

Spiritual Tools For An Abundant Life- “The 12 Powers of Man”

Using the Powers, One Month at a Time

AUGUST—Will

The ability to choose, decide, command, lead, determine.

I choose my good based on spiritual understanding.

THOUGHTS FROM THE HEART

I have been thinking about the Idea that, *“I AM the Will of God in Expression”*. As I ponder this thought, all kinds of memories flood my mind as I recall all the challenges and growth that I have evolved through in attaining this state of consciousness that is now mine; where I truly know and experience that I AM the Divine Will of God in expression.

I recall when I first realized and started to truly accept the Idea that I was responsible for all that I experienced in my life. I remember the struggle involved in changing my thoughts and moving into a place of acceptance of this new realization. There were many days and, nights committed to denials and affirmations; and my rigorous schedule of prayer and meditation was quite a creation. I remember thinking, ‘I AM truly praying without ceasing!’

I recall the mental and physical changes that occurred in my mind and body as I gradually ascended to new states of consciousness. I remember the pull of holding on and the desire to let go. Each time the chemicalization process began I was elated as I allowed the Spirit within to clear away all erroneous thoughts and beliefs that were holding on so tenaciously to my being.. How ecstatic I was as my thoughts and feeling became amazingly clear. How energized and invigorated I felt as I rested in the results of this regenerative process; anxiously anticipating the next nudges that would call me to move deeper within initiating the process of change once again.

I remember asking myself each time a transition in consciousness began, “What is God’s Will for me?” Of course, as all good Unity students do, I would always go back to those early teachings where I learned that God’s Will for me is GOOD and only GOOD. I also remember thinking how emotionally challenging and painful this process could be at times, but at the same time, remembering how much Unconditional Love I felt at the end of each transition in consciousness as I rested gently in the Presence and Power of God Within.

I clearly remember each time I turned within desiring to move more deeply within my being and how that still small voice of the Christ Within seemed to call my name, gradually possessing my thoughts, feelings and ways of being. I remember the great feeling of ecstasy as I would commune with the Presence Within me. I began to experience God’s Will for me. I began to feel emotionally fulfilled and at ease, my body became very healthy and felt like internal harmony. My life just seemed to flow with ease, no real major challenges, just a sense of endless peace.

With this process in place, I begin to perceive more clearly that I have indeed created these life experiences and I now choose to create only the positive. With this commitment, God’s Will for me begins to be my passion and vision. I began to know and experience that God’s Will for me is to be totally and completely at One with It’s Presence. With this thought in my mind, I continue in faith and perseverance with my main goal being to fulfill God’s desire for me — To be One with everyone and One with everything and to know, acknowledge and accept that I AM the Presence and Power of God in expression, radiating all the qualities of the Image and Likeness of God that I AM.

After all of these movements in awareness and consciousness that I evolved through, I have come to realize that these experiences were God’s Will for me to bring me back to the remembrance of my Oneness with the Presence Within and my True Identity.

So as we continue on our Spiritual Journey discerning God’s Will for Us, let us always remember that the challenges, changes and experiences we go through in this life are for our growth and for our Highest Good. Each progression in consciousness serves to focus us within and bring us back to the remembrance of the Truth of our Being. Thus, allowing us to know that “There is Nothing in the Universe but God” and all life experiences were created by the Christ Within to call us back to the remembrance of our Oneness with God.

Let Us Daily Affirm:

“I AM the Will of God in Expression”

Blessings as You Spiritually Unfold,

*Juankee J. McKinney
The Editor*



Inspiration From Our Founders

POINTS FOR OVERCOMERS IN CHRIST

Miscellaneous Notes from Writings by Charles Fillmore (different color indicates a new note)
Unity Nov, 1926, Volume 65, No. 5 pages 404-411

“Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall become in him a well of water springing up into eternal life.”

These words are regarded by most people as beautiful metaphor; but that this “well of water” is an absolute reality and has location in man’s body may seem startling. Jesus of Nazareth dealt in allegories freely, but every one of them had a substantial foundation. The well of everlasting life springing up in man is no exception.

It is possible for one to attain a state of consciousness in which the universal life will fill his body so bountifully that he will sense it as plainly as he would sense the shock from an electric battery. It is not, however, an external sensation, but an internal one. An entirely unused set of faculties is opened in the soul centers of the organism, and one finds that the divine life actually springs up within him as a living stream flowing into his very flesh from an invisible fountain. This is the living Word that becomes flesh and dwells among men. It is the water of life; “whosoever drinketh....shall never thirst,”

People cannot understand how such a wonderful well of living water of life can exist within their very bodies when they are wholly unconscious of it. Yet living streams of water percolate all through the earth unknown to those who walk on its surface; so the vital forces flow unseen within the bodies of those who do not consciously seek them.

