

Unity Study Guide Chart

Updated 10/26/20

Traditional Terms	
God	Divine Mind, Principle, Law, Spirit, Being, Father-Mother, Creator, Light, Love, Life, Omnipotence, Omniscience, Omnipresent
I AM	God's divinity; our divinity
The Trinity	Father, Son, Holy Spirit. Mind, Idea, Expression.
Devil	Conflict with Truth. All the thoughts that fight against and are adverse to Truth.
Sin	Missing the mark, falling short of divine perfection. The negation of a divine idea. The result of forgetting our oneness with God.
Evil	The absence of good. The manifest result of error thought. Not a force, but a sense of separation from God created in mind. Evil originates in human consciousness as a result of the misuse of our freedom of thought. As cold is the absence of heat and dark is the absence of light, evil is the apparent absence of good.
Suffering	The primary cause of suffering is our misuse of freedom of thought, belief and will. It is the result of our mistaken belief that we are separate from God.
Atonement	Unification. Reconciliation with God thru Christ within. The process by which the mind of each individual becomes consciously unified with Divine Mind.
Reconciliation	Namaste - becoming aware of our indwelling divinity and recognizing that same divinity in all people.
Faith	Spiritual assurance. A deep inner knowing that anything we need is already ours. "The perceiving power of the mind linked with the power to shape substance" (<i>RW 67</i>). Power that draws unto us our heart's desire from the invisible spiritual substance. The power to do the seemingly impossible.
Forgiveness	Erasing sin and error. The process of giving up the false for the true. Forgiveness releases us from the mental and emotional bondage we experience. It enable us to let go of resentment that is adversely affecting our consciousness.
Grace	Divine order in action. God working in and through us to express the perfect outcome. God's desire to express completely through me, as me.
Heaven	Expanded awareness in harmony with God. The realm of pure Divine ideas. A state of consciousness.
Hell	The suffering we experience when we feel a sense of separation from the Source of all-good. A state of consciousness.
Will of God	Absolute good. God's will is that we experience and manifest as much absolute good as we can.
Christology	
Jesus	The man from Nazareth, the historical human person, the Way-Shower who points to the indwelling Christ.
Christ	The divine indwelling, not a person but the divinity within each person.
Jesus Christ	The man who became aware of His indwelling divinity.
Christ Jesus	Jesus in his fully realized divinity. What we become when we lose our personality and embody Christ alone. Sometimes thought of as the post-resurrection Jesus when Jesus manifested His full divinity.
Baptism	Denial of material thought.

Crucifixion	Releasing limitations. Letting go of error thinking, of some cherished aspect of our personality, or of our personal life in order to unfold more of our spiritual potential.
Born Again	Reawakening to spiritual Truth. A change from carnal to spiritual consciousness through the spoken word of truth.
Resurrection	Rising to Christ consciousness. The lifting up of the whole person into Christ consciousness.
Regeneration	A change in which spiritual life is incorporated into the body.
Second coming	Arriving at awareness of one's own divinity, i.e. the Christ within. Not a point in time, but a point in the growth of consciousness.
Salvation	Claiming our God-given attributes. Salvation is not accomplished for us by the man Jesus. We are saved from suffering by identifying with the Christ presence within us. "The restitution of humanity to our spiritual birthright; regaining conscious possession of our God-given attributes" (<i>RW 173</i>).
Four Teaching Methods of Jesus	<ol style="list-style-type: none"> 1. Precepts—a concise statement of spiritual Truth. 2. Parables—stories containing specific messages about the Kingdom of God. 3. Miracle—a demonstration of Divine Law which supersedes the common understanding of natural law. 4. Action/Example—a life activity of Jesus.
Unity Teachings	
Metaphysics	"The systematic study of the science of Being; that which transcends the physical" (<i>RW 132</i>). Unity metaphysics is based on the recognition of divine ideas as the fundamental, eternal Truth that underlies and transcends all physical manifestation.
Being	"God; the Mind of the universe composed of archetype ideas such as life, love, wisdom, substance, Truth, power, peace" (<i>RW 22</i>).
The Creative Process in the Bible	Based on the seven days of creation: <ol style="list-style-type: none"> 1. Illumination (light) 2. Faith (dome or firmament) 3. Imagination (land) 4. Will and Understanding (light by day and light by night) 5. Judgment (fish and fowl) 6. Wisdom and Love (creatures and humans) 7. Sabbath
Demonstration	When we have realized something in consciousness and then it manifests in the physical realm.
Divine Ideas	Everything in the spiritual and material universe is based on Divine Ideas.
Divine Inheritance	Humankind's divine inheritance is Divine Ideas.
Divine Order	Growth through God. The natural pattern of growth and unfoldment which will express through us if we let go and let God.
Healing	Realizing our highest consciousness. Realizing the truth of life, wholeness and health.
Individuality	The Christ-nature within everyone. Our true spiritual self, the I AM. The unique manner in which each individual expresses the universal Christ idea.
Personality	The human part, which is external and changeable (<i>LT 71</i>). The characteristics and opinions that comprise our current beliefs about who we are. This sense of self is often unreliable because it is based primarily on appearances.

