**Introduction to Unity: Principle #5**

This is the last 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. These first four principles set up a change in our consciousness – the filter through which we view the world – to prepare for Principle #5: changing our behavior.

How do we change our behavior? According to Ellen Debenport, author of *The Five Principles*, we do so by living the Truth: living consciously and taking action as guided by our inner being. “Truth” is spiritual law. Living the Truth determines how we show up in life. When we are living the truth, any actions we take will be from a consciousness of Spirit and oneness, with ego in service to the soul. Life is consciousness first then taking action as we are inspired. Spiritual action, Debenport says is “integrating our divine essence into ordinary, annoying, daily living with its drudgery, confusion and difficult people.”

To choose appropriate action, opt for what feels good and right such as being of service or whatever keeps you in positive vibration. Being in positive consciousness will naturally attract positive things to us. We simply withdraw our energy from something we don’t like and it will disappear. Unity co-founder, Charles Fillmore elaborates, “Pronounce every experience of good and of God,” he says, “and by that mental attitude you will only bring forth the good. What seemed error will disappear and only the good will remain.”

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