When man lives in mortal ignorance the body dies of thirst for this inner spiritual life. The flesh becomes old and wrinkled and the machinery of the body runs slower and slower and finally stops, because its wheels are not turned by the fountain of waters within.

Whosoever you are, wherever you are, begin at once to drink of this well of living water within you. Make it a practice to sit by yourself with your attention fixed at a point under the navel. Imagine that you can feel a glow and a flow of life at that place. By doing this persistently you will finally make contact with the life always flowing through your body. After you have acquired the power of feeling the flow at that place, change your attention to your throat and try to open up the flow there.

In Scripture this center in the throat is called Cana of Galilee. (At Cana Jesus changed the water into wine). Cana means “a place of reeds” (the larynx); and Galilee means “a circuit, to whirl.” These names point clearly to the whirling vibrations that the air makes (within the air is the creative ether) as it pours through the reeds in the larynx. By concentrating attention upon this point in the throat and thinking about the invisible spiritual forces at work there, we impart a new and higher quality of life action to the nerve energies that converge at that center. Jesus connected six of these nerve centers in his body and by the power of his concentrated thought turned the six pots of water into wine. The wedding represents the union of the spirit and the body, which takes place when we direct our thoughts in spiritual faith to the flowing life in the organism.

Every demonstration over mortal limitations is followed by a realization of infinite reality. When we put away belief in the reality of matter, there follows a realization of the presence of the true substance, of which matter is a mortal concept.

The supper that the household at Bethany gave to Jesus, as narrated in the 12th chapter of John, represents this outpouring of the invisible. The “supper” is the consciousness of sustenance for the physical man. Martha “served” and Lazarus “sat,” this signifies the giving and receiving of the forces that feed us on the invisible side of life. We may not perceive or even realize what is going on in the silent functions of soul and body, yet see the result in the renewed vigor and healthy flesh; so we should believe the testimony of those who do perceive, and should accept it as the proper explanation of the cause, until we can see for ourselves. That we are fed from an invisible source when we come into certain states of soul consciousness is the testimony of thousands. “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God,” has a broader meaning than that which is usually given it.

Every emotion has a corresponding vibration. When one does a loving, unselfish thing, or even thinks an unselfish thought, there pours forth from the solar plexus a real life essence. Those who are sensitive to odors often catch its sweet perfume and think that it comes from some external source. By centering the attention at the heart, and opening the understanding, one can realize the presence of this precious ointment which the loving Mary pours forth so freely. By one’s recognizing and acknowledging consciously the loving presence, it fills the whole house, or body. When one communes

with these inner functions he should know that they are intelligent and have understanding; such communion is the only means by which he can know their office. All is Mind, and there is no function or form anywhere without an intelligent presiding identity in charge of it.

Jacob came trying to make amends for the injury that he had done to Esau years before. Jacob, the trickster, the tripper up, had stolen his brother's birthright, had received his father Isaac's blessing as the first-born son, when Esau should have had it. Now he must meet Esau (Genesis 32), and he was really trembling, or had been trembling for fear of the consequences. Esau was coming with four hundred trained men! Was there to be a fight? No doubt Jacob had thought, "Is Esau still wroth against me? He swore vengeance when last we met."

Yet Jacob was guided by the Spirit of truth. He had prayed after this fashion:

"O God of my father Abraham, and God of my father Isaac, O Jehovah, who saidst unto me, Return unto thy country, and to thy kindred and I will do thee good: I am not worthy of the least of all the loving-kindness, and of all the truth, which thou hast showed unto thy servant; for with my staff I passed over this Jordan; and now I am become two companies. Deliver me, I pray thee, from the hands of my brother, from the hand of Esau: for I fear him, lest he come and smite me, the mother with the children. And thou saidst, I will surely do thee good, and make thy seed as the sand of the sea, which cannot be numbered for multitude."

He wondered whether Jehovah was keeping his word.

Jacob represents the intellectual man, with some illumination; Esau represents the body. The body never feels revengeful. It takes, it bears. In truth it seems that the body temple is the jolt absorber for the mentality. The mentality works itself into all sorts of feverish states. We could not stand such anguish if there were not some avenue of escape. At some time you probably have worked yourself into such a nervous state that you have had a headache. The body, the jolt absorber for the mentality, does not long feel revenge: So Esau fell on his brother's neck and kissed him.

Then he inquired, "What meanest thou by all this company which I met?" And Jacob, bowing very low, said, "To find favor in the sight of my lord."

