

Mornings with Myrtle

28 DAYS OF PRAYER
AND POSSIBILITY



A portrait of Myrtle Fillmore, a woman with curly hair, wearing a dark dress, sitting at a desk with a lamp and books.

Explore the Life and Teachings of Myrtle Fillmore

Letters, meditations, and more,
many unpublished.

A close-up photograph of several wooden drawers with metal handles and locks, arranged in a row.

All available online:
go.unity.org/myrtlearchive

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Generous gifts from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. You may give at unity.org/donatenow.

Myrtle Fillmore Still Speaks to Us

Unity reveres its founders, Charles and Myrtle Fillmore, who established this spiritual movement in 1889. While both were instrumental in its growth, the catalyst was Myrtle, who healed her body of tuberculosis using spiritual principles and prayer. The Fillmores felt called to share what they learned, and their work has served millions of people around the world, offering spiritual support and inspiration to this day.

A brief story of Myrtle Fillmore's life leads this booklet, followed by 28 quotations from her letters. Myrtle did not give speeches or write books. She ministered to people one-on-one by answering letters that asked for spiritual understanding and insight into personal problems. The letters are compiled in two books, *Myrtle Fillmore's Healing Letters* and *How to let God Help You*, which are the source of these quotes. (Both are available at shop.unity.org.)

We asked our talented booklet writers to contemplate these short excerpts and write affirmative prayers based on Myrtle's key teachings. We invite you to use this as a daybook, reading one of Myrtle's ideas and the accompanying prayer each day. You might imagine that Myrtle has written the same to you. How does it apply to your life? What prayer does it inspire in you? Keep this booklet to return to your favorite topics.

We hope you will let Myrtle Fillmore speak deeply to you.

Your Friends in Unity

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Your soul and body are God's garden ...

Here the Creator works through your consciousness with light and love and life to reproduce the beautiful patterns of your thoughts ...

God's own ideas take root in your desires, your acts, your very flesh. The miracles of growth are being performed all the time. It is always springtime in the soul.

—Myrtle Fillmore
“God's Garden”
Unpublished meditation

Nothing is more beautiful in retrospect than an unselfish life earnest in its devotion to the cause of suffering humanity and the general betterment of mankind—a life that knows no death because of the wealth of tender memories that will be forever cherished in the hearts of the beneficiaries thereof. Such a life was that of Mrs. Myrtle Page Fillmore.

—*Kansas Citian* magazine, 1931

A Healed Life

By Rev. Ellen Debenport

Once upon a time in the 1850s, an unusual little girl was growing up in Ohio in a respectable Methodist family. She was bright and loved to read. And she was spiritual without accepting her parents' strict dogma. Even as a child, she did not believe in hell or a God who punishes.

In summer, this girl would lie on her back in the grass to watch clouds and sometimes float up into the treetops with the birds. She loved to leave her body because she was sickly. Her family said she was like her father, destined to be frail and die young.

People laughed at her strange ideas, but she insisted nothing was too good or beautiful to be true. She envisioned a world that was *alive* and told friends, “Things will hum when the New World comes out.”



Her name was Mary Caroline Page; her father nicknamed her “Myrtle.” Later with her husband, Charles Fillmore, she founded the Unity movement in 1889 based on spiritual ideas that still seemed unusual at the time. Unity grew out of her physical healing, which was not miraculous but rather intentional and deliberate.

Myrtle had been diagnosed with tuberculosis and malaria and was told at 40 she had six months to live. She and Charles, who walked with crutches because of a childhood leg injury, began to seek spiritual answers. One night they heard a lecture from metaphysician E.B. Weeks, and Myrtle came away with a life-changing idea: *I am a child of God, and therefore I do not inherit sickness.*

For the next two years, she spent hours every day in prayer and meditation, affirming health for her body. She apologized for having blamed it for her misery, and she praised the life in her body, organ by organ. Gradually she recovered and maintained her spiritual practice until her death at 86.

Witnessing his wife’s healing, Charles also began to sit for hours in silence. He called it *going to headquarters*. He not only began to heal his leg but became a practicing mystic in direct communion with God.

Both of them now understood the power of prayer and the power of mind over body. To share these exciting ideas, Charles and Myrtle began publishing a magazine, and Myrtle established a prayer ministry, now known as Silent Unity®. She began to answer prayer requests submitted by letter. Eventually, a roomful of letter writers on typewriters were working for her, but she personally answered correspondence well into old age.

Over and over, she tried to explain spiritual laws in unequivocal terms. In a single line, she communicated the whole of spiritual healing: “Our bodies are the fruits of our minds.”

