

# Discover *Your* God-Given *Potential*



## **12 Spiritual Abilities to Change Your Life**

ADAPTED FROM THE BOOK *Your God-Given Potential*  
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# 12 POWERS

UNDERSTANDING  
IMAGINATION  
FAITH

ZEAR  
POWER

LOVE

ORDER

WISDOM

STRENGTH

ELIMINATION

LIFE

# Introduction

You have within you a supply of energy limited only by your ability to discover and develop it. In body, mind and spirit, you are endowed with capabilities far greater than you know. This potential is intrinsic to your very being.

Jesus called these 12 powers forth. He expressed perfectly his spiritual attributes—and so can you. One of Jesus' last instructions to others was, “The one who believes in me will also do the works that I do and, in fact, will do greater works than these” (Jn. 14:12).

To recognize and develop these qualities, you can study and observe them, relate to their presence in your physical body, and heighten them through prayer and practice. Consciously applying these powers will raise your level of awareness and life experience. As you awaken your divine endowment, you are literally calling forth the positive, powerful current of the unlimited God-idea within you.

In the pages that follow, each power is explored in detail—its significance, location in the body and the disciple associated with it. Each chapter begins with an affirmation to use during your prayer time and concludes with seven steps to achieve spiritual attainment.

Enjoy your journey of self-discovery!

Blessings,

Your friends in Unity

# Your Twelve Powers

These are the spiritual powers within you, their central location in your body and the disciples who represent them:

- **Faith** is centered in the middle of the head, in the area of the pineal gland. Faith is represented by the disciple Simon Peter.
- **Strength**, closely allied with the activity of the adrenal glands, is located in the small of the back. Its disciple is Andrew.
- **Wisdom** is centered in the pit of the stomach and is closely allied to the function of the pancreas. Its disciple is James, the son of Zebedee.
- **Love** emanates from its center at the back of the heart. Its disciple is John, the son of Zebedee. Since James and John are brothers, the centers of love and wisdom (the heart and the stomach) are closely related, and the two powers have their meeting place at the solar plexus.
- **Power** is centered in the throat, at the root of the tongue. It is represented by the disciple Philip.
- **Imagination** springs from a point between the eyes that is closely related to the pituitary gland. The disciple who represents imagination is Bartholomew, also referred to as Nathanael.
- **Understanding** emanates from the center front of the brain. Thomas, the disciple who liked to ask questions, represents understanding.
- **Will** is located just below understanding in the center front of the brain. Matthew, the tax collector, represents will.

- **Order** is centered just behind the navel. The faculty of order works through the organs of digestion. James, the son of Alphaeus, is the disciple who represents order.
- **Zeal**, or *enthusiasm*, stems from the medulla oblongata at the base of the brain in the back of the head. It is represented by Simon the Canaanite, the zealot in Jesus' group of 12.
- **Elimination** comes from a nerve center at the base of the spinal column and is closely allied with the organs of elimination. It is represented by Thaddeus.
- **Life** is the 12th power and is headquartered in the generative organs. The disciple Judas represents life.



# Faith

*Faith blesses my day and paves my way.*

## **Awaken Your Faith Faculty**

Of all the faculties, the one Jesus spoke of most frequently was faith. Faith enables you to look past appearances of lack, limitation or difficulty. With faith, you can take hold of a divine idea and believe in it even though you do not yet see any physical evidence of it. Faith goes beyond thinking to knowing with one's whole being the Truth of the unseen good.

The location of the faith center is significant. It is in the center of the head, between the ears and the eyes. When you put your faith in that which you see with your eyes or hear with your ears, you are using the faculty in a limited way and the results are also limited.

Peter—unwavering, unchangeable Peter—who always wanted to believe, is the disciple who represents faith. As this disciple grew in his ability to believe, he became more receptive to inner guidance and direction.

In developing the quality of faith, one must start as Peter did, by being receptive to Truth ideas and letting them grow until you feel your absolute oneness with the quality of faith—so that you no longer think in terms of having faith, but express it automatically, as Jesus did.

Here are the steps for developing faith:

### **1. Receptivity**

Start to develop your faith faculty by listening, learning, growing in understanding of spiritual truths and being receptive to God-ideas.

## **2. Assent**

Assent by going beyond receptivity, till you are willing to agree with the spiritual truths for further, deeper investigation.

## **3. Belief**

Belief is the mental acknowledgement of Truth that is an outgrowth of the first two steps. It is an ability to believe intellectually, if not yet with the whole soul, in the goodness of God.

## **4. Trust**

This is the step from intellectual acceptance of Truth ideas to the spiritual realization of them. Deepen your trust and reinforce it with understanding until you have a faith that is the basis for action.

## **5. Faith**

Turn your attention to the pattern for perfection that is the Christ. Believe in this divine potential with an understanding that inspires you to action.

## **6. Conviction**

When you have conquered all doubts, fears and even the temptation to judge by your senses, you reach a point of spiritual conviction.

## **7. Realization**

At the point of realization, you no longer *have* faith. You *are* the Christ expression of faith.

Faith is the first of your God-given powers. Encourage it. Let it grow in you. God is blessing you now with faith!

