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**Introduction to Unity: the Power of Faith**

In Unity, we believe that God (the Divine, the Source, etc.) is within, always present. God has twelve recognizable attributes, lights or powers that are also ours by virtue of our oneness with God. These spiritual abilities lie latent in us, “existing only in potential, until they are recognized, activated” (Linda Martella-Whitsett). Whenever we turn our thoughts to God, we become one with Power without limit. This article is about one of those twelve Powers, Faith.

Faith is our innate power to create our reality by our perceptions, our beliefs and our interpretations. It is a spiritual assurance, the ability to believe, intuit and perceive, the power to do the seemingly impossible. In the words of Unity co-founder Charles Fillmore, it is “a deep inner knowing that that which is sought is already ours for the taking.” It is Faith that makes real the images in our mind.

It is also Faith which enables us to look past appearances of lack, limitation or difficulty, to take hold of the divine truth – the spiritual principle underlying all human/material conditions -- and believe in it, even though we do not see any evidence of it except in our minds (Martella-Whitsett).

Unfortunately, Faith does not come all at once. Instead, it must be developed within us. To develop Faith, according to Winifred Wilkinson Haussman, we must “look past appearances of lack, of limitation or difficulty to take hold of the divine idea and believe in it even though we do not see any evidence of it except in our minds.” To develop faith, repeat this affirmation: I live in faith, perceive the good, trust all is well and expect the best.

For more information about Unity Spiritual Centre Ottawa: www.unityottawa.org. To learn more about spiritual powers: www.unity.org.