Whatever thoughts we hold build up in our bodies, she said. Whatever we visualize begins to take shape. The same principle that applies to healing applies to every area of our lives—prosperity, relationships. To overcome our false beliefs, we must awaken our inner powers to align with the perfect Christ pattern, she said.

Some of Myrtle’s correspondents had trouble grasping the concept, but Myrtle never wavered. To one letter writer who complained the spiritual principles didn’t work, Myrtle replied, “Dearie, you’re doing it wrong.” Another asked Myrtle to send “healthy vibrations,” and Myrtle explained we must cooperate in our healing by changing our thinking. There is no magic to bestow.

In the end, Myrtle floated out of her body the way she had as a girl. In 1931, she told a few people that she had accomplished all she could on this side of the life plane. In her home at Unity Village, she went to lie down and slipped out of her body.

Myrtle’s voluminous letters, including many that are unpublished, are now part of the Unity Digital Archive and Museum in the Myrtle Fillmore Collection. To explore them, visit go.unity.org/myrtlearchive.

Rev. Ellen Debenport is vice president of publishing for Unity World Headquarters.

Day 1

All Things Are Possible

Those who believe in God know that everything is possible with Him. When we come to believe this, we are not astonished at anything. We begin to live; our minds are opened more and more, and we expect wonderful new things to come to us day by day.

—Myrtle Fillmore



A Prayer of Possibilities

In God, I live and move and have my being. I am open and receptive to my good from the Infinite Source that is God. I know that all my needs are met.

Nothing is impossible for me to attain because I believe that with God, all things are possible. I open my mind and heart to the unlimited possibilities of wholeness in mind, body, and spirit. I see the healing power of God at work in all of my affairs.

In this moment, I turn my attention away from thoughts of lack and limitation. I raise my expectations and immerse myself in the presence of God as the greater good in my life unfolds moment by moment and day by day. When fear and doubt begin to cloud my judgment, and I begin to feel powerless over a situation, I reaffirm my belief that with God, all things are possible.

—Rev. Sandra Campbell
Unity Temple on the Plaza
Kansas City, Missouri

But Jesus looked at them and said, “For mortals it is impossible, but for God all things are possible.”

—Matthew 19:26

Day 2

Be Still

Be still. Be still. Be still. God in the midst of you is substance. God in the midst of you is love. God in the midst of you is wisdom. Let not your thoughts be given to lack, but let wisdom fill them with the substance and faith of God.

—Myrtle Fillmore

A Prayer of Stillness

I must in this moment make a concerted effort to be still. I sit in a comfortable chair and quickly assess my current concern. As I determine the depth of the challenge I am facing, I realize the importance of becoming still. I must be mentally still as well as physically quiet, so I command the thoughts that are racing through my mind to be still.

I renew my awareness that the permanent presence of God is within. Remembering this most important truth allows me to release the thoughts connected to my situation. In this stillness, I can fully recognize and accept the solution that is waiting to be expressed. I joyously allow Spirit to give me direction, and I give thanks. I am still, I am open, and I receive.

—Rev. Alberta Ware
Christ Universal Temple
Chicago

Be still, and know that I am God!—Psalm 46:10

Day 3

Become the Light

When the way seems dark, pray for spiritual illumination and guidance, and bring all your thought-people into the light. You will become a radiant center of light, joy, and optimism. People will want to have you serve them. You will inspire success, for others will have confidence in you. Through understanding of spiritual laws, you have a potential “gold mine” to develop.—Myrtle Fillmore

A Prayer of Light

As I breathe into the Presence, I let go of all that keeps me from this here-and-now moment. I breathe again, experiencing myself resting in the illuminating light of Spirit. From this place, I affirm that I am a radiating center of light, joy, and optimism.

With spiritual discernment, I deeply understand that in every hour of darkness, the light is just one breath, one thought away. My inner guidance leads me to others who desire joy and success in their lives and are drawn to me to seek and understand the Truth that I live by. As I deepen my practice of spiritual laws, I more fully recognize that I am a spiritual being of light experiencing life as a human being.

I give thanks for guidance, light, joy, and the opportunity to serve others on their spiritual path.

—Rev. Carolyn Warnemuende
Sacramento, California

Arise, shine; for your light has come, and the glory of the Lord has risen upon you.—Isaiah 60:1

Day 4

Changed Mental Attitude

Your prosperity comes through you instead of to you. And if it seems not to come, that is because you have thrown up some barrier that prevents its unfoldment through your own consciousness. Only your own changed mental attitude and living habits can cause you to work with God-Mind in bringing about the transformation.—Myrtle Fillmore

A Prayer of Abundance

In the Silence, I move into spiritual consciousness with prayer. I release old limiting thoughts and beliefs around money and supply. I bring my thoughts to a deeper level of awareness, connecting fully with Spirit. I affirm God and I are one.

