

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

SEPTEMBER—Order

The ability to organize, balance, sequence, adjust.

My life is in balance and in order and all is well.

Thoughts From The Heart

I have been reflecting over my life and contemplating how I came to be at this place in Consciousness. As I look back over my experiences, I observe how everything and every event, seemed to unfold in the right and perfect way; I am in awe and amazed as I recall how perfectly the situations and circumstances of my life appeared to unfold so lovingly. I even recall when I first began to recognize, know and accept that everything evolved in the right and perfect way. This realization allowed me to truly understand that there are no mistakes or errors in God's Universe for it operates in a Perfect, Orderly and very well Planned way.

As I contemplate the orderliness of the Universe, I am reminded of the words of our Co-founder, Charles Fillmore, who states in *The Revealing Word that*, "Order is the first law of the Universe. Indeed, there would be no universe unless its various parts were kept in perfect order. The facts of Spirit are of spiritual character and, when understood in their right relation, they are orderly. Orderliness is law and the test of true science."

With this understanding in mind, I stop and contemplate how everything in the Universe seems to consistently operate in a forward moving and harmonious way. I think about the stars in the sky and how they show up each night to dazzle us with their brilliant light. I think about the seasons and how they seem to know when to move from summer to fall and then from winter to spring. And of course, I am absolutely mesmerized, as I observe how the flowers of spring simply know when to push their way up through the earth towards the sun each year. I am truly astounded when I take note of how all of God's creatures seem to know exactly what to do and when to do it, at all times. I am even more amazed as I think about the acorn and how it knows to grow into a mighty Oak tree. Because of the Divine Order I observed in the external world, somehow I intuitively knew that it also applied to me.

As I began to apply these same observations to myself, I remembered how I had progressively moved from one state of Being to another and how with each movement in Consciousness I grew more aware of the Spirit that resides Within, at the center of my Being. For me it has been a very orderly process and I feel that I was guided from Within and I intuitively knew exactly what to do. I recall all those wonderful periods of time where I knew that joy and happiness were all mine and knew that God gave it all so lovingly to me. I also remember the times when everything seemed so hard as I struggled to change another layer of error thought! The emotional upheaval I felt within left me feeling as if I would never make it through this transition in Consciousness; and at that perfect moment, I had a breakthrough! As I sit back and reflect on these seemingly opposite experiences (and all the other challenges I have faced in my life), I begin to know and accept that they were all necessary, and I further understand that they were all in Divine and Perfect Order as well. These situations needed to occur so that I could grow into my next level of Awareness; allowing me to be firmly planted at the center of my Being clearly expressing the Christ of God in me.

So, as we continue on our Spiritual Path, growing, evolving and unfolding, let us be mindful and know that each and every situation and circumstance that occurs in our lives is necessary and is occurring in a Divinely Ordered and Perfect way-----Always leading us to express the Truth of Who We Are—The Christ of God.

Let Us Daily Affirm:

"I Am One with the Harmonious, Continuous, Forward movement of God's Universe."

*Blessings as You Spiritually Unfold,
Juankee J. McKinney
The Editor*



INSPIRATION FROM OUR FOUNDERS:

**THE INCLUSIVE LOVE
Ethelind Lord Campion
Article III**

Unity, April 1919, Volume 50, No. 4, pages 319-325

WE HAVE stated that the first step toward the understanding and manifestation of permanent success is through the faculty of Good Sense—or the sensing of God Omnipresent. This is optimism based on the principle that only the good is true, and it is to be practiced as devotedly, day in and day out, as are scales and finger exercises by those who become great musicians.

We take the second step through perfect trust and confidence in the Real Self; hereby we attain to a place of security and poise, where want and lack are unknown and unimaginable, and we sit impregnable at the right hand of power! This is really the place of realization of the meaning of the first, and the greatest commandment: Thou shall love thy God-----with all your faculties and powers, all your understanding, all the strength of the human senses and the uplifted consciousness of the soul senses as well, and too, with all the warmth and love, the force and fusing passion of the emotive nature, which welds into *one* the human and divine. Self-confidence is belief and trust and love, in and for the Great Original Self of all, unto whom is all glory, all honor, all praise, and all achievement.

The third step follows naturally, as the second commandment follows the first: We are love and reverence, praise and honor, the Great Self of our neighbor as we do our own; we are to go even farther than that and recognize the difference and no separation in the seeming two-ness of the neighbor and the self. The Great Self of both is indivisible, and when once we perceive our own divinity, our own unity with God, we naturally and inevitably see that Divine nature, that unity of Spirit, in one and all.

