

# **The 12 Powers: Your Toolkit for Developing the Christ Within**

Class 1

# Nature and Structure of this Class

- Lecture
- Reading Assignments
- DISCUSSION is the main activity
- Spiritual Practices
- Multiple learning methods

# Class Agreements

- All points of view are valid and contribute to a greater understanding
- Each of us can change our mind at any time
- Use "I" statements
- Confidentiality of personal sharing

# What is Metaphysics?

- A branch of philosophy that studies the ultimate reality beyond the physical realm
- The realities that concern the inner life of every human being

# What are some Metaphysical Concepts?

- God
- Spirit
- Soul
- Consciousness
- Truth
- Principle
- Heaven, Sin, Evil, Cause, Source, Mind...

# What is Unity?

Unity is a positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer.

Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path.

There is only One Power  
and One Presence in my life  
and in the Universe:  
God the Good Omnipotent.

Our essence is of God; therefore, we are inherently good. This God essence, called the Christ, was fully expressed in Jesus.

# What are YOU?

- The Christ Potential...a spiritual being!

# Generation of Physical Body

- “Generation” sustains and perpetuates humankind
- How we create physical bodies. Male and female join together and generate a baby, creating a physical body.

# Regeneration refers to Spiritual Body

- Regeneration follows generation in the development of man.
- Regeneration unfolds and glorifies the divine.

# Regeneration: Our Christ Potential

- This potential for being the Christ is in each one of us and we seem to have a desire for this and it is always present.
- Through spiritual practices, we are regenerating our awareness of the oneness that we are, and of our Christ Nature.

# Regeneration: Our Christ Potential

- This is not accomplished with one affirmation. Requires spiritual practice:
  - Prayer
  - Meditation
  - Spiritual Reading
  - Social Action

# Regeneration: Our Christ Potential

Thought after thought, spiritual motion after spiritual motion, it comes. Every desire adds to the gradual personification of the divine in the human.

# Radiant Body

(ASPM p. 22)

Even our so-called physical body reveals a **radiant body** (which Jesus referred to as sitting on the throne of His glory) that interlaces the trillions of cells of the organism and burns as brightly as an electric light.

Jesus gave His apostles a glimpse of this radiant body when He was transformed before them.

"And as he was praying, the fashion of his countenance was altered, and his raiment became white and dazzling."

# Radiant Body

(ASPM p. 22)

- Jesus was very advanced, and His radiant body was developed in larger degree than that of anyone in our race, but we all have this body, and its development is in proportion to our spiritual culture.
- In Jesus this body of light glowed "as he was praying." Jesus' body did not go down to corruption, but He, by the intensity of His spiritual devotion, restored every cell to its innate state of atomic light and power.

# Review

There is only One Power  
and One Presence in my life  
and in the Universe:  
God the Good Omnipotent.



Our essence is of God;  
therefore, we are inherently good.  
This God essence, called the Christ,  
was fully expressed in Jesus.

# The Twelve Powers represent:

- Aspects of God
- Parts of our Divine Nature
- Components of our Christ Mind
- Qualities developing in us

Each of the Twelve Powers along with their respective disciples (apostles) was revealed to Charles Fillmore during a meditative state.

# Significance of Twelve

- The number twelve is often associated with fulfillment or wholeness.
  - Twelve months of the year
  - Twelve inches to a foot
  - Twelve days of Christmas
  - Twelve grades in school
  - Twelve signs of the zodiac
  - Twelve steps in Alcoholics Anonymous

# Significance of Twelve

- Unity co-founder Charles Fillmore viewed the Bible as a universal and allegorical story of humanity's spiritual evolution, from personality to Christ consciousness and spiritual life.
- People, places and things in the Bible then represent picture of ideas in an individual's mind.

# Significance of Twelve

- The following list includes just some examples of the number 12 in the Bible:
  - **12 Sons of Ishmael** (Genesis 25:12-18)
  - **12 Sons of Jacob** (Genesis 35:22-26)
  - **12 Tribes of Israel** (Genesis 49:1-28, Joshua 3:12, 4:2, 1 Kings 18:31-32)
  - **12 Springs of Elim** (Exodus 15:27, Numbers 33:9)
  - **12 Loaves of Bread for the Tabernacle** (Leviticus 24:5-9)
  - **12 Offerings of the Leaders** (Numbers 7:1-89)
  - **12 District Leaders of Solomon** (1 Kings 4:7)
  - **12 Disciples of Jesus** (Matthew 10:1, 10:2, Luke 8:1, John 6:67)
  - **12 Baskets of Bread** (John 6:13)
  - **12 Gates of the New Jerusalem** (Revelation 21:9-14)
  - **12 Gems of the New Jerusalem** (Revelation 21:19-21)
  - **12 Fruits** (Revelation 22:2)

## The Twelve Powers are:

- the twelve fundamental aspects of our divine nature,
- the twelve components of God's "image and likeness" in humankind,
- the twelve disciples of our Christ Mind
- The twelve centers of energy within the physical body

They are divine ideas that  
comprise the pattern for perfection  
within us.



