

**Spiritual Tools For An Abundant Life- "The 12 Powers of Man"**

**Using the Powers, One Month at a Time**

**JULY—Understanding**

**The ability to know, perceive, comprehend and apprehend.**

**My understanding of Truth deepens and directs my life.**

**Thoughts From The Heart**

I have been contemplating the Idea that, "God is Standing under everything in the Universe". As this Idea of God being the foundation of everyone and everything unfolds within me, I become keenly aware of The Presence within my being that accompanies me at all times. It guides my way; directs my thoughts and expresses Its Essence in me, through me and as me as I travel through this life. I allow It to embrace me and I willingly become an Instrument of blessing to everyone and every situation that interacts with me. I AM truly amazed and awed, as I realize my Understanding has been quickened from within and I AM expressing the True Wisdom of God--And I begin to Know that I Know.

As I think about this Idea of the Understanding of God, I begin to remember the evolution in my consciousness that has brought me to this place. I begin to know and accept that I have been Truly blessed and transformed. I remember when I first discovered Truth Teachings and how excited I was, as I enthusiastically devoured every bit of information I could get my hands on. Of course my Intellect was quite excited, because it truly enjoyed acquiring as much knowledge as it could possibly apprehend. However, as time went on, and I continued to meditate and affirm and deny something quite interesting began to happen within my being. It was as if I was being fed Ideas from within and I seemed to understand concepts and principles that I had never before been unable to comprehend.

Of course, I always thought that I was kind of smart, but this was something different, something more, something ethereal that was intensely flowing through my heart. Of course you all know I was led to investigate what this change in me could possibly be and yes, I was led to Charles Fillmore, Co-founder of Unity. Mr. Fillmore in the *Revealing Word* in speaking on this subject of Understanding states that, "God is Supreme Knowing" and Is "That in man which comprehends.... it knows and comprehends in wisdom. Its comparisons are not made in the realm of form, but in the realm of ideas. It knows how to accomplish things. Spiritual discernment reveals that knowledge and intelligence are auxiliary to understanding". Oh how, Amazing! So, perhaps this is why I would read so feverously and devoured every bit of spiritual information that came to me? Perhaps this also explains why my understanding appeared to open up and function almost miraculously.

Mr. Fillmore goes on to further state that, "There are two ways of getting understanding. One is by following the guidance of Spirit that dwells within, and the other is to go blindly ahead and learn by hard experiences." I have found that this is quite true and I have learned by experience to choose the former method, what about you?

Mr. Fillmore admits that, "Intellectual understanding of Truth is a tremendous step in advance of sense consciousness, and its possession brings a temptation to use for selfish ends the wisdom and power thereby revealed". So, it seems that as we develop our Spiritual faculties we should practice vigilance and use our understanding in a way that honors all, and contributes to the prosperity of all mankind.

In concluding, Mr. Fillmore states that, "Spiritual Understanding is the quickening of the Spirit within. Spiritual understanding is the ability of the mind to apprehend and realize the laws of thought and the relation of ideas one to another". So it appears that as our Understanding is awakened by that Spirit Within we begin to comprehend the Law of Mind action and understand how ideas are interrelated and work together.

So as we continue on our Spiritual journey, let us continue to know that our ultimate goal is to be One with God. Let us allow that Spirit Within to quicken our Understanding, so that we always choose to express with the Wisdom of God. Let us Truly Know, Experience and Understand that God Is Standing Under everyone and everything.

Let Us Daily Affirm:

*"My Understanding is Quickened by the Spirit Within  
and I Am Now Expressing the Wisdom of God"*

*Blessings as You Spiritually Unfold,*

*Juankee J. McKinney  
The Editor*



## Inspiration From Our Founders SPIRITUAL RACE CONSCIOUSNESS

Ida M. Mingle

From Unity, March 1917, Volume 46, No.3, Pg. 192-197

THE WORLD is no longer on the eve of a great spiritual awakening, but is standing tiptoe at the dawn of the new day, when Truth shall shine with such a radiant light as to blot out forever the reign of error. Clear-seeing minds discern the innumerable adjustments made in governments, theologies and the world of affairs, to be but the preparation necessary to receive the new Ideal. Like a spring, which must have both an inlet and an outlet in order that the purity of its waters be preserved, the consciousness of the race, that delighted in its revelry of sense, is letting go of its false and time-worn customs and traditions, and making room for the inflow of fresher, purer and more wholesome ideas.

