

on Principle One

I enter into the stillness to align myself with the One Mind, the One Presence that permeates all of creation. I feel myself as a part of this creation, connected to all of nature. I am the light and darkness, I am the oceans and the land. I am the rocks and trees, the fish and birds, the beasts of the Earth, and I am one with every human being on the planet. In this oneness, I sense the order of all things. I feel the divine love that moves in me and in every molecule of the cosmos. I know the divine intelligence that is the foundation of all that is or ever will be. I am one with All.

on Principle Two

As I turn within, I retreat from outer awareness and enter my Soul, the divine in me. It is here that I know my connection to Spirit. Deep within, I find the peace that passes understanding. Deep within, I find the knowledge of all things and the awareness of absolute good. Deep within, I touch the gifts that are God. It is here that I receive wisdom and guidance, that I know truth and understanding, that I am strengthened and comforted. This is the divine essence that I am. The core of me is God. And from the God within me, I can do anything.

on Principle Three

I am fully divine and fully human, as Jesus was. I am on Earth to express God as me, a part of Spirit in its infinite variations. I am free and unlimited, the creator of my experience. What I believe comes to me. What I want is already mine. What I perceive becomes real. What I know is the playfulness and creativity that I recognize as God's image in me. We are cocreating together, my life, this world, all that is. I play a part, I have a role, and the universe would not be complete without me. The future is mine to design.

on Principle Four

In the stillness of my heart, I turn to God within. In my heart, I know my oneness with the divine. In my heart, I fear nothing, want nothing, lack nothing. In my heart, I rest in the awareness of God's unyielding presence, and I take pleasure in our communion. My soul is the Divine. My higher Self is my access to God, the Christ in me. I am an opening for God on the Earth, and I let divine light and love flow through me into the world. I surrender to this knowing, to this purpose, and to the blessings that flood my being as I allow the flow of Spirit in and through me.

on Principle Five

What is mine to do? How am I to serve? I have come to this human experience not just for myself but for others, and I stand ready to share God's love with them. That love expresses through me and as me. I make myself ready. I ask for my perfect place of service. **I live the truth, knowing that we are co-creators with God, and that I am never separate from divine radiance. I let my light shine to illuminate those in darkness. I let my heart expand for those who need love. I give as it has been given to me, and I am grateful for us all.** Debenport, Ellen. The Five Principles: A Practical Guide to Spirituality (p. 130). Unity Books. Kindle Edition.