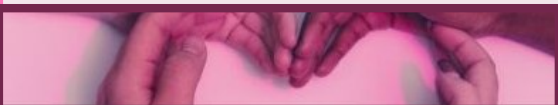




The Power of Power

I RECOGNIZE WITH GRATITUDE THE POWER OF POWER THAT GIVES ME WHAT I NEED TO CREATE MY WORLD AND TO EXPERIENCE SELF-MASTERY

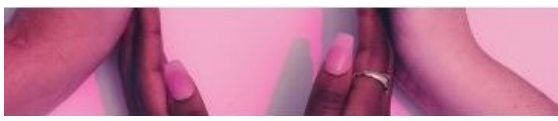
THE MASTER MIND IS LISTENING: There is never a time or place where Divine Spirit is not present. The Master Mind is listening always; to our thoughts, to our wishes, to our troubles, to our fears, to our triumphs, to it all. Understanding the creative abilities we have been given and how sacred that connection simply is, can lead us into a deeper respect for how we handle the power we have been given. When you consider that Divine Spirit is listening, what do you want to say from your deepest heart?



Affirmation: I have the power to create my world.

Power—Self-mastery and spiritual presence.

The disciple is Philip. He represents power over our thoughts and feelings.



Open the Power Channel (<https://www.unity.org/article/power-power>)

By Winifred Wilkinson Hausmann

(excerpted from Your God-Given Potential)

Power! The word itself has a magical, mystical sound.

Through the years, the idea of power has been the main goal of existence in more than one person's life—the never-ending search for power over other people, power in the political or ecclesiastical area, power to accomplish miracles, power to amaze and mystify others.

A Gift for Good

Power, power, power! Like a siren song, the idea has lured people on. And always, in the end, those who have sought power for its own sake have found disillusionment and disappointment ...

Truly, power is a gift of God, freely given, but it is a gift to be used under God direction only. Wrong use of the God-given power potential will bring disappointing or even disastrous results. But power, rightly used under the direction of the Christ, the God self of each individual, will accomplish good beyond our present ability to imagine.

Power, we must understand, is not an end in itself, not a goal to be sought. Rather, it is simply a means that enables us to attain the end result of bringing forth God ideas on earth. It is not to be used for selfish gain or satisfaction of the personal ego, but for the forward spiritual movement of the whole. It is to be exercised not for the purpose of controlling others, but for the purpose of taking dominion over our own thoughts and feelings in order to come into a greater God awareness

Serving as a Channel

Power is the vital energy that has its seat in the hollow of the throat, at the root of the tongue. Spiritual power flows into our body from the Christ center at the top of the head and is released in the form of radiant energy through the center in the throat ... **Power is released by consciously speaking positive, powerful words of Truth ...**

The first outpouring of spiritual power may so awaken our desire to share the Truth that we are tempted to overextend ourselves in trying to pass it on to others. But we can only serve as channels for power. We cannot store it and then release it. We must keep both ends of the passage open if we are to have spiritual power available for our use ...

It is through opening the inlet by prayer and receptivity to God that we fill our power channel to release good into our world.

MY SPIRITUAL JOURNEY CHALLENGE: MY SPIRITUAL JOURNEY CHALLENGE: Write about, paint a picture, or take/find a photo of 3 places that grow your awareness of God. Place your creation in a location where you can see it. Contemplate the energy and intention you feel when you are in those places and why you feel closer to Spirit. If desired, make time to share your creation with someone you are close to, and if possible, take them with you to one of your spiritually grounded places so you can share this experience with another human spirit.

Affirm: *The presence and power of Spirit now manifest in me and through me. I use my inner power for good in our world.*



THE ART OF ACTIVE LISTENING

Active listening can be a very effective tool when communicating with others. Active listening involves listening to feelings, then reflecting them back. It does not require that you agree with someone's feelings, but it does allow your another person to feel connected, understood and validated.

As a family discuss this story: <https://www.positivediscipline.com/articles/art-active-listening>

Four-year-old Chrissy ran through the front door, slamming it so forcefully that the pictures rattled on the wall, and promptly burst into tears. "Tammy took my ball," she wailed. "I hate her!" Then Chrissy threw herself onto the sofa in a storm of sobs.

Her mom, Diane, looked up from the bills she was paying. Resisting the impulse to scold Chrissy for slamming the door, she said quietly, "You seem pretty angry, kiddo."

Chrissy pondered for a moment. "Mom," she said plaintively, sniffing a little, "Tammy is bigger than me. It isn't fair for her to take away my stuff."

"It must be pretty frustrating to be picked on by a big girl," Diane said, still focusing on reflecting her daughter's feelings. "Yeah. I'm mad," the little girl said firmly. "I don't want to play with her anymore." She sat quietly for a moment, watching as Diane put stamps on envelopes. "Mom, can I go play out in the backyard?" Diane gave her daughter a hug—and a great deal more.