# Strength

*I have the strength to accomplish all that is mine to do.*

## Develop Your Strength

In the physical realm, strength is vitality and endurance. In the mental realm, strength is the quality of mind which enables one to lead, to accomplish, and to hold firm to spiritual principles in daily living.

Strength is closely allied with faith. In the symbology of the 12 disciples and the 12 qualities of mind that Jesus encouraged and developed in his closest followers, strength and faith are represented by the brothers Andrew and Peter.

The “two brothers” must grow together, both under the loving direction of one’s own Christ nature. Faith must continually be strengthened, and strength must be inspired to right action by faith.

The center of strength is in the small of the back. Place your attention here as you hold to faith in God as your strength. The ganglionic center that represents strength is closely allied with the adrenals, the glands which are sometimes referred to as the “fights of the body.”

Strength is consciously awakened first in the intellectual nature and then developed (through prayerful concentration on the idea) to be a spiritual realization of oneness with the Source of all strength. The result is a continuous, limitless supply of strength.

These are the steps for developing strength:

### 1. Nonresistance

Resistance is the greatest theft of strength. Anger, fear, argument and other forms of resistance are emotions that leave one feeling depleted and weak.

## **2. Relaxation**

Speak to the various parts of your body and tell them to relax. Speak to your mind and tell it (in a relaxed way) to release tense thoughts and attitudes.

## **3. Infilling**

Open yourself to God for the inflow of strength as a spiritual gift. This is not straining to receive, but rather opening to vital life through your whole being.

## **4. Direction**

Good management is important. Guide the strength you are receiving from God into channels of good.

## **5. Incorporation**

Jesus incorporated ideas of strength into his mind and body and built an ability to cope with life above and beyond anything we normally see. And Jesus said, "Follow me."

## **6. Strength**

After you have learned to receive strength from God, you will find it easy to stand firm in your purpose and direction.

## **7. Supreme Strength**

The supreme idea of strength is so incorporated into your whole being that it flows through you as the perfect ability to receive and use strength from God to fill every need.

Let strength grow in conjunction with faith, always under the guidance of your own spiritual nature, the Christ within.



# Wisdom

*I am guided by divine wisdom in every thought, word and action*

## Let the Light of Wisdom Shine

One of the faculties most prized by Jesus was the gift of wisdom, or spiritual judgment. He acted and spoke from the light within himself, the light that enabled him to judge by spiritual discernment. You, too, must learn to “judge with right judgment” and to rely on inner spiritual knowing.

The ganglionic center associated with wisdom is located in the pit of the stomach and is closely allied with the solar plexus, the area behind the heart and stomach sometimes referred to as the “body brain.”

Wisdom, or judgment, is represented by James, the son of Zebedee.

The three disciples who were with Jesus on particularly significant occasions in his life were Peter, representing faith, and the brothers James and John, standing for wisdom and love. Faith, wisdom and love are three essential, interconnected powers.

The purpose in developing wisdom is to let the light of Spirit shine through you, directing all your thoughts, words, actions and motivations. These are the steps:

### 1. Unlearning

Clear your mind of all ideas of lack and limitation, fear, intolerance and difficulty. Spirit within knows whatever you need to know. This channel is opened as you retrain your thinking and move into spiritual intuition—the immediate receiving of whatever knowledge you need at the time.

## **2. Learning**

Nature abhors a vacuum. Replace the old concepts you are unlearning with new spiritual truths. Reject the thoughts that do not belong in your spiritual nature and lay hold of truths which will open you to another way of thinking. It is not enough to release; you must also refill.

## **3. Acknowledgment**

Acknowledgment means mentally accepting what you have learned. As you grow in the development of this faculty, you will come to see only the Christ in others.

## **4. Reason**

Reason is the bridge to wisdom, because it leads you into a higher, expanded field of knowledge. New concepts come from contemplation and logical thought.

## **5. Insight**

When you are no longer feverishly seeking, you will begin to have inner sight—the awakening to a clear, white light of spiritual knowing.