This is real altruism, true brotherly kindness, unselfish and beneficent; not just love of the human, not a mawkish sentimentality that lies down in the ditch with the brother who has fallen into the pit that the human digs for himself, but the higher love which refuses to recognize appearances of evil as realities, and so transmutes the seeming evil and lifts it up to its proper place and power, blots out transgressions and iniquities, for the sake of God, that Good may be manifest.

In the trinity of absolutely essential qualities of God-hood, All-power, All-wisdom, All-presence, Omni-presence signifies the fusing and space-annihilating power of Love; a Love that knows its own unity with Spirit, and sees its neighbor as it sees itself, one also, whole, entire, complete.

This recognition of Divine unity represents the perfect circulation of one life, one power, one love, one wisdom, in complete equilibration. There are not two circulatory systems in the body, not two different life powers, or forces, but one. One blood-stream warms, quickens, feeds, blesses, supplies, nourishes and cleanses all parts of the body, every organ, nerve and cell without distinction.

So in the great body of humanity this one life, power, love, and wisdom, circulates and performs the same blessed functions, except where inhibited by the misunderstanding of man himself. You are one projection of that life, power, love, and wisdom, but are in no sense cut off from the rest of the body. You draw your sustenance from the one life-stream, and that life is the identical “flowing body” that has served your neighbor, has infiltrated every member from least to greatest of that humanity of which you and your neighbor are integral parts, with no distinction of rank or precedence.

When we realize this in all its significance, we will have come to that place of power typified by the second commandment, and in loving our neighbor as verily yourself, we come into the fullness of harmonious relationship with God and man, and have free access to the Kingdom of Heaven here and now. Then Good circulates freely, without stoppage or impediment; there cease to be any thought of separation, of mine and thine, of difference, or of barrier, because we have then been made “perfect in one.”

Many members---one Body.
Many branches---one Vine
Many expressions of life---one Life
Many ideas---one Mind.
Many intellects---one Intelligence.

Altruism is the radiation of Divine Love, which embraces all living creatures in its own heavenly effulgence, and knows no differentiation; it contains within its; understanding no greediness or desire to grab; it recognizes no possibility of loss, or lack, or failure, since it consciously has all, and is all; it is God-Will pressed out into service for all.

We have likened this God, or good, will, to the circulation of the blood which freely supplies every need. Carry this analogy out into the so-called material world---into the world of financial systems and money standards. As the circulation of the blood is but the symbol of the Omnipresence of Spirit, so the monetary system is but the hardened and crystallized symbol of the more etheric circulation of blood and Spirit. The father we get from Spirit in consciousness, the less fluid becomes the idea or the condition, and the more liable to beliefs in congestion and impoverishment.

Thus there is a vital reason why we should love our fellow man---because, forsooth, he is our fellow! Because we are indubitably one body, no matter how many members and have but one circulatory system. Any stoppage of the free flow of love in the body throws the entire system out of harmony, and things generally get out of tune.

When we fully realize this, we will naturally try to remedy any ill that our brother may seem to be experiencing. That not only he, but the whole body politic, including ourselves, may be healed and blessed and made happy. It is all a question of right values, a true sense of proportion, and a perception of the Christ principle that Love pays all debts.

Yet good-fellowship based on the merely human understanding and love, does not save us from trouble. Family relationships are seldom unmixed happiness, as all can testify. Human love being based largely on the sense or desire of possession is always limited, and sooner or later the bondage chafes and hurts.

We can be lifted out of this bondage only by coming into the wider understanding of altruistic love, which first of all announces, "I am free", because of its inherent Selfhood, and then proceeds to beneficently bestow that identical freedom to the least among his brothers, because he realizes that none can be truly free while one is bound.

There is a perfect affinity between the loadstone and the iron filings, expressed on the one side by the steady radiation of attractive power---the magnet pulls by what it is---and the other the eager responsiveness of the iron filings. Like attracts like.

There is the same elective affinity between Good and man---between man and man as well---when the realization of oneness is born in consciousness. The "pull" of the magnet is always there, but man has insulated himself by his wrong thinking until he fails to respond as he should, and so misses his completeness. To the esoteric knowledge of unity with God, "all things" are added, or made visible, on the external plane. Manifest and unmanifest are essentially one; they "belong" to each other, being one, and nothing can really keep them apart; so man's appropriation of the things he desires can only be permanent or lasting as he interiorly knows he is what he reaches out for in expression. His consciousness of God, and only Good, makes of him a magnet of the good which flows ceaselessly, in exhaustibly, to him whose vibrant radiation corresponds to it.

