

**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**

Lately, I have been contemplating and intensely focusing on what it means to have Spiritual Understanding. This question has arisen within me because I am feeling all kinds of new and miraculous levels of awareness expressing Within my Being. It appears to be the result of constantly turning Within to touch the Pure Essence at the center of me. I have noticed and become keenly aware that there is something else inside of me, an Energy, a Presence that is flowing from deep within my Being. I have even noticed that my life has taken on a greater sense of peace and ease. It is now apparent to me that all the concerns of my life and world are in sync and are working harmoniously and effortlessly.

As these experiences have persisted over time, I have taken note that all this seems to be the result of me consistently asking Spirit for clarity. The more I ask God to shed light on this issue for me, I begin to comprehend and know that this Presence and this energy is the True Self of Me—It is The Presence of God (The Christ), that lives Within my Being. As I become more keenly aware of this Presence, I find myself continuously Turning Within seeking a clearer explanation that will further enlighten me and answer my question regarding “How did this depth of awareness come to be? In my quandary, I call to memory the words of our Co- Founder, Charles Fillmore. In *The Revealing Word*, he states, “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. Mr. Fillmore further states that, “Spiritual understanding is the quickening of the Spirit within”..... and “ is the ability of the mind to apprehend and realize the laws of thoughts and the relation of ideas one to another.”

This explanation helps me to see just exactly what has been occurring within my Being: the Spirit of the Christ had been quickened in me as I chose to turn Within and be guided by the Christ light that resides in me. Wow, what an awesome depth of Understanding this provides for me!

As I think about Mr. Fillmore’s statement, I recall how on so many occasions I had chosen to experience life separate and apart from the guidance of Spirit and I remember how difficult and challenging the consequences were. However, I also recall turning to Spirit and as a result, all of my challenges and misunderstandings seemed to miraculously fall away or simply disappear because I chose to rely more on the guidance of Spirit Within. I truly started to Know, Understand and experience that God is the Only Presence and Power in the Universe and that the Christ of my Being is God’s Only Son. With this knowledge and Understanding, I began to know and accept that I Am that Christ made in the Image and likeness of God. The I Am Within me is Truly One with our Mother-Father God that is Omnipresent (everywhere present), Omniscient (all knowing) and Omnipotent (all powerful).

The development of this Understanding has indeed been a wonderful process that has stretched me to grow and change in new and magnificent ways and has indeed imprinted on my consciousness and in the very depths of my Being that I must look to the Spirit of the Christ Within to illumine my path and guide my life. From this day forth, I Am choosing to turn inward and allow myself to be guided and directed by that Spirit- The Christ Within ---How about you?

Let Us Daily Affirm: *My Life is Illumined by the Perfect Light of Understanding*

*Blessings As You Spiritually Unfold,*  
*Juanee J. McKinney*  
*The Editor*



## INSPIRATION FROM OUR FOUNDERS:

## UNFOLDING THE HEALING CONSCIOUSNESS OF THE CHRIST

Cora G. Derrick

Unity, February, 1922, Volume 56, No. 2, pages 130-134

*They may rail at his life--from the hour I began it  
I've found it a life full of kindness and bliss;  
And, until they can show me some happier planet,  
More social and bright, I'll content me with this.  
---Moore*

HE WHOSE consciousness is spiritually quickened is content with his life on this planet, because he knows he is working out all the different phases of existence here and now. He knows that his body, his mental capacity, and his environment are all a shadowing forth of the measure and the manner in which he has contacted the inner life, the life of Spirit, and he is happy and contented in unraveling his problems. He is satisfied that there is no other place that is quite so fitting for him as his place in this world of men, because he has made this place for himself. The soul is always jubilant and light-hearted when it is consciously traveling the road of progress.