By simply reflecting back her daughter's underlying feelings (active listening), Diane refrained from lecturing, rescuing, or discounting her daughter's feelings. She allowed Chrissy the opportunity to explore what was going on for her, and in the process, Chrissy discovered a solution to her own problem. Some other time, Diane might be able to talk with Chrissy about avoiding future problems—and perhaps ask her what she could do to express her anger instead of slamming the door.

Diane also showed respect for her daughter's feelings. Parents often do not agree with (or completely understand) their children's emotions, but active listening does not require you to agree or completely understand. It invites children to feel heard and lets them know it's okay to feel whatever they feel. Validating a child's feelings with love and understanding opens the door for real connection and problem solving and works toward building a lifelong relationship of love and trust.



How are our conversations with God like Chrissy's mom? Do we every feel misunderstood and just want someone to listen to us with judgement? When we Prayer to God, do you feel heard?

In Unity we believe that the active presence of God is Listening as the Divine Spirit lives within us and we can tap into the source in stillness. In seeking divine guidance, turn within and consciously listen to the Christ presence within. This kind of hearing is really about total surrender of the self to God, Spirit, Presence, the Universe that is already giving itself to us and working through us, if we only listen for the "words" beyond the external words.

If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you. Souls of prayer are souls of great silence.—Mother Teresa



Practice Active Listening Activity

Pretend these statements are made by a child. How would you respond?

"No! I won't take a nap!"

"I want a bottle like the baby has."

"I hate going to the doctor."

"Nobody will let me play with them."

Some parents try to argue a child out of her feelings in hopes of changing her mind or helping her feel better. These attempts may sound like this:

"Of course you need your nap—you've been up since six. When will you learn that you need to rest?"

"Don't be silly. Only babies use bottles. You're a big boy now."

"I keep telling you, you have to go to the doctor to feel better."

"Why sweetie, you know you have lots of friends. What about . . ."

Each of these examples may leave the child feeling misunderstood and defensive—with the likely result of an argument and frustration for both of you. Active listening might sound like this:

"You look disappointed that you have to stop playing with your toys. You were having a lot of fun."

"Sounds like you're feeling left out in all the fuss over your new baby sister. Is there more you can tell me?"

"Sometimes I feel a little afraid of going to the doctor, too."

"You seem pretty sad about being ignored by the older kids."

These responses make no judgments and open the door for children to go further in exploring their feelings. Asking "Is there more?" indicates a willingness to listen and may help a child discover deeper, buried feelings.

Like most adults, sometimes all children really need is for someone to listen and understand. Active listening will help your child learn about his own feelings (and appropriate ways to express them) and will help you focus on what's really important.

A Meditation on the Power of the One Power

By Rev. Bronte Colbert

As I recognize my connection with Spirit, the one power, I become more aware of my inner faculty of power. I feel it energizing and renewing me from within. I am invigorated in mind, body, and consciousness. How wonderful that I have the power to choose my reaction to circumstances. Aligned with Spirit, I take charge of my thoughts and words, knowing they have creative energy.

I think and speak only positive, kind, affirming words regarding myself and others. As a result, my body thrives. I manifest loving, harmonious relationships, and I demonstrate prosperity and well-being. With gratitude and respect for this spiritual gift, I use my power to create my best life. Nothing is stronger than the power and love of God that flows within me.

Listening is a peace practice.

Meditation and prayer, in any spiritual tradition, encourage us to be disciplined in our practice of being silent and hear the “whispers” of the Divine if we want to live more peacefully in the world.

Listening is the beginning of peace. In listening, we are brought face to face with our inner wars so they can be healed. **Peace begins when we expand mind and heart and listen to the noise within that needs quieting.** We can now hear the wisdom that awaits us in the Silence. Only then can we become truly peaceful and only then will we understand ourselves, and therefore, understand another.

Spirit Brought to Life

When we [listen](#)—not with our ears but with our whole being—the activity of Spirit is brought to life. It is just as real as the sound of howling wind or the clap of thunder during a storm or the music washing through us. This ever-present reality can only be reached through listening, and our only response to what we hear is to be the presence of God in manifest form.

Peace begins by cultivating this practice. If we can live in that practice, it eventually becomes our way of being. Then practicing and living peace are inseparable. We can leave our world with a legacy of peace.