Esau did not so much want the present. He had plenty, representing the self-sufficient of the flesh. But finally he accepted it.

It is well for the mind to bless the body every day, and thus give it relief from the strain of worry and anxiety that has been put upon it by the mind, by pouring into it the oil of joy and the spirit of gladness, and clothing it with the garment of praise. We have neglected the body; now is the time to make amends. Thought molds the body. You will gain confirmation of this statement by watching the expressions on anyone's face.

Earnest conviction of good brings a silent, indefinable beauty into faces made of the commonest human clay; devout worship at any shrine reflects something of its golden glow, even as the glory of a noble love shines like a sort of light from a human face.

When the growth in regeneration through Christ is regular there is a spiritualization of some center in the mind and body each year, until the whole twelve faculties have been raised to a higher rate of activity and a clearer perception of Truth.

This symbolizes going up each year to the feast of the Passover at Jerusalem. The Passover stands for the passing over from the lower to a higher plane of consciousness. To attain this new state we must make sacrifices in the place of spiritual peace and harmony (city of Jerusalem). Thus it is found that when we are progressing in orderly steps in regeneration, we give up some sense appetite or passion about every twelve months.

In the 22nd chapter of Luke it is stated that the man at whose house the Passover was to be held, would be found carrying a pitcher of water on his head. This means that work was to be done in the fluidic elements of the organism. The head is the central station to which all of the body fluids tend, because there is situated the positive pole of the mind, which is the directive power. The "upper room" prepared for the feast is the very top brain, through which the superconsciousness functions.

In Galatians 4:19 Paul addresses some of his followers as "my little children, of whom I am again in travail until Christ be formed in you." In Colossians 1:26,27, he speaks of a mystery: "Even the mystery which hath been hid for ages and generations: but now hath it been manifested to his saints, to whom God was pleased to make known what is the riches of the glory of this mystery among the Gentiles which is Christ in you, the hope of glory."

This mystery is the coming into consciousness of a new life current in the organism. This new life is called Christ, and it has its expression in the realm of sense, or Gentiles. But it is of Jewish origin--it is of Spirit, and must be brought forth in the "house of David," which is the very substance of love. Bethlehem means "the house of bread". Specifically this refers to the substance center in the organism, which is several inches below the heart center (Jerusalem). It is there that we observe the first throbbing or quickening of the new body of the Christ man in us.

The true character of man's body is spiritual and eternal. His body appears to be material and mortal because of the material, carnal thoughts which have been built into it, making it appear to be flesh, perishable and corruptible.

(cont on page 5)

Things to Make You Go Hmmm

This past month, I had the opportunity to attend *Seduction of Spirit*, one of the signature programs of the Chopra Center which was held in beautiful Whistler, British Columbia. This was the area where the skiing, bobsled and luge events were held when the Olympics were in Vancouver. My friend Beth and I got there a couple days early and went zip lining and canoeing before everything started (more on those activities in a later article).

The focus of this event was learning how to manifest. Four hundred people attended this event. We had the opportunity to hear from wonderful speakers such as Deepak Chopra, Jean Houston and Martha Beck, as well as meditate multiple times a day (including 6:00 a.m. sunrise meditation on the hotel roof—awesome!!) and do yoga. We also played a game called *The Wish* invented by a woman in Australia. We went deeper into the *Seven Spiritual Laws*, focusing on one each day, and learned techniques for taking our meditation deeper. It was truly a profound experience. There were even 2 marriage proposals (and acceptances) during the week!!

One of the most incredible experiences occurred on Wednesday afternoon. We went in a group over to the park walking in two's. As we got ready to walk into the green space of the park, we were told to hold hands with the person next to us. As we all filed in this way, we formed a circle. Once everyone was in position, we all turned and faced our partner. We were told to look into the eyes of that person and see God in them. After we had done that for about 8-10 seconds, a bell would ring and everyone stepped to the left and did that with the next person, and so on. When the exercise was done, everyone had looked into the eyes of 200 people and seen God in each and every one of them. It was a very moving experience. After this, I have found I now look people in the eye much more often than I did in the past (yes, even in elevators). It made me wish that everyone on the planet would have the opportunity to do this exercise.

The last night of the event we had our celebration dinner at the top of Whistler Mountain. It was a great time. Good food, celebrating with friends both new and old, music and dancing, and an incredible sunset. I ate well while I was there. The food was all vegetarian and some was even vegan so it was all healthy – even the tofu chocolate mousse!! I am not a vegetarian, but enjoyed the food immensely and didn't really miss having meat.

