

DEVELOPING AND EXPRESSING THE TWELVE POWERS

I N T R O D U C T I O N

The previous chapter laid the groundwork for this chapter that focuses on how to actually develop each of the Twelve Powers. As in the last chapter, this chapter is about our commonly held first and second Unity principles: (1) Divine Mind is absolute good, everywhere present, and (2) Humanity's True Nature is Divine, the Christ, Divine Mind. Since Divine Mind is Good, humankind's True Nature must be Good.

In the development of the Twelve Powers, please see Cora Fillmore's book, *Christ Enthroned in Man*, which is currently published as the second half of *The Twelve Powers* by Charles and Cora Fillmore. The book gives a further understanding of each of the Powers as well as meditations that are specifically designed to develop each of the Twelve Powers. While the language is outdated, the teaching remains strong.

25A DEGENERATION, GENERATION AND REGENERATION

The Bible is the history of man. In its sixty-six books it describes in allegory, prophecy, epistle, parable, and poem, man's generation, degeneration, and regeneration. (MG/10)

When the Adamic race reached a point in their evolution where they had personal-will volition, they began to think and act independently of the Jehovah or Christ Mind. Then the sense consciousness began to rule and the materialization of the body resulted. Degeneration of the whole man followed. Loss of ability to draw constantly on the one and only source of life threw the whole race into an anemic condition. Their bodies began to disintegrate, and death came into the world. Then Satan, the mind of sense, began to rule; sin was in the saddle. The people like sheep had gone astray; they were lost in the wilderness of sense; they were in the throes of race extinction. (KL/131)

"Regeneration follows generation in the development of humankind. Generation sustains and perpetuates the human; regeneration unfolds and glorifies the divine." (TTP/3)

"When people begin to follow Jesus in the regeneration, they find that they must

cooperate with the work of their disciples or faculties. Heretofore they have been under the natural law; they have been fishers in the natural world. Through their recognition of their relation as the Children of God, they cooperate in the original creative law. They call their faculties out of their materiality into their spirituality. This process is symbolized by Jesus' calling his apostles." (TTP/50)

"In order to follow Jesus in the regeneration, we must become better acquainted with the various phases of mind and how they function in and through the body." (ASP/42)

"Fillmore's plan for the regeneration of 'humankind' was based on the individual development of innate powers and abilities expressing themselves through ganglionic centers in the human body. These centers are to be activated as the qualities are developed in mind, all under the supervision of the Christ or God-self of each person." (YGGP/18-19)

Degeneration:

Degeneration resulted from the use of free will to think independently of Christ Mind, Divine Mind. Sense mind began to be in control resulting in the materialization of the body. Degeneration continued and included the loss of the ability to draw from the one Source, Divine Mind. "Bodies began to disintegrate and death came into the world." In the degenerate state, sense mind rules and sin, error, is in control.

Generation:

"Generation sustains and perpetuates the human." Generation deals with the birth of the physical, human body.

Regeneration:

Regeneration is the way we rise above sense consciousness and the body and begin to reassert the power of the Christ Mind. Any person who makes a serious commitment to following the teachings of spiritual Truth immediately comes under the ministration of Laws that are higher and finer than before. Up to this point, most people are almost entirely dominated by what we call the laws of nature and also by the most mechanical level of cause and effect. Until a certain level of spiritual consciousness is attained, our Twelve Powers are in an unregenerate state and we use them to serve mostly selfish purposes. As the Twelve Powers are regenerating we begin to use them to serve those higher purposes. We begin to express The Twelve Powers in cooperation with Laws that are higher and finer than natural law. One's life is directly affected by the laws of inner divine guidance and divine protection.

The recognition that each of us is the Christ, together with a commitment made to Spirit, Divine Mind, results in the building of consciousness and spiritual evolution. Once regeneration, transformation in consciousness, begins to occur and the Twelve Powers/Faculties/Abilities are regenerating within us, we begin to experience the manifestation of purity and wholeness in our consciousness and within our bodies as well.

