

## February 2022

The idea of 12 Spiritual Powers was originally discerned by Charles Fillmore, co-founder of Unity, in his in-depth metaphysical Bible study. Learning that as creations of God we are made "...in the image and after our likeness of God..."(Gen 1:26), we adults might more readily understand that we can access within ourselves the deep resources of spiritual power to express in our lives.

***Love is the great harmonizing and unifying power. It is the power and potential for the way of non-violence as a means for change.***

Divine Love is not like human love, but human love reveals the potential of Divine Love. Divine Love is a power, a force. Ouspenski wrote, "Love is a cosmic phenomenon with which the individual has nothing to do." Charles Fillmore wrote, "Love is the power which binds all things into a unity of purpose." To understand the spiritual faculty of Love that lives us, we make a study of how to live love. Discovery of the ability to forgive, the ability to draw out the best in others, the ability to utilize non-violent communication for effecting peace—all these discoveries and more are of utmost importance to the human species now, for our children and the planet.

The book *The Third Harmony* by Michael Nagler (for adults) provides a practical study for realizing the great power of Love to address our current culture of separate mindedness, and resulting violence.

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; *12 Powers Card Deck*.

### Books to explore:

"Ain't Nobody a Stranger to Me" by Ann Grifalconi and Jerry Pinkney, is a beautiful book about a grandfather passing on the lessons of love and friendship gleaned from the Underground Railroad.

What Is Love? By Shelley Rotney

Do you know what love looks like? What it sounds like? Smells like? Do you know how big it is or what it can do?

Will You Fill My Bucket? Daily Acts of Love Around the World  
By Carol McLoud

A picture book depicting children from twelve different countries expressing their thoughts on love and affection.

Unique You, by Dee Smith

This picture book encourages kids to love themselves and others. The book features scenes with different children at a playground. It spreads a message of acceptance in a fun rhyming format. In this changing world it is important to share and embrace love and tolerance. This book is a great conversation starter for kids on a topic that affects us each and every day! Don't forget to be Uniquely You!

### WHERE TO BEGIN

#### ***Family Circle & Talking Stick & Sharing From the Heart***

A "Heart Talk" is a safe talk. It is sharing without interruption, rather like when using the Talking Stick, but more intended to "get things off our chest". No fixing; no judging. Rather, those listening are present with compassion and patience. Often people just want to be heard, and this is true with our children. Many parents have commented that their child opens up and 'dumps' at bedtime. Heart Talks are rather like this, only can happen anytime. Make a simple heart pillow to hold. Keep it in a special place so everyone knows where to find it when needed. The person sharing holds the pillow for comfort. Once children understand the way of listening, they can do this for others.

### **FEBRUARY IDEAS TO CONSIDER AS A FAMILY**

**For all children:**

Explore the power of Love by inviting your child to identify who/what he or she loves. Using the blank puzzle provided, invite your child to write her/his name on a central puzzle piece