Potentially, life's problems are already worked out for us, but we do not consciously know this, until we come to that place where we are ready to lay hold of this truth understandingly. Without the desire for greater understanding of life; without the desire for a greater degree of life activity, we would never strive for the unfolding of the soul. Without the inner push spurring us on to greater achievements, without the urgent desire to work out of chaos and confusion into light and joy, we would never bend our energies to the realization of Divine Intelligence, which reveals to us the attitude we should take in all the different relations of life. Yet, when we develop the ability to lay hold of understanding, we find that the Spirit of the Lord has gone before and accomplished the real work for us. It is obvious; therefore, that life's problems consist chiefly in awakening the consciousness of, and acquiring a mental grasp on, the spiritual powers of being.

But, in grasping these spiritual powers, we should not make hard work of it. Often metaphysicians are so bent on their spiritual demonstrations that they squeeze the joy and freedom out of life. A joyful, care free heart is one of the most valuable asserts in demonstrating health and wholeness. Exalted joy coordinates with gratitude and praise, and it is the consciousness abounding in gratitude and praise that directly relates us to God; that we may be awakened and thrilled with the creative impulses of Divine Mind. Indeed, if one would be a master in the realm of creative ideas, he must be free from worry and doubt and misgivings, and filled with joyful praise and anticipation. These qualities are the magnets that draw to themselves new inspiration out of the superconsciousness.

Life is progress, attainment, mastery; and every new spiritual realization makes finer and stronger and more beautiful the texture of the soul, and engenders the power to draw from the invisible the fulfillment of its highest ideals.

In Biblical times, we see each successive leader, with his group of associates, rising higher in consciousness than his predecessor, so in individual consciousness, each step forward in spiritual growth, is the more nearly perfect blossoming of an idea drawn out of the superconsciousness by an innate desire of the soul. Abraham was great; but David was a stronger spiritual leader. Yet, David, with all his love and knowledge, came nowhere near measuring up to Jesus' standard of life.

Divine ideas are universal in character, and recognize the unity of life among people of all nations. These ideas of life, working in and through the soul, draw to them their own from the four corners of the earth; they attach to the individual and to the environment all the grandeur and loyalty and sublimity contained in the original idea. It is through this process that both the inner and the outer life grow rich and full and satisfying.

In demonstrating the Christ life, the first thing to overcome is inertia. In the first steps in the process of evolving, there are pitfalls and stumbling blocks of which we are not aware until we trip and fall. Unless we are open to spiritual light, this may happen again and again, until the downward pull has established us in an indifferent state of consciousness. Confidence dies away, and inertia results. But the desire and the desire of life awaken man from this inactivity and spur him onward. It is in the working out of this state of lethargy that we develop mental muscles that we would not otherwise feel the need of.

Therefore, no matter where you are on the ladder of life, do not be discouraged. Back of all is God's eternal plan; back of all appearances, your place in the world is waiting for you, and Spirit is with you every step of the way, helping you to bring God's perfection into expression. As you struggle on for the victory, a truer understanding of life appears; as you cease to resist, and learn to serve even the forces that would slay you, new strength and trust begin to stir in the heart, and you are no longer at the mercies of the adversary that has held you in bondage.

But the redeeming process must be carried on throughout the whole being. Just as spiritual realizations now stamp their images upon us, so when we were in darkness, the malformed, ill-shaped thoughts of the mortal formed their mental concepts in us, and must now be handled. It is through persistent realizations of perfect life; it is through broadening the vision and keeping the imagination stayed on the perfect patterns of life, that the false concepts are erased and spiritual faculties are established. You have, in your deeper meditations, attained wonderful realizations of Divine Life. For instance, you

have been able to take a statement such as: "The purifying power of Divine Life is active in me through Jesus Christ," and have concentrated upon it until the living Truth contained in the word became so alive that it was resolved back into formless essence, in which form it was dispensed through the soul and body consciousness, awakening every function and organ to a greater degree of power and life.

