**Introduction to Unity**

This is the first of five articles on the principles that shape our beliefs at Unity Spiritual Centre Ottawa. The principles were first written for the Unity movement, but they reflect the laws of the universe. They apply to everyone, all the time. If you also share our beliefs in these universal principles, please come join us. All are welcome.

Principle 1 states that “God is Absolute Good, everywhere present.” If you are uncomfortable with the word “God,” substituting your words – All That Is, the Ultimate Reality, the Presence, Spirit, the Universe, etc. – may help this first principle make sense.

In *The Five Principles*, author Ellen Debenport tells us that this principle means that God is not an old man watching over the world. It means instead that we are one with God, not separate, not watched but immersed in the Divine. All that we are and all that we have is God and we can never be separate from that universal power. “We are,” she says, “like fish in water, largely unaware of the sustaining force in which we live.”

To feel God, that One Presence, we need only go inside, enter into the stillness, be with the All, and feel the divine love that moves within us.

For more information please see [www.unityottawa.org](http://www.unityottawa.org).