Truth is the "leaven" at work in the hearts of mankind leavening the whole race. Truth, in the form of Christ, is preaching again the good news which Jesus presented to the race over two thousand years ago. Christ is not a person, but a principle, always seeking expression in the hearts of the children of God, which in reality the children of men are.

Throughout the ages, here and there, individuals have been Christed because they had become receptive enough, through continual purification, to receive the fullness of God. Jesus of Nazareth stands as peer among these Christed men. He came to establish no political kingdom, no material method of coping with the effect of erroneous thought, commonly referred to as sickness and disease, no intellectual laboratory through which the truths of God should pass and be made to fit the demands of a selfish populace, no artistic means of glossing over and making beautiful that worst enemy of mankind, death, which is the final culmination of sin, and the last enemy to overcome. Jesus came to wipe out of human consciousness the belief in the power and reality of sin and its effect. Fresh from the Heart of Love, he came understanding the relations between God and man, and in his fearless, free recognition of Spirit as the only power, he proclaimed the supremacy of Divine Law, which when understood and applied to every act of living, will transform suffering men into radiant beings and usher in the only real kingdom of perfect citizenship, the Kingdom of Heaven.

Jesus showed the way into this kingdom by *being* the way, making himself the demonstrator of the Christ, which is lead all men out of the darkness of material and selfish consciousness, when they too claim their inheritance and demonstrate their divinity. Jesus taught the law of love as a means to abundant, eternal life. This is the law which is seeking perfect expression at this time, however contrary the appearance may be. The world was never so hungry for real issues as it is today. When Jesus delivered his message he was like a lone star shining in the night of ignorance and bigotry. Now humanity expects new philosophies and follows leaders who have a vital message, until they prove for themselves its worth. However, the verdict of the crowd is not always a reliable one, but it shows the desire of men to grow and press forward.

People once aroused to new ways of thinking never settle back into the old. A seed once sown in the mental soil of the universe is bound to produce harvest. Every thought is a seed which takes root in Universal Substance and brings forth after its kind. Upon the thinkers of Truth rests the responsibility of sowing the spiritual seed, which is awakening and redeeming the mortal race consciousness from its dream in conditions less than the Divine Ideal. Every man is really desiring to bring forth the Divine Ideal or Higher Self, though he be unconscious of it. He longs for the freedom to think, to speak, to act according to his own will. With high hopes he sets out on life's journey expecting to "make good". But entangled in the web of personal, selfish thinking, and influenced by the thoughts of the race, he takes the wrong direction and becomes lost in a maze of thought wanderings, for it is his attitude of mind that steers his course. Man has been given dominion over all that is in the earth, but it is well to realize that this power to rule was given to God's man, created in his "image and likeness". How necessary then that we come into the realization of our real nature as sons, and declare as untrue all limitations in the realm of effects, knowing that according to our thought and word so shall it be. Man's natural heritage is the good, and he has a right to enjoy its fruits.

In an understanding of his Real Self, man would express in harmonious order all the qualities of the God-self. But through ages of ignorance and selfishness, he has misused his God-given capabilities until this power within takes the form of destructive forces instead of constructive ones. The hearts of men are awaiting an understanding of how to use aright the power that makes perfection possible. Teachers of the past, as well as the present, who use as their foundation premise, "Thou shalt not," have only strengthened the idea of sin. This procedure of thinking has built up the hard conditions in the world, known as the mortal race consciousness. Man must change his base of thought, using as his premise the Truth of his real nature, and work from the within outward. "A house divided against itself cannot stand."

Man living in the personal, seeking selfish expression, must come to naught. What is true of the individual is true of a race, and so now, as always, when new revelations are made to man and a new era of consciousness ushered in, error seems piled mountain high in a last effort to assert its supremacy. But wise students of Truth, true to the inspiration of the Almighty Spirit within, answer this Pharisaical voice with the same force that Truth uttered centuries ago when it exclaimed, "Which of you convinceth me of sin!"