I acknowledge the presence of God within me to establish and fortify an attitude of deservedness and endless abundance. I see myself thriving financially and being fairly compensated for doing work I love to do. Once again, I release feelings of lack, limitation, or unworthiness.

I am a child of the living, loving God who knows my needs. My needs are being met easily and without stress or discomfort. I open my mind and take in the flow of abundance in our universe. I see good coming to me like a wave in the ocean, naturally and in perfect form.

I affirm these things knowing my answer is assured. I go forth with confidence and thanksgiving.

—Rev. John Beerman
Unity of Wimberley, Texas

Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom.—Luke 12:32

Day 5

Child of God

The parent should see his children as eager growing souls. He should see them as individuals, unfolding their own faculties and powers, individually doing that which seems to them best at the moment ... He should forget the present in the eternal, and rejoice that his children have come to know God's plan of life. They are in God's kingdom—free, free to live life as they see it.—Myrtle Fillmore

A Prayer of Letting Go

Beloved child of God, I release you from my fears and anxieties. I see you as God sees you: perfect, healed, free. I trust the indwelling Christ in you to guide you along paths of love and light.

I no longer bind you with my own thoughts of what I believe to be your happiness. I release you into the care of the Divine. God has for you only what is best. As God's beloved child, you receive and accept God's guidance. You act in accordance with it, and you grow according to God's perfect will.

Beloved child of God, I cannot live your life for you. You have your special purpose. Thus, I bless you and, in love and faith, I see you lifted to the Christ consciousness as a child of the Most High. You are blessed in your growth now and forever.

—Rev. Norma Iris Rosado
Santurce, Puerto Rico

See what love the Father has given us,
that we should be called children of God;
and that is what we are.—1 John 3:1

Day 6

Dissolve Problems

No one, not even God, can change you or your circumstances so long as you insist upon looking at and thinking of and worrying about yourself and your problems. Your problems do not exist, except in your own mind ... As soon as you withdraw your thoughts and feelings from the things which you have invited and built up, they will fall flat and dissolve.—Myrtle Fillmore

A Prayer of Overcoming

May I pray in a sacred way, grateful for cosmic light that creates me, for the waters, earth, and air, all creatures, and all living things that feed me. Honoring the ancestors, remembering all children, I pray.

God, beloved oneness in all, through all, as all, for all: Our way is power. I am empowered to see clearly; stumbling blocks are now my stepping stones for new possibilities. Our way is love. I am the power of divine love overcoming every fear. Our way is endless. I am deathless health, infinite intelligence healing in every way. Our way is life-thriving. I am prospering in every way for the good of all.

The very substance of my mind and heart, body, and life are created as unwavering, unconquerable, uncompromised faith. I live these truths, and problems have no power over me.

—Rev. Kathy Harwood Long
Friends of Unity
Plymouth, Michigan

Do not be frightened or dismayed, for the Lord your God is with you wherever you go.—Joshua 1:9

Day 7

Divine Love

It is my great joy to perceive somewhat of the mother side of God—the divine love that never fails and that is equal to the drawing of souls to itself. It is my prayer to be able to radiate the qualities of this divine love to all.—Myrtle Fillmore

A Prayer of Love

In this sacred moment, I pause. With gentle purpose I relax, moving my attention from the thoughts in my head to the place inside me where my humanity aligns with my divinity.

I breathe deeply, relaxing further, centering my awareness in God. Savoring God's unending, all-embracing wellspring of divine love, I feel it radiating through and from me. Basking in the warmth and light of this invigorating Source energy, it illuminates, heals, comforts, and nurtures every facet of my being before spiraling ever outward from me.

I envision this glorious consciousness of divine love growing, enveloping everyone and everything on earth before reaching outward into the cosmos, ultimately saturating all of creation in the awareness of the God-ness that is ever-present in every moment.

Gratefully giving and receiving simultaneously, I become a living conduit of divine love.

—Trish Yancey, LUT, CSE
Unity of Sebring, Florida

So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.—1 John 4:16

Day 8

Encouraging Others

As you learn to see the fullness of God's life and love and power and substance in others, you will know that you need not pour out your own for them. You will have the knowledge and the light to call their attention to what they have and to prompt them to use it.—Myrtle Fillmore

A Prayer of Divinity

From this day forward, I remain conscious and consistent in the evolution of myself and those who walk my vibrational path. I will express my creative energy to enrich others' lives and be a vessel for Spirit. I magnify the full expression of God in each person and call forth the divine attributes we share as joint heirs to the Divine. We are a direct reflection of each other. What is revealed to you is known to me, and we share a space of transformation.

