

*For practical understanding of Spirituality.*



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

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

**March — Wisdom**

**The ability to evaluate, discern, apply what you know.**



The season of Lent began on Feb. 17<sup>th</sup> and continues for 7 weeks through April 4<sup>th</sup> which is Easter Sunday. Easter celebrates and commemorates the death and resurrection of Jesus.

The Lenten season in Unity is a time to reflect upon the things in our consciousness that need to be released (**death**) as well as the things that can be added (**resurrection**) to make our lives more enjoyable and harmonious.

**First**, we release whatever is in our life that no longer serves us.

We give thanks and rejoice for the lessons we have learned as we continue to grow in consciousness and let go of the old and outdated ways of living.

**Next**, we embrace the new good in our lives which are always available to us. We focus on the Truth of our being, our Oneness with Life and strive for a higher standard of living in our thoughts.

As we fast from wrong thinking in our mind, denying anything that can keep our good from us and feast on the Truth of our Oneness with the only power of the Universe that flows in and through us, we become transformed by the renewing of our mind.

**Romans 12:2 "And be not conformed to this world but be ye transformed by the renewing of your mind."**

**Charles Fillmore-Keep a True Lent**-“Lent is a season of spiritual growth, a time for progressive unfoldment. When we can blend and merge our mind with God-Mind, the way is open for the Lord to glorify us and to lift us into a higher, purer, more spiritual state.”

As we dedicate ourselves to aligning with Truth and unify our mind with the Universal Mind of God, all that is false within us begins and continues to fall away.

I hope you received the Release and Renew booklet that was mailed last month. If you did not and would like a copy of this Unity Lenten season guide you can contact the office or request a copy from [Unity.org](http://Unity.org).

Join with other Truth students all around the world in the season of Lent by reading the daily affirmations in the Release and Renew booklet. May you be blessed with release and renewal in your mind, body, and all of your affairs.

Peace,

## Thoughts From The Heart

I have been contemplating the Universe and imagining how it all came to be. I have also been wondering about all the enlightened Beings and how they came to know such great mysteries. I am awed by the sages, seers, prophets and revelators and enamored with how they came to "know what they knew" regarding the Spiritual world and were able to convey this information to all of humanity. And I even begin to wonder if such profound Wisdom could possibly evolve from within and flow freely through me?

As these Ideas move through my consciousness, I recall the words of our Co-founder, Charles Fillmore as he speaks on the subject of Wisdom. According to Mr. Fillmore in *The Revealing Word*, "Wisdom is Intuitive knowing, spiritual intuition; the voice of God within us as the source of understanding; mental action based on the Christ Truth within. Wisdom includes judgment, discrimination, intuition and all of the departments of mind that come under knowing". Mr. Fillmore further states, "That wisdom and understanding comes from the Spirit of Christ within us. The price that we must pay for the attainment of divine wisdom and understanding is the letting go of the personal self with it limited beliefs."

Wow, so from this explanation, it seems to me that we all contain this capacity. We all contain at the center of our Being, the Christ of God just waiting to be set free. It appears we have a choice to be guided by the Wisdom and Understanding that comes from Within and follow our inner knowing and intuition or continues to be led by our limited personal understanding. It also appears that if we want to allow our spiritual discernment and intuition to blossom and grow, that we must be willing to let go of our personal self and allow the Christ Within to blossom and grow and this we do by being willing to let go of all the false beliefs all the false ways of being that have bound us to our sense of limitation and have not allowed us to grow into the Christ Beings that God intended us to be.

So as we let go of our limited ways of thinking and being and allow the voice of God to speak to us and through us, we awake to the True Essence of our True Being, the Christ of God, filled to overflowing with the wisdom, knowledge and understanding that has come through all the enlightened Beings of the past and we are able to "know that we know". As this voice of God speaks clearly through us we take on the responsibility of sharing it with world in whatever way we are guided by that Spirit Within.

So as we think about this idea of Wisdom, let us decide if we are willing to pay the price of letting go of the limitations of our personal self and allow the Allness of God to evolve the spiritual discernment and intuition that exists within our Being and allow that Knowingness to Guide and direct our lives.

