



## Unity and World Religions

### Spiritual Practices

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#### Week 1: September 18 – 24

##### **Christianity**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

Think of a situation in your life right now where you could follow Jesus' command to "love one another." Commit to an action you will take to live this Truth this week.

Reflect on your practice by asking: who am I, what do I want, what is my purpose?

#### Week 2: September 25 – October 1

##### **Judaism**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

During this next week, choose several nights at sunset to practice the Jewish tradition of Shabbat. Light a candle, say a prayer of thanksgiving, and affirm healing for the world.

Reflect on your practice by asking: who am I, what do I want, what is my purpose?

#### Week 3: October 2 – October 8

##### **Islam**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

During the week, in the Muslim tradition, daily establish the peace of God within you by declaring:

I call on Allah whenever I need His guidance.

I hope in Allah's mercy. Truly Allah forgives all wrong actions.

I seek Allah to become a better person.

Reflect on your practice by asking: who am I, what do I want, what is my purpose?

## **Week 4: October 9 – October 15**

### **Hinduism**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

In the Hindu tradition of panentheism, God in everything and everything in God, set an intention to bless everything you eat and drink throughout the day.

Reflect on your practice by asking: who am I, what do I want, what is my purpose?

## **Week 5: October 16 – October 22**

### **Buddhism**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

Practice the Buddhist tradition of mindfulness by meditating on awareness. Place your attention on the breath. Be naturally *with* the breath, and whatever thoughts or emotions come, let them come, let them go. As long as you don't forget your breath, anything is okay. Practice at least five minutes every day.

Reflect on your practice by asking: who am I, what do I want, what is my purpose?

## **Week 6: October 23 – October 29**

### **Taoism**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

Focus this week on being true to yourself. To those unwilling to accept you for your true nature, no action is required; just silently let them be themselves as you remain yourself. Contemplate how this practice reveals the Taoist tradition of aligning with compassion, moderation, and humility.

Reflect on your practice by asking: who am I, what do I want, what is my purpose?

## **Week 7: October 30 – November 5**

### **Smorgasbord**

*There is a golden thread that connects all traditional, spiritual and non-secular ways of life.*

Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. Consider the smorgasbord of approaches humankind has chosen as ways to seek connection to the Divine (such as atheism, Wicca, Native American and indigenous religions, Voodoo, Scientology, Dudeism, etc.) Recognize any bias you may have about these or other approaches and place your attention on the second Unity principle: each person is a unique expression of God created with sacred worth. Release any judgment and affirm that all are inherently good.

Reflect on your deeper understanding by asking: who am I, what do I want, what is my purpose?