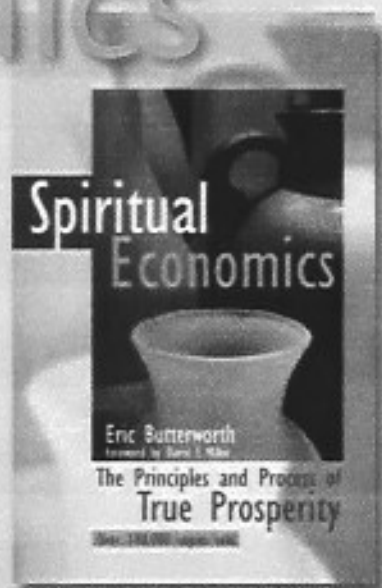


Practice of Thriving of *Thriving*

Opening to Divine Abundance Everywhere 2.0

Spiritual Economics



Based on the book
by Eric Butterworth


unity[®]
Worldwide Ministries

Congregation Workbook

The Practice of Thriving

Within each of us is an inner urge to live life to its fullest, and to share that fullness with others as well. Eric Butterworth has succinctly detailed the steps that are necessary to achieve this fullness. He appropriately warns that it is not the accumulation of “things” but the will to serve and share the abundant life which is available if we are willing to listen to our inner Source and to translate our inner voice into vision and action.

—David Miller

Introduction

An idea whose time has come

Greater than the tread of mighty armies
is an idea whose time has come.
—Victor Hugo

This is a book about true prosperity. The concepts it articulates are applicable to organizations and to people. You have been drawn to this book by divine appointment, so it just could be that *Spiritual Economics* is an idea whose time has come in your life.

This great idea whose time has come is that there is no such thing as a purely financial problem. It is time to become aware of our false attitudes and emotions which caused it or a healthy attitude or emotion which can cure it.

It has been commonly assumed that in times of economic reverses, we are all victims of a strange malaise about which there is little that can be done other than to wait and see. However, the study of the laws of spiritual economics reveals that there is much we can do, personally, for ourselves and in concert for our country and our world.

Eric Butterworth encourages all as they do the study of *Spiritual Economics* to:

- Take responsibility for your own thoughts, thus taking charge of your own life.
- Declare your personal independence from the belief that your personal welfare is completely tied to the economic fluctuations of the world “out there.”
- Establish yourself in the unassailable conviction that the free flow of substance can only be dammed up from within.
- Know that no one can keep your good from you but you.
- Refuse to indulge in casual conversation about the bad economy.

Week One

*The Truth About Substance &
Your Fortune Begins With You*

Opening Prayer

We take a moment to re-center ourselves and feel the presence of God here in our midst. We open our hearts to appreciate the gift of each person in this class, knowing we are here by divine appointment. We are grateful for the spiritual growth that is unfolding and the relationships which are forming, and we commit to co-creating a space of unlimited possibility. We pray this after the nature of the Living Christ. Amen

Affirmation for the Week

I open the gates of my consciousness to receive the abundant blessings God has in store for me. I let go of limitation and embrace my amazing new life.

Scripture

Do not be conformed to this world, but be transformed by the renewing of your minds... Ro 12:2 (NRSV)

The Truth About God And Substance

God is not a being with qualities or attributes, but He is the good itself coming into expression as life, love, power, wisdom.
—H. Emily Cady

There is only one presence in my life and in the universe, God the good, omnipotent. Many times we have heard or repeated this statement. Have you ever really thought about what it meant? What does it mean to you? Write your thoughts here:

Webster’s Dictionary defines omnipotent as “having virtually unlimited authority or influence.” But God is not only omnipotent, God is omnipresent, defined by Webster as “present in all places at all times.” And God is omniscient, defined by Webster as “having infinite awareness, understanding, and insight. Possessed with complete knowledge.”

Butterworth tells us: “God is the allness of ever-present substance in which we live, move, and have our being. And is the subtle, but vitally important key on which the entire structure of spiritual economics rests.” Substance comes from the Latin “substare,” which means “stand under.” So, what is standing under all that we see? The presence of God. The truth is that substance is everywhere present—it is present in us and all around us. We are the activity of God—God is expressing as us! Isn’t this amazing? We are actually expressions of God.