Let Us Daily Affirm: I Am One with all Knowledge in the Universe Now.

Blessings As You Spiritually Unfold,

Juankee J. McKinney

## *Affirmations*

**Health-**I am one with the Perfect Life and the Perfect Pattern of health and wholeness right now. God's Perfect Life flows freely through every cell of my body releasing energy and vitality in all its' functions.

**Prosperity-**God is the Source of all my good. God's Infinite Substance flows through my life, bringing me ever increasing supply in all things right now.

**Wisdom-**Wisdom illumines my mind. I am inspired and directed in all that needs to be done today. Infinite Mind knows the right solutions, the right answers, the right steps for me to take in everything I need to do.

**World Peace-**God's peace expresses in and through me today. I abide in the state of peace in my mind, my body and all my affairs. God's peace and serenity flows from within me and out into my environment bringing peace to my world.

## **Unity Readings**

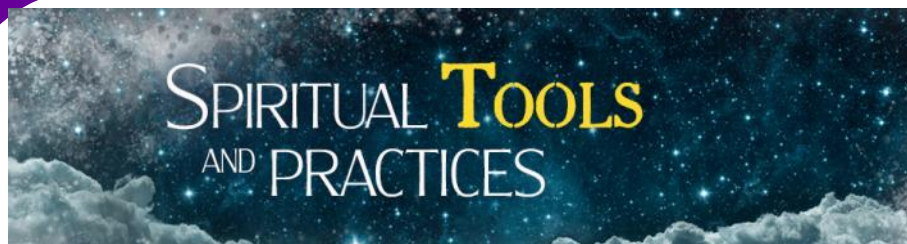
### **Charles Fillmore-Keep a True Lent**

“Unity students everywhere are invited to participate yearly in our Lenten program. Christ is in our midst, as the God of our planet, as the one great Teacher. Place all burdens on the Lord and enter the Lenten season expecting results.

Fasting means abstaining from; it is abstinence. The place of overcoming is in the consciousness of man. The forty-day fast is an all-round denial of sense demands. In fasting, we as metaphysicians abstain from error thinking and meditate on spiritual Truth until we incorporate it into the consciousness of oneness with the Father.

The desire to excel is in all men. It is the inspiration of the Holy Spirit, which ever urges us on through earth toward heaven. It should be encouraged and cultivated in the right direction.

As day after day, we steadily adhere to our firm resolve to follow the steps outlined for the Lenten season, we discover that we are building on a firm foundation, and are mounting into a higher consciousness. We come to know that Christ is indeed with us and is resurrecting in us His realizations of light, life, and substance.”



## What's in Your Spiritual Toolbox? Unity Offers Practical Tools for Nourishing Spiritual Life

Wherever you are on your spiritual journey, explore these **practical spiritual tools** to nurture your divine spirit and create a more prosperous, healthy, and happy life.

Unity is often described as “practical Christianity.” At the heart of the [Unity philosophy](#) is regular and individual *practice*. When we recognize our divine nature, as Unity legend [Catherine Ponder said](#), “We should get busy claiming our heritage of health, wealth, and happiness.”

Visit UWMs website ([www.unity.org/resources/practices](http://www.unity.org/resources/practices)) to get the resources for your Spiritual toolbox.

## *UCC Affirmations for March 2021*

I walk by faith, not by sight

2 Corinthians 5:7

### *Week 1*

Now faith is the assurance of things hoped for, the conviction of things not seen

Hebrews 11:1

### *Week 2*

For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay.

Habakkuk 2:3

### *Week 3*

Trust in the Lord with all your heart, and do not lean on your understanding. In all your ways acknowledge him, and he will make straight your paths.

Proverbs 3:5-6

### *Week 4*

You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. **John 15:16**

## 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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## Daily Inspiration From Unity

**March/April 2021 issue is now available in our bookstore.**

Each bi-monthly issue includes daily affirmative messages, feature articles and spiritual poetry. These books are written to support people

## Prayer Letter

Dear Friends

As we move through the Lenten season in anticipation of spring, we grow closer to our Lord, our Creator and our Redeemer. Thank God for the seasons and cycles of life which allows us to experience the best life on planet earth has to offer. This month's prayer focus is on judgment, that is righteous judgment. We need to see life right. How do we do that? By keeping our eye single to the good with the help of the Holy Spirit. If you are keeping a true lent, you know what that means. Let us be the beacon of Christ's light in all that we do.