The perfected spiritual race consciousness is to be an entirely new one, "and will contain in itself the fulfillment of all that is holy and true. It is not the mission of Love to destroy, but to fulfill. Those things that man in personal consciousness has treasured will become doubly valuable to him because of his understanding of their reality. Those forces

which have, through his ignorance, been his pitfalls, will become his obedient servants to bless and multiply and replenish his earth (body and affairs) with all that is for his highest good. No man liveth unto himself alone, and what blesses and prospers one, blesses and prospers every receptive heart. All in consciousness that retards man's growth must be transmuted into its real nature, must be thrown into the furnace for purification. None of the baser thoughts or desires can be carried over. More than that, none of the *relative* good and desirable conditions of mankind can enter the spiritual consciousness. Only that which is eternally true and permanently abiding as a reality, always applicable to the Divine Idea of Man, will be admitted into this new kingdom. Man's real nature is spiritual, and all his thoughts and desires, must be in keeping with this divine heritage. There is but one goal for man. The attainment of eternal life, which embodies the unification of Spirit, soul and body in the Christ Mind. This is the Divine Ideal toward which humanity is ever moving.

We are not to be hirelings in this new kingdom, but shepherds, having every sheep (thought) trained to answer to the voice and follow the leadings of Christ. Christ is the "door". He that entereth not by the door, but climbeth up some other way, the same is a thief and a robber." The thief cometh "but to steal, and kill and destroy," but the Christ comes that we "might have life and have it more abundantly." There shall be one fold and one shepherd" in the perfected spiritual race consciousness. This is not a blissful state to be realized ages hence but it is a state of consciousness now being formed in our midst. Every earnest seeker of Truth, who steps out from the false cycle of thoughts and fearlessly, freely and sacredly consecrates himself to the One Shepherd is eligible to citizenship in the One Fold. Upon cooperation with the Spirit of Truth deepens the individual's redemption from the bondage of the lesser self.

Jesus proved the supremacy of the God-man over every limitation and set at naught every science having for its foundation principle less than those contained in the Science of *Being*. He assured his followers that they should do greater works, and according to the Aquarian Gospel, he reiterated again and again, "What I have done all men can do, and what I am all men shall be."

The world was formed for no other purpose than that the kingdom of God might be expressed in it, and not for the up building of personal man with his various pursuits and pleasures. Just as we plant a grain of wheat in the ground and expect the perfect harvest, so Divine Mind imaged its ideals in Mind-Substance and expects a perfect expression of its spiritual seed. Flesh and blood are false growths in mortal consciousness and do not inherit the kingdom. Jesus emphasized this point in his reasoning concerning the new wine skins. The new wine of life, which is liberated through establishing in consciousness the Truths of Being, must have a corresponding abode in both the individual and race consciousness. The spiritualized body and the spiritual race consciousness symbolized the "new skins." If man is to enter the kingdom of God, he must relinquish all claims to the kingdom of man; he must become as a "little child", and be willing to accept perfect simplicity, faith and confidence the counsel of his Father, who can certainly be trusted to lead his children aright.

Jesus did not hesitate to declare himself one with the Father. He is our exemplar. The Christ consciousness is the supreme attainment and embodies pure *Being*. It is beyond knowing. It is not striving *to be*, but realizes *we are*, in mind, idea and manifestation, the Sons of God. There is only God and his image, through which God presses into visibility. We must accept the responsibility of the new consciousness and act the part. The redemption of the whole earth is included in this responsibility. The good news is to be preached to "every creature."

Man has ignorantly thought that his return to God was to be accomplished through successive deaths and births, but we know that the whole world awaits the redemption of the body. No one really believes the effect of the "wages of sins" to be the open door to Paradise. Man's return to God is a matter of consciousness to be attained here and now. His passing from "glory unto glory" depends upon his receptivity to the Truths of Being and his demonstration of these Truths. Man must prove his divinity in the midst of humanity even as Jesus did.