25B OUR WORK / OUR GOAL

"Our work is to transmute the natural powers (starting where we are in consciousness and spiritual growth) into the spiritual powers we are designed to express for the fulfillment of our Christ potential. Each faculty is discovered first as an intellectual concept. This concept is explored and nurtured through prayer as it gradually grows into the spiritual idea from which it came. Finally we have no sense of separateness, but rather a realization of our oneness with the God-power itself, expressing through us entirely under the guidance and direction of the Christ."
(YGGP/20-21)

Our transformation into fully conscious and enlightened beings occurs through the development of our Twelve Spiritual Faculties. Our goal is to express our Christ potential unselfishly, lovingly, and powerfully.

25C TEMPTATION

"We do not encourage those who still have worldly ambitions to take up the development of the Twelve Powers of man. You will be disappointed if you seek to use these superpowers to gain money ('turn stones into bread'), control others ('the kingdoms of the world ... all these things I will give thee'), or make a display of your power ('If thou art the Son of God, cast thyself down'). These are the temptations of the selfish ego, as recorded in the 4th chapter of Matthew, which Jesus had to overcome, and which all who follow Him 'in the regeneration' have to overcome."
(TTP/6)

Temptations come to everyone. We are tempted to use the Powers to gain money, control others or make a display of power. Perhaps, in some ways, we are already using them in these ways as we use them from sense consciousness or personal consciousness. However and whenever the temptations appear, they come from the level of human nature that is the personality, ego, exaggerated sense of self, "me and mine," etc. The moment of temptation occurs when the impulses arising from this level reach the level of conscious self-awareness. The person then has an opportunity for choice. If a person allows spiritual awareness to overcome the temptation, he or she gains immeasurably in the long run.

25D JESUS THE WAY SHOWER

"You are Spirit, the Child of God, and your place is at the right hand of God. To realize this is to call upon yourself the baptism of the Holy Spirit, after which baptism you no longer labor as a carpenter or as a fisher, but begin to gather together your disciples—powers of mind. This gathering together of your powers is an orderly process, and you will find that it proceeds right along the lines laid down in Jesus' choosing of his disciples, as recorded in Matthew 4:28 and Mark 1:16."
(TT/90)

The metaphysical interpretation of Jesus calling forth the twelve disciples symbolizes a turning point in an individual's spiritual unfoldment. Jesus assuming leadership in a Christ ministry

symbolizes that point where spiritual awareness becomes the guiding, motivating factor in an individual's life. Metaphysically, Jesus is that aspect of every person that understands the use of the Christ principle, the pattern of perfection. He represents that part of everyone that is the energy and the understanding to bring forth all that is in the Christ potential.

25E DEVELOPING OUR TWELVE POWERS

"Humankind is a focal point in God-consciousness and expresses God. Therefore humankind must understand the processes that bring about that expression. Infinite Mind is here with all its ideas as a resource for humankind, and what we are or become is the result of our efforts to accumulate in our own consciousness all the attributes of infinite Mind." (P/29)

"Our work here now is to awaken to the divine powers with which God has endowed us, to encourage and develop them under God's direction and to get about the business of becoming that which Jesus demonstrated in his life and told us we could become." (YGGP/17)

"Within each person there is a new world awaiting discovery, a world in which there are capabilities of unlimited strength, perfect knowing, radiant life, and other latent abilities beyond our greatest present capacity to conceive." (YGGP/24)

"All that a person really needs is the quickening and rounding out of the thinking centers in his or her consciousness; that having been done, Divine Mind will think through him or her. This supreme Mind holds humankind at its center, a perfect instrument through which to express its possibilities." (CH/98)

Our increasing awareness of our Twelve Spiritual Faculties/Abilities will enable us to call them forth into dynamic expression. This regeneration process requires discipline, dedication, and a conscious recognition of our Divine Nature.