The scripture for our power this month is James 3:13-18 Two Kinds of Wisdom

*<sup>13</sup> Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. <sup>14</sup> But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. <sup>15</sup> Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. <sup>16</sup> For where you have envy and selfish ambition, there you find disorder and every evil practice.*

*<sup>17</sup> But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. <sup>18</sup> Peacemakers who sow in peace reap a harvest of righteousness.*

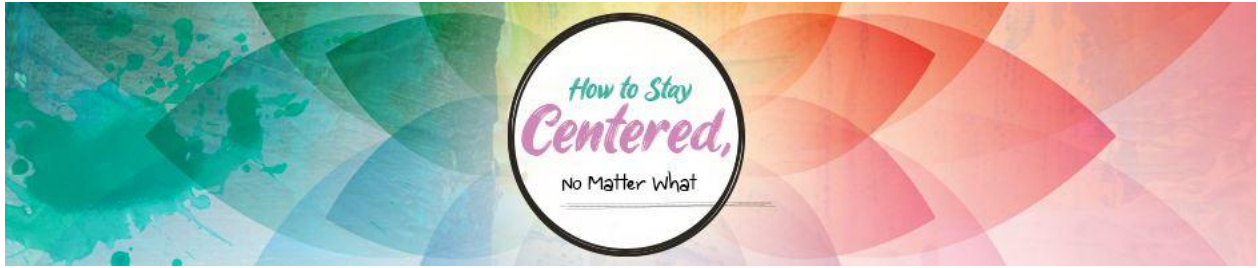
**Affirmation: I and the Father are one. I am the wisdom of the Lord.**

**Prayer:** Sweet loving spirit, guide my thoughts, my words and actions so that I may express your highest good.

Regardless of where you are in your Spiritual journey, prayer lifts you higher and empowers you as an instrument of God. Taking the time (and it doesn't have to be long), to pray keeps you connected. Prayer is abiding in the presence of God – receiving the Christ and sharing your divinity. Make it a great day and a great Spring Season. May God bless each and every one of you abundantly.

Yours in Christ

Mary E. Biggs, LUT



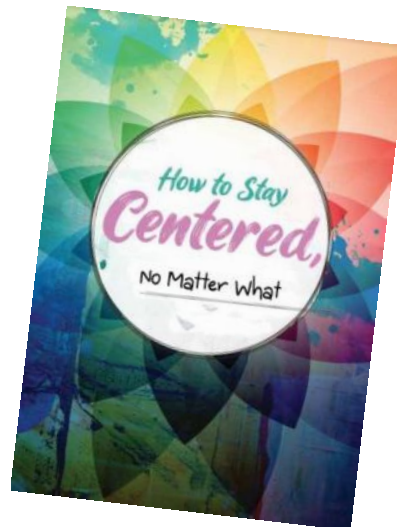
## 12 Tools to Stay Centered, No Matter What

No matter what life throws at you, you always have inner powers to remain at peace. When you learn to use them—like tools from a toolbox—they will support you throughout all of life's experiences.

The booklet [\*How to Stay Centered, No Matter What\*](#) will uplift you with a deeper understanding of your 12 divine powers. Originally taught by Unity cofounder Charles Fillmore, the powers are presented in this booklet as concrete tools for every day, with practical tips, essays, and prayers.

### Explore your powers of:

- Faith
- Strength
- Wisdom
- Love
- Power
- Imagination
- Understanding
- Will
- Order
- Zeal
- Release
- Life



Written by powerful voices from Unity and the [Universal Foundation for Better Living](#), a partner organization.

Let ***How to Stay Centered, No Matter What*** remind you that the presence of God is always with you. Your innate powers are God in action, and good is unfolding all the time. Trust that your journey leads to a destination more beautiful than you can imagine.