## **6. Wisdom**

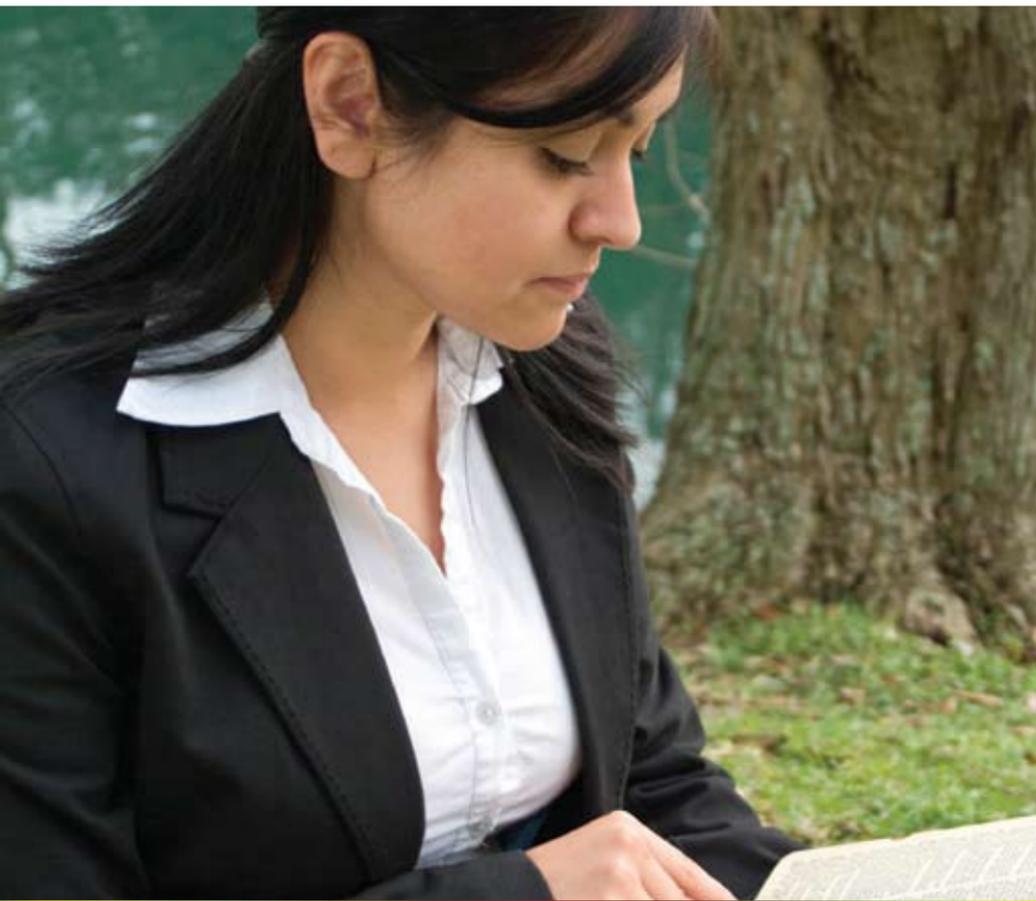
Here insight becomes complete and enables you to know immediately and discern readily—not as the world knows or discerns, but from the Christ within. This is the power of wisdom and spiritual judgment as demonstrated by Jesus.

## **7. Knowing**

You no longer *have* wisdom, you *are* wisdom. Through a pure and perfect connection with Spirit, you live in

the light. You do not have to ask and receive an answer. You *know*. You think and act from the Spirit of knowing within.

As you concentrate on opening the way, all the knowing of Spirit pours in.





# Love

*I am a radiating center of love.*

## Let There Be Love

Love is. Love continues to be, just as the sun continues to shine, whether you know it is there, whether you can see it, whether you believe in it. Love is the inner light that enables you to see good in all persons.

The love center in the body is the heart. Just as the heart circulates life-giving blood throughout the body, love circulates life-giving sustenance through your thinking-feeling nature and throughout your body and affairs.

The two brothers, James and John, sons of Zebedee, represent wisdom and love. Both qualities are essential to the production of any great idea. Wisdom and love are the two phases of God that combine to produce creative activity of any kind.

Love without wisdom has a tendency to be blind. Wisdom without love may be harsh and cold. Linked in the Mind of God, working from pure knowing and the ultimate oneness, they produce perfect ideas in mind and manifestation.

Without the God-directed expression of love in your life, the whole experience seems meaningless and futile.

The steps for developing love are:

### **1. Interest**

You cannot love anyone or anything that does not at first interest you. Focus your interest on God and on finding God in your world. Seek out the good in all persons and situations.

## **2. Acquaintance**

When you are interested in something, you want to become better acquainted with it. Your increased interest will lead to a deeper search for personal knowledge.

## **3. Affection**

Affection is the warm feeling that grows in you—an awakening, a fondness which leads you to such a good feeling about God that you want to experience a greater realization of Divine Love.

## **4. Attraction**

When you let it take over your life and transform you, the magnetic power of love is stronger than any force in the universe. You will begin to see things in a new light.

## **5. Love**

You are now so in tune with God's love that you are seeing good everywhere, even in appearances which seem contrary. Love radiates, attracts, heals and harmonizes.

## **6. Identification**

Identification is a point beyond loving God and loving good. It occurs when you feel yourself one with God. You desire an even stronger, deeper bond, something which will reinforce this oneness in all things, at all times, in all ways.

## **7. At-one-ment**

One of the most beautiful prayers in the Bible is the meditation in which Jesus revealed to the disciples his realization of oneness with God, with them, and with all who were to follow. "I in them and you in me, that they

may become completely one” (Jn. 17:23). In Unity, it is referred to as the prayer of at-one-ment. These ideas unfold when you reach the point where your greatest desire is to express God’s love, to identify with it, to *be* it.

As you choose to love, let it develop in conjunction with wisdom. Continue to develop wisdom and judgment, following it with the love realization.





# Power

*I have the power to create my world.*

## Open the Power Channel

**Power!** The very word has a magical, mystical sound. Truly, power is a gift from God, freely given.

Power is the vital energy seated in the hollow of the throat, at the root of the tongue. It is released by speaking positive, powerful words of Truth. This is what Jesus meant when he said, “The words that I have spoken to you are spirit and life” (Jn. 6:63). When you are in tune with God, you can quickly and easily release vital energy for any good purpose.

After the resurrection and ascension of Jesus, Philip, the disciple who represents power, became noted for his ability to spread the message of Truth through his speech. Philip was a fisherman, and he and the brothers Andrew and Peter, who represent strength and faith, came from the same hometown, Bethsaida. Power is closely allied with faith and strength. Faith is absolutely necessary for the release of spiritual power.