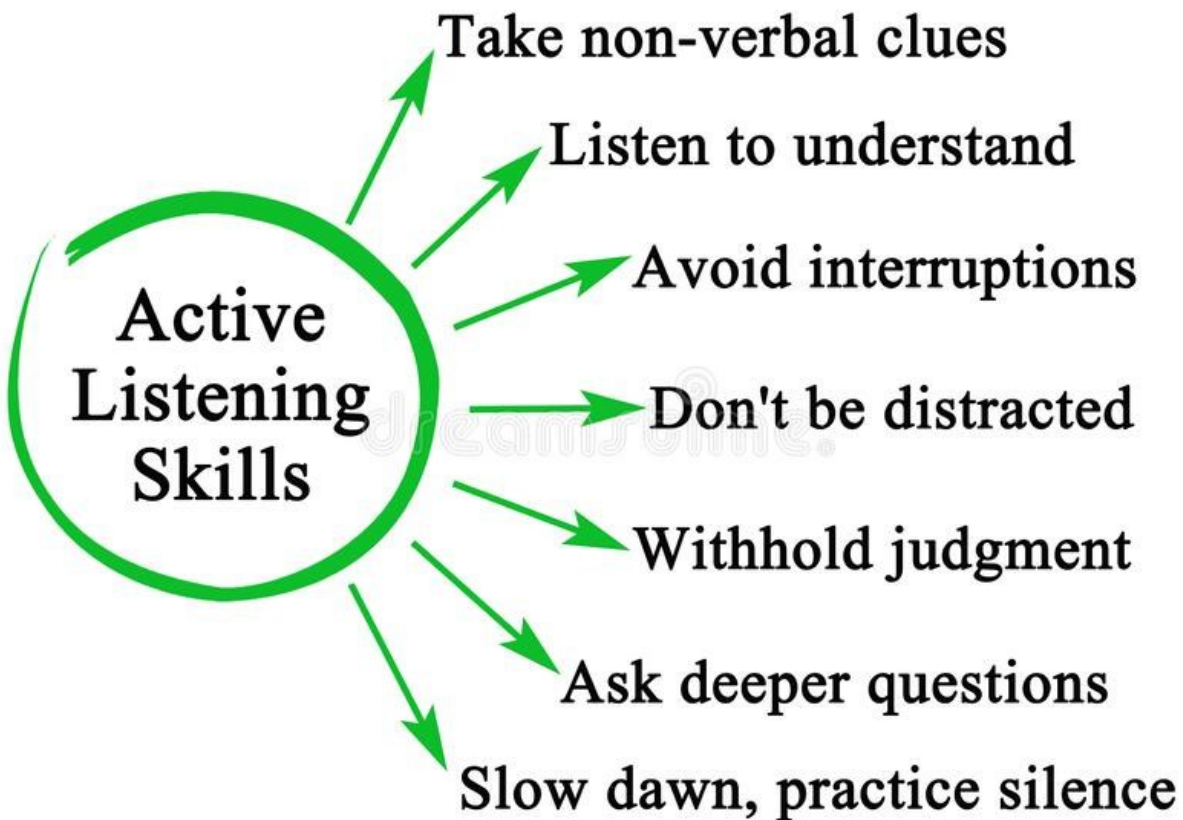
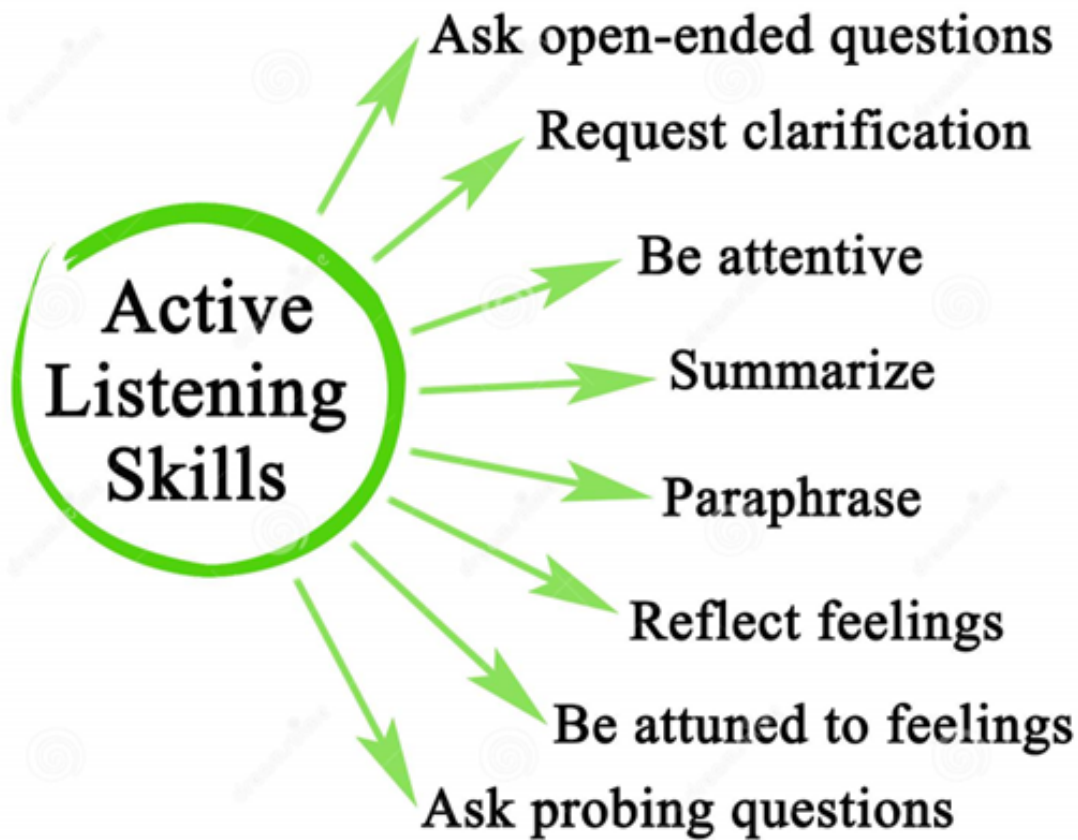
Peace begins when we are willing to be still in the Silence, sitting with our sufferings and our joys, listening to what Spirit is trying to teach us.