Manifestation	The materialization of a Truth idea.
Mind (capital M)	Divine Mind, Universal Principle. Ever-present, all-knowing God Mind. The Absolute, unlimited, omnipresent, all-love, all-powerful Spirit. The consciousness of God
mind (lowercase)	The human starting point of every act, thought and feeling. The common meeting point of God and humanity.
Three Phases of Mind	<ol style="list-style-type: none"> 1. Superconscious mind - Christ consciousness. The Christ mind within. 2. Conscious mind - the phase of mind in which we think about everyday events and by which we are aware of our thoughts. 3. Subconscious mind - The "vast silent realm that lies back of the conscious mind and between it and the superconscious" (<i>KL 87</i>). The storehouse of our memories, thoughts and feelings.
Money	A symbol representing mind substance. Evidence of a Divine Idea. Money itself is not prosperity.
Law of Mind Action	"Thoughts held in mind produce after their own kind" Rev. Martha Giudici.
Life	Consciousness. "The expression of Being that manifests as animation, activity, vigor" (<i>RW 121</i>).
Love	"The power that joins and binds in divine harmony the universe and everything in it" (<i>RW 124-125</i>).
Power of the Spoken Word	"Words -- the vehicles through which ideas make themselves manifest" (<i>RW 123</i>). Words carry the power and the authority of the originating consciousness.
Power of Thought	"You can change your life by altering your thoughts" (Eric Butterworth's signature phrase).
Prosperity	The awareness of God as the abundant, unfailing, everywhere-present resource, always available to all who open themselves to receive it through faith. "Supply always precedes demand" (<i>Lessons in Truth</i>).
Silence	The secret place of the Most High. A state of consciousness entered into for communing with Divine Mind. A place of retreat where we find inner knowing.
Substance	Our supply in the realm of pure potential. "The divine idea of the underlying reality of all things...the living energy out of which everything is made" (<i>RW 186-187</i>).
Threefold Nature of Humanity	<ol style="list-style-type: none"> 1. Spirit - our true nature, invisible and eternal 2. Soul - the total of conscious and subconscious minds 3. Body - the outer expression of consciousness
Truth	"That which accords with God as divine principle" (<i>RW 200</i>). Studies in metaphysical subjects are often called <i>Lessons in Truth</i> .
Twelve Powers	Faith, Strength, Judgment, Love, Power, Imagination, Understanding, Will, Order, Zeal, Elimination, Life.
Wisdom	"Intuitive knowing...the voice of God within as the source of our understanding" (<i>RW 211</i>)
Unity Practices	
Affirmation	To assert positively that something is so even in the face of contrary evidence. Claiming what is already true in Divine Mind.

