

## Twelve Powers

**Faith** – the perceiving power of mind, my insight. It is a spiritual power but not confined to religion. I use my faith faculty all the time. I focus my mental attention on the good, the limitless flow of renewing energy. Faith localizes in the cerebrum of my brain.

**Love**- my ability to know my oneness with all and good comes to all. My ability to share, draw together. Love heals, harmonizes, renews, prospers and unites. God is love and love power expressing as me. Love is felt in my circulatory systems; heart, liver, spleen, blood vessels and lymph system.

**Strength** - my ability to hold fast, endure, stand firm in integrity. Physical strength is often associated with forcefulness; inner strength is found in quietness, confidence, peacefulness, love for all. It is balance between thinking and feeling; logic and emotion; intellect and intuition. Strength is externalized in my spinal cord and nerves, the body's communication system.

**Wisdom**/discernment – my ability to discern evaluate and make good decisions. Every day is judgment day. Heaven and hell are states of mind I create by the decision I make in the courtroom of my mind. Wisdom expresses in my pituitary gland and endocrine system.

**Power** – my ability to act. In am one with Spirit and it is the spirit in me that does the work. Power expresses through my voice and physical movements. In owning my power I can be poised, centered. It is localized in my larynx, (throat) muscles and limbs.

**Imagination**/ visualization.– my ability to form thought, mental pictures and positive images. I am aware of the flow of images and inspirations that just come to me and through me. I pray with image as well as words. It externalizes as the thalamus of the brain.

**Understanding** – my ability to make sense of all my faculties and of life. It allows me to know that Divine Mind *stands under* all things. I am aware that what stands under me is the eternal growth

process of my eternal spirit. It correlates with my five physical senses and analytical aspects of my conscious mind.

**Will** – Will is the executive faculty of my mind, my ability to discipline myself. My will directs what I will and won't do. It is never about can or can't it is always about will or won't. I am the one who can get the job done with God. It externalizes in my respiratory system, sinuses, trachea, bronchi, lungs.

**Order** – my ability to establish priorities and put first things first. I seek first the Kingdom of God and I trust that all I need is added. It externalizes as my digestive tract, skin and bones.

**Enthusiasm** – the faculty that fires me with energy. Both starting and staying power. My urge to stretch, my drive to excel, improve and contribute. 'En-theos' means "on fire with Spirit – filled with God" It expresses through my hypothalamus and medulla at the base of my brain.

**Release** – my ability to say "no, thank you" to the untrue, worn-out or undesirable. My ability to forgive, free myself, let go of bad habits, unexamined beliefs, and unhelpful behaviors. It uses the 'vacuum principle' by letting go of mental and physical "stuff" so that Spirit has *space* and *place* to be realized. We must be aware of not letting the good stand in the way of the better. Release expresses physically via my colon and urinary system.

**Life** – my power to restore, heal, mend procreate, recreate, regenerate, vitalize and energize. My God Life power is always present within me, permeating every cell, every tissue, every molecule, It does not grow old, weak, or die. I celebrate Life! I honor my sexuality as a sacred and positive life expression. My Life power externalizes in my body in my reproductive system.

*Acknowledging Charles Fillmore; Cora Dedrick Fillmore; Gay and David Williamson and their respective articles and books on the Twelve Powers.*