The law of Love is perfect and "God is Love". In the light of this new day, the mystery of Paul's words, "Christ *in you*, the hope of glory," is being revealed. This Christ is being manifested today and is seeking expression in all mankind. "Behold, I stand at the door and knock; if *any man hear* my voice and *open* the door, I will come in to him, and will sup with him, and he with me. He that overcometh, I will give to him to sit down with me in my throne, as I also overcame, and sat down with my Father in his throne. He that hath an ear, *let him hear*."

**How do you like this article? Please give feedback at [mckinnjj@gmail.com](mailto:mckinnjj@gmail.com)**

**Truth Students Speak:**

Excerpts From Unity March, 1917, Volume 46, No.3, pg.197

The difference between individuality and personality is the difference between the universal and the particular; the abstract and the relative; that which is all, and that which is a part; that which comprehends itself as the source of all thought, and the separate thinker. Personality affirms possession and separation, while individuality knows that all things belong to the universal, and that there can be neither apartness nor separation. Personality discerns differences, while individuality sees similarities. We all have these two states of consciousness—the Christ in us is the individual, and the Jesus is the personal. In the resurrection, the personal loses the sense of separation and is merged in the universal. This is a complete demonstration of the statement of Jesus, "I and my Father are one."

No man can hinder our private addresses to God; every man can build a chapel in his breast, himself the priest, his heart the sacrifice.-----Jeremy Taylor (1613-1667 A.D.)

Let man hold to his purpose as with the tug of gravitation.-----Emerson.

**Things to Make You Go Hmmm ....**

Last month, we discussed Friday's spiritual law, *The Law of Detachment*. This month we discuss the last of the Seven Spiritual Laws, *The Law of "Dharma" or Purpose in Life*, which says that we have taken manifestation in physical form to fulfill a purpose. According to the *Law of Dharma*, we all have a unique talent and a unique way of expressing that talent. Chopra says, "There is something that you can do better than anyone else in the whole world – and for every unique talent and unique expression of that talent, there are also unique needs. When those needs are matched with the creative expression of your talent, that is the spark that creates affluence." In other words, expressing your talents to fulfill needs creates unlimited wealth and abundance.

*The Law of Dharma* has three components to it: 1) Each of us is here to discover our true Self, to find out on our own that our true Self is spiritual, that we are essentially spiritual beings that have manifested in physical form. We are each here to discover our higher or spiritual self; 2) The second component is to express our unique talent. According to Chopra, "You have a talent that is unique in its expression, so unique that there's no one else alive on the planet that has that talent or expression of that talent." When you express that talent(s), the expression of that talent(s) takes you into timeless awareness; 3) The third component is service to humanity. Ask yourself the questions, "How can I help? How can I serve?" Combining the ability to express your unique talent with service to humanity makes full use of *The Law of Dharma*.

So how do we apply this *Law of "Dharma" or Purpose* in our lives? The book sets forth these steps:

"I will put the *Law of Dharma* into effect by making a commitment to take the following steps:

- (1) Today I will lovingly nurture the god or goddess in embryo that lies deep within my soul. I will pay attention to the spirit within me that animates both my body and my mind. I will awaken myself to this deep stillness within my heart. I will carry the consciousness of timeless, eternal Being in the midst of time-bound experience.
- (2) I will make a list of my unique talents. Then I will list all the things I love to do while expressing my unique talents. When I express my unique talents and use them in service of humanity. I lose track of time and create abundance in myself as well as the lives of others.
- (3) I will ask myself daily, "How can I serve?" and "How can I help?" The answers to these questions will allow me to help and serve my fellow beings with love.

I am heading to the Chopra Center's Seduction of Spirit retreat in Whistler, BC. Look forward to sharing the details of that wonderful yoga and meditation retreat next month.

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.

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**JULY BIRTHDAYS**

- 07/13 Opal Barbour
- 07/14 J'asa McCaleb
- 07/19 Ivy McAllister

**JULY ANNIVERSARY**

- 07/17 Doug & Mary Norton

**AFFIRMATION FOR THE MONTH OF JULY**

My attitude projects Love, Joy, Happiness, and Peace into my world!

**JULY WEEKLY AFFIRMATIONS:**

- July 7:** I am filled with courage. I am poised and serene.
- July 14:** I am richly blessed! Thank you, GOD!
- July 21:** I now claim my divine inheritance of abundant life.
- July 28:** I let go and I let God.