Denial	To declare that something is not true even in the face of contrary evidence. The ability to release the energy and power invested in outworn negative attitudes or incorrect beliefs.
Centering Prayer	A way of entering into Silence. A meditation practice.
Prayer	<ul style="list-style-type: none"> • The Unity prayer method is called affirmative prayer -- affirming Truth and releasing limitations. • We pray, not to a God outside ourselves, but rather from our awareness of Oneness. • Begging and supplicating stem from a sense of separation. • Prayer is important in ministry because it changes the consciousness of the minister and the congregation. Prayer is "an exercise to change our thought habits" (<i>Healing Letters</i>). • Prayer is the first step in creating a Sunday lesson. • Charles Fillmore defined prayer as the most accelerated mind action known.
Prayer for Others	When we pray with others, we see only perfection, wholeness and health.
Five-Step Prayer Process	<ol style="list-style-type: none"> 1. Relaxation - releasing tension. 2. Concentration - gentle focusing of the mind. 3. Meditation - entering into Silence. 4. Realization - deep inner knowing of the Truth that are prayers are already answered. 5. Appreciation - being grateful before the answer appears in the physical realm.
Unity Principles	<ol style="list-style-type: none"> 1. One Presence/One Power - God is the source and creator of all. There is no other enduring power. God is good and present everywhere. 2. Our divine nature - We are spiritual beings, created in God's image. The spirit of God lives within each person; therefore, all people are inherently good. 3. We create our experiences - We create our life experiences through our way of thinking. 4. Prayer and meditation - There is power in affirmative prayer, which we believe increases our awareness of God. 5. Living by Truth principles -- Knowledge of these spiritual principles is not enough. We must live them.
Being a Spiritual Leader	Develop an attitude of prayer and take time to pray.
Academic Terms	
Theology	The study of God. "Organized, rational reflection on ideas and practices pertaining to the Divine, God and Ultimate Concerns, evaluated from within the boundaries of a chosen circle of faith" (<i>Glimpses of Truth</i>).
Theodicy	The problem of evil and suffering in a world ruled by an all-powerful, all-good, monotheistic God. Panentheism resolves most of the problems raised by theodicy -- we view God, not as personal (a Supreme Being), but as impersonal (Being itself).
Panentheism	God is Being, not a being. We exist in Divine Mind, the one presence and one power. In God "we live and move and have our being" (Acts 17:28). We exist in God like a fish lives in water. Panentheism includes the principles and laws of existence as well as physical matter, energy and spiritual realms.
Hermeneutics	The theory and methodology of interpretation, especially of scriptural texts.

Maieutic interpretation	based on the idea that the student already knows much of what she/he needs to know and that knowledge is drawn out of the student through a questioning process
Unity History	
Myrtle Fillmore birth & death	born August 6, 1845 in Pagetown, Ohio, died October 6, 1931 at the age of 86
Charles Fillmore birth & death	born August 22, 1854 in St. Cloud, Minnesota, died July 5, 1948 at the age of 93
Married	March 29, 1881 in Clinton, Missouri
Three sons	Lowell Page, Waldo Rickert, and John Royal
Myrtle's healing	Attended a lecture by E.B. Weeks. Affirmed "I am a child of God, and therefore I do not inherit sickness." Healed from tuberculosis.
Modern Thought	A magazine that Unity began publishing in April 1889
Silent Unity	Began in April 1890. Original name - The Society of Silent Help. Members were asked to hold a specific prayer thought each month during an evening time of silence.
Unity School of Christianity	Incorporated in 1914
First Unity headquarters	Dedicated in 1915 at 917 Tracy Avenue in Kansas City
Unity Farm	Unity purchased the original 58 acres in 1920
The Daily Word	the official publication of Silent Unity began publication in July 1924
Unity Village	Unity Village was incorporated as a Missouri municipality in 1953
Unity Worldwide Ministries	The Association of Unity Churches was incorporated in 1966 was organized to serve the needs of Unity field ministries. Later became known as UWM.
The Unity wings	symbolize the relationship between spirit, soul, and body. The soul gives wings to the body. Spirit is the enveloping principle.
The Bible	
Hebrew Bible	Favorite scripture and why
Hebrew Bible	Character with whom you identify and why
Hebrew Bible	Explain a story, give the metaphysical interpretation and relate how the story applies to you
Christian Scriptures	Favorite scripture and why