On the last day of the event, I decided I was ready to sign up for the Primordial Sound Meditation Teacher Training so that I can teach others this form of meditation. I will be attending the *Journey Into Healing* event in March and then the Teacher Certification week in October 2014 and completing my home study program in between. By October 2014, I should be certified. I have benefitted so much from this meditation technique and am eager to share it with others.

In the coming months, I will share some more of the information I learned during this event, including information on the Chopra Foundation's Consciousness Project as well as the seven types of biological response behaviors and how they relate to how we know God.

Namasté,
Sarah

REFLECTIONS

Reflections is a newsletter published each month by Unity Christ Church. Its purpose is to inform and inspire our spiritual community. Submissions for publication are welcome and should be sent to the church office for review.

UNITY CHRIST CHURCH

33 N. Skinker Blvd.
St. Louis, Missouri 63105
Phone (314) 727-6478
Fax (314) 727-8895
Email officeucc@att.net
www.unitychriststl.org

Office Manager-**Judy Lindow**

Board of Trustees

- Rudolph Clay**
- George Cunningham**
- Delores Kedley**
- Michael Shelton-Montez**
- Leonard Smith**

AUGUST BIRTHDAYS

- 8/11 **Kathy Mandel**
- 8/28 **Don Leemann**



AUGUST LESSON TITLES

August 4, 2013:

Do I Follow Good Advice From Others Or Myself?

Guest Speaker: Rev. David DeChristo

Guest Musicians: Doug Ervin & Katie Kopff

August 11, 2013:

Guest Speaker: Rev. Leslie Venable

Guest Musicians: Deborah Sharn & Steve Schenkel

August 18, 2013:

My Inner Angel

Guest Speaker: Dr. Marlene Bricker

Guest Musicians: Tim Schall and Rocky Tucker

August 25, 2013:

Guest Speaker: Rev. Leslie Venable

Guest Musicians: Deborah Sharn & Steve Schenkel

LENDING LIBRARY FOR YOUR INFORMATION

Dear Unity Readers:

One of the several services offered by Unity Christ Church is the LENDING LIBRARY. It is located at the south end of the lower level. The shelves contain books donated by members and friends of the church. The books are arranged alphabetically by author.

Use of the Library is on the honor system. Just write the date, your name and the title of the book(s) in the notebook provided. Cross this out when your return the book(s). Please borrow no more than three books for three weeks at one time. Place the returned book(s) on the desk and a volunteer will re-shelve them.

You will find books by Unity authors, New Thought, Self-Help, Holistic Health and Nutrition, Psychology, Philosophy and Bible Reference. The Bible reference section is particularly good for students of the Bible. Among other good source books, it contains the 12 volume set of The Interpreter's Bible and the 4 volume set of the Interpreter's Dictionary of the Bible. We also have a tremendous collection of audio tapes of classic Unity authors and ministers that you will not find anywhere else, but Unity.

We invite you to become acquainted with the fine material in the Library. For more information, contact Mary Biggs (mmartbig@accessus.net) or the Church Office, (314) 727-6478.

AFFIRMATION FOR THE MONTH OF AUGUST

I am my own unique self—special,
creative and wonderful.

AUGUST WEEKLY AFFIRMATIONS:

August 4: My life is a joy filled with love, fun and friendship; all I need to do is stop all criticism, forgive, relax and be open.

August 11: The more grateful I am, the more reasons I find to be grateful.

August 18: I trust and believe in the love in my heart.

August 26: I project love to everyone I meet and am attracting loving relationships into my life.

(cont from page three)

The first thing necessary in discerning the eternal body is the understanding that man's perfect body eternally exists as an idea in Divine Mind. The next step is to see continually this pattern of perfection and by beholding it bring it into manifestation.

The body built from an imperfect pattern idea differs from the perfect in that as a man thinks within himself, so is he. While he thinks of his body as material, mortal, perishable, corruptible, it will continue to manifest after the pattern of his thoughts of error. When he discerns the truth that his body is the temple of 'God, holy, pure, spiritual, he will think thoughts after this pattern and will build accordingly. His body will be transformed and will become immortal, imperishable, incorruptible.

"In the morning ye shall be filled with this bread; and ye shall know that I am Jehovah your God."

When you wake in the morning, lie quietly and realize the divine substance; then see it, through your imagination, in every part of your organism. Fill yourself full of it before rising, and the day's work will be a joy. Remember that it is strength from the Lord. Let no thought of personal selfishness enter in. Do not try to gather more than you can use, with the idea that you can store it up; if you gather more than you need, the surplus will spoil.

The feet are the members of the body which contact the earth, that upon which we stand. Metaphysically the feet represent our understanding of earthly things. When true understanding is not alive in us, we have troubles of various kinds with our feet. The man "impotent in his feet," referred to in The Acts: 14:8 never had used his feet. When the power of spiritual understanding was projected into them, he "leaped up and walked."