Power and strength are also related and may be confused if not properly understood. Strength is endurance, stability, stamina. Power is the vital energy that enables one to accomplish, to follow through.

Just as electrical energy is generated when you turn on a switch, you are a conductor of spiritual energy, or vital power. Opening the inflow of energy through prayer and receptivity to God, you can then release good into the world.

Jesus went apart to pray and came back refreshed and revitalized with greater spiritual power. As within, so without. This is the way you develop power.

These are the steps for developing power:

### **1. Control**

Control begins with choice. Open the way for spiritual power to flow by exercising control—not over others or over the world, but over yourself. Determine what you think and feel, and your faculty for awakening will provide the vital energy.

### **2. Poise**

By learning to control thoughts and feelings, you develop poise. Poise is controlled power, energy waiting to be released.

### **3. Accord**

When you have established control and poise and are in accord with divine ideas, you are ready for the further quickening of this spiritual activity.

### **4. Endowment**

This is your first real experience of receiving spiritual power. It may come as a feeling of new strength and life and joy, or a greater ability to cope with life and increased energy to do the work God has given you. This vital energy is not provided for personal gain, but for the greater expression of God.

### **5. Power**

You are now receiving a steady supply of spiritual power and using it under God direction. You have opened the power channel. Keep it open by taking time for rest, renewal and revitalization through regular prayer activity.

## 6. Dominion

You can command every situation as Jesus did by exercising dominion based first in self-government, always subject to the guidance of Spirit within you. You are able to declare, as Jesus did, “All power is given unto me in heaven and in earth” (Mt. 28:18 KJV).

## 7. Mastery

You are no longer separated from power—you *are* power. Power flows through you without conscious effort. You have attained such complete mastery that there is no temptation to return to human thinking or feeling. You are one with power.

Power is another of the gifts of God. Let it grow and let it flow through you as God's clear channel of expression. You are unlimited!





# Imagination

*I envision good unfolding in every area of my life.*

## See Rightly

In order to change conditions in your mind, body and affairs, you must first transform the pictures you are holding in mind. Your life will always flow into the mold you create through your inner picturing power. If you don't like the conditions you are attracting, change them by building new images with your imagination.

Imagination is centered in the body between the eyes, in the location of what is called the "third eye," which enables one to see beyond common sight.

On the spiritual level, imagination is a means by which Spirit communicates, conveying the infinite powers and possibilities that are yours as a child of God. You are able to release limiting thoughts and feelings by perceiving something greater, your divine potential.

Bartholomew is the disciple who represents the power of imagination. Jesus gave him the promise of the spiritual development of imagination: "You shall see greater things than these" (Jn. 1:50).

Imagination cannot be forced; it must be invited. Thinking happy thoughts, expecting good and opening yourself to God-ideas will set the stage for harmonious, prophetic images on the screen of your mind.

Here are the steps for developing imagination:

### 1. **Cleansing**

Erase limiting, error-filled images of the past and replace them with positive, powerful images that you want to see expressed in your life.

## **2. Consideration**

Your imagination must be led. With your eyes closed, consider the image you want to present to the world, and refine it with your inner eye.

## **3. Discrimination**

Sort out the ideas you want to accept and those you want to reject. Remember, what you see is what will express itself. So see rightly.

## **4. Observation**

One of the ways to keep your imagination focused on good is to observe—to watch for the good everywhere, in every situation. The more you pay attention to good, the more you will express life, love, peace and harmony.

## **5. Beholding**

Beholding means seeing the world in the light of Truth. All is transformed as you see it with spiritual eyesight and behold the true picture, regardless of what appears to be.

## **6. Discernment**

You will begin to perceive certain truths through a spiritual illumination above and beyond anything you have ever known, in the form of dreams or visions—or as direct revelation of Spirit.

## **7. Vision**

Spiritual vision is the state of being so at one with the Source that you see with the eyes of Spirit. You no longer need to receive images as messages from God. Rather, you look with perfect sight, without thinking about it. You are one with God, and you see as God sees.

Development of this power will open a whole new world of experience, because seeing rightly will set many things right in your world.

# Understanding

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

## **Build Something to Stand On**

Understanding puts feet under your prayers and gives your spiritual activity foundation to stand on.

Thomas Didymus is the disciple who represents the faculty of understanding. Thomas didn't always have spiritual understanding, but he wanted to learn. He didn't mind asking questions, and he listened to Jesus' answers. Jesus gave him the tremendous teaching, "I am the way, and the truth, and the life" (Jn. 14:6), pointing to the role of the inner Christ in revealing the spiritual way.

Understanding begins with questioning the old ways of thinking that have been taken for granted, and above all, wanting to know the spiritual Truth. Understanding is different from wisdom. Wisdom knows, with the great light of pure knowing. Understanding knows *why*. It sees the relationship between the parts of God's universe.

The seat of spiritual understanding is in the front of the brain, near the center for will. Will and understanding are to be developed together, with understanding guiding will and will inspiring understanding to action.

Letting God-ideas unfold in mind will result in an illumination of one's entire being. A new understanding of yourself and your relationship to your world will result. Don't work on developing understanding unless you are willing to change, ready to "be renewed in the spirit of your mind, and put on the new nature, created after the likeness of God in true righteousness and holiness" (Eph. 4:23-24 RSV).