(See Chapter 24 for a more extensive discussion of each of the Twelve Powers.)

25F EXPRESSING THE TWELVE POWERS

"These Twelve Powers are all expressed and developed under the guidance of Divine Mind. 'Not by might, nor by power, but by my Spirit, saith Jehovah of hosts' [Zec 4:6]. You must keep the equipoise; you must, in all the bringing forth of the Twelve Powers of humankind, realize that they come from God: that they are directed by the Word of God, and that man (Jesus) is their head." (TTP/23)

"I am the vine, ye are the branches.' In this symbol Jesus illustrated a law universal to organisms. The vine-building law holds good in a person's body. The center of identity is in the head, and its activities are distributed through the nerves and the nerve fluids to the various parts of the body. The Twelve Apostles of Jesus Christ represent the twelve primal subcenters in a person's organism. A study of a person's

mind and body reveals this law.” (TTP/48)

Development and expression of a given Power may entail meditating and focusing upon that Power for a period of time. However, the concept of the proper expression of the Twelve Powers is that of balance and integration instead of individual development and expression. In other words, the Twelve Powers are a sort of “team” designed to work together instead of independently. In the above citation that includes the quote from Jesus, the Powers are like the branches of a vine. Jesus is the symbol of spiritual awareness generated by the Christ within consciousness. The Twelve Powers (branches) express spiritual awareness.

25G GENERAL APPROACH

“To call a disciple is mentally to recognize that power; it is to identify oneself with the intelligence working at a center—for example, judgment, at the solar plexus. To make this identification, one must realize one’s unity with God through Christ, Christ being the Child of God idea always existing in humankind’s higher consciousness. This recognition of one’s [kinship] and unity with God is fundamental in all true growth. ... We can call our Twelve Powers into spiritual activity only through Christ. If we try to effect this end by any other means, we shall have an abnormal, chaotic, and unlawful soul unfoldment.” (TTP/50)

“Humankind’s development is not primarily under the physical law, because the physical law is secondary. There is a law of Spirit, and the earthly is but the showing forth of some of the results of that law. We begin our existence as ideas in Divine Mind; those ideas are expressed and developed and brought to fruition, and the expression is the important part of the soul’s growth.” (TTP/38-39)

“The power of the spoken word is but slightly understood, because the law of the Word is not rightly observed. The Word is the creative idea in Divine Mind, which may be expressed by a person when he or she has fulfilled the law of expression. All words are formative but not all words are creative. The creative word lays hold of Spirit substance and power.” (TTP/29)

“Our disciples will do what we tell them and continue to do it after they have been sufficiently instructed and assisted in the use of the Word. Remember the mind rules both the within and the without, the visible and the invisible, the high and the low.” (TTP/140)

“Everything has origin in thought, and material thoughts will bring forth material things. So you should baptize and cleanse with your spiritual word every center, as Philip baptized the eunuch of Gaza. Baptism is cleansing. It always represents the erasing power of the mind.

“When the baptizing power of the word is poured upon a center, it cleanses all material thought; impotence is vitalized with new life, and the whole subconscious is awakened and quickened.” (TTP/19)

"We grow to be like that which we idealize. Affirming or naming a mighty spiritual principle identifies the mind with that principle; then all that the principle stands for in the realm of ideas is poured out upon the one who affirms." (TTP/38)

This is the general approach to developing each of the Twelve Powers:

1. The starting point of all spiritual growth is always Divine Mind; Divine Mind first. We must first recognize and realize the Truth of Oneness, Divine Mind, "Beingness", Christ, in higher consciousness.
2. Divine Ideas make up Divine Mind. It is the expression and the development of these Divine Ideas that are important in the growth of the soul (conscious and subconscious minds) and therefore spiritual evolution.
3. The Divine Ideas we are working with are the Twelve Powers.
4. The Power of the Word, the spoken word, develops each of the Twelve Powers.
5. The baptizing power of the word cleanses each center of material thought (sense consciousness and personal consciousness). This awakens and quickens the entire subconscious mind. Denials baptize and cleanse consciousness.
6. Affirming a "Spiritual Principle" identifies the "m" mind with that Principle. Affirming a given Power identifies the "m" mind with that Power.
7. Naming a "Spiritual Principle" claims that Principle through the concept of what we name a thing it is to us. We must name and claim each of the Twelve Powers.