I will remind those who stand before me that no one can give them what they already possess. May I mirror God's greatness and reveal a reflection that reminds beautiful ones of their sacred gifts. Inner sparks are ignited, and I pray for others to live as examples of fearlessly tapping into the divine potential that awaits our individual and collective use.

—Veronica Walker-Douglas
Chicago, Illinois

The Lord your God has chosen you out of all the peoples on earth to be his people, his treasured possession.—Deuteronomy 7:6

Day 9

God Is

God is life; we make that life into living. God is love; we make divine love into loving. God is substance; we take the substantial reality and bring it through into the manifest world. God is wisdom; we claim oneness with divine wisdom, and it expresses through us as wise thoughts and decisions and actions: the light of life that glows from heart and face, yes, every cell of the body.—Myrtle Fillmore

A Prayer of Life and Love

I now open myself to the allness of God, the fullness of God. I behold God as divine life, and I feel this life flowing through my entire being. I am alive and alert, expressing divine health and wholeness, now and always.

I realize that I live, move, and have my being in God as spiritual substance. That substance can be shaped and molded into the good I desire in my outer life and the world. I now consciously create and design a life of peace, harmony, happiness, and abundance.

I know that God is love, and since I am one with God, then my true nature is divine love. My daily intention is to express this divine love in everything I think, say, and do. My desire is to share kindness, hope, peace, and joy to everyone I come in contact with, thereby making this a better world for everyone.

—Rev. Saba Mchunguzi
Unity of Huntington, New York

And now faith, hope, and love abide, these three;
and the greatest of these is love.—1 Corinthians 13:13

Day 10

God Is Good

Never again be sad or give way to thoughts of what might have been! God is eternal, unchanging good, and you have access to all that God is and has ... All that has been destroyed, neglected, or lost through lack of understanding or foolishness or false pride or ambition can and will be brought forth as present good just as rapidly as you grow in consciousness; for God is ever giving just what we expect!—Myrtle Fillmore

A Prayer of Renewal

I stand firmly in the truth that God's infinite goodness is ever-present, inexhaustible, and unshakable within me.

I release all attachments to past regrets or missed opportunities, embracing only the abundance surrounding me now. What once seemed lost or broken is being restored and renewed with my every breath.

I open my heart and mind to the limitless blessings unfolding in my life. I trust that every challenge serves a higher purpose, guiding me toward greater wisdom, strength, and good. With each breath, I deepen my awareness of the divine whispers speaking new life into my very existence.

I live in joyful expectation, knowing God's goodness is the gift stirred up within me today. I am at peace, confident that I have everything I need, and my life is unfolding perfectly, according to divine timing and the goodness of God. I am grateful!

—Rev. Kathy Beasley
Silent Unity Prayer Ministry

Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.—Isaiah 43:18-19

Day 11

God's Qualities

Instead of thinking of the people whom you have believed to be evil and an undesirable influence, think of the goodness of God in the life of all His children. Think of God as everywhere—present light, love, peace, power, and life. Think of all men, all women, all children as abiding in God's presence and expressing God's qualities. As you do this, you will touch the reality of individuals, and you will invite only the best from them.
—Myrtle Fillmore

A Prayer of Oneness

I am grateful for the innate wisdom that guides my every step.

When I find myself distressed by the actions of others that I find perplexing or even reprehensible, I turn within before forming a response. Inner wisdom reminds me that I see the best in others to the degree I call it forth in myself. In that moment, I choose to see or seek the presence of Christ within myself and all humanity.

Aligning with Source, I affirm the oneness of all creation as often as necessary. In doing so, I radiate love, peace, and harmony into the world around me.

—Rev. David B. Adams
Unity of Independence, Missouri

So God created humankind in his image, in the image of God he created them; male and female he created them.—Genesis 1:27

Day 12

Grace and Glory

When we do our best and continue to look to God for our light, and ability, and opportunities for expression and service, the divine law works out our problems, and we have more grace and glory than we had anticipated.—Myrtle Fillmore

A Prayer of Grace

As I begin this precious time in prayer, I settle into the soothing pattern of breath. I am so blessed for this time of focus and awareness of God within, a prayerful calm and blend of comfort, love, and wisdom. I relax into knowing that I am divinely led and things have a way of working out for me, even in challenging times.

If my mind feels cluttered with problems or discord, I shift my focus back to God within. If I'm critical of myself, I prayerfully give myself grace: I'm learning as I go and grow. I release any worry about today or my future and instead welcome the bright joy of lofty dreams and happy imaginings. I picture doors opening for me. I envision divine light filling my relationships, projects, and decision-making. I affirm that my path now and ahead is bright.