The steps in developing spiritual understanding are:

### **1. Questioning**

Be willing to question and break through outdated ways of thinking in order to open the way for new concepts and attitudes. The greatest prerequisite to spiritual understanding is the sincere desire to learn and grow.

### **2. Perception**

This step represents an intellectual grasp of spiritual concepts gained through consistent, conscientious study. You are not only inspired to learn, but also to make a real mental effort to lay hold of the truths that are presented to you.

### **3. Deduction**

Deduction involves meditation. As you meditate, take the Truth ideas and let them unfold new meanings and insight. This step on the intellectual level leads you to an awakening beyond what is known or learned from books and teachers.

### **4. Prophecy**

Your understanding enables you to see the answer without consciously thinking it through. Continue to seek the inner light of spiritual comprehension and with it the love that erases all tendencies to judge or condemn.

### **5. Compassion**

On the level of compassion, understanding is tempered and given new depth by the activity of love. Compassion is not sympathy, which includes an identification with the wrong, but rather a forgiving, understanding love that sees past the error to the Truth, without any condemnation for the expression of limitation.

## **6. Understanding**

Spiritual understanding enables you to see clearly in all matters, to receive instant answers to questions, and to provide planning and motivation for action by the will. It provides something to stand on and is translated into right decisions that result in right relationships and right conditions in your world.

## **7. Illumination**

The highest development of understanding is illumination, a state of oneness in which you live in the light of clear and perfectly developed spiritual understanding.

Understanding is an activity that will change not only your way of thinking, but also your way of life. There is a Spirit in you that has all the answers. Trust it as you proceed in an orderly, harmonious, loving way to unfold this faculty.





# Will

*I choose my good based on spiritual understanding.*

## **Re-Educate Your Executive Faculty**

Jesus overcame the human, selfish motivation of the will and allowed it to be replaced by unification with Divine will. The rewards of unifying your will with the will of God are great. They include health, happiness, joy, peace, harmony, prosperity and more. But the spiritual development of this executive faculty requires much time, thought and consecration.

No matter how you try, you will not be able to say with Jesus “Not my will but yours be done” until *you are able to believe that God’s will for you is good*. You may speak the words, but you can only realize the prayer when you are joyously, enthusiastically in favor of having God’s good manifest in your life.

Will is developed in the middle of the forehead, close to the seat of understanding in the front of the brain. These two powers are closely related and are to be awakened and trained together. Affirm: *God’s will for me is good, more than I can begin to imagine in my human thinking*. Then look around to see how this Truth applies in your life, your aims and your relationships.

The disciple who represents will was a man who needed strong determination to do the job he did before joining Jesus. Matthew was a tax collector and had to be thick-skinned and determined.

Even will that has been wrongly directed in the past can be transformed immediately when touched by the Christ, as represented by Jesus. When Jesus said to Matthew, “Follow me,” the tax collector immediately “left everything, and rose and followed him” (Lk. 5:28 RSV).

Remember especially that will and understanding, both working from centers in the front brain, must cooperate. Understanding

on its own may do nothing. Will, on the other hand, may go ahead forcefully and do the wrong thing. Working in harmony together, the two faculties accomplish much. Will determines the movement; understanding decrees the direction.

These are the steps in developing the faculty of will:

### **1. Willingness**

Willfulness, the human determination of the will to have its own way, must be replaced by willingness—the willingness to learn, to change, to cease resistance, to go God’s way. Consciously take this step to release old habits and attitudes.

### **2. Resolution**

Determine the direction you will take and then establish the strength of determination to follow through on it, not in the human sense of getting your own personal way, but in determining a path of spiritual growth.

### **3. Training**

In order to be qualified to direct the activities of the other powers, will must be re-educated into right thinking, taught to make right decisions, and schooled to work under the direction of growing spiritual understanding.

### **4. Obedience**

Learn to be responsive to the voice of Spirit within. As you continue to be true to your highest present understanding, you will awaken a greater awareness and comprehension.

### **5. Government**

Will now functions under the Christ, the spiritual nature. In *human* consciousness, through the exercise of human

will, you can (and do) fail, no matter how forceful you are. In *divine* consciousness, under God direction, you are invincible.

## **6. Surrender**

Give up all personal direction of the will as you say with Jesus, “Not my will but yours be done.” This is not a negative sort of submission, but a positive activity in which you give all power to the Christ within.

## **7. Unity**

Move past surrender into the ultimate oneness with the will of God. You no longer have to think about it or be conscious of it. You simply let your life move in harmony with it as Jesus did.

Developing the faculty of will in a spiritual way must be done in a relaxed, willing, expectant frame of mind. If you find that there is a tendency to become tense and to try to force this faculty, stop and take stock. Re-educate the executive power of your mind to unfold your divine potential in all areas of life and living.





# Order

*My life is balanced and in order, and all is well.*

## **Establish a Center for Order**

Why does humankind, the highest form of life, seem to have so much difficulty in establishing harmony, right relationships and orderly growth, while animals, plants and birds go right along living as they are intended to live, doing what they are supposed to do?