25H FAITH

"People who live wholly in the intellect deny that humankind can know anything about God, because they do not have quickened faith. The way to bring forth the God presence, to make oneself conscious of God, is to say: 'I have faith in God; I have faith in Spirit; I have faith in things invisible.' Such affirmations of faith, such praise to the invisible God, the unknown god, will make God visible to the mind and will strengthen the faith faculty. Thus faith (Peter) is called and instructed spiritually." (TTP/18)

"Faith words should be expressed both silently and audibly." (TTP/29)

"The faith center, the pineal gland, opens the mind of humankind to spiritual faith. Merely affirming the activity of this superpower will quicken it in consciousness." (TTP/31)

"...Paul, who said, 'Have this mind in you, which was also in Christ Jesus' [Philippians 2:5]. It was not Jesus but the mind in Jesus that did the great works. He was the center of faith that transformed the mighty creative force of Being (which are active in the universe through the mind and brain of humankind) into a form of force usable in his environment. Tap this inner reservoir of faith, and you can do what Jesus did. That was his promise; its fulfillment is the test of a true follower." (TTP/32)

Quicken Faith through the spiritual activity of the Christ with the attention centered on the pineal

gland and affirm:

"I have Faith in my [Divine Mind]; I have faith in Oneness; I have faith in things invisible."
(TTP/18)

"Jesus Christ is now here raising me to his consciousness of unfailing Faith, and I abide in him." (TTP/217)

25I STRENGTH, STABILITY, STEADFASTNESS

"Be steadfast, strong, and steady in thought, and you will establish strength in mind and body. Never let the thought of weakness enter your consciousness, but always ignore the suggestion and affirm yourself to be a tower of strength, within and without." (TTP/38)

Quicken Strength through the spiritual activity of the Christ with the attention centered on the lower back (the loins) and affirm:

"I am strong in Divine-Nature, and in the strength of Divine-Might." (Modified from TTP/38)

"Jesus Christ is now here raising me to his consciousness of sustaining Strength, and I rest in joy and peace." (TTP/225)

25J JUDGMENT, WISDOM, DISCERNMENT

"A quickening of our divine judgment arouses in us the judge of all the world. ... When we call this righteous judge into action, we may find our standards of right and wrong undergoing rapid changes, but if we hold steadily to the Lord as our supreme guide, we shall be led into all righteousness." (TTP/47)

"Having identified oneself with God through Christ, one should center one's attention at the pit of the stomach [solar plexus] and affirm: 'The wisdom of the Christ Mind here, active, is through my recognition of Christ identified and unified with God. Wisdom, judgment, discrimination, purity, and power are here now expressing themselves in the beauty of holiness. The justice, righteousness, and peace of the Christ Mind now harmonize, wisely direct, and surely establish the kingdom of God in God's temple, my body. There are no more warring, contentious thoughts in me, for the peace of God is here established, and the lion and the lamb (courage and innocence), sit on the throne of dominion with wisdom and love.'" (TTP/51)

Quicken Judgment, Wisdom, and Discernment through the spiritual activity of the Christ with the attention centered on the pit of the stomach (solar plexus) and affirm the entire statement above or use these below:

"Wisdom, Judgment, Discrimination, purity, and power are here now expressing themselves

in the beauty of holiness.” (TTP/51)

“Jesus Christ is now here raising me to his consciousness of Divine Judgment, and the Wisdom of [Divine Mind] is expressed in all that I think, say, and do.” (TTP/231)