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# FAITH

The Apostle: Peter

Location: Pineal Gland

Faith is ability to perceive the reality of God's Kingdom of Good and Divine Ideas, despite evidence to the contrary, and then to use this to mold and shape substance.















# STRENGTH

The Apostle: Andrew

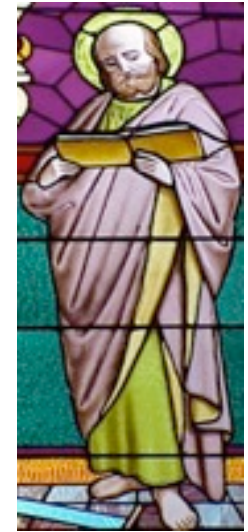
Location: Small of the Back

Strength is our faculty of steadfastness, dependability, stability, and capacity for endurance.









# ENTHUSIASM

The Apostle: Simon

The Location: Medulla Oblongata, Back of the Lower Head

Enthusiasm is our faculty of zeal, intensity, and exuberance.  
It provides our inner urge to progress; it is our motivation  
to achieve.

# Mystical Traditions and Divine Power

Some Mystical traditions focus on aspects of humanity's divine nature:

- 4 basic chakras in Tibetan Buddhism
- 5 vibratory centers in Hopi spirituality
- 7 chakras in Hinduism
- 10 manifestations in Jewish Kabbalah

- The breastplates worn by Jewish high priests had twelve stones, representing the twelve great powers of the mind.

# New Thought Christianity and Divine Power



New Thought teachers focus on allegorical Bible interpretation.

- Emma Curtis Hopkins
- Annie Rix Militz
- Charles & Myrtle Fillmore



# Emma Curtis Hopkins and 12 (1849-1925)

New Thought teacher of spiritual healing and metaphysics; Hopkins wrote about 12 aspects of consciousness

- The Twelve Powers of the Soul (1894)
  - Describes 12 energies of man represented by the disciples
- The Ministry of the Holy Mother (n.d.)
  - "We now call them the twelve doctrines of Jesus; the twelve messages of Christ; the twelve messages of Science [mental science]..."
- The Twelve Jewels of Christ-Character and The Twelve Gates. (n.d.)



# Annie Rix Miltz and 12 (1866-1924)

New Thought teacher, writer, and founder of  
Homes of Truth in California

- “The Manifestations of God Through Judas Iscariot” Unity (August 1893)
  - “The True Man has Twelve Great Powers.”
- The Renewal of the Body (1913)
  - Discussed “the body, cell consciousness and bodily regeneration” is aligned with twelve body locations or “chief departments”. Miltz proposed that “sexual desire must be stilled in order for the spiritual body to be realized”

# Unity Periodicals and 12

Unity authors published a variety of articles on the 12 Powers beginning in 1893.

- Leo Virgo, "The Powers of Man" Unity (October 1894)
- Mary E. Griswold, "Twelve Lights" (Unity, August 1896)
- R. C. Douglass, "Bible Lessons: Lesson 8 – The Twelve Sent Forth" (Unity, February 1, 1898)
- "Definitions and Centres" (Unity, July 1906)

# Myrtle Fillmore and 12 (1845-1931)

Myrtle Fillmore wrote to Unity friends about the 12 Powers in prayer letters. She wrote most about Love, Faith, Power, Imagination, Enthusiasm, Will, and Life.

# Charles Fillmore and 12 (1854-1948)

Charles Fillmore wrote "The Twelve Powers of Man," *Weekly Unity*, April 1912. He published a series of thirteen articles in *Unity* in 1920, then again in 1925-1926, then again in 1929-1930. The articles explore the qualities in body centers.

# The Twelve Powers of Man (1930)

by Charles Fillmore



# Christ Enthroned in Man (1937)

by Cora Fillmore

# Assignment for Next Class:

- The Twelve Powers of Man
  - Introduction (pp. 3 – 14)
  - Chapter one – (pp. 15 – 23)