The answer is that we have been given freedom of choice, the choice to seek or not seek the kingdom. That choice is part of divine order. Humans alone, as co-creators with God, can think consciously, make decisions (right or wrong), and determine the direction their lives will take. All other forms of life simply follow instinct.

To develop divine order, you must learn to cooperate with spiritual law. Orderly and harmonious cooperation with divine law leads to the orderly, harmonious unfoldment of your spiritual nature in the same sequence that nature follows in its growth.

The disciple who represents the faculty of order is James, the son of Alphaeus, sometimes called “James the Lesser.” It’s not known whether this disciple was called “the Lesser” because of his stature or because he was considered less prominent among the group than the other James, the son of Zebedee and brother of John. That James stands for the quality of wisdom. Since both disciples were called James, we see that the qualities they represent must be closely related.

The centers for the two Jameses are in proximity to one another, indicating a need for close cooperation between the two faculties, wisdom and order. The son of Zebedee—wisdom, or judgment—resides in the pit of the stomach, while the son of Alphaeus, “the

Lesser,” works through the digestive organs and makes his home at a point just behind the navel.

The steps in developing spiritual order are:

**1. Orientation**

Through learning God’s laws, you completely change your outlook. You establish new patterns of thought, new attitudes and a whole new outlook on life.

**2. Consent**

Mental acceptance of a spiritual world based on spiritual law is not enough. You should also accept the idea emotionally.

**3. Cooperation**

Apply the principles you now have accepted mentally and emotionally. Put them to work as part of your daily experiences. Cooperate, or work with, the spiritual laws as you understand them.

**4. Harmony**

Harmony cannot be established in mind, body or affairs except through cooperation with divine Principle. Order must be based on harmony, or it is not order at all.

**5. Order**

Order based on enlightened cooperation with divine law and divine guidance brings about right adjustment and harmonious growth. You are progressing under God direction in a divinely unfolding way, continually bringing forth more and more of your divine potential.

## **6. Freedom**

The only true freedom is the freedom that comes through spiritual awakening. Spirit working in and through your mind, body and affairs frees you to experience fulfillment.

## **7. Continuity**

There is no need to stop to make decisions or consciously cooperate with divine law. Rather, there is such a realization of oneness with God's order that you instinctively make right decisions and move forward in a continuous realization of harmony.

Order is the outgrowth of your complete agreement and cooperation with spiritual law. Learning to apply spiritual laws in your life, you will finally move into spiritual realization of the quality of order.





# Zeal

*I enthusiastically accept my good and go forward to achieve my purpose.*

## Go Forward

Zeal has been given to you in bountiful supply. Enthusiasm dedicated to God's work will carry you to peaks of spiritual experiences and will help awaken the other 11 powers.

Zeal works best when directed by the Christ, just as Simon, the disciple who represents this faculty, worked best and accomplished most after he chose to follow Jesus.

Simon changed his way of life and became zealous for Truth when he made the decision to follow Jesus. And he was given all the energy he needed to fulfill his part of the divine plan in working with the other disciples. So zeal pours itself out as spiritual energy to follow through on the work of developing the whole person.

Under the leadership of wisdom, zeal becomes a tremendous spiritual energy that carries you forward to greater and greater achievement. But it must be exercised first in a prayerful way, transforming the inner person according to the spiritual pattern of the Christ. You will have the greatest ability to inspire others when you are alight with the radiance of your own Christ experience.

The faculty of zeal makes its home at the base of the brain, at the back of the neck, in the medulla oblongata. From this center, it radiates energy to accomplish good.

Here are the steps in developing your spiritual realization of zeal:

### 1. **Dissatisfaction**

Divine dissatisfaction urges you to something better. It is up to you to respond to this urge by taking steps to improve your situation.

## **2. Desire**

As you learn to pay attention to the desires of your heart, you awaken a mighty impulse to go forward into a greater expression of your spiritual powers. This is a positive follow-up to your feeling of divine dissatisfaction.

## **3. Dedication**

Here you can make the decision to be like Simon in his greater work, that of “one who hears and obeys” the leadership of the Christ within. Like the disciple, devote yourself to the quieter, more orderly way of prayer and spiritual realization.

## **4. Zeal**

Correctly established in wisdom and love and oriented to spiritual activity, the awakening power of zeal is the flame that burns but does not destroy. It begins to generate the energy you need to accomplish the things you need to do.

## **5. Quickening**

As spiritual zeal begins to do its work, it awakens not only new energies of the mind and soul, but also of the physical body. This is quickening. In mind and body, you have a new sense of being wide awake, energized, renewed, on fire with spiritual purpose and determination.