Christian Scriptures	Character with whom you identify and why
Metaphysical Bible Interpretation	
Unity's view of the Bible	The story of the unfolding of the soul, the unfolding of human consciousness. The story of humankind's generation, degeneration, and regeneration. The Bible records what happens when we are in different states of consciousness.
People and Places	phases of humankind's unfolding
Animals, fish, birds	Thoughts and ideas
Adam	the first experience of the human mind in contact with life and substance
Eve	the mother of all living, feeling nature, and the mother principle of God in action
Serpent	sense consciousness, desire, sensation
The tree of the knowledge of good and evil	the discerning capacity of mind, closely related to free will
Cain	Selfishness, the conflict between the physical and spiritual aspects of human nature, that part of human consciousness that strives to acquire and possess. The physical body. The flesh.
Abel	The mental realm. The mind that controls the animal functions. (Abel raised sheep.) Selfishness destroys sympathy and love.
Abraham	awakening faith
Isaac	the joy of new birth and new life in Christ. We rejoice in expressing ourselves as children of God.
Jacob	mental consciousness or understanding supplanting the animal nature
Moses	the development in consciousness of the law of being. New ideas that challenge limitation and try to rise into higher expression.
Egypt	The darkness of ignorance. The realm of substance and life in the depths of the body consciousness. Also known as flesh consciousness, sense consciousness or material consciousness.
Israel	Spiritual consciousness. The thoughts that have resulted from Truth and righteousness.
Mountains	The exalted state of mind where one can make connection with God and be inspired by the Spirit.
David	Divine Love
Goliath	A domineering idea of error that causes fear
Solomon	the unification of love and wisdom
Israelites	people who are looking toward God
I AM	the name of God in humankind
Messiah and Christ	The original Hebrew/Greek meaning was "the anointed one."
John the Baptist	a high intellectual perception of Truth

Mary mother Jesus	intuition, the divine motherhood of Love
Jesus Christ	the embodiment of all divine ideas
The Kingdom of Heaven	oneness, spiritual consciousness, a state of mind filled with peace, love, and harmony
The number 5	The five senses, for example: five foolish bridesmaids
Jerusalem	The spiritual center in consciousness, the city of peace
Bread	Universal substance
“No one comes to the Father except through me”	(John 14:6) We must, as Jesus did, discover the living presence of God in ourselves
Self-Awareness / Conflict Resolution	
Premises	<ul style="list-style-type: none"> • What others say and do is never the cause of our feelings, • We are all compassionate, giving beings, • We can all get our needs met.
Thoughts & Needs	<p>Be able to match needs with corresponding thoughts, such as: Thought: “Everyone else here knows more than I do.” Needs: competence, acceptance, respect. Other general needs: mutuality, consideration, efficiency, understanding, empathy, honesty</p>
Purpose of nonviolent communication	make a heart-to-heart connection rather than to nonviolently resolve conflicts
Four steps	<ul style="list-style-type: none"> • Observation – Stating clearly what a person is saying or doing that is or isn’t enriching life without using words that evaluate, judge, label, analyze, criticize and/or diagnose. • Feelings – Connecting with and expressing what is alive in us using words that accurately describe the emotions and sensations we are experiencing. • Needs – Connecting with the met or unmet need or value that is the source of the feelings. • Requests – Asking for that which would enrich life. The request is not a strategy to get people to do things they don’t want to do or a way to manipulate or change people.
I of the Storm	A place of peace within that is never disturbed by outer conditions, and is accessed through the heart
Accessing heart intelligence	<ul style="list-style-type: none"> • Breathe into the heart • Imagine someone or something that is appreciated in order to generate a feeling of appreciation and gratitude • Allow that feeling to expand.
Who you are	the unchangeable Spirit of God within
Who you are not	Anything that you <i>have</i> as opposed to who you <i>are</i> : inadequacies, fears, insecurities, beliefs, a body, etc.