25K LOVE

“When this apostle is ‘called,’ love is quickened in consciousness. The calling of this apostle consists in bringing into one’s consciousness a right understanding of the true character of love, also in exercising love in all the relations of life. One should make it a practice to meditate regularly on the love idea in universal Mind, with the prayer, Divine love, manifest thyself in me. Then there should be periods of mental concentration on the love center in the cardiac plexus near the heart. It is not necessary to know the exact location of this aggregation of love cells. Think about love with the attention drawn within the breast, and a quickening will follow; all the ideas that go to make up love will be set into motion.” (CH/132)

Quicken Love through the spiritual activity of the Christ with the attention centered on the cardiac plexus (or simply the breast) and affirm:

“Divine Love, manifests in me.” (Adapted, CH/132)

“The Divine-Love fills my heart and I am tender and kind.” (Adapted from CH/138)

“Jesus Christ is now here raising me to his consciousness of infinite Love, and my soul is filled and satisfied.” (TTP/237)

25L POWER, DOMINION, MASTERY

“If a person binds or controls the appetites, passions, and emotions in the body (earth), he or she establishes ability and power to control the same forces in the realms universal, out of which the heavens are formed.” (TTP/69)

“No disciple can do any great overcoming work without a certain realization of spiritual Power, Dominion, and Mastery. Without power, one easily gives up to temporal laws, man-made.” (TTP/66)

“Through the vibrations of power in the throat, one can feel the power of unity with the higher self more quickly than in any other way. This reveals that ideas rule the person. Jesus affirmed: ‘All power is given unto me in heaven [mind] and in earth [body]’ [Mt. 28:18 AV]. When Jesus made this affirmation, he undoubtedly realized his innate spiritual dominion, and when he consciously attuned his spiritual identity to mind and body, there was a conscious influx of power, and his hearers said that he ‘taught them as having authority, and not as the scribes’ [Mt. 7:29].” (TTP/64-65)

Quicken Power (Dominion and Mastery) through the spiritual activity of the Christ with the

attention centered on the throat and affirm:

"All Power is given unto me in heaven and in earth." (Mt. 28:18 AV)

"Jesus Christ is now here raising me to his consciousness of Divine Power, and I am established in the Mastery and Dominion of Spirit." (TTP/242)

25M IMAGINATION

"All things, including the mind, work from center to circumference. A knowledge of this fact puts a person on his or her guard and causes him or her to direct that his or her Imagination shall not create things in his or her mind that have been impressed upon him or her from without." (CH/100)

"As a person develops in Understanding, the Imagination is the first of the latent faculties to quicken." (CH/101)

"The highest and best work of the Imagination is the marvelous transformation that it works in character. Imagine that you are one with the Principle of Good, and you will become truly good. To imagine oneself perfect fixes the idea of perfection in the invisible mind substance, and the mind forces at once begin the work of bringing forth perfection." (CH/105-106)

Quicken Imagination through the spiritual activity of the Christ with the attention centered between the eyes and affirm:

"I am the image and likeness of [Divine Mind]." (TTP/255)

"Jesus Christ is now here raising me to his consciousness of Divine Imagination, and I see spiritual perfection everywhere." (TTP/249)

25N UNDERSTANDING

"Never say, 'I don't know,' 'I don't understand.' Claim your Christ understanding at all times and declare: I am not under any spell of human ignorance. I am one with infinite Understanding." (CH/113-114)

"No one ever attained spiritual consciousness without striving for it. The first step is to ask. 'Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you' [Mt. 7:7]. Prayer is one form of asking, seeking, and knocking. Then make your mind receptive to the higher understanding, through silent meditations and affirmations of truth. The earnest desire to understand spiritual things will open the way, and revelation within and without will follow." (TTP/93)

Quicken Understanding through the spiritual activity of the Christ with the attention centered on the front brain and affirm:

"I am not under any spell of human ignorance. I am one with infinite Understanding." (CH/113-114)

"Jesus Christ is now here raising me to his consciousness of Divine Understanding, and all my mental activities are spiritual." (TTP/256)

25O WILL

"The Will must be strengthened by being constantly used in divine Understanding." (CH/113)

"The problem of self-control is never settled until all that a person is comes into touch with the divine Will and Understanding. You must understand all your forces before you can establish them in harmony. This overcoming is easy if you go about it in the right way. But if you try to take dominion through will, force, and suppression, you will find it hard and will never accomplish any permanent results. Get your I AM centered in God, and from that place of Truth speak true words." (CH/115)

" 'Not my will, but thine, be done' [Lk. 22:42] is one of the most far-reaching affirmations of Jesus, and those who follow him and keep his sayings are finding great peace and relaxation of mind and body." (TTP/109)

Quicken Will through the spiritual activity of the Christ with the attention centered on the front brain and affirm:

"Not my will, but my Divine Mind-Will, be done." (adapted from Lk. 22:42)

"Jesus Christ is now here raising me to his consciousness of Divine Will, and I continually will to d [the Will of Divine Mind]l." (TTP/262)

25P ORDER AND SPIRITUAL LAW

"Law and Order are back of all manifestation. All creation is working through an evolutionary process under Law. Especially is this true of humans in whom and through whom God carries forth creative law.

"The perfect person is created as a perfect idea, which is to be manifested under the Law of Divine Order. This perfect pattern (Christ) is working itself out through the flesh, coming into perfect manifestation under Law and Order." (TTP/267-268)

"The center of Order in the body is located at a nerve center back of the navel. By employing prayer and meditation, one may quicken the ganglionic nerve cells at the order center ... so it is through this order center that the soul, spiritually quickened, receives the divine manna from the Father-Mother God. Through our meditation and consecration, the spiritual laws are unfolded to us from within." (TTP/270)

Quicken Order and Spiritual Law through the spiritual activity of the Christ with the attention centered on the ganglionic center behind the navel and affirm:

"Divine Order is active in my mind, body, and affairs, and I am working all things together for my good." (TTP/271)

"Jesus Christ is now here raising me to his consciousness of Divine Order, and I realize that the Law of [Divine Mind] is fulfilled in me." (TTP/267)

25Q ZEAL, ENTHUSIASM

"To help Simon the Zealot do his work, center your attention for a moment at the base of your brain and quietly affirm that infinite energy and intelligence are pouring forth in Zeal—Enthusiasm. Then follow in imagination a set of motor nerves that leads out from the medulla to the eyes, affirming all the time the presence and power of energy and intelligence now manifesting in your eyes.

"For the ears, affirm energy and intelligence, adding, 'Be you open.'

"For the nose, affirm energy and intelligence, adding, 'The purity of Spirit infolds you.'

"For the mouth, carry the life current to the root of the tongue, with the thought of freedom.

"At the root of the tongue is situated the throne of another disciple, Philip. When you carry the zeal current from its medulla center and connect it with the throne of Philip, a mighty vibration is set up that affects the whole sympathetic nervous system." (TTP/140-141)

Quicken Zeal and Enthusiasm through the spiritual activity of the Christ with the attention centered on the medulla at the base of the brain and affirm:

"Infinite energy and intelligence are pouring forth in Zeal." (TTP/140)

"Jesus Christ is now here raising me to his consciousness of Divine Zeal, and I enthusiastically express the inner spiritual urge." (TTP/273)

25R ELIMINATION, RENUNCIATION

"It is found by metaphysicians that praise and thanksgiving are laxatives of efficiency and that their cleansing work not only frees the mind of egotism but also cleanses the body of effete matter.

"Thoughts are things; they occupy space in the mental field. A healthy state of mind is attained and continued when the thinker willingly lets go the old thoughts and takes on the new." (TTP/144)

"No one can play fast and loose with God. What one builds, one must care for. What a person forms that is evil, he or she must unform before he or she can take the coveted step up the mountain of the ideal. Here enters the factor that dissolves the structures that are no longer useful; this factor in metaphysics is known as denial. Denial is not, strictly speaking, an attribute of Being as principle, but it is simply the absence of the impulse that constructs and sustains. When the ego consciously lets

go and willingly gives up its cherished ideals and loves, it has fulfilled the law of denial and is again restored to God's house.

"As all desire is fulfilled through the formative word, so all denial must be accomplished in word or conscious thought." (TTP/150)

Quicken elimination and renunciation through the spiritual activity of the Christ with the attention centered on the lower abdomen and affirm:

"My spiritual center of Elimination is quickened in me. 'I gladly let go of the old. My whole being expands with the new life in Christ Jesus.' " (TTP/285)

"Jesus Christ is now here raising me to His consciousness of self-denial, and I realize that the cleansing, purifying power of the Holy Spirit, the activity of Divine Mind, is active in me." (TTP/279)

25S LIFE

"Whenever the desire for the material stimulant manifests itself, say to it: 'You are nothing. You have no power over me or over anybody else. I am Spirit, and I am wholly satisfied by the great flood of spiritual Life that now fills my being.' " (TTP/169)

"It is through persistent realizations of perfect life, through broadening the vision and keeping the Imagination stayed on the perfect patterns of life, that the false concepts are erased and spiritual Faculties are established. In your deeper meditations you have attained wonderful realizations of Divine Life. For instance, you have been able to take a statement such as: The purifying Power of Divine Life is active in me through Jesus Christ, and to concentrate upon it until the living Truth contained in the word

became so alive that it was resolved back into formless essence, in which state it was dispensed throughout the soul and body consciousness, awakening every function and organ to a greater degree of power and life." (TTP/290-291)

Quicken Life through the spiritual activity of the Christ with the attention centered on the generative function and affirm:

"I am Spirit, and I am wholly satisfied by the great flood of spiritual Life that now fills my body." (TTP/169)

"Jesus Christ is now here, raising me to his consciousness of everlasting Life, and I am filled with vitalizing energy and power." (TTP/287)

25T WAYS TO USE THE TWELVE POWERS

Use the Twelve Powers in the following ways:

1. Use above affirmations to quicken a selected Power in your daily meditations as well as throughout the day. Focus on the Power that you feel needs quickening, awakening, in your life.

2. You can use the Powers as a way to prepare for your day, an encounter, or any activity. Sitting still, ask yourself which Power(s) would be especially useful for the day, encounter, or activity. Call the Power(s) forth by quickening it / them as above. It could be as simple as focusing on your medulla and saying, "The power of Zeal is quickened in me now through the activity and presence of the Christ."

3. When you notice that a particular activity, encounter, or meeting did not go quite as you would have liked, you can become still and ask yourself which Power(s) you did not quicken and enliven in that situation. Then you can make the Power(s) a focus of your future meditations.

4. Notice how the Powers can be used from sense consciousness / personal consciousness and then used from Spiritual Consciousness / Higher Consciousness. Here is an example using of using the Powers to hold onto a negative thought, "I am not worthy." And, then how to use the Powers to replace that thought (the Law of Substitution) with a higher thought, "I am Christ."

power/Power	sense consciousness personal consciousness	Spiritual Consciousness Higher consciousness
Faith	Use this ability to believe "I am not worthy."	Use this to more than believe, to realize, that "I am Christ."
Strength	Use this ability to stick with and hold onto the belief that "I am not worthy."	Use this Ability to preserver and stay the course with the belief that "I am Christ."
Judgment / Wisdom	Use this ability to appraise that "I am not worth" as well as know how to be not worthy.	Use this Ability to discern that "I am Christ" as well as to know how to be the best Christ you can be.
Love	Use this ability to attract yourself, "desire" to not be worthy and so attract yourself to evidence that "I am not worthy" is the "t" truth.	Use this Ability to desire the Truth that "I am Christ" and therefore harmonize and balance everything to match the belief that "I am Christ."
Power/Dominion	Use this ability to dominate your thinking such that you are only thinking about how unworthy you are.	Use this Ability to master and have dominion over all your thoughts such that you support only the belief that "I am Christ."
Imagination	Use this ability to picture how unworthy you are and therefore demonstrate it more.	Use this Ability to imagine, picture, conceptualize how it looks to be the best Christ you can be.

Understanding	Use this ability to know what it is like to be unworthy.	Use this Ability to know and deeply perceive what it is like to be Christ.
Will	Use this ability to constantly choose the belief that "I am not worthy."	Use this Ability to chose, command and lead the way to being the best Christ you can be.
Order	Use this ability to sequence and organize your thinking to support the belief in unworthiness.	Use this Ability to organize and sequence your thinking so that you support the belief in "I am Christ."
Zeal	Use this ability to aggressively and zealously empower the belief "I am not worthy."	Use this Ability to passionately and enthusiastically empower the belief, "I am Christ."
Elimination/Renunciation	Use this ability to eliminate any thoughts that contradict or negate the belief in unworthiness	Use this Ability to renounce and deny any beliefs, thoughts or feelings that are contrary to the Truth, "I am Christ."
Life	Use this ability to enliven and vitalize your belief in unworthiness.	Use this Ability to energize and vitalize the belief, the realization that "I am Christ."

SUMMARY STATEMENTS

Degeneration resulted from the use of free will to think independently of Christ Mind, Divine Mind. Sense mind began to be in control resulting in the materialization of the body

Generation deals with the birth of the physical, human body.

Regeneration of the Twelve Powers is the transformation process that takes place through bringing all the forces of mind and body to the support of the Christ idea.

Our goal is to express our Christ potential unselfishly, lovingly, and powerfully through the development of the Twelve Powers.

Our work is to develop our twelve spiritual faculties so that we become the full expression of our Christ nature.

Avoid temptation. The Powers are not for outer gain. They are for raising consciousness.

Jesus, assuming leadership in a Christ ministry, symbolizes that point where spiritual awareness becomes the guiding, motivating factor in an individual's life.

Our increasing awareness of our Twelve Faculties/Abilities will enable us to express them in creative and useful ways.

Development and expression of a given power may entail meditating and focusing on it for a period of time. The Twelve Powers are a sort of “team” designed to work together instead of independently.

The general approach to developing each of the Twelve Powers utilizes denials and affirmations through the power of the spoken word.

One model for a focused meditation for quickening a power would be: The Power of Zeal is quickened in me now through the activity and presence of the Christ.

Please refer to the individual powers in this chapter, sections 24H – 24S, for their affirmations.

TOPICS FOR DISCUSSION

- 1. What are some strategies or plans you could create so that you could regenerate each of your Twelve Powers?*
- 2. What are some of the obstacles you might encounter while putting this plan or strategy into action?*
- 3. What are the potential benefits of regenerating your Twelve Powers?*
- 4. Think of a time when you were in a difficult situation or experience. Which of your regenerated Twelve Powers could have made this situation or experience different?*

THOUGHT FOR REFLECTION AND MEDITATION

*“Generation sustains and perpetuates the human;
regeneration unfolds and glorifies the divine.”*

SUPPLEMENTARY READING

Fillmore, Charles, The Twelve Powers, Chapter 1, "The Twelve Powers of Man."

Fillmore, Cora, Christ Enthroned in Man, the entire book but especially Chapter 14, "Twelve Power Exercise."

Warch, William, How to Use Your Twelve Gifts From God.

Williamson, David; Williamson, Gay Lynn; Knapp, Robert H., Twelve Powers in You.