—Rev. Bronte Colbert
Athens, Georgia

By the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them—though it was not I, but the grace of God that is with me.—1 Corinthians 15:10

Day 13

Healing

You ask what restored me to vigorous health. It was a change of mind from the old, carnal mind that believes in sickness to the Christ mind of life and permanent health. “Be transformed by the renewal of your mind” (Romans 12:2).—Myrtle Fillmore

A Prayer of Health

As I turn within to my quiet place, I access an endless reservoir of restorative strength in mind and body. I see beyond appearances and know wholeness as my birthright. I gracefully release all fears that might interfere with the progress of my restoration.

As I lean into this Truth, I make healthy choices in alignment with my highest good. I speak only thoughts of wellness. My soul vibrates with radiant health and wholeness that regenerates my entire being, healing whatever needs to be healed.

My body already knows what it needs to know. Every cell, every organ, every tissue works in perfect harmony. My physical temple is beautiful, whole, and well.

With a grateful heart, I consistently remember as I go through my day that I am healthy. From this awareness of wholeness, I also know this to be true of those for whom I pray.

—Rev. Patty Williams
Salem, Oregon

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? ... Therefore glorify God in your body.—1 Corinthians 6:19-20

Day 14



The Joy of Life

The moment a person yields his self to Godlikeness, he is letting the Spirit of God burst the shell of doubt and fear, and the light of faith reveals to him the light of life. He becomes conscious of the joy of life, the joy of life in himself and in everyone else.—Myrtle Fillmore

A Prayer of Joy

I breathe deeply in this moment, quieting my mind and my heart. I welcome the stillness at the very center of my being, at the very center of all being, and rest in the wellspring of faith, life, and joy. This wellspring is my life too. This faith is my faith, this joy of life is my joy.

One with the Divine, I claim my capacity to delight in the preciousness that is life. I claim my ability to access the boundless energy that is available to me in every moment—tasting joy in my first sip of coffee, hearing joy in the purr of my cat, feeling joy in a hug from a friend. Joy energizes, supports, and resources me in all that is mine to do. How grateful I am to know that in the midst of any challenge, I can know the joy of life.

—Rev. DeeAnn Weir Morency
Unity In Marin, California

Clap your hands, all you peoples; shout to God
with loud songs of joy.—Psalm 47:1

Day 15

Light

God is the only reality of us; all else is but a shadow that is cast by some foolish belief or unwise combination of thoughts and the elements of being. When we let light flood us with its sunshine, all clouds vanish and we begin to see ourselves in new ways of doing, which lead to wholeness and health and satisfaction and growth.

—Myrtle Fillmore

Light

I focus my awareness on the Truth of myself as a spiritual being, one with Source, the divine I AM. I am an extension of the one power and one presence in and through all creation.

I open to the full flow of spiritual light and love that is my birthright. I let inner light bathe me with spiritual sunshine, cleansing space on the altar of my mind so that wholeness, health, abundance, and inspiration can flood in.

I claim my good and affirm that my light radiates to all beings I encounter, bringing healing and love to all. I say thank you for the oneness, love, and light that is the Truth of my being.

—Rev. Sylvia Hayes
Unity Spiritual Community
of Central Oregon
Bend, Oregon

Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.—Matthew 5:16

Day 16

Power and Dominion

All power is given unto you in all the affairs of mind and body. Exercise your God-given power, authority, and dominion and rise out of bondage to conditions of lack and discord. There is a saying that “God helps those who help themselves.” You are God’s executive, and your indwelling Lord depends on you to make His glory manifest. Then be up and doing. Do the will of Him who sent you. In doing so, you are not only helping yourself, you are helping others.—Myrtle Fillmore

A Prayer of Dominion

I am in the presence of pure Spirit, immersed in the ever-present substance of the Divine. I am in God; God shows up as me. As a perfect expression of the Spirit within me and around me, I know I have perfect dominion over all my affairs. Here and now, I claim this Truth:

I am a powerful being emanating from the Divine.

*I have power and dominion over my thoughts
and therefore my results.*

I am now aware of my thoughts and how they express themselves in my life. This allows me to take dominion over them. I let go of the need to be right in order to discover Truth. I allow God to be God in me and flow through me. As I do, I heal my mind and discover my true power and dominion. Peace, prosperity, and life are expressed in all areas of my life.

