

An Application of the Third Unity Principle

In her book The Five Principles: A Guide to Practical Spirituality Reverend Ellen Debenport wrote about the interplay of our desires and our thought habits:

"For example, leaders are elected physically with our votes but metaphysically through our collective consciousness. Suppose Candidates A and B are running for president of the United States. Half the country is voting for A. The other half not only supports B instead but despises A. The polls say its' a toss-up, but Candidate will take office of the tremendous emotional focus on him or her. Both sides are choosing Candidate A with their attention and emotion. Both are providing energetic support for A whether they go to the voting booth or not. Half are creating the outcome they want, while half are creating what they don't want through their fear, resistance and negativity. As we learned in Principle Three, we create both ways, through positive and negative vibration. We create by thought and emotion, or focus and energy"

So what can you do? Unity ministers have suggested:

1. Change your mental focus. It can take practice to change habits, to learn to consciously monitor and choose thoughts so be patient with yourself.
2. If you care strongly and maybe you are scared of what you don't want happening, acknowledge that you feel that way, that for instance putting poisons in the air is damaging and wrong but you feel small in comparison to a corporation that does that. But also remind yourself that resistance is not support. Tell yourself you are going to switch the FOCUS of your energies to supporting the outcome you want.
3. Switching your focus puts you in alignment with all the energies in the Universe that support health and order. Remind yourself that universal energies, divine energies are vast.
4. Spend time daily thinking about what you want, with feeling. For instance maybe how happy you would feel hearing news reports that there have been significant reductions in illness related to air pollution because of cleaner air. What if the news contained reports of industries being happy to not to spend as much money on employee health insurance claims? Don't outline who all has to do what to accomplish your preference in your daily practices, but do note if you are guided to a positive supportive action you should take.
5. Remind yourself of God's support of good for all with scripture verses and/or quotes from leaders you respect from relevant movements who have had similar successes.
6. Reverend Debenport writes that these kinds of efforts in thought contribute to a build up of thought energy such as the one that resulted in the global group shift in consciousness leading to the collapse of the Berlin Wall.