We find, however, that in establishing new states of consciousness, to make them rally abiding and reliable, in the voice and word and act, they must come into touch with the faculty of conscious knowing. Just as in writing, the pen is a tool in the hand of him who is directing its movements over the paper, so the intellect is a tool of Spirit, and to establish any realization intellectually and firmly in consciousness, it must contact and take possession of this power of conscious apprehension. When this takes place, the transforming power is extended to the intellect itself. The spiritual idea works in the human concepts which have been previously formed, and the mental standards are revolutionized. Then the intellect is sharpened and polished, and becomes a fit tool of Spirit.

Man's supreme demonstration, however, is to gain dominion over himself; to become God in expression. "And as we have borne the image of the earthly, we shall also bear the image of the heavenly." This is the reward of living the regenerate life. We are born of the Spirit, and are delivered from the body of death. Judas represents the negative pole of life, located in the generative center, and Jesus the positive pole, or spiritual center, located in the top of the head. When the life energy is spent on the mortal plane of consciousness, the highest form of unfoldment that can be attained is that of developing the psychic nature. This finally agonizes the soul, until it yearningly gropes after the higher life of the Spirit, which yearning opens the way to the real goal of attainment. The enigma of life, the secret of regeneration, is revealed to the consciousness through affirmations and realizations that I AM the son of the living God, even Christ, "even mastery 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 in glory."

Regeneration means just what the word describes --- a regeneration of man's soul and body through a spiritual activity in the generative organs. In the regeneration the generative center is no longer allowed to waste its substance on the sense plane, but, by pure thinking and chaste acting, generates an uplifting living energy in soul and body, which, when raised to the Jesus Christ purity of life, arouses all the faculties to power and ability. Then the understanding of the use of the silent and spoken word is magnified, and, with the renewed thought, comes forth a new expression in both soul and body.

The experiences we have while passing through the throes of a new birth, depend largely upon our attitude of mind towards God and towards humanity. To be born anew under the law of love is a joy. But, if it is under the thought that we are doing penance; that we have to lose everything for the sake of Christ, the rebirth is slow and tedious. Therefore, take your stand in regeneration with a joyful heart, knowing that God will not try you beyond that which you are able to stand. Then with the thought of non-resistance towards everybody and everything, express the positive agreeable joy that springs from the possession of Good, and your way will be made easy. "I will give unto him that is athirst of the fountain of the water of life freely. He that overcometh shall inherit these things; and I will be his God, and he shall be my son."

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

## Truth Students Speak:

### THE WILL AND THE UNDERSTANDING

Jessie Cameron Brown

Unity 1926, Volume 64, pages 29-32

People often speak of the difference between the personal will and the universal will; however, there is only one will. The apparently varying aspects of will result from variations in its use. The will in itself is neither good nor bad, but the way in which it is used determines its degree of helpfulness. As an example of two ways in which the will may be used, let us consider the extreme cases of Adam and Jesus Christ. Adam, knowing what the divine will was, deliberately acted in opposition to it and asserted his right to free will. He made his choice: He thwarted the will of God in order that he might gratify his own wishes. Jesus Christ, our great example, lived in complete accord with the divine will; even in the Garden of Gethsemane, when he saw that his personal plans were not for the highest, he uttered the supreme prayer "Not my will, but thine, be done."

The will of God is always for the best. We know that God is good and God is all; therefore God's plan for the universe must be that which is good. When we pray, "Not my will, but thine, be done," we are praying that the good may be brought into manifestation. Some people, when they pray, make their petitions for the things they desire, and then add in a reign tone: Nonetheless, not my will, but thine, be done;" if they had any conception of what God's will for man is, they would speak joyously, not resignedly. God's will for man is something more lovely than the mind of man can at present imagine. God's plan for man is ultimate perfection, and as we adjust our minds to the mind of God we shall find ourselves taking the steps leading to perfection.

