

OCTOBER 2021

We continue in our journey with the study of the 12 Spiritual Powers, authored by Charles Fillmore co-founder of Unity. It is our intention at Friends of Unity to create practical ideas for families that can be implemented at home.

See our September booklet for the beginning introduction to the 12 Spiritual Powers: friendsofunity.org/families. We are working with abstract ideas that are felt, realized, and partnered with over time. Children will appreciate tangible interaction with these ideas; families will benefit from shared practices and vocabulary. May this study be ever so meaningful and make a difference in every facet of our lives and in our families.

In October we progress from the spiritual faculty of “Power” which is the ability and empowerment to bring from the invisible into visible. Ex.: words and ideas. Working with Divine Power greater than self is a huge beginning point for children, who often feel powerless. Divine Power isn’t power, like SuperHeroes subduing and dominating others. Rather think of it as soft power; Power that flows through intention, values, and ‘greater vision’ of self and all else. For October we explore the spiritual faculty of “Divine Imagination”, visualizing our greatest spiritual aspirations such as love, peace, vitality, health, etc.

Resource books: 12 Powers of Man by Charles Fillmore; 12 Powers Meditation by Charles Roth. Powers of the Soul by Ella Pomeroy. I use TruthUnity.net to listen to live talks recorded by many of these early Unity teachers, speakers, authors. New through unity.org: Adventures in Resilience by Rev. Sharon Connors.

WHERE TO BEGIN

Light

Imagination comes naturally to all of us. If I ask you to imagine water, it is immediate, and varied. Light is in all and through all. Imagining light as Divine Light is early spiritual learning for every person. The master teacher Jesus is quoted as saying: I am the light of the world. During October foster imagination by visualizing light. Ex.: from the top of the head to the tips of our toes, we are radiant like the sun. Light from within my heart, all the way to yours. And, prayerfully, “the light of God surrounds you”--surround others with light, any color!

Family Circle & Talking Stick

The September issue of 12 Spiritual Powers For Families introduced the Family Circle. The implementation of this idea makes consistent family sharing, problem solving, and exploration of monthly spiritual ideas including our 12 Spiritual Powers. This practice becomes a tool that our children request at any age when they know they can. Make sure yours do! The Talking Stick was also introduced for learning active listening. These two tools are essential for families.

Bed Time

Often bedtime with young children is a time of snuggles, book reading, prayers, and, of course, worries may bubble up from the day. My family kept up bedtime check-in as long as we could. Learning therapeutic storytelling was a must, as was visualization. When we were moving to a new home, I invented rabbits that had to move to a new burrow. When my boys had worries, we used our Worry Tree (see Starbright Meditations for Children by Maureen Garth).

Test Time

Change is the ultimate test for children. Visualize white light around your car before a trip, or visualize light in every room of a new home. At school, tests can agitate our children until they discover tools that help them. Use imagination in advance for centeredness and calm. Since we create and express from the inside out, visualize what occurs within oneself vs. outcomes.

OCTOBER IDEAS TO CONSIDER AS A FAMILY

Divine IMAGINATION to empower peace, protection, confidence

Draw pictures, use puppets, or use playdough to make figurines, to represent friends. Play act with imagination and words to practice addressing issues such as someone's mean behavior. Teens might appreciate drawing symbolically with a design app.

To follow-up on the Star visualization in the book *Starbright*, make stars! Youngers can use enclosed materials in October's take home bag. Parents and older children may want to explore origami star making while talking about Divine Imagination and visualizing light, and the fact therapists and healers visualize and see auras and colors.

Make or imagine a Worry Tree. Place worries upon the tree before going to bed with drawn symbols, or with imagination. Speak the worries out loud or older children may just think about this. Sometimes creative minds see the tree gobbling up problems!

Imagine a 3 point process for anchoring calm the night before tests: #1, one deep breath; #2, two hands on desk; #3 three affirmative words such as "peace, peace, peace." Explore these ideas with your teens.

Story books that emphasize the power of imagination.

Visualize forgiveness of others with an imaginative basket of light and love. Placing the person into the basket.

Never underestimate your personal stories of your imaginative experiences as children or as adults.

This month our gift bags for FoU families with younger children include:

The Invisible String by Patrice Karst, an excellent introduction to the invisible connection of the Power of Love. Materials for star making and for The Worry Tree.

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Friends of Unity

12 Spiritual Powers Study for Families

The spiritual faculty of "IMAGINATION"

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