Charles Fillmore tells us in the *Revealing Word*: “Substance is everywhere equally present, pervades all things, and inspires to action. It underlies all manifestation and is the spiritual essence, the living energy out of which everything is made.”

Myrtle Fillmore, in *How to Let God Help You*, states, “The physical substance which we call the earth is the visible form of the spiritual substance that pervades all things.”

There is no place in all of the universe where substance is any more or any less present than right where you are. It is time to recognize that substance and call it forth in your life.

With your class have a discussion about God as Substance.

Your Fortune Begins With You

God's rich supply is all around you universally, as well as innately within you, as talents, abilities, and ideas longing for expression.

—Catherine Ponder, *The Dynamic Laws of Prosperity*

In man's world there are many manmade laws. And breaking these laws have consequences in our life. Think of some manmade laws and list below.

There are laws of nature that when broken can cause us physical discomfort. List some below.

Then there are universal laws. These are the laws that we govern with our mind. To understand and use these laws you must first understand the "Law of Consciousness." Consciousness is defined by Webster as "the quality or state of being aware especially of something within oneself." Consciousness has to do with thoughts we are holding about any situation, when we can intentionally or unintentionally affect the world around us by our thoughts. We more often call it the "Law of Mind Action." Butterworth tells us that we are magnetic forces drawing to us that which we think, whether positively or negatively. Fillmore tells us that thoughts manifest not only into things in our outer world but also people and situations. How are you using the "Law of Consciousness" in your life? Share a time of discussion with the class.

An exercise to try on your own: Think a positive thought about a situation. Set a timer for 10 minutes. Check your conscious thinking. How far did you stray from that initial positive thought? Now is a good time to start a journal. Do this exercise several times in the next week and record what happened. Share with your group.

Homework assignment: Read chapters 3 & 4 and do the exercise above at least once a day. Journal your experience.

Week Two

The Law Of Visualization & If You Can Believe

Opening Prayer

We take a moment to re-center ourselves and feel the presence of God here in our midst. We open our hearts to appreciate the gift of each person in this class, knowing we are here by divine appointment. We are grateful for the spiritual growth that is unfolding and the relationships which are forming, and we commit to co-creating a space of unlimited possibility. We pray this after the nature of the Living Christ. Amen

Affirmation for the Week

I see every person, place, and thing in my world through the eyes of God and co-create a life of lavish beauty, wonder, and magnificence.

Scripture

May you see the prosperity of Jerusalem all the days of your life. Ps 128:5

The Law of Visualization

Man can only receive what he sees himself receiving.
—Florence Scovel Shinn

The Law of Visualization is seeing with the inner eye of right judgment. It is not settling with the way things are, but visualizing them as they can be. You see it from God consciousness. You project that consciousness. When you are centered in oneness with God substance you see substance everywhere. This is not being blind to the facts but rather contemplating them from the highest point of view. The way God sees every situation—in total abundance.

We must always remember that life is lived from the inside to the outside. If you don't like what you see out in your world, go into the silence and recreate that world. Own it within your mind and heart and then project it out into your world.

1. Think of a situation in your life that does not provide satisfaction. In a time of quiet contemplation step out of it and observe from above. How can you see it differently? Hold a vision of what you desire.
2. Eric speaks of our own self I-AMage. How do you see yourself? Can you see yourself as successful as you want to be?
3. Do your words and actions align with your thinking? Or are you a divided person?
4. Is it time to take control of your own destiny? What old thoughts and beliefs will you need to let go?

*Dream lofty dreams, and as you dream you shall become.
Your vision is the promise of what you shall one day be.
Your idea is the prophecy of what you shall at last unveil.*
—James Allen

If You Can Believe

All things are possible to him that believeth.
—Mark 9:33 (KJV)

Butterworth tells us, “There is no way that you can really begin to understand ‘spiritual economics’ or to make it work until you are free from the sense of God ‘up there’ and to be on fire with the awareness of the Presence of God within.”