—Rev. Luzette Rivera-Diez
Miami, Florida

You have made them a little lower than God, and crowned them with glory and honor. You have given them dominion over the works of your hands; you have put all things under their feet.—Psalm 8:5-6

Day 17

Quiet and Rest

A period of quiet and rest each day is your opportunity to establish yourself at the center of your being, the one place where the supply of life and substance is inexhaustible. God is this eternal life that we make into living ... God gives freely; it is for us to keep the receiving channels open, to keep attuned to the realities so that our intellect does not take us out among the limited ideas of the world.—Myrtle Fillmore

A Prayer of the Infinite

I arrive at this, my appointed hour, and gravitate effortlessly to the inner realm of my being. I become aware of my intimate connection with the Infinite. With heart and mind open, I yield to the movement of Spirit, an empty vessel ready to be filled with the presence and guidance of the Divine.

Resting in the deep pool of the Infinite, I am restored in body, mind, and Spirit. Each cell, each organ is overflowing with all that God is. My soul now expresses the truth of my existence as I live, move, and have my being sourced by the Divine.

I move in the world with ease and grace, knowing I AM that I AM is my compass and my guide for living and sharing wisdom, understanding, compassion, and love in my world.

With gratitude and thanksgiving, I return from this time of quiet rest to live the fullness of life here and now.

—Rev. Karen Romestan

But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.—Matthew 6:6

Day 18

Radiating Center

Busy yourself with the work God gives, and with study and prayer develop into a real companion and a real radiator of happiness and inspiration ... Spirit intends you to be a radiating center that will draw to you whatever you need to be well and strong, successful and prosperous.

—Myrtle Fillmore

A Prayer of Radiance

As I walk through the world today, let divine light shine through my words, my countenance, my entire being.

May each person I interact with feel the love that sustains me and lifts me. May their lives be improved in measurable ways because of the spiritual work being done in me. May I never take for granted the energy of intelligence that moves through me. May I always find joy in radiating and reflecting my divine origin.

I am a radiating center of life, love, wisdom, and power. The atmosphere of every room I enter shifts in a positive direction because of the light within me. There's no hiding my light under a bushel for me. I move confidently as the spiritual giant I am.

—Rev. Sherri James
The UP Church
Inglewood, California

No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.—Matthew 5:15

Day 19

The Secret Place

We are longing to bring into manifestation that which has been given us to bring forth; that is why we are sometimes restless and discontented. That which the world has to give does not satisfy, but when we go into the secret place, when we learn to be still and to know the I AM (God's perfect idea of us), we lack nothing. We can become like Jesus Christ if we abide in the secret place of Spirit.—Myrtle Fillmore

A Prayer of Retreat

There is a sacred, secret place within me where only I can go. It is made especially for me and filled with unlimited possibility. I return to my still place now and rest here for a few precious moments, away from the distractions of daily life.

In the Silence, I become aware of an endless peace. There is no time or space here, for I share in the expansiveness of the entire Universe. I am refreshed and renewed. My heart is open and my mind is clear.

When I choose to turn my attention to the outer world, I bring forth into manifestation the divine idea that I am here to express and to be. Filled with a great satisfaction and deep appreciation, I know that I can withdraw to this wonderful secret place at any time I desire.

—Rev. Dale Worley
Unity of Savannah, Georgia

He who dwells in the secret place of the Most High
shall abide under the shadow of the Almighty.

—Psalm 91:1 (NKJV)

Day 20

The Silence

The Silence is a kind of stillness, a place of retreat into which we may enter and, having entered, may know the Truth. We go into the Silence by observing the instructions, “Be still, and know” (Psalm 46:19). The only way really to know is to become perfectly still, to get away from the outer and from looking for things, into the inner quiet where we are alone with wisdom. In the Silence, wisdom is given for every need.—Myrtle Fillmore

A Prayer of Silence

In quietness and confidence is my strength. As I settle into my morning prayers, I still any anxious thoughts or uneasy feelings with the words, *Peace, be still*. With each breath I whisper, *Peace, be still; peace, be still; peace, be still*. Stillness cloaks my mind and heart; my body relaxes, and any stress or tension melts away. I rest lovingly in the divine presence. In quietness and confidence, I enter the Silence.

In the sheer silence I know the Truth. Wisdom speaks to me as a perfect knowing; I know what to do to let the Divine do its work through me and through all those for whom I pray this blessed morning. With the realization that innate wisdom is now expressed through me, I move through my day with confidence, strength, and knowledge to meet every need. For peace, confidence, strength, wisdom, and knowledge, I give heartfelt thanks.

