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

In his landmark book, *The Art of Loving*, Erich Fromm states that:

 Love is not primarily a relationship to a specific person; it is an attitude, an orientation of character that determines the relatedness of a person to the world as a whole, not toward an object of love ... love is an activity, a power of the soul.

Unity co-founder, Charles Fillmore concured, saying that the power of love “insists that all is good, and, by refusing to see anything but good, it causes that quality finally to appear uppermost in itself and in all things.”

And yet, many of us find it challenging to believe that good can be found in everyone and in all things. This belief is easy to sustain when the sun is shining and all is well in our world. But enter some dark days and we can forget about seeing anything but not-good. For some of us, our tendency is to highlight the bad, the wrong, the worst, forgetting that our spiritual nature naturally focuses on the good.

Love is what harmonizes us. We have within us a set point, a default point, for interpreting the people and events in our life as good. We know immediately when there is discord in our life – because we have a built-in intolerance for disharmony – and we spend great amounts of energy resolving the discord in an effort to get back to harmony. The harmonizing Power of Love within us is our capacity for harmonious thoughts, words and actions regarding ourselves and others.

Love also has a unifying power. This is our capacity for communion, empathy, belonging and compassionate service. When we can see ourselves in another, we are experiencing the magnificent Power of Love. Without that Power, we experience separateness. From Albert Einstein: “Our separation of each other is an optical illusion of consciousness.” And, again from Erich Fromm, “The experience of separateness ... is the source of all [our] anxiety.”

To increase your Power of Love, focus your attention around your heart. Imagine a pink glow emanating from there. Expand that pink glow to your whole body, to others and to the world.

In Unity, we believe that God (the Divine, the Source, etc.) is within, always present and that there are twelve attributes or Powers of God that are our birthright. We are grateful to Linda Martella-Whitsett’s book, *Divine Audacity*, for much of this material.

**Join our online service, every Sunday at 10:30 AM. To see a description of upcoming services, workshops and other events, and to get the Zoom link to services, please subscribe to our weekly newsletter under Contact Us at** [**www.unityottawa.org**](https://www.unityottawa.org/)**.** **To learn more about spiritual powers:** [**www.unity.org**](https://www.unity.org/)**.**