Love of humanity, in its higher sense, is the magnetic quality that provides the open sesame to all hearts; and to the magnetic toward God is to be inevitably and eternally charged with the magnetism of God, and therefore attractive to God. We must be---not pretend to be---nor can we hope to possess anything we cannot in truth give.

We long for love---yet how many of us are prepared to give the affection our starved hearts crave. How many of us pour out, lavish, and radiate love as the sun squanders warmth and light, with no thought of return? The most selfish people in the world are those who demand most love and service and consideration, and give the least. That is what selfishness means---to get without giving---which in truth cannot be done, for such getting is in the end sterile and futile, enriching the receiver not at all. The only love that benefits permanently is that which is poured out of a full heart which loves as the sun shines, because it must, because its very nature is love, and like God, it cannot deny itself. We spend much time in the pursuit of money, considering little whether the mentality, the quality of mind be rich or poor. Yet if we have not a deep and abiding consciousness of already inherently possessing, how can we expect to attract possessions? To him that hath shall be given, is literally and logically true. And to him who has not, even that which he thinks he has, shall just as logically and inevitably be taken from him, or slip away from him because there is nothing in him like itself to hold it.

Let us stop whining about circumstances, heredity, or the punishing will of God, and all the other shallow and flimsy excuses we have hidden under, and dare to use our intelligence, dare to look truth in the face.

Why are we poor? Sad? Sick? Sinful? For no reason under heaven except because we have a poor conception of ourselves. It is the Father's good pleasure to give us the kingdom---the dominion of the mind, and through that dominion of the external realm. We are legal descendants of the Most High---inheritors of *all there is*, and yet we lack! Yet we cry, "Woe is me! I am a worm of dust, a miserable sinner---and God punishes me for my good!"

Away with such heresies, such base maligning's of the goodness of God. Awake, thou that sleepest! Stand up! Throw back your shoulders. Breathe deep of life eternal---know God. Recognize your oneness through love with the goodness of all. Accept your heritage. Enter now into your Land of Promise in the name of I Am.

It is flowing with milk and honey---for you! It is full of all that the heart can conceive of dear delight and satisfaction---for you!

It is a land of Substance, of refreshment, of nourishment, of ever-recurrent manna for every possible need---for you!

(cont on page four)

AFFIRMATION FOR THE MONTH OF SEPTEMBER

I Love Life. I Appreciate Life. Life is OF GOD and Life Is Wonderful!!

SEPTEMBER WEEKLY AFFIRMATIONS:

- September 7:** I am in God's care.
- September 14:** I am filled with courage, I am poised and serene.
- September 21:** I have faith to believe in the eternal quality of Life.
- September 28:** I grow with wisdom and grace. I am patient with myself and others.

SEPTEMBER BIRTHDAYS

- September 6**
Marva McCollum
- September 15**
Mary Louise Loudon
- September 25**
Harry Drake

SAVE THE DATE!!
CHURCH PICNIC
OCTOBER 5th

(cont from page three)

It is a land of undeveloped and unimagined richness awaiting its Lord and Master---waiting for you.

It is a land of health, and wealth, and happiness, of love, and comprehension, and companionship, all, all for you.

In it are no negations—for there Love reigns supreme, the love without variableness or shadow of turning---and that Love is for you.

Now you enter into your kingdom, a Prince of the Realm. Now you attain your majority.

Now you are king and ruler of that wondrous principality, *yourself!*

Now your drop from you, like a worn-out garment, the mistakes, the follies, the ignorance of the past and shine forth clothed upon with right-thinking—mystic, wonderful.

Now you let your light shine, a does that great magnetic center the sun, and now ease to know anything but the light, the warmth, the love that emanate from *yourself.*

Now indeed is death swallowed up in victory, the world redeemed, Lucifer and his host restored to the heavenly consciousness in you, and Now are you in Truth the Temple of the Living God—expressing only as Love.

It is so!

Working with Anger—Submitted by Herman King (*adapted from a talk by Gil Fronsdal, July 1st, 2001*)

A tension sometimes arises between Buddhist teachings and Western attitudes towards anger. When I give a talk on anger, describing how to work with it, how to not be controlled by it, and how to let go of it, inevitably someone will say, “I don’t think that anger is bad or that we need to get rid of it; it can play an important role in our lives.”

One of the issues between Buddhist and western cultural understandings of anger is the assumption that the English use of the word “anger” is the same as the Buddhist use. Often, they are referring to somewhat different experiences.

The Buddhist word *dosa* is usually translated as anger. But it would probably be more accurate to translate it as “hostility,” provided that we recognize that hostility can be present in emotions ranging from minor annoyance to full-blown rage. While the English word anger can include hostility, it doesn’t have to. The West has a long tradition of accepting certain forms of anger as appropriate responses, for example, a forceful protest against injustice.

