Fillmore wrote the first lesson, until the mid-1970s when the concept of "distance learning" by correspondence fell out of fashion. The principles are timeless, the teaching is pristine, and the presentation is clear and direct.

Fillmore Wings is three things. First, it is a collaboration of scholars and students who study, meet, discuss the original lessons, and develop commentary and footnotes appropriate for

present-day understanding and language. We anticipate a 2-3 year timeframe for the development of commentary and footnoting.

Second, Fillmore Wings is also the content developed by the scholars and students. The most current version of each of the 18 courses is freely accessible online on TruthUnity. Downloadable PDF files for self printing is also provided. At some point the entire collection of 18 lessons, annotations, commentary and footnotes will be printed in a single, printed volume.

Third, Fillmore Wings is an online study program in development. Our scholars will eventually offer distance-learning based on our present-day understanding of the original course content. We do not anticipate offering any credit, certification or credentialing, but we will proclaim that students who complete the learning program will have earned the designation "Fillmore Wings."



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