**Introduction to Unity: Principle #4**

This is the fourth 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 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. Principle #4 deals with communion with God, specifically with prayer and meditation viewed through the context of the first three principles.

If God is within – and not someone we have to petition for favours – why pray? And, if we are already creating our experiences by the activity and direction of our thinking, what use is prayer? In Unity we believe that prayer strengthens our communion with God, reminds us of who we truly are as expressions of the eternal life force and lets us align our feelings and thoughts with our highest good.

Ellen Debenport, author of *The Five Principles*, reminds us that Jesus said “Ask and it will be given.” Asking is not beseeching; rather it is focusing our thoughts and aiming our intentions. As Debenport states, “Prayer is the time we take to … align ourselves in oneness with the divine and affirm that whatever we need is already ours.” Jesus taught us to pray in utter confidence when he said “Whatever you ask for in prayer, believe that you have received it and it will be yours.” This affirmative prayer and the practice of meditation is how those who follow Unity principles commune with God.

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