Dosa burns the one who is angry. Classic Buddhist teachings liken being angry to holding a red-hot piece of coal. For Buddhists, acting *ondosa* is never justified; *dosa* is a form of suffering that Buddhist practice is designed to alleviate.

One ancient Buddhist text likens *dosa* to “urine mixed with poison.” In ancient India, urine was considered to have medicinal properties; it was unpleasant but beneficial. However, when urine is mixed with poison, the unpleasant medicine becomes harmful. At times a forceful “No!” is required of us even though it may be unpleasant. But an energized “no” mixed with hostility is like mixing urine with poison.

Dosa holds people out of our hearts, away from our kindness and care. We don’t necessarily need to avoid anger, but we do need to guard ourselves from locking others out of our hearts.

How can we work with this difficult emotion?

Meditation can be very helpful. In it we can experience our anger without inhibitions, judgments, or interpretations. It can be a relief to discover a capacity for witnessing anger without either pushing it away or engaging with it. In fact, meditation may well be the safest place to be angry, to learn to let it flow through us freely, without either condemnation or approval.

With non-reactive mindfulness as the foundation, we can investigate anger deeply through the body, emotions and thoughts. Anger can open us to a world of self-discovery.

Anger tends to be directed outward towards an object, towards other people, events, or even parts of ourselves. In mindfulness meditation, we turn the mind away from the object of anger to study the source of the anger and the subjective experience of being angry.

We can investigate anger through the sensations of the body. The direct experience of anger may result in sensations of heat, tightness, pulsation or contraction. The breathing may become heavy or rapid, and the heart may beat strongly. Since these sensations are direct and immediate, bringing attention to them helps lessen the preoccupation with the object of the anger and with the story of why we are angry. This in turn, helps us to be more fully present for the anger in and of itself.

Turning our attention away from the object of our anger is important because, while the conditions giving rise to anger may be varied, the direct causes of hostile anger are found within the person who is angry. The causes include aversion, grasping, resentment, fear, defensiveness and other reactions that may be unnecessary and are often the source of the greatest pain in a difficult situation. A traditional folk saying states, “An enemy can hurt you physically; but if the enemy wants to hurt your heart, you have to help by getting angry.”

Hostile anger seems to have its roots in recoiling from our own pain. We may react to our own sadness, loneliness, fear, disappointment or hurt by directing anger outwards rather than experiencing these feelings. Learning to honestly and non-reactively explore our pain through the mind and bodily sensations is an important step to freedom.

In my own life, I’ve learned that my anger tends to have two primary causes: fear and hurt. When I get angry, if it seems appropriate, I remove myself from the situation and try to be mindful of what is going on inside. If I can find the fear or the hurt underlying the anger, then (if possible) I’ll go back into the situation and speak from the perspective of being hurt or afraid. Conversations tend to be more helpful when I do this, partly because I am not assigning blame. This often lessens the other person’s defensiveness or reactivity; they may even be more inclined to see their own responsibility.

Anger is always a signal. Mindfulness helps reveal what it signals. Sometimes it is a signal that something in the external world needs to be addressed. Sometimes it is a signal that something is off internally. If nothing else, anger is a signal that someone is suffering. Probably it is you. Sit still in the midst of your anger and find your freedom.

Message From The Board

It gives Us a great deal of joy and excitement to announce that we will be having our First Ministerial Candidates speaking on September 14 and September 28, 2014.

Reverend Jennifer L. Sacks will give the Sunday Lesson on September 14, 2014 Reverend David Florence will give the Sunday Lesson on September 28, 2014.

A question and answer session with the congregation will be held with each candidate immediately following their services. The sessions will be held in the lower level in the Fellowship Hall.

Please join us on these dates. Your input and participation is greatly valued and appreciated.

A light lunch will be provided.

The Board of Trustees

A MESSAGE FROM YANNA LOAM, Dr. Ken Palmer's Daughter

Dear Friends,

It has taken three days and a gentle prompt from my Dad's close friend but here is the news, made more real to me somehow in delivering it. Please forgive me for being slow to share it. I'm still in shock.

My father passed away peacefully at 2:05 a.m. on Wednesday, August 20th in the presence of his private duty nurse at Turtle Hill. The nurse promptly came downstairs to awaken me and gave me the news. Hospice was called to send out their own nurse to confirm his passing. There were no signs of discomfort at his passing; he simply stopped breathing and gently and quietly slipped away.