"They that are after the flesh mind the things of the flesh; but they that are after the Spirit the things of the Spirit." Are you minding the flesh, or the Spirit? When the flesh mind says, "I am weak and tired, I am sick or discouraged, I am unlucky," do you mind it? Or do you mind the Spirit, and invoke the power of Christ Jesus? One brings death; the other, life and peace. The cry goes up from millions daily, "What shall I do to be saved from these pains of body and mind?" The answer is: Believe on the Lord Jesus Christ, and seek out the law of right thought and right living which he taught and demonstrated. The promise all through the New Testament is that he "shall give life also to your mortal bodies through his Spirit that dwelleth in you."

How do you like this article? Please give feedback at mckinnjj@gmail.com

Truth Students Speak: Joseph Naft (submitted by Herman King)

Article from: *Inner Frontier Love and Compassion*

The sacred energy of love and compassion, the Great Heart of the World, embraces us all, without condition, unifying all of life, unifying the whole creation within the warm spirit of kindness, appreciation and concern. With good fortune, we may [meet people](#) in whom this unfettered love shines strongly, allowing all around to bask in its light. The great saints and bodhisattvas, utterly emptied of themselves, transmit such love and compassion. In some instances of communal worship, the substance of this boundless ocean of love may envelop the whole assembly. It may enter a true marriage and may inform the bonds between parents and children. Whenever we look into another person's eyes and recognize the sameness, that that person and I are the same, not really separate, this is love.

Despite appearances to the contrary, Divine love and compassion suffuse every corner of the world, even our own. Divine love stands before the awesome contradictions in our lives: our God-given freedom that offers the promise of profound joy as well as the suffering attendant on living. The Divine heart of compassion celebrates the beauty of the freedom within each person, a celebration made bittersweet by the price of freedom: inevitable suffering.

When we hear of or see another person's misfortune, and we feel the pang of their suffering, and are moved to extend the help that lies within our [power](#), this is compassion. For this we need strength, because suffering lies all around us. The daily news' litany of catastrophes and evil deeds, large and small, could devastate us, were we awake to the whole of it and lacked the strength to bear it. But awakening through spiritual practice brings its own strength. And the suffering we see is more than balanced by the joy that flows to us along with love, protecting the compassionate from being overwhelmed by the force of suffering.

Universal love lies far beyond its pale imitation in the lower energies, where emotional attachment turns from "love" to hate, jealousy, or despair. Nevertheless, the world is so constructed that it remains within our possibilities to participate in love knowingly. But that can only happen to the [degree](#) we empty ourselves of ourselves.

Self-referential motives, self-centeredness, attachment, expectation of something in return, grasping, setting of conditions, partial-heartedness - none of these have any place in love and, in practice, completely block the action of love. Placing ourselves first and at the center forecloses the possibility of love. Yet moments do come even to us, perhaps with our family or our pets or unexpectedly with a stranger, when we are briefly free of egocentric attachment and the true heart of objective love opens within us. In unguarded moments, our natural response to people is friendship, one of the faces of love. To be able to love is a goal lofty and worthy enough to sustain our long journey along the path, drawing us ever forward.

Our common mother, the Earth, also loves, loves each one of us and all life in her biosphere. Like a self-centered and petulant child, we only too rarely return this love. And like a child, we so take for granted the love of our mother Earth, that we do not even recognize it. Yet her love is there for us individually, in nature and in the city, if we can but open to it. One simple expression of it manifests as the beauty with which nature adorns herself. And there are other more direct expressions we may perceive, including a reservoir of spiritual energies within the Earth that we can draw upon. But as a species, we need to mature and not expect the Earth to [continue](#) indefinitely absorbing every insult and injury we pile upon her. We push these limits at the Earth's, and our own, peril. The Earth gives and gives and gives, perhaps more than she can afford. But because our collective strength now exceeds our collective wisdom, the Earth needs us to find a place in our hearts for her. By our inner work, by opening to higher energies, by purifying our will and intentions, we help cleanse our collective will, raise our collective level of being, and give back to the Earth and to human society. And we do this for love.

Love manifests in many forms, but always serves to unify. Love's unmistakable hallmark dissolves our veils of isolation and separation, allowing us to become more fully ourselves within the sweet scent of merging. Out of love we are born, and into love we depart. In between, we seek love and love seeks us.

The world of universal love, a world beyond all forms, even beyond the world of light, corresponds to the worlds known as Atzilut (Emanation) in Kabbalah and Lahut (Boundless) in the Sufi cosmology.