This is where faith comes into play. Butterworth defines faith as consciousness centered in the universal source. Faith is not the magic wand that makes God work nor does it release some kind of miracle power. Faith is not a vague process of believing in something out there. It is a positive act of turning on something within each one of us. Charles Fillmore names it as the first of the 12 innate powers of God that everyone is born with.

Faith is expectancy. It is important to remember that the creative process is at work all the time and is directed by what you expect to happen. Wayne Dyer’s book title says it all... “You will see it when you believe it”

1. Where is God for you?

2. What does having faith mean to you?

3. What do you have deep faith in?

4. Do you expect to get what you want or are you just hoping you will get what you want?

We limit our prosperity by the way we identify ourselves. This self identification can be subtle such as “I am only....” Be aware of what you tie your “I AM” to. This is a powerful tool of calling the creative process into flow.

1. What are your self identifiers? Make a list.

2. Can you see how they can limit your prosperity? How?

3. Is it time to change your self image and self identifiers? List three old identifiers and then reframe them in a way that brings you what it is you desire.

Homework assignment: Read chapters 5 and 6 for next week. Take time in the silence to connect with God within. Journal on “I will see it when I believe it.”

Week Three

*The Gratefull Heart &
Work and the Success Syndrome*

Opening Prayer

We take a moment to re-center ourselves and feel the presence of God here in our midst. We open our hearts to appreciate the gift of each person in this class, knowing we are here by divine appointment. We are grateful for the spiritual growth that is unfolding and the relationships which are forming, and we commit to co-creating a space of unlimited possibility. We pray this after the nature of the Living Christ. Amen

Affirmation for the Week

I bring to each experience, a heart of appreciation and gratitude. I see the handiwork of God everywhere I turn.

Scripture

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. Col 3:16

The Grateful Heart

*A grateful mind is a great mind which
eventually attracts great things.*
—Plato

What is your most important asset? Butterworth says, “If you carefully search within yourself, you may come to the awareness that your most important asset is the conscious control of your own life. Nothing else can satisfy or fulfill unless you enjoy the freedom that comes from the control of your inner world of mind and emotions.”

We give other people and things the power to control our lives, but even more importantly, our thoughts. We listen to TV news about decline in the economy and we panic or get angry. One important truth is that you cannot be angry or fearful and thankful at the same time. Having a grateful heart and staying in the consciousness of thankfulness can shield you from it all. Thanksgiving is not just a reactionary emotion; it is a causative energy.

Remember from a previous chapter to look at life from the highest perspective? If you look at every person and situation from your highest you can't help being grateful. When the appearance of lack shows up in your life, go to that high view point, be grateful, and then bless it. Once you have blessed it you can easily let it go and gain back the control of your own creative process, and thus the flow is opened.

Charles Fillmore tells us that: “Blessing the substance increases the flow. If your money supply is low or your purse seems empty, take it in your hands and bless it.”

1. Do the exercise suggested in this chapter. Close this book and your eyes and just feel grateful. Don't go outward looking for something to be grateful for. Just feel gratitude.

2. Could you feel the energy stir within you? What did you feel?

3. What was your body's response to this exercise?

4. Now think of something that appears to be lacking in your life. It does not have to be a thing; it could be an idea or emotion. Now consciously bless it. Look for the energy you felt stirring before and feel it about this situation. Stay with it until you can feel grateful and can gladly bless it.

5. Can you feel the shift about this situation?

6. Continue this process often.

Work and the Success Syndrome

The most important part of learning is to unlearn our errors.

—Zeno

Work is, and should be so considered by every worker, a giving process. You spend most of your life engaged in some kind of gainful employment; so if your attitude about work in general and your job in particular is not right, then you are working against yourself. The work in the job is the means by which you build a consciousness of giving, which gives rise to an outworking or receiving flow.

