**Introduction to Unity: Principle #3**

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

Unity Principle #1 states that “God, or Spirit, the Universe, the Divine, is Absolute Good, everywhere present.” The second Principle takes this idea further, stating that we are the expression of the Divine in human form. Principle #3 says that human beings create their experiences by the activity of their thinking; everything in the manifest realm has its beginning in thought.

Ellen Debenport, author of *The Five Principles*, notes as follows: “We are living in an ocean of love and abundance in which we cannot fail. We are ever connected to the Source of all things. We can tap into the power, wisdom and guidance of the Divine at any time.”

Debenport continues “imagine yourself as a tuning fork. Your feelings in any given moment set up a vibrational tone. The Universe picks up your vibration and hums along, amplifying your sound. If you are vibrating with joy, you will experience more joy. If you are vibrating with misery, you will experience more misery.”

Are you manifesting what you want in your life? If not, it may be time to get really clear about the vision you hold for your life, focus on raising your vibration and feeling tones and see what comes your way.

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