

Take a few minutes each morning and evening to go through these steps. Pray, meditate, visualize, and reflect on what each step means to you. Make note of what you are learning and how you are growing. What is changing in your life?

The Seven Steps of Manifestation based on Genesis 1:1– 2:4

If there is any lack apparent in man's world it is because the requirements of the law of manifestation have not been met. This law is based on mind and its operation through thoughts and words. The key to the operation of mind is symbolically set forth in the Genesis account of the six days of creation. Man's mind goes through the identical steps in bringing an idea into manifestation. Between the perception of an idea and its manifestation there are six definite, positive movements, followed by a seventh "day" of rest, in which the mind relaxes and sees its work in process of fulfillment.



1st Step – Understanding

Take the first step by saying, "Let there be light"; that is, let there be understanding. You must have a clear perception of the principle back of the proposition "God will provide." The one universal, eternal, substance of God, which is the source of all, must be discerned and relied on, while dependence on material things must be eliminated from thought.

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If you work according to the law, conforming to its orderly operation as revealed in the degrees of creation, you cannot fail, because when you have fulfilled the law you have found the kingdom.

4th Step – Affirmative Prayer and Gratitude

"Let there be lights in the dome of the sky to separate the day from the night; ... to give light upon the earth. ... God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness."

Pray, but let your prayer be affirmative, for that is the prayer of faith. A begging prayer filled with ifs is a prayer of doubt. Keep praying until affirmations become a habit of mind. The race thought of lack must be penetrated and so charged with the truth of God's omnipresent abundance that all consciousness of lack and poverty disappears from the face of the earth. The more we trust to the simplicity and infallibility of the law the better will be our individual demonstration and the more we shall contribute to the transformation of the race thought that causes lack and famine. Those who make the greatest spiritual demonstrations are not the wise of the world but the obedient children of the law on the bosom of infinite love.



2nd Step – Faith

If you have established that light, you have begun your demonstration and can go to the second step. A "firmament" must be established; that is, a firm place in the mind, a dividing of the true from the apparent. This is done through affirmation. As you affirm God as your supply and support, your words will in due season become substance to you, the substance of faith.

3rd Step – Visualization

The third step is the forming of this substance into tangibility. "Let the dry land appear... Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." Out of the omnipresent substance your mind forms whatever it wants by the power of imagination. If it is food you need, see yourself as bountifully supplied with food. If you have already taken the other steps, you can picture in mind the things you desire and bring them into your manifest world. If the other steps of understanding and faith have not been taken first, there will of course be no demonstration, for above all the creative law is orderly and works by progressive steps. Many people have tried to demonstrate by visualizing and concentrating and have failed because they have put the third step first. They have not developed understanding or faith.

Who Will Benefit:

- All congregation members, ministers and other church staff, Church Council, and Team / Committee Leaders and Members.
- Anyone interested in enhancing their capacity to manage self in a non-anxious and responsible way, whether in the church, the home, the workplace, or the community.

Workshop Location:

Unity Church of Olympia
1335 Fern Street SW
Olympia, WA 98502

Workshop Leader:

Rev. Anna Joy Grace, PhD, an ordained Unity minister, is a well-respected spiritual leader who practices what she preaches. Her classes and workshops are renowned for bringing participants into transformative awareness and life-changing action. Her professional expertise is communication and human relations. Anna received training from the Lombard Mennonite Peace Center to serve as a **Healthy Congregations** workshop facilitator.

Registration Fee:

\$20.00 per person, couple or friendship group. The registration fee includes the Healthy Congregations Participant Manual. Registration Deadline, Mar. 4th.

Workshop Schedule

Friday Evening 5:45	Registration/Dinner
7:00 - 9:30	“What is System Thinking” Video Case Study: “The Anxious Congregation/The Responsible Congregation”
Saturday 9:00	Continental Breakfast
9:45 - 10:45	Healthy Congregations Response to Anxiety - Healthy Congregations Invite Differentiation of Self -
10:45 - 11:00	Break
11:00 - 12:00	Healthy Congregations Focus On Strength - Healthy Congregations Manage Conflict -
12:00 - 1:00	Lunch (included in registration)
1:00 - 2:30	In Healthy Congregations, Leaders Challenge People In Healthy Congregations, Leaders Focus on Mission -
2:30 - 2:45	Break
2:45 - 4:30	In Healthy Congregations, Leaders Promote Health Through Their Presence and Functioning - Planning For A Healthier Congregation -

Our church community is growing in spirituality, energy, creativity, and size. We are doing great! This is truly our year of well-being. Spirit is expressing in us as creativity, peace, and well-being. Our Church Advance weekend is a time for our community to get together for more learning about how groups of people can grow and flourish together. Here at Unity of Olympia we use the principles of systems theory in our communicating and organizing. Rev. Anna has been certified to teach this workshop by the Lombard Mennonite Peace Center. She has presented this workshop to our Council of Trustees and to our Unity of Olympia staff, as well as to other Unity churches. She presented these ideas last year also in the "Going With The Flow" class. This is a fun way to get to know your fellow community members better and learn skills that help you get your energy flowing more here at church, as well as in your workplace, in your family, and in your recreational activities. Join us for the Church Advance - be sure to sign up so we can order your notebook and prepare our meals for the right number of participants.

Registration materials are available in the foyer. Call the church office Tuesday through Friday from 9-5 for information and registration.

360-943-5757