**DANIEL NAHMOD** is coming to Unity Christ Church on Saturday, July 27th. More information can be found on the last page of this Newsletter.

***From The Lending Library:***

**Let There Be Light**  
Elizabeth Sand Turner

Since July is the month in which we honor the faculty of understanding, I thought it would be nice to revisit this classic Unity metaphysical bible study book. Without spiritual study and application of these principles, we may remain in the dark. Let There Be Light is the first in a series of three where Ms. Turner interprets the Bible for us metaphysically. By exploring the written history of the Bible, we are examining the development of man's consciousness.

"In the beginning God created the heavens and the earth. And the earth was waste and void; and darkness was upon the face of the deep; and the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light (Gen 1: 1-3)." Light is our illumination, our understanding.

These words give us the key to metaphysical study of the Bible. Until we can have light (illumination, intelligence, understanding), we cannot begin to understand the Scriptures, and how they apply to our lives. The Holy Spirit within us decrees the light. This fabulous book gives us incredible "light" and insight into the Bible, and its deeper meaning for us on our spiritual journey.

Beginning with the allegories of Genesis through to Moses, Joshua, David, Elijah and Elisha all the way through the Prophets and Job, we see ourselves in the Bible characters and their stories. They represent different phases of man's consciousness unfoldment. The Bible is a story of our spiritual growth, and we can learn a great deal from the experiences shared, especially the relationships we encounter.

Take some time to read these Bible stories—from a conscious perspective!

*Mary E. Biggs, LUT  
Lending Library*

**A NOTE FROM THE WELLNESS AND WELLBEING WORKSHOP DESK**

**PLEASE DON'T TAKE YOUR MULTI-VITAMINS EVERYDAY!**

No, this is not a misprint. Yes, our daily multi-vitamins can be harmful. No, there is no need to throw your bottle in the trash. Yes, You should become more knowledgeable about the Recommended Daily Allowances established for all vitamins and, in general, not exceed more than 2 times this amount in a daily supplement.

Believe me when I say I have come kicking and screaming to this conclusion as I have always been a supplement supporter, but not a fanatic. I have realized that the typical American diet is nutrient poor and that the human physiology as we age is not as efficient in extracting nutrients; that some supplementation should be common sense protection to retard senility and chronic conditions.

But my intuitive sense also said that if you don't use it, you lose it. If you don't make your body work hard to extract nutrients from food, it will lose the ability to do so if nutrients are supplied daily in pill form. The enzymes, co-factors, and signals will become lazy and incapable of responding in a natural way to food. Therefore, long ago I modified my supplement intake in favor of an enhanced diet. Granted, some people do have particular deficiencies and should take supplements targeted for those deficiencies on a daily basis. Certain seasons may necessitate certain considerations, i.e. daily vitamin D3 during fall and winter or for those that are homebound.

The Vitamins that have been shown to be harmful in high doses in clinical trials and retrospective studies involving thousands of people followed for 5 or more years are Vitamin A, Beta-carotene (natural form for Vit A), Vitamin C, and Vitamin E. The studies linked Vitamin A with fractures, lung cancer or heart disease. Vitamin C above 250 mg/day has not shown any benefit and may have some vascular implications with increased mortality. Beta-carotene and Vitamin E are associated with higher mortality, and recently Vitamin E users have been shown to have a higher risk for prostate cancer.

Why does the Supplement Paradox defy what should be common sense: that anti-oxidants should be good for you if oxidation and free radicals are bad for you? After all, anti-oxidant supplements reduce free radical formation that can damage the body. Maybe, the supplement anti-oxidants help fuel cancer cells lurking in the background. Maybe there should be a natural balance between free-radical production and destruction that the immune system needs, tipping it in one direction or the other may be unhealthy.

Instead of pitching your multivitamins, change to a one to three times a week regimen. And the next bottle you buy, check the RDA's and pick one that is not formulated in mega-doses of any ingredients. If you eat a well-balanced diet, high in whole fruits and vegetables with adequate protein – skip the supplement aisle altogether. The Science suggests you may live longer without the supplements.