Signs of being in the presence of an "enemy"	needing to be right, controlling, avoiding or resisting
Value of the enemy	Shows us where we are not connected with our own sense of wholeness
Conflict	Danger and opportunity. It may feel uncomfortable or unsafe, and it gives us an opportunity to become aware of and to heal unconscious patterns
Judging	Results from what is missing, what the relationship needs, or what one may have said or done that created separation
Responding to criticism	"Tell me more"

Sample Behavior-Based Questions

Describe a recent conflict with someone. How did you manage your reaction and reach resolution? What did you learn about yourself?
Describe a time someone asked you for help making a decision. What did you do? What did you learn about yourself?
Describe a time when you became aware of a personal bias. What did you do? What did you learn about yourself?
Tell me how you know you've been triggered.
Tell me about a time you had a conflict with someone that created doubt, fear, or concern in you, them or both of you.

Other Sample Questions

How have you used a Unity teaching in a disagreement?
What are the five Unity principles and how are they important in your life?
How do you use the Unity five-step prayer process?
Tell me about your personal prayer practice.

For Licensing and Ordination

Pastoral Care

Unconditional positive regard	<ul style="list-style-type: none"> • Listen actively. • Ask open-ended questions. • Speak briefly and allow the care receiver to lead the conversation. • Empathize without agreeing. • Focus on underlying feelings. • Suspend judgment and avoid giving advice or premature problem-solving. • Summarize. • When you don't know what to say, don't say anything at all. • Avoid recommending positive thinking. • Encourage the person to continue sharing information.
Unity Model	1. Find out what happened. Build a non-judgmental rapport. Point out differences between facts and interpretations. 2. Find out how the client feels. Identify needs and values. 3. Explore underlying memories and beliefs. 4. Turn to a higher power. Transform so that needs are met by God. 5. Educate for life application. Teach people to do the five-step process for themselves.

Inclusive Ministry	
Definition of diversity	"Offer acceptance and support to all people with whom I have contact regardless of age, race, socio-economic status, creed, nationality, gender or sexual orientation" UWM Code of Ethics. UWM's Diversity Statement: http://www.unityworldwideministries.org/sites/unityworldwideministries.org/files/DiversityStatementUWM.pdf
Culture bubble	The socio-cultural context in which we typically immerse ourselves
Sample question	Tell me about a situation in which your awareness of diversity was challenged or expanded.
Effective Education	
Purpose of spiritual education	Transformation
Syllabus	A clear and definite guide of what will happen in the classroom
Learning objectives	Support the purpose, are applicable, observable and worthy. Focus on doing instead of learning (example: explain, demonstrate, produce)
Multiple intelligences	Linguistic, logical (mathematic), visual (spatial), kinesthetic, musical, interpersonal, intrapersonal, naturalist
Environment	Create a sensory-rich, safe, engaging, participatory environment
Instructor vs. facilitator	An instructor dictates knowledge whereas a facilitator brings forth knowledge from within the students and empowers them.
Sample Behavior-Based Questions	
Describe a time when you had to critique someone.	
Describe a time when you received criticism.	
Describe a situation involving triangulation.	
Describe a time when you disagreed with a Unity minister's message or principle he or she taught. What did you do?	
What has been challenging in school over the last six months?	
As a single minister, you find someone in your congregation that you believe could be your life partner. What do you do? Answer: Be aware of imbalance of power and UWM Code of Ethics. Consult UWM. Be open about the process.	
There is dissension in your congregation, what do you do? Answer: Teach, model and promote healthy and open communication. Consult UWM resources such as <i>Agreeing and Disagreeing in Love</i> .	
Other Sample Questions	
State your mission in one or two sentences.	
What resources does UWM offer and how have you made use of them?	
How do you use technology in your church or in your ministry?	
Describe what is needed for YFM safety.	
How to create a safe environment for children? (answer needs to include physical, emotional and spiritual safety)	

What is the difference between the board and the minister?
What is your understanding of the function of the board? And your experience, give examples.
What are the benefits and restrictions with a 501(c) 3?
What is your favorite 2 religions, why? How similar and different from Unity. (Christianity is not one they are looking for)
Define policy and procedures and how are they different? Give examples.
Define Prosperity consciousness and give personal examples.
What does Oneness mean to you?
What is manse?
How does the Law of Mind Action work?
What are the key points of Unity's Joint Statement on Diversity & Inclusivity?
What is your leadership style?
Describe a time you taught prosperity. How did you prepare?
Tell me about the ethics involved in leadership?
Notes
Review your feedback letters and be prepared to explain how you've addressed any issues.
Review your application, admissions packet and profile form.
Review UWM's Code of Ethics http://www.unityworldwideministries.org/accountability-and-ethics
Review "List of Standards Expected of Unity Ministers" from Credentialing Coordinator Rev. Lynn O'Dell
Have a short talk title, and state the title before beginning.
As you get closer to being licensed or ordained, be prepared for a lot of leadership questions. For example: As a leader how have you mentored others, how have you resolved conflict, etc.