(cont on page 6)

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

Two months ago we started a discussion about Ayurveda and the three (3) main mind-body types, or doshas. Last month, we focused specifically on Pitta. This month, we are talking about the last of the three doshas which is Kapha. The elements of water and earth combine to create Kapha. It is responsible for growth, protection, lubrication and sustenance. As such, its general qualities are heavy, cold, moist, dull, soft, sticky and static.

Typically, a person with a Kapha dosha is heavy set, has smooth skin and thick hair, sleeps deeply and soundly, is slow moving, has good stamina, is easy going, methodical and thoughtful in nature, and enjoys routine. The positive psychological traits of Kapha include being calm, sympathetic, courageous, forgiving and loving. Being serene, calm, affectionate and forgiving are innate qualities of Kapha. When balanced, Kapha is steady, consistent, loyal, strong, supportive, content and calm.

Being the slowest and steadiest of the doshas makes Kapha reluctant to go out of balance. However, when it does go out of balance, Kapha is dull, inert, needy, attached, congested, overweight, complacent and overly protective. Because disorders related to Kapha generally take a long time to go out of balance, Kapha people can, without much effort, expect to remain strong, healthy and content to a ripe old age. It is said that, if kept in balance, a Kapha body type is the best one to have.

So what do you do if your Kapha dosha is out of balance? Out of balance Kapha types cling to the status quo too tightly so the key to balancing Kapha is stimulation – new sights and sounds, new people and events. Be sure to have a variety of experiences. Kapha types benefits from heat so it is good to stay warm and dry. Drink warm fluids during the day, but take them in moderation. Exercise regularly, preferably every day. Without activity, Kapha types can become lethargic and dull, which is directly linked to their slow digestion. Perform a dry massage on your body to stimulate circulation. Make your surroundings bright and bold. Reduce sweetness.

Another way to balance your doshas is to eat according to your dosha. According to Ayurveda, it is important to make sure that you get the six tastes (sweet, sour, salty, pungent, bitter and astringent) at every meal. While you need to get all the tastes in your diet, certain tastes reduce your dosha (bringing it more into balance) and others increase your dosha (putting it out of balance). To balance Kapha, you want eat a Kapha pacifying diet that favors the tastes of pungent, bitter and astringent and reduces those that are sweet, sour, and salty.

Each of the doshas responds to one or more of the 5 senses. For Kapha, that would be the senses of taste and smell. Being the earthiest of the three types, Kapha loves the atmosphere of hearth and home. To them, the tastes and smells of the kitchen are especially gratifying. Aromas can also be used to balance each dosha. To balance Kapha, you would want to use a mixture of warm and spicy aromas such as juniper, eucalyptus, basil, camphor, sage or rosemary. Put about 10 drops of aromatic oil in hot water and fill the room with scent for half an hour. Bedtime is a good time for this.

Next month, we will talk about the seasonal and daily routines and how those relate to the doshas.

If you haven't yet done so and would like to take the Chopra Center Dosha Quiz to find out your dosha and your current state of balance, go to <http://doshaquiz.chopra.com>. I would also like to recommend Deepak's Book *Perfect Health* as another very good resource.

