

The 12 Powers: Your Toolkit for Developing the Christ Within

Class 2

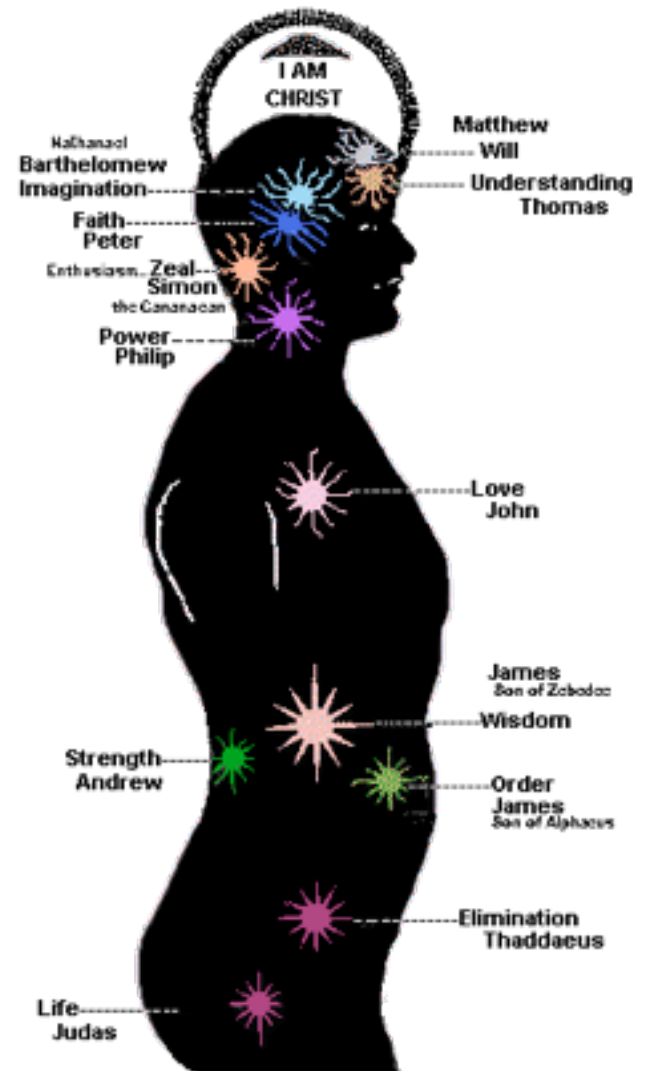
Class Agreements

- 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

The Twelve Powers represent:

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

The Twelve Powers are divine ideas that comprise the pattern for perfection within us.



Each power is an individualized center of God consciousness.

The twelve faculties or ideas in Divine Mind are:

Faith	Power	Will
Love	Life	Imagination
Order	Understanding	Release
Wisdom	Strength	Enthusiasm

adds up to "I AM" CHRIST



General concepts:

1. **We are always using our 12 Powers.**
2. **They do not care how they are used.**
They can be overdeveloped or underdeveloped.
4. **We can use them from several levels.**

Judgment

Strength

**Imaginati
on**

- **Underdeveloped:**

- **Overdeveloped:**

Unity's 3 Phases of Mind

- Conscious Mind
- Subconscious Mind
- Superconscious Mind

One Mind

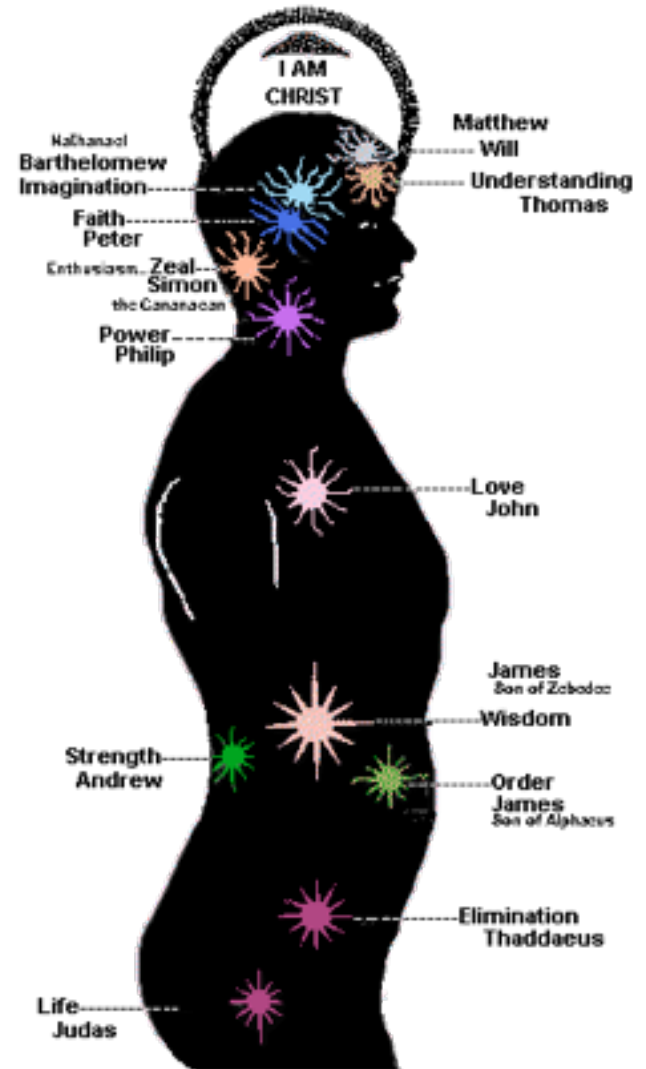
- There is but one Mind (Divine Mind) and in it all things exists.
- Accurately speaking, people do not have three minds, nor do they have even one mind; but they express the one Mind in a multitude of ways." (Christian Healing, p. 97)
- Divine Mind is the source of all intelligence.