Archived

Not likely to be asked anymore. The interviews are less academic and more behavior-based than in previous decades.

The Bible	
Three Sections of Hebrew Scriptures	The Law, The Prophets, The Writings
first five books of the Hebrew Bible	The Pentateuch, also known as the Torah or the Law.
Deuteronomy	A second rendering of the Law
Writers of the first parts of the Hebrew Bible	<ul style="list-style-type: none"> • Yahwist or J writer — the earliest writer (around 950 BCE). Wrote most of the violent stories of the Hebrew Bible. Wrote the Southern Kingdom’s version of the stories. Uses Jehovah as the name of God. • Elohist or E writer (around 850 BCE). Wrote the Northern Kingdom’s version of the early stories. Uses Elohim as the name of God. • Deuteronomist (between 700 BCE and 600 BCE). Wrote Deuteronomy and most of the history of the kingdoms. Emphasizes a strong obedience theology. • Priestly or P writer (wrote during or after the exile, around 550 BCE and 400 BCE). A priest who wrote the First Law (Leviticus) and re-wrote much of what the J and E writers wrote. Emphasizes ritual and the letter of the law.
Mosaic Covenant	Obey God and you are blessed. Disobey God and you are cursed
Three Great Patriarchs	Abraham, Isaac and Jacob
First king of Israel	Saul
Father of prophecy	Samuel
What does "Prophet" mean	to “speak out” and to “speak on behalf of God”
Periods in Hebrew Scriptures	1. Primal, 2. Patriarchal, 3. Exodus, 4. Transition, 5. United Monarchy, 6. Divided Kingdom, 7. Exile, 8. Restoration
Canon	writings accepted as authentic and inspired scripture
Apocrypha	a group of writings reported to be scripture but not accepted as such from every tradition
The Synoptic Gospels	Matthew, Mark, Luke
Q or Quelle	A common source for Matthew and Luke
Jesus in Matthew	the expected Jewish messiah, the fulfillment of Jewish Scripture
Jesus in Mark	the expected Messiah, but with less emphasis on his Jewish heritage
Jesus in Luke	a Messianic Savior for all of humankind
John	The story of the cosmic Christ
Who wrote Acts?	the same person who wrote the Gospel according to Luke
Earliest book in Christian Scriptures	Thessalonians
Epistles of Paul	some of the letters that bear Paul’s name were not actually written by Paul
Apocalyptic	hidden or coded

Revelation	the symbology refers to the suffering of Christians during the many persecutions by the Romans
Great sayings of Jesus	<ul style="list-style-type: none"> • Seek first the Kingdom of God” • “Love one another”
The Lord's Prayer	Jesus intended this as a format for prayer, rather than as a prayer to memorize and use in rote fashion
The Great Commission	“Go therefore and make disciples of all nations baptizing them in the name of the Father, the Son, and the Holy Spirit.”
The Holy Spirit	descended upon the disciples at Pentecost

