

December 2021

Last September I began a 12 Spiritual Powers for Families initiative with the intention to create practical ideas that can be implemented at home. Together we discovering the inherent spiritual power to be lived and expressed for a greater life, one that cares for all life. This power is understood as Divine Power, the creative energy of all life. Called God by many, this power is beyond words yet so accessible for all. 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.

Building on the introduction to the idea of spiritual powers, and the September emphasis on the spiritual faculty of “Power” (the ability and empowerment to bring from the invisible into visible), we now explore Life. We are all enculturated to understand we have a life, we are living. The spiritual power of Life is an operative power beyond the confines of human existence. 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 which is sourced from within oneself. Zeal is energy! An enthusiasm that gets us going to do what is to be done by us. What motivates you to do what you don’t want to do? Often love and caring for someone helps tremendously to connect us with the power of Zeal. Divine ideas and a sense of purpose also can connect us with the passion that drives us.

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

Zeal is to feel!

Remembering an experience where enthusiasm and zeal rose up from within helps us to get in touch with this power. The same is true for children. Seeing a hot air balloon perhaps, or an awesome, unexpected animal. Feeling increased energy after a call from a friend. Imagining a new idea for a project can be a motivating feeling. Explore these kinds of examples with your children of any age. Teens of course will have perspectives about this which are so worthy to hear because it means they are really thinking about what we are exploring. There is no right or wrong answer.

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.

During Family Circle explore zeal as it can apply to the mundane tasks like housekeeping, otherwise known as CHORES. What ideas help us do our chores? Music is movement and draws out Zeal-- maybe everyone would prefer great music during the cleaning of bedrooms! Link imagination with Zeal--What will an orderly desk feel like? Can I imagine ways that bring order to the toys? If the items involved are valued by the child, they often want certain experiences and can imagine the experience. Once this occurs they encounter Zeal to create the experience. My son once imagined a hammock in

his bedroom and he cleaned and reorganized it until he was able to see how to do this!

DECEMBER IDEAS TO CONSIDER AS A FAMILY

Divine

Zeal is movement and action

Zeal and enthusiasm can be cultivated in the most unique ways. Using rhythm sticks to practice multiplication tables. Bouncing a ball when spelling each letter of a word. Walking while memorizing a prayer or a spiritual passage that centers and steadies the mind; every step another word. Massaging or rubbing acupressure points on the body. The tapping exercises of Emotional Field Therapy. We have much to learn about what draws out the power of Zeal.

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

Books that feature movement and rhythm. Materials to emphasize that when we bring a spiritual power together with something we don't feel motivated to do, like love and brushing teeth, we can make zeal. I care about my teeth and want them to be strong--this becomes a desire to brush the teeth. The materials included are vinegar and baking soda. If you've never worked with these two substances as a simple science experiment, you can look up many fun activities online -- including volcanoes. Sloppy stuff but have fun while exploring the power of Zeal and how to draw it forth in our lives.

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12 Spiritual Powers Study for Families

The spiritual faculty of "LIFE"

Monthly guide books beginning Sept. 2021 are available at friendsofunity.org/families

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