Consciousness

- Our sense of awareness
- Everything that we think about—what affects our present state of mind

Superconscious Mind

- Christ consciousness
- It is the I AM.



- Vast, silent realm that lies back of the conscious mind
- Contains all past thoughts (memory). Has no power to do original thinking.
- Subconscious mind depends upon the conscious mind for direction.
- Involuntary, automatic responses are of the subconscious mind.

Conscious Mind

- Rational thought
- Where we are aware of our mental processes
- Our perceptions, opinions, thoughts, beliefs, and ideas about the
 - Present
 - Past
 - Future

Conscious Choice

- Do we experience the world through
 - our sense consciousness
 - our spiritual awareness
- **We get to choose.**



How do YOU use your 12 Powers??

1. **Unconsciously**
2. **Consciously from the senses**
3. **Consciously from our human personality**
4. **Consciously from one's True Identity, or Higher Self**

We can use them from various levels of consciousness

1. **Unconscious:** based on a cause in our subconscious mind which consists of beliefs that are not in our moment-to-moment awareness.
2. **Consciously from the senses:** based on something in physicality we are gleaning through our sight, sound, scent, touch and or taste.

We can use them from various levels of consciousness

- 3. Consciously from our human personality:**
based on thoughts, feelings, attitudes and/or beliefs held in human consciousness.
- 4. Consciously from one's True Identity, or Higher Self:** based on Divine Ideas, Laws and Principle to be the best person or Christ we can be!

Ways to Use the Twelve Powers

- Notice how you use them now
- Quicken, enliven, re-purpose using denials and affirmations
- Preparation in Prayer
- Reflection, learning

Let's work through an example
using FAITH...

The Power of FAITH

FAITH is the ability to believe, spiritually intuit, perceive, to “hear” and to have conviction.

The Power of FAITH

What does underdeveloped
FAITH look like?

What does overdeveloped
FAITH look like?

Unconscious Faith:

Based on a cause in subconscious mind which consists of beliefs that are not in our moment to moment awareness.

Conscious Faith from our senses:

Based on something in physicality we are gleaning through our sight, sound, scent, touch, and/or taste.

Conscious Faith from our human personality:

Based on thoughts, feelings, attitudes, and/or beliefs held in human consciousness.

Conscious Faith from our True Identity, or Higher Self:

Based more purely on Divine Ideas, Laws,
and Principles.

The Power of FAITH

From Elevated Consciousness:

- FAITH based more purely on Divine Ideas, Truths, Principles and Laws .
- We use FAITH to believe we can be the best person as well as spiritually intuit that “I am Christ” regardless of outer appearances.

The Power of FAITH

Practice:

1. Who do you know that demonstrates FAITH?
2. Notice how you currently use FAITH. Then practice using Faith to be the best person or Christ you can be.

Quickening and Enlivening FAITH

Deny:

**I give no power to limiting beliefs
and feelings.**

Affirm:

**I claim FAITH now; I believe I am the
best person or Christ I can be.**

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Unity's 5 Step Prayer Method

- 1. Relaxation
- 2. Concentration
- 3. Meditation
- 4. Realization
- 5. Thanksgiving

Assignments for Next Week

- Spend time in prayer each day; practice using a denial and affirmation for FAITH.
- Consider calling Silent Unity and making a prayer request for faith. 1-800-NOW-PRAY.
- Study “The Twelve Powers/Abilities” Handout
- Read your chapter from “The Twelve Powers” book