World Religions

Concepts shared by Judaism, Islam and Christianity	Abraham, "belief in one God, angels, scriptures, prophets, Judgment Day and destiny
Islam	Islam is the second largest religion after Christianity. About one-fifth of the world's population identifies as Muslim.
Islam means	Submission or surrender.
Mosque means	place of prostration
The Quran	written in Arabic, is seen as God's final revelation to God's final prophet Muhammad.
Problem addressed	The arrogance of believing we are self-sufficient.
Goal	Attain paradise, avoid hell
Path (how)	Faith and works. Obedience and submission
Five Pillars of Islam	1. The profession of faith that "there is no god but God, and Muhammad is the messenger of God" 2. Prayer 3. Charity 4. Fasting 5. Pilgrimage
Practices	Muslims pray five times a day in the direction of Mecca. They observe a lunar calendar. During Ramadan they fast from dawn until sunset. They must complete a pilgrimage to Mecca (the hajj) at least once
Concept of God	Allah is thought of as transcendent, beyond human conception, beyond gender, never taking human form. Idolatry is considered sinful.
Muhammad	Founder of Islam, prophet to whom the angel Gabriel recited the Quran, husband, father, teacher, diplomat, military general, ruler. After he died, Islam split into two main branches, Sunni and Shia, by following different successors.
Hinduism	The world's oldest great religion, the third largest (after Christianity and Islam), originated in India. Has diverse roots, no founder, no current leader, no means of excommunication.
Concept of God	Hindus recognize many gods and do not believe in sin
Three main gods (trimurti)	Brahma, the Creator. Vishnu, the Preserver. Shiva, the Destroyer.
Sacred texts	The Vedas and Upanishads and the Bhagavad Gita
Problem	Samsara - the cycle of life, death and rebirth for both people and the cosmos itself
Goal	Moksha - release, spiritual liberation, freeing the soul from samsara

Four Aims	<ul style="list-style-type: none"> • Kama - sensual pleasure, desires, passions • Artha - wealth and power, prosperity and work • Dharma - duty and ethics • Moksha - union with the divine
Three yogas (disciplines)	to attain moksha: <ul style="list-style-type: none"> • Karma yoga - the discipline of action (intent and consequences) • jnana yoga - the discipline of wisdom • bhakti yoga - the discipline of devotion (love)
Buddhism	Buddhism is the world's fourth largest religion (about 7% of the population).
Siddhartha	The prince, after witnessing sickness, old age and death, becomes the Buddha
Buddha means	Awakened One
Problem	Suffering, "ignorant craving," wanting something other than what is.
Goal	Nirvana
The Four Noble Truths	1. Life involves suffering 2. Suffering has an origin 3. Suffering can be eliminated 4. by following the Noble Eightfold Path
Three refuges	the Buddha, the Dharma (teaching), the Sangha (community)
The eightfold path	also known as the Middle Path between extremes, can be summarized as "Be kind, be wise, be mindful." The path consists of: <ul style="list-style-type: none"> • Ethical conduct - right speech, right action, right livelihood. • Mental discipline - right effort, right mindfulness, right concentration. • Wisdom - right understanding and right thought.
The 12 Powers	
Faith	Peter – Our ability to perceive the reality of God’s Kingdom of Good and Divine Ideas despite evidence to the contrary and then to use this to mold and shape substance.
Strength	Andrew – The faculty of steadfastness, dependability, stability, and capacity for endurance.
Judgment	James, son of Zebedee – Informed by our spiritual understanding, it is the faculty by which we appraise, evaluate, and discern in order to make correct decisions.
Love	John – The attracting, harmonizing, unifying faculty of mind; it is the constructive, building force of Spirit. It is our power to comprehend Oneness.
Power	Philip – The faculty that enables us to have authority over our own emotions (feelings), inspirations, and thoughts. Power is the means of bringing forth Divine Ideas.
Imagination	Bartholomew – The formative power of mind that shapes thoughts based on Divine Ideas into mental images which have color, variety and dimension.
Understanding	Thomas – Spiritual intelligence is the faculty by which we receive enlightenment and insight. It is our capacity to gain direct perceptions of Truth.
Will	Matthew – The decision making, direction, choosing faculty of the mind. It moves all the other powers (faculties) to action.
Order	James, son of Alphaeus – The faculty by which we establish harmony, balance, right adjustment, and right sequence of action in our lives. Mind – idea – expression is the progression through which everything comes into existence.
Zeal	Simon – The faculty of enthusiasm, intensity and exuberance. It provides our inner urge to progress; it is our motivation to achieve.

Elimination	Thaddaeus – The faculty by which we release false beliefs and accomplish a mental cleansing.
Life	Judas – The faculty of movement, vitality, wholeness, and creativity. It is the expression of the pure, eternal life of God within us.