## **6. Genius**

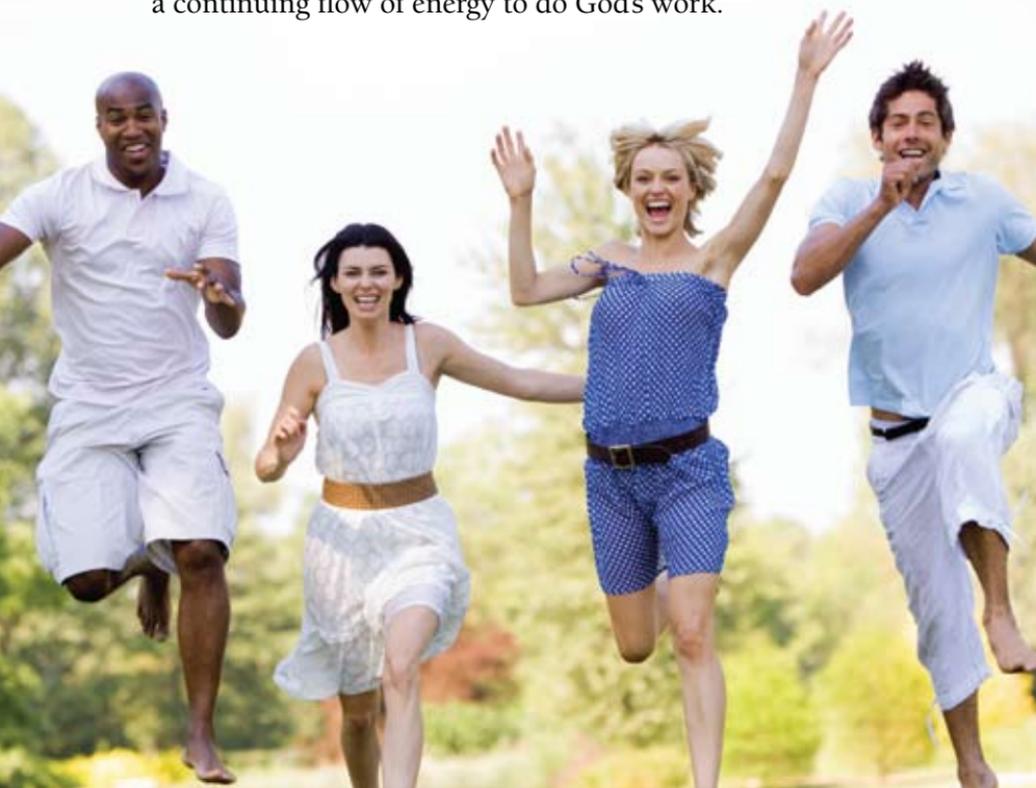
The word *genius* comes from the Latin word meaning “guardian deity” and designates the person who is so in tune with the Spirit within that he or she continually

displays exceptional powers. Jesus Christ was such a person.

## **7. Energy**

Complete development of your God-given potential of zeal results in a continuous, unfailing supply of energy. This is the result of perfect spiritual unification with the Source.

Zeal is a joyous experience of oneness with Spirit, resulting in a continuing flow of energy to do God's work.





# Elimination

*I release anything and everything that no longer serves my unfolding good.*

## Let Go and Grow

Elimination is the ability to cleanse and purify the whole being. When you look at the whole picture, you'll see the need to release and let go in order to prepare the way for greater good to come in. Just as you would remove weeds from a flower or vegetable garden in order to give the desired plants room to grow, so you must remove weed-thoughts from your mind to prepare room for your budding spiritual assets.

The disciple who represents the faculty of renunciation in Jesus' calling and training of the 12 is Judas Thaddeus, also referred to as "Judas, the son of James" to distinguish him from Judas Iscariot.

Thaddeus makes his home near the base of the spinal column, from which he supervises the elimination of waste from the body, as well as the greater work of sorting and releasing thoughts and feelings that are not in keeping with the perfect-human idea being developed under the Christ direction.

Not only should you let go of all thoughts which are not in keeping with divine concepts—such as fear, doubt and worry—but also relinquish thoughts, concepts and feelings that have been outgrown, though they once served a useful purpose.

When Jesus spoke of denying the self in order to follow him in bringing forth divine potential, he was not referring to a denial of identity. Rather, he was saying to withdraw thought and feeling from all that does not measure up to the divine pattern. This is Thaddeus' job—sorting out your thoughts and feelings and releasing all that does not belong.

The steps in developing the power of renunciation are:

**1. Awakening**

The word *awakening* is derived from Anglo-Saxon words meaning “to watch” and “to arise.” Through watching, you become aware of your thoughts and feelings and see the importance of sorting them out and cleansing those that do not belong in spiritual work.

**2. Repentance**

Repentance means not turning away from the wrongs but refusing to give them continued support in thought and emotion. Once the thoughts and emotions that caused error conditions are cleansed, your life begins to take a different direction.

**3. Renunciation**

Renunciation is a continuing process of denial. In order to become completely free of the past, quietly and gently take command of your mind. Refuse to give support to the things that do not belong, and they will slip away for lack of nourishment.

**4. Refinement**

You are passing through a level in which your whole being is refined, as metal and other substances are refined in the fire, freed from impurities and prepared for finishing in a new form.

**5. Remission**

Elimination is the work of the grace of God—the forgiving love of God that sets you free from past mistakes and the karmic results of those mistakes. As you

come to this level of development, you can receive the cleansing outpouring of God's forgiving love, which sets you free to take another giant step forward.

## **6. Re-creation**

With the Christ in charge, wise choices are continually made in consciousness, so that only the good is allowed to enter, and you are renewed and transformed by a continuing purification of soul and body.

## **7. Purity**

In this state of consciousness, you will see God everywhere, because the spiritual working of renunciation has completely eliminated error consciousness. There is nothing else to see; there is just God and good.

As you develop this power, be sure to keep in mind that renunciation is not a negative, fighting activity, but a positive, nonresistant method to cleanse and purify the consciousness.