1. Why do you work?

2. What are you getting out of work?

3. Do you see your job as a part of your spiritual growth?

4. Would you do it for free if you could afford to? Why or why not?

5. Do you feel successful in your work?

6. Do you define yourself by the work you do? Why?

7. Who would you be without this work?

8. Are you grateful for your work?

Homework assignment: Read chapters 7&8 for next week. Take time to reflect on your relationship with your current job. Journal how you can see it from a higher perspective and change how you look at your job.

Week Four

*How To Reverse Financial Adversity
& Security in A Changing World*

Opening Prayer

We take a moment to re-center ourselves and feel the presence of God here in our midst. We open our hearts to appreciate the gift of each person in this class, knowing we are here by divine appointment. We are grateful for the spiritual growth that is unfolding and the relationships which are forming, and we commit to co-creating a space of unlimited possibility. We pray this after the nature of the Living Christ. Amen

Affirmation for the Week

Moment by moment and breath by breath, I choose and re-choose the highest and best. I rejoice as circumstances transform before me.

Scripture

Even though you intended to do me harm, God intended it for good. Gen 50: 20

How to Reverse Financial Adversity

Positive thinking is the only way out of our economic malaise.
—Front page of the *Wall Street Journal*, 1908

It is increasingly acknowledged that economics is basically a psychological phenomenon. This is because it is a mystical process, dealing with the trends of the thoughts of “we the people.” The “economy,” as far as we are concerned, will always be about what we make it, how we decree it, and what we expect it to be. The economy is little more than a barometer that registers the highs and lows of consciousness. Wherever two or three gather together, in an interaction of minds, a very real energy force is projected into the world. If the sharing is negativity, as is so often the case, that consciousness goes forth as a beacon of darkness, adding to the weakness of the economy.

You are the leader of your business affairs and as a Truth student you can become a leader in conversations to lead away from sending out the energy that we really don’t want.

1. How much news do you listen to? Are you paying attention to what is going into your conscious thoughts?

2. Are you letting news or idle conversation about the economy define your finances?

3. Try going for 24 hours without listening to or reading about the economy. Then write in a journal how you feel. Is it different from the previous 24 hours? If so, how?

4. Are you ready to change your financial adversity? Are you willing to grow spiritually? Are you willing to fail in order to succeed?

5. Make your goal list. List ten situations, choose one and begin to work through it as Eric Butterworth instructs.

Security in a Changing World

*Through our sense of oneness with the All-Good,
the greatest possible sense of security is realized.*

—Charles Fillmore

If we are thinking of security in terms of protective barriers and a continuous provision of food, clothing, shelter, heat, light, and medical care, then the most secure person is a life-term convict in a penitentiary. He has real security, but at such a great price.

Actually security is more psychological than financial. It is the things that we fear that make us seek security in outward ways. Insurance, nest eggs, and investments are just a few of the ways we seek to feel secure. These are not bad things to have, but have them out of the consciousness of security not insecurity.

1. How does security feel?

2. When do you feel the most secure? Why?

3. When you don't feel secure, what is missing?

Homework assignment: Take some time in quiet meditation with the Sermon on the Mount. Begin where Jesus is telling the crowd, "Do not be anxious..." Mat 6:25. Afterwards spend time with your journal about how you can build a consciousness of security. Read chapters 9 and 10.

Week Five

*The Money Enigma &
Discover The Wonder of Giving*

Opening Prayer

We take a moment to re-center ourselves and feel the presence of God here in our midst. We open our hearts to appreciate the gift of each person in this class, knowing we are here by divine appointment. We are grateful for the spiritual growth that is unfolding and the relationships which are forming, and we commit to co-creating a space of unlimited possibility. We pray this after the nature of the Living Christ. Amen

Affirmation for the Week

Money is spiritual energy in tangible form. I accept it gratefully, I use it abundantly and I give it cheerfully.

Scripture

Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. 2 Cor 9:7-8

The Money Enigma

Most people, whether they are wealthy, middle class, or debt-ridden, lack consciousness about the conversations, belief, patterns and habits about money.
—Mackey McNeill

Charles Fillmore tells us in *Keep a True Lent*, “Watch your thoughts when you are handling money, because money is attached to you through your mind to the one Source of all substance.”