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**



**JULY LESSON TITLES**

**July 6, 2014:**

***Is It Soup Yet?***

**Guest Speaker:** Rev. Sallie Fox

**Guest Musicians:** Doug Erwin and Katie Kopff

**July 13, 2014:**

***Less Of Me And More Of Thee***

**Guest Speaker:** Rev. Sallie Fox

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

**July 20, 2014:**

***TBA***

**Guest Speaker:** His Grace Lolgopal Das

**Guest Musicians:** Tim Schall & Rocky Tucker

**July 27, 2014:**

***TBA***

**Guest Speaker:** Rev. David DeChristo

**Guest Musicians:** AJSR, Aajaanne and Philip Gomez

**AFFIRMATION FOR THE MONTH OF JULY**

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

**JULY WEEKLY AFFIRMATIONS:**

**July 6:** I am filled with courage. I am poised and serene.

**July 13:** I am richly blessed! Thank you, GOD!

**July 20:** I now claim my divine inheritance of abundant life.

**July 27:** I let go and I let God.

**Count Your Gains and Not Your Losses**

As we travel down life's busy road  
 Complaining of our heavy load,  
 We often think God's been unfair  
 And gave us much more than our share  
 Of little daily irritations  
 And disappointing tribulations...  
 We're discontented with our lot  
 And all the "bad breaks" that we got,  
 We count our losses, not our gain,  
 And remember only tears and pain...  
 The good things we forget completely  
 When God looked down and blessed us sweetly,  
 Our troubles fill our every thought,  
 We dwell upon lost goals we sought,  
 And wrapped up in our own despair  
 We have no time to see or share  
 Another's load that far outweighs  
 Our little problems and dismays...  
 And so we walk with head held low  
 And little do we guess or know  
 That someone near us on life's street  
 Is burdened deeply with defeat...  
 But if we'd but forget our care  
 And stop in sympathy to share  
 The burden that "our brother" carried,  
 Our mind and heart would be less harried  
 And we would feel our load was small,  
 In fact, we carried no load at all.

*By Helen Rice*

*Submitted by Herman King*

(cont from page three)

People often speak of the difference between the personal will and the universal will; however, there is only one will. The apparently varying aspects of will result from variations in its use. The will in itself is neither good nor bad, but the way in which it is used determines its degree of helpfulness. As an example of two ways in which the will may be used, let us consider the extreme cases of Adam and Jesus Christ. Adam, knowing what the divine will was, deliberately acted in opposition to it and asserted his right to free will. He made his choice: He thwarted the will of God in order that he might gratify his own wishes. Jesus Christ, our great example, lived in complete accordance with the divine will; even in the Garden of Gethsemane, when he saw that his personal plans were not for the highest, he uttered the supreme prayer "Not my will, but thine, be done."

The will of God is always for the best. We know that God is good and God is all; therefore God's plan for the universe must be that which is good. When we pray, "Not my will, but thine, be done," we are praying that the good may be brought into manifestation. Some people, when they pray, make their petitions for the things they desire, and then add in a resigned tone: "Nonetheless, not my will, but thine, be done;" if they had any conception of what God's will for man is, they would speak joyously, not resignedly. God's will for man is something more lovely than the mind of man can at present imagine. God's plan for man is ultimate perfection, and as we adjust our minds to the mind of God we shall find ourselves taking the steps leading to perfection.

For many centuries it has been taught that God sends sickness and disease and other inharmonious conditions; but as man increases in understanding he knows that such is not the case. Many persons, however, cling to the old ways of thinking, and hug to their souls the thought that God inflicts punishment. In times past it was almost universally thought that people had to suffer the damage done by lightning, for they said that lightning was "an act of God", but after Benjamin Franklin made his experiments with electricity, people found that they could protect their property by using lightning rods. However, many conservatively-minded persons would not use lightning rods because they thought that to do so would be to act in contravention of the laws of God. People of similar ways of thinking today are refusing spiritual healing, because they, in their ignorance; think that it is God's will that they should be ill. Nevertheless, they inconsistently seek healing in drugs and in other treatment at sanitariums. During the Middle Ages many Christians, who thought that they were acting for the best, persecuted and tortured those of other religious beliefs.

When we consider what mistakes can be made through misunderstanding and ignorance, then we realize how important it is that we have understanding and wisdom. Solomon's advice is:

*Wisdom is that principal thing; therefore get wisdom;  
Yes, with all thy getting get understanding  
Exalt her, and she will promote thee;  
She will bring thee to honor, when thou doest embrace her.  
She will give thy head a chaplet of grace;  
A crown of beauty will she deliver to thee.*

Understanding is the first step to creation, or in any movement. In the Genesis account of creation we read that the first idea in mind was that of understanding or light: "God said, Let there be light."