—Rev. Ric Schumacher
Tallmadge, Ohio

The Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.—1 Kings 19:11-12

Day 21

Success

When you develop your soul and express its talents and capabilities in loving service to God and humankind, your temporal needs will be supplied in bountiful measure. You have access to the rich ideas of Divine Mind; enrich your consciousness by incorporating rich ideas into it. When you make righteous use of your indwelling resources of Spirit, you will become a magnet to attract success.—Myrtle Fillmore

A Prayer of Success

As I pause to connect with the Truth of my divine essence, I become perfectly aware of the talents and gifts that are woven into the complete creation that I am. I give my services, talents, and unique attributes to the world around me generously and abundantly. In doing so I become more receptive to each God-inspired idea that guides me to the experience of my greatest good.

Each thought I have and every word I speak creates the opportunity for me to embody success. I let go of any idea that does not resonate with the vibration of success, and affirm: *I am successful*. I accept success in all areas of my life and receive the blessings of this Truth with gratitude.

—Rev. Maggie Alderman
Silent Unity Prayer Ministry

Keep the charge of the Lord your God, walking in his ways and keeping his statutes ... so that you may prosper in all that you do and wherever you turn.—1 Kings 2:3

Day 22

Thoughts and Prayers

Prayer, then, is to change our minds and hearts so that God's omnipresent good may fill our minds and hearts and manifest in our lives. If we do not keep on thinking in accord with the prayers we have made, we do not get good results. For all thought is formative; all thought has its effect in our lives.—Myrtle Fillmore

A Prayer of Good

I anchor myself in the present moment by focusing on my breath. With each inhale and exhale, I am reminded that I am one with infinite wisdom. I keep my thoughts centered on God, knowing that God's omnipresent goodness is always available to me, no matter the circumstances. All I need to do is to keep my mind and thoughts in constant communion with God's presence within me.

As I consistently embrace thoughts that are good, pure, and honorable, my mind and heart are conditioned and open to always see and experience goodness. My world, life, and affairs reflect the goodness of God. I accept even more good now and witness the wondrous ways my life is being transformed. I am grateful that, from this overflowing goodness, I become a blessing to everyone around me. Thank you, God, for this increased clarity.

—Rev. Shakira Taylor
Miami, Florida

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.—Psalm 23:6

Day 23

True Prosperity

True prosperity is not making money or putting out goods or developing property. It is determining what our souls require in order to cause them to unfold more of God; and then how to harmonize their expression with the needs of our fellow human beings so that all are benefited and inspired to unfold and express more of their inner spiritual resources.—Myrtle Fillmore

A Prayer of Prosperity

As I turn within, I feel my life filled with abundance; I am immensely blessed.

I celebrate victories—not measured in wealth but in the richness of life itself. I cherish my health, freedom of movement, and the deepening of my spiritual consciousness. These are signs of my prosperity.

Divine Spirit is my eternal source, the wellspring of all my needs. With unwavering faith, I anticipate positive outcomes for all my endeavors. Prosperity shines for me as health, wealth, and a boundless supply of all that is good. Openhearted and receptive, I welcome innovative and delightful paths to my blessings.

My inner wealth of positive manifestations is but a mirror of my prosperous mindset. With a servant's heart, I dedicate myself to serving humanity, knowing that my actions reflect the abundance of my spirit.

I am joyful and thankful for the abundance that flows through my life.

—Rev. Robin Volker
Blairsville, Georgia

And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.—2 Corinthians 9:8

Day 24

The Truth of Our Being

When we are praying daily and when others are praying for us ... We have a very decided part. We are to cease worrying, and being anxious, and thinking and speaking of the past, and of the apparent lack and idleness. We are to concentrate all our attention upon the truth of God. And the truth of our own being, upon the very things we would see taking place in our lives.—Myrtle Fillmore

A Prayer of Presence

As I take a deep breath, I center my awareness upon God. God is the ever-present grace in my life. God is the ever-flowing Source of my good. With each breath, I feel my heart opening and sense my mind becoming more clear. God is always with me and in me. In this I focus my attention. And so I release any fear or worry.

There is nothing that can limit me as I welcome the full potential of God's grace and good into my life. I focus all my attention on the eternal and powerful presence of God. Where God is, all is working for my highest good. Where God is, all is working in my favor.

I claim my good here and now. I feel gratitude rising in me for I am grateful for my oneness with God and for the faith that guides me.

—Rev. Juan del Hierro
Unity on the Bay
Miami, Florida

Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written, "You shall be holy, for I am holy."—1 Peter 1:15-16

Day 25

Understanding

The day will come when all adverse states of mind will give way to the light of truth. If you have the poise to keep still when unbelief is talking, the day will come when you will be entrusted by the Father with speaking or doing that which will reveal Jesus Christ indwelling. Pray for understanding for yourself. Get all your faculties and powers awake and working in perfect harmony with the Christ pattern.—Myrtle Fillmore

A Prayer of Understanding

In the stillness of this moment, I open my heart and mind to embrace broader perspectives and a deeper understanding of myself and others.