*To Your Good Health,  
Carolyn Perry*

**JULY LESSON TITLES**

**June 7 2013:**

***Do Nothing Enlightenment***

**Interim Spiritual Leader:** Rev. Georgy Rock

**Guest Musicians:** To Be Announced

**July 14, 2013:**

***Shelter***

**Interim Spiritual Leader:** Rev. Georgy Rock

**Guest Musicians:** Deborah Sharn & Steve Schenkel

**July 21, 2013:**

***Thank You!***

**Interim Spiritual Leader:** Rev. Georgy Rock

**Guest Musicians:** Jeanne Trevor & Rocky Tucker

**July 28, 2013:**

***What Do I Appreciate In My Life?***

**Guest Speaker:** Rev. David DeChristo

**Guest Musicians:** Deborah Sharn & Steve Schenkel

**Divine Order**

By

Paul Kramer  
*From Daily Word  
July 2007*

*Being in sync  
asleep or awake  
always actively working  
every breath that we  
take*

*the rhythm of life  
unfolding before our  
eyes  
the rotation of the earth  
the morning sunrise*

*understanding and clarity  
all through the day  
continuously developing  
In the right way*

*all working in harmony  
balance and accord  
divine order  
compliments of the Lord*

## DANIEL NAHMOD in CONCERT



**July 27, 2013 – 7:00 p.m.**

**Unity Christ Church**

**33 N. Skinker Blvd**

**St. Louis, Missouri 63105**

**(314) 727-6478**

**Tickets \$10.00 in advance and \$15.00 at the Door**

***As seen on CNN and PBS***

***Award-winning, Heart-opening***

***Music For Humanity***

Winner of awards from Peacedriven, Empower, Unisong, JPF, Indie International and Music 4 A Cause, Los Angeles-based Singer/Songwriter and Humanitarian **DANIEL NAHMOD** (pronounced Nay-mod) has performed his profound, heart-opening original music for over one million people in 45 U.S. states and Canada since beginning his music career in 1999, selling over 70,000 CDs to date... and will soon be performing here in ST. LOUIS!

Daniel's poetic and evocative message of peace, love and compassion across all nations, cultures and faiths has found overwhelming acceptance wherever he has performed. He has been featured on numerous cable and radio broadcasts in over 90 countries; at cultural festivals, interfaith and environmental fairs, workshops and conferences, youth rallies, 9/11 services; and as a keynote musical presenter at benefits for such organizations as Habitat For Humanity, Operation USA, Achievable and Anti-Defamation League. Daniel has also performed for various U.S. governors and mayors, and for congressmen in Washington, D.C.

Daniel has presented his spectacular music and message for nearly all of the world's major faiths, including Christian, Catholic, Muslim, Hindu, Buddhist, Jewish, Bahai, Mormon and Unity audiences, and has worked with some of the most influential and brilliant speakers and leaders in the world --including Marianne Williamson, Deepak Chopra, Mark Victor Hansen, Arun Gandhi (grandson of Mahatma Gandhi), Yolanda King (daughter of Martin Luther King Jr.) and Neale Donald Walsch.

### ***WORKSHOP WITH DANIEL NAHMOD***

***Date: July 27, 2013 Time: 2:30 -5:30 p.m.***

***At Unity Christ Church***

**BE LIKE WATER: Finding peace of mind in turbulent times.**

In this two-part workshop centered around the award-winning songs of his CD "Water," Daniel Nahmod presents music and discussion, readings and provocative questions, originating from his 3-month sabbatical in the Red Rock country of southeastern Utah. We'll consider our dreams and desires, our worries and our work, our families and our legacies, in a deeper context of the passing of time, and of the mysterious perfection of our world and universe. We'll explore the capacity we all share to listen deeply and follow our true calling, like water itself does -- without pressure, without pride, without grudges and regrets, and most of all without struggle or fight. It's a profoundly comforting paradigm, truly a new spiritual lens which offers an entirely different way of looking at Life itself... and our place in it. Come and enjoy this wonderful workshop and spend time with one of the best new thought and Posi music performers in the country. The cost for the workshop is **\$20.00**.

**If you would like to attend both the workshop and concert, the cost is \$25.00 (a savings of \$5.00).**