Man has free will, so it is very necessary that he have divine understanding before he makes his choice; otherwise he may make the wrong choice, as Adam did, and suffer the consequences, as Adam did.

When we pray we should pray in divine understanding. The promise is: "Ask and ye shall receive." If we ask unwisely and receive in accordance with our asking, we may be sorry that we did not add to the petition, "Nevertheless, not my will, but thine will be done."

To do the will of God we must have divine understanding as to what is the will of God. The indwelling Christ Spirit will guide us; also we may gain great help from studying the life and the sayings of Jesus Christ. Jesus Christ is our great example, the Way shower.

In Bible symbology the will and the understanding are represented by Ephraim and Manasseh, sons of Joseph. Their portions in the Promised Land were given to them in common. In the New Testament, Matthew represents the will, and Thomas, the understanding.

Jesus Christ showed us the way to live, and he told us how to become one with the Father, or Spirit. The Spirit, which Jesus referred to as the "the Father," we know as the Christ mind. Through the Christ mind

we make conscious union with God. As we make union with God, we contact all the faculties in Divine Mind. This contact gives us a great sense of power. We should never say, "I don't know," because the inner, spiritual man does know and we can know consciously by making such affirmations as: The Christ mind within me knows. Children who are backward in school should be instructed along these lines.

In training of children, not only does their understanding need awakening, but their wills need training. We should never think of breaking a child's will. The will should be strengthened; this is best done by developing the understanding along with the will. For instance, obedience is a necessary factor in the education of any child, but better than the obedience which is the result of fear of punishment is the obedience which is based on understanding. The way to develop a child's will is to give him the opportunity to make his choice. The parent or teacher should see that the child has a true understanding of the situation that is presented, and then leave him to choose. If the parent or teacher has done his work well (in divine understanding), then the two sides of the situation will be perfectly clear to the child. He will see that by his choice he may select for himself the path which is most pleasant for the moment, but which in the end will bring him unhappiness; or he may select the path which is happiness all the way.

One should never try to coerce another, whether the other be child or adult. If we look to the life of Jesus Christ for our example we shall see that we should never try to force another to yield his will to ours. Jesus gave his message and let his listeners exercise their free will as to whether they should follow him or not. Hypnotism and mediumship should not be encouraged, as they have a deleterious effect upon the will. The will, like all our God-given faculties, should be kept in its highest state of efficiency.

If we are going to accomplish anything we must first get a good understanding as to what to do, and then by the exercise of the will, carry out what we know to be the highest. Persistence is necessary in any demonstration, and the will makes persistence possible. Daydreaming and longing and desire are all very well as preliminary steps, but we must exercise the will in the name of Jesus Christ if we would accomplish.

# JULY 2014 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12 Powers Meditation—9:15 AM                      Sunday Mid-Service Fellowship—10:00 AM                      Sunday Celebration Service and Youth Education                      10:30 AM</p> <p>(See reverse side for times and locations                      of classes and events)</p>	1	2	3	4	5	<p>9:30 AM &amp; 11 AM                      12-Step Centering                      Prayer &amp; Medita-                      tion Group</p>
<p>6</p> <p>12 Powers Meditation                      9:15 AM                      11:30 AM Quest Class                      11:30 AM Monthly Potluck</p>	7	8	9	10	11	12
	<p><b>CHURCH OFFICE                      CLOSED</b></p>					
<p>13</p> <p>12 Powers Meditation                      9:15 AM                      11:30 AM Quest Class                      11:30 AM Board Meeting                      Toastmasters' Club—7 PM</p>	14	15	16	17	18	19
<p>20</p> <p>12 Powers Meditation                      9:15 AM                      11:30 AM Quest Class</p>	21	22	23	24	25	26
<p>27</p> <p>12 Powers Meditation                      9:15 AM                      11:30 AM Quest Class                      Toastmasters' Club—7 PM</p>	28	29	30	31		