# Life

*I am filled with life, sweet life.*

## Claim God's Gift of Life

Judas, the man who betrayed Jesus, has a necessary role in the Messiah story, and the quality he represents—life—plays an important part in the development of the perfect-person idea.

Judas makes his home at a center governing the generative or sexual organs. By praising the pure life of Spirit into a healing flow, you will renew and revitalize your whole being.

Jesus so perfected his body that he could either use it on the physical plane or project it into another dimension. Judas played his part in such a way that Jesus was given the opportunity to demonstrate his overcoming for all to see.

Judas represents the life that is wrapped up in itself and its demands and needs. It seeks sensation and personal gratification, instead of the good of the whole. Its false standards and its surrender to the demands of the senses result in a reduction, rather than an increase in life flow.

Never deny the life idea. Rather, awaken the life faculty at its center and feel its animating action radiating through the cells and atoms of your being as a greater expression of God.

Follow these steps to awaken life to its spiritual potential:

### 1. Recognition

Remind yourself of the reality that God-life is your life and that God's life energy is the power that animates your whole being.

12 POWERS

## **2. Sensation**

Sense impressions can help you to know and experience life. Sensation helps bring awareness of divine life in every cell and atom of our being. You know it because you feel it.

## **3. Appropriation**

At the lower level, Judas represents self-appropriation, expressing itself as selfishness. But elevated he becomes spiritual appropriation, an ability to draw from the universe the life and substance of Spirit. Appropriate thoughts of spiritual life and make them part of your mind and body.

## **4. Transmutation**

Use praise and thanksgiving to begin the spiritual activity of conversion of lower energies into higher energies. Praise the Spirit that gives life and give thanks for divine activity within you. Your hopes and aspirations, desires and direction are transmuted and lifted up through the activity of praise.

## **5. Regeneration**

Not only is the soul transformed, but the body also takes on new life and energy. This is a spiritual rebirth or renewal flowing through your whole being, bringing about the necessary transformation for the new creation expressing itself in a perfected physical body.

## **6. Resurrection**

Jesus pointed out that we are to follow him in the spiritual raising of the whole person, "You, therefore, must be perfect, as your heavenly Father is perfect." This is when soul and body are unified with Christ Mind.

## **7. Immortality**

As with all of the powers, there is a place where you realize conscious oneness with the Source; for life, this is the state of immortality. In the realization of immortality, there is no thought of life or death.

Life is an idea in mind and an activity in body. Appreciate your gift of life. Praise it. Bless it. Give thanks for it, and you will find that the supply of life is unlimited and everlasting!



# Your 12 Spiritual Gifts

Once you have completed your study of the Twelve Powers, go back and review them one by one. Unfolding your God-given potential is one of the greatest projects you will ever undertake and well worth the time and effort.

But it is a *continuing* process. It is only through studying and awakening the powers one by one that you will unfold the divine, perfect, beautiful being you are designed to be, shining forth in all the perfection with which God endowed you in the beginning.

A variety of free resources are available on Unity's Web site to help you discover and utilize these 12 spiritual gifts. Join us on the journey at [www.unity.org/12Powers](http://www.unity.org/12Powers).

<p><b>January • Faith</b> Peter Center of brain Color: blue The ability to believe, intuit and perceive. <i>Faith blesses my day and paves my way.</i></p>	<p><b>February • Strength</b> Andrew Loins Color: spring green The ability to endure, stay the course, persevere. <i>I have the strength to accomplish all that is mine to do.</i></p>	<p><b>March • Wisdom</b> James, son of Zebedee Pit of stomach Color: yellow The ability to evaluate, discern, apply what you know. <i>I am guided by divine wisdom in every thought, word and action.</i></p>	<p><b>April • Love</b> John Back of heart Color: pink The ability to attract, unify and desire. <i>I am a radiating center of love.</i></p>
<p><b>May • Power</b> Philip Root of tongue Color: purple The ability to master, have dominion and control. <i>I have the power to create my world.</i></p>	<p><b>June • Imagination</b> Bartholomew Between the eyes Color: light blue The ability to image, picture, conceptualize, envision, dream. <i>I envision good unfolding in every area of my life.</i></p>	<p><b>July • Understanding</b> Thomas Front of brain Color: gold The ability to know, perceive, comprehend and apprehend. <i>My understanding of Truth deepens and directs my life.</i></p>	<p><b>August • Will</b> Matthew Center of brain Color: silver The ability to choose, decide, command, lead, determine. <i>I choose my good based on spiritual understanding.</i></p>
<p><b>September • Order</b> James, son of Alphaeus Navel Color: olive green The ability to organize, balance, sequence, adjust. <i>My life is balanced and in order, and all is well.</i></p>	<p><b>October • Zeal</b> Simon the Canaanite Back of head Color: orange The ability to be enthusiastic, be passionate, start, motivate. <i>I enthusiastically accept my good and go forward to achieve</i></p>	<p><b>November • Elimination</b> Thaddeus Abdominal region Color: russet The ability to release, remove, denounce, deny, let go. <i>I release anything and everything that no longer serves my</i></p>	<p><b>December • Life</b> Judas Generative organs Color: red The ability to energize, vitalize, enliven, animate and invigorate. <i>I am filled with life, sweet life.</i></p>