I wish that I had grand and comforting words to add to this news but I don't. He died beautifully with dignity in his own home and I'm grateful to have shared the past several weeks, however difficult, with him. And I'm glad that he's been translated into his new life at last, free and unencumbered. But I'm human and my heart is crushed, as I know yours probably is, too.

Please share this news with everyone you can think of who should know. I will post this on his Facebook wall shortly.

Peace, power, comfort and wisdom to all of us as we process this event and reflect on the lessons and gifts my father has left with each of us. If you have any stories about or reflections on my Dad you wouldn't mind sharing, please leave them on his Facebook wall or reply to this email. I would like to collect them into a little booklet or maybe a tribute online.

There are no definite plans for his Celebration service yet but I will keep you apprised. It will take place after Labor Day weekend, when most travelers are back in town, but I'm not sure quite when.

*With love and thanks for what you meant to my Dad,
Yanna*

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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SEPTEMBER LESSON TITLES

September 7, 2014:

One Power

Guest Speaker: Rev. Leslie Venable

Guest Musicians: Doug Ervin & Katie Kopff

September 14, 2014:

TBA

Guest Speaker: Rev. Jennifer Sacks

Guest Musicians: Deborah Sharn & Steve Schenkel

September 21, 2014:

Is That You, God?

Guest Speaker: Rev. Le Remington

Guest Musicians: Jeanne Trevor and Rocky Tucker

September 28, 2014:

TBA

Guest Speaker: Rev. David Florence

Guest Musicians: Deborah Sharn & Steve Schenkel

Things to Make You Go Hmmm

Last month, we talked about how certain time periods of the day relate to each dosha. This month, we will go into more detail about the activities for those times of day. In Ayurveda, daily routine activities would look like this (remember that the times noted are starting times for the activity):

For the Rising period (6-8 am), activities should include the following:

Awaken without an alarm clock ~ 6 am	Meditate
Perform strength/cardio exercise	Brush your teeth/clean your tongue
Perform oil self-massage/bathe	Drink a glass of warm water
Eat breakfast with awareness	Empty your bowels/bladder
Perform morning work/activity	Perform flexibility exercises

I know this looks like quite a lot of things to do in the morning. Start with adding two or three of these elements to your current schedule and see how comfortable you are with them. According to Chopra, the most important things to add (in order) are:

- Early rising (at dawn)
- Meditation
- Ayurvedic exercises: Sun salutes, Yoga positions
- Oil self-massage (Abhyanga).

Individuals performing this self-massage with oil that balances Vata (such as sesame or almond) have reported that they are less prone to feel anxious or scattered during the day if they do this massage regularly.

For the Lunch period (Noon – 1 pm), you should: Eat lunch (the largest meal of your day)
 Sit quietly for five minutes after eating
 Walk for 5-15 minutes to aid your digestion
 Perform afternoon work/activity
 Meditate in late afternoon

The lunch period is at the height of the Pitta portion of the morning cycle. Pitta stokes your digestive fire (agni) to its brightest at this hour of the day. It is for this reason that Ayurveda recommends that lunch be the biggest meal of the day. It does not have to be huge and hearty. You can just eat what you would normally eat for dinner.

For the Dinner Period (6-7 pm): Eat a light to moderate dinner between ~ 6-7 pm
 Sit quietly for five minutes after eating
 Walk for 5-15 minutes to aid your digestion

Dinner comes early in order to catch a good time in the daily cycle. Six o'clock is the beginning of the Kapha cycle and is when your body wants to settle down. Consequently, you do not want to put too much fuel into your system at this time since Pitta will not be along to digest your dinner until ten at night, when you are in bed. Dinner should be smaller than lunch. Most of us are not used to eating lighter at dinner, but try it. As Deepak says, "You will be pleasantly surprised how settled and comfortable your body feels when it doesn't have to digest full rations at night."

Finally, for Bedtime: Perform light activity in the evening
 Minimize intense mental work after dinner
 Be in bed with the lights off ~ 10:30 pm

Going to bed by 10:00 allows the body's rhythms to slow down naturally. It also gives a deeper, more relaxed sleep, and provides time for the body to generate new tissue, which occurs mostly at night. If you wait too much past ten o'clock, the Pitta period that follows this Kapha one will make you want to be active again.

Again, this is a very full schedule. Deepak says, "The whole point of making the day orderly is that all of your activity becomes healthier, more enjoyable and more efficient. You gain more time than you lose and it is quality time."

I would love to see hear about your experiences with following this daily routine. Next month we will talk about the doshas and the seasonal cycles.

Namasté,

Sarah

September 2014 at Unity Christ Church

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