I release any fear or defensiveness that may arise when facing differing opinions. I recognize that conflict serves as a catalyst for growth, and I confidently meet it as a divine opportunity to embrace the full spectrum of life's dynamic nature. I welcome a shift in consciousness, that I may be an emissary of acceptance, peace, and love.

As I open my soul to transformation, I embrace a deeper understanding of oneness. Aware that I am one with all that is good, generative, and loving, I trust I am divinely guided to do what is mine to do. I walk in peace, extending it to all whose lives touch mine.

—Rev. Kurt Condra
Unity on the North Shore
Evanston, Illinois

Give me understanding, that I may keep your law and observe it with my whole heart.—Psalm 119:34

Day 26

Vitality

God in the midst of you is a tower of strength and stability. You are filled with the vim, vigor, vitality, and tireless energy of “Christ in you,” and you are renewed every moment of the day.—Myrtle Fillmore

A Prayer of Vitality

I recognize that God within me is my source of unwavering strength and stability. I embrace the Christ presence in me, knowing that it fills me with boundless energy and vitality. In every moment, I am renewed and refreshed, empowered by divine life flowing through me.

I move enthusiastically through my day with tireless energy, trusting in the constant renewal of my spirit. In every situation, I am strengthened by the life of God that sustains and uplifts me. I am filled with vim, vigor, and vitality, knowing that Christ in me is my ever-present source of renewal.

—Rev. Todd Humphrey
Crystal Coast Unity
Atlantic Beach, North Carolina

Those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles, they shall
run and not be weary, they shall walk and not faint.

—Isaiah 40:31

Day 27

Wholeness

Sometimes we pray to a God outside of ourselves. It is the God in the midst of us that frees and heals. With our eye of faith, we must see God in our flesh, see that wholeness for which we are praying in every part of the body temple.—Myrtle Fillmore

A Prayer of Wholeness

In prayer, I create a space for wholeness to generate and expand in my mind, body, and life. If I have abandoned my intimate connection with my inner divinity, I consciously bring my awareness back to my center where true wholeness resides. I know intuitively that my divine and holy spark—that eternal DNA that animates me, heals me, guides me, and protects me—will restore my conscious union with the power of the universe.

In times when I feel unwell or blocked in any area, it is my responsibility to open my hands and let those obstacles go. I know that Spirit and I, working together as one, will achieve the freedom I seek. This regeneration, a kind of rebirth, a deeper awakening, brings with it a recognition of my oneness with the Creator. I pray with a whole heart of gratitude that wholeness is mine.

—Rev. Lulu Logan
Winter Garden, Florida

On that day you will know that I am in my Father, and you in me, and I in you.—John 14:20

Day 28

Youthful Spirit

Let go of the mental attitude that causes a sense of burden—that belief in age that weighs one down with “years.” You live in God, not in years; in deeds, not in figures upon a dial. Instead of thinking, “I’m getting up in years,” get into the youth spirit of joy in living and loving.—Myrtle Fillmore

A Prayer of Youthfulness

On this sacred day, I am renewed in knowing that the ageless energy and zest of God-life is ever-present in me. I let go of focusing on the past and what was or wasn’t. I free myself from any comparisons of who I used to be or what my body used to be or look like, and I focus on the beautiful now of me.

As I embrace this transformation, I engage my playful and adventurous Spirit. I challenge myself to ride a Ferris wheel, color with crayons, or dance in the rain to remember the silly pleasures and simple joys of life. I feel the excitement and energy of a child tearing open gifts at Christmas. All my movements of mind and matter are perfect, easy, and effortless.

My heart is full of gratitude and love. Today, I am unwrapping my vitality, vibrancy, and vigor. I am free!

—Rev. Christina Garza
Nashville, Tennessee

So if anyone is in Christ, there is a new creation:
everything old has passed away; see, everything has
become new!—2 Corinthians 5:17

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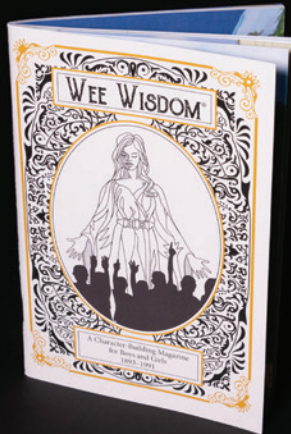


Myrtle Fillmore's Healing Letters

Compiled by Frances W. Foulks



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