Money is a means to an end, not the end itself. You cannot eat money, and it cannot keep you warm or cuddle you at night. Simply having money is not the goal. The goal is to use it to do whatever your heart leads you to do and to do that which fulfills your divine purpose.
—Edwene Gaines

There is little likelihood that your life can become fully functioning with prosperity unless you have a positive and creative attitude toward money. There are people who think talking about money in a spiritual way is sacrilegious . But Jesus spoke of it often. Sixteen of His thirty-eight parables are about money or possessions. More than 1,000 verses in the Bible deal with money and material goods.

1. What were you taught about money?

2. Do those old tapes still play in your head?

3. Do they rule your finances today?

4. What is your relationship with money now? Are you feeling lack?

Take a dollar bill in your hands. Look it over, read all the writing. Feel the energy that stirs in you. Now ask yourself, “Can I move from seeing it as only a dollar to “in God we trust?” Journal what your experience was.

Discover The Wonder of Giving

Money is being hoarded and is lying idle in banks all over the land that ought to be used to educate and enlighten the human family. If you have a surplus over and above your needs, you are not fulfilling the law by letting it lay idle. Set it into circulation by giving it to a good cause—lending it to the Lord—and it will return to you again in due season multiplied.

—Charles Fillmore, *Unity* magazine, 1905

If we would recognize the value in the principle of giving in place of the constant thought of getting, we would not find ourselves in poverty.

—C. Newcomb

Such a simple thing as giving of yourself—giving thoughtfulness, time, help, or understanding—will trigger the cycle of abundance.

1. What are you giving?

If it is more blessed to give than to receive then most of us are content to let the other person have the greater blessing.

—Shailer Matthews

2. How does giving make you feel?

3. Do you allow others to give to you?

Homework assignment : Now is the time to give. Jesus told the widow to start where she was. Clean out closets and give it away. No thought of the cost or of a return. Give some volunteer hours in your church. Give a kind word when someone is feeling down. Give love to the world. Take time to journal the experience. Read chapters 11 and 12.

Week Six

A New Look At Tithing & A New World Order

Opening Prayer

We take a moment to re-center ourselves and feel the presence of God here in our midst. We open our hearts to appreciate the gift of each person in this class, knowing we are here by divine appointment. We are grateful for the spiritual growth that is unfolding and the relationships which are forming, and we commit to co-creating a space of unlimited possibility. We pray this after the nature of the Living Christ. Amen

Affirmation for the Week

I have renewed my thoughts and beliefs. I am a positive influence on my world as I move forward with a consciousness of prosperity.

Scripture

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. Ro 12:2

A New Look at Tithing

Tithing is about saying “thank you,” which always begins with putting some gratitude in our attitude.

—Paula Langruth Ryan

Butterworth tells us, “Tithing is not an end but a helpful means towards the end of totally living in a giving consciousness.”

Tithing is the teaching tool used to graduate into a giving consciousness. If everyone was in a total giving consciousness there would be no need for tithing. There would be an overflowing abundance in our world.

1. What is the difference between tithing and giving?

2. Do you know the difference between tithing and charitable giving?

3. Do you feel gratitude when you release your tithe?

4. What fears keep you from tithing?

A New World Order

There is now incontrovertible evidence that mankind has entered upon the greatest period of change the world has ever known. The ills from which we are suffering have had their seat in the very foundation of human thought. But today something is happening to the whole structure of human consciousness.

—Teilhard de Chardin

Butterworth tells us (in the quote below) that what Charles is describing is now. “The Kingdom of God is at hand.” Wherever you were born, you are an unborn possibility of limitless life, limitless intelligence, limitless substance, and yours is the privilege and responsibility to give birth to it.

1. Are you ready and willing to be a part of the new world order?

2. What would that mean to you?

3. Are you willing to be a part of the solution to the economic distress of today?

4. Are you willing to stop giving it energy by idle conversation?

5. Are you ready to do the internal work to have it happen in your life?

In the new era now at its dawn, we shall have a spirit of prosperity. The principle of the Universal substance will be known and acted upon and there will no place for lack.

—Charles Fillmore