Slowly, through our spiritual sense of hearing, the sheer awareness of the divine presence in our lives becomes more alive, overflowing into our ordinary, everyday life.

Practices to Better Tune in to Divine Guidance

1. As you listen to music, what words or melody captures your soul’s attention and imagination? What are you hearing?
2. How does what you hear in meditation connect with your everyday life? What feelings or images come to life?
3. Take a moment and listen to the sounds around you, wherever you might be. What do you notice? Are they interrupting your day or are they blessings?

What sounds in your life are a call to prayer, to being in the Silence? How would you describe them?



I can be an active listener.

My eyes
are on the
person
talking!

My body
is still!



My mouth
is closed!

I am not
thinking
about
anything
else!

Wait for the
speaker to
stop **BEFORE
SPEAKING**



Be an
ACTIVE
listener!

FOCUS ON
what is being
said



IGNORE
distractions



Keep
HANDS and
FEET STILL



**REPEAT
BACK**
what
you
heard



ASK questions



Make
**EYE
CONTACT**



FACE
the speaker



NOD
your head



**TELL
THE SPEAKER**
if you understand
or don't understand





Interactive Listening Game

The next few pages is a Virtual Game that helps convey the concept of Active Listening. We have used this fun activity and we hope you can enjoy as a family.

Start the game by standing up, putting your hands in the air, and saying, "Let's get this game started!"

After someone says, "Let's get this game started," clap your hands three times.

After someone claps their hands three times, go to the board and write the word, "Hello" in all capital letters.

After someone writes the word, "Hello" on the board, stand up and jump in place five times.

After someone stands up and jumps in place five times, walk to the door, open it, and then shut it.

After someone opens and shuts the door, say, "Giddy up, cowboy!"

After someone says,
"Giddy up, cowboy,"
go to the board and
erase the
word "Hello."

After someone
erases the word
"Hello," pretend to
swim with
your arms.

After someone
pretends to swim,
stand up and do two
jumping jacks.

After someone does
two jumping jacks,
stand up, spin around
one time and say,
"Whoa, I'm
getting dizzy."

After someone spins
and says, "Whoa, I'm
getting dizzy," go to
the board and write,
"I'm back."

After someone
writes, "I'm back" on
the board, stomp
your feet four times.

After someone stomps their feet four times, say "Scooby Dooby Doo!"

After someone says "Scooby Dooby Doo," go to the board and erase the word "back."

After someone erases the word "back," go to the board and write the word "happy."

After someone writes the word, "happy," say "I love pizza!"

After someone says, "I love pizza!" quack like a duck three times.

After someone quacks like a duck, stand up and pretend to row a boat.

After someone pretends to row a boat, do an evil laugh.

After someone does an evil laugh, skip across the room.

After someone skips across the room, stand up and say, "Oh yeah!"

After someone says, "Oh yeah!" erase the words "I'm happy" from the board.

After someone erases the words "I'm happy" from the board, shake your teacher's hand.

After someone shakes your teacher's hand, sing, "Hey, Macarena!"

After someone
sings, "Hey
Macarena," say your
favorite color.

After someone says a
color, tap the top of
your head and your
nose at the same time
five times.

After someone taps
the top of his or her
head and nose, say,
"Happy Birthday!"

After someone says,
"Happy Birthday,"
balance on one foot
for five seconds.

After someone
balances on one foot,
say "I'm the king of
the world!"

After someone says,
"I'm the king of the
world," say, "Thanks
for playing. The game
is now over."