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**Introduction to Unity: The Power of Imagination**

In Unity, we believe that God (the Divine, the Source, etc.) is within, always present. God has twelve recognizable attributes or powers that are also ours by virtue of our oneness with God. This article is about one of those twelve Powers, Imagination, the power of vision, conception and embodiment. We are grateful to Linda Martella-Whitsett’s book, *Divine Audacity*, for much of this material.

Rev. Martella-Whisett notes that “imagination is our powerful capacity to picture what can be and, by holding the idea and developing it further we feel its effects with it is as yet unmanifest, to live into that idea until it essentially becomes our reality. ... Imagination is our primary power because it is essential for the cultivation of our magnificent spiritual capacities.” Using the power of Imagination, we can revise our past experiences as well as create an ideal future for ourselves. Imagination is our power of conception, vision and embodiment:

*Conception:* Any idea we can conceive of comes from the One Mind, the principal leading intelligence informing all ideas. If you can conceive of something it already exists in One Mind. A fearful consciousness imagines the worst, contributing to the likelihood of the worst thing manifesting. Yet we are equally capable of imagining the best and manifesting it.

*Vision*: To envision is to create in the mind, to dream of what has not yet manifested, to flesh out an idea and feel its benefits in advance of its fulfilment.

*Embodiment*: The future we have been envisioning demands that we be the person who can live in that desired future. By the power of Imagination, we live *as if*, embodying the character necessary for the dream to become real.

To amplify your power of Imagination:

* Exercise your visioning capacity for a few minutes every day; write your vision down.
* Rehearse your desired future by writing as if your desires are already fulfilled.
* Rewrite a painful story from your past, reinterpreting it in a way that strengthens you and lifts you up.

**Join us July 20th, 6 - 8 p.m. for the free, online Foundations of Unity course.  All are welcome! Mandatory for anyone becoming a member of USCO this year. To register:****officeunity@yahoo.ca****. See** [**www.unityottawa.org**](http://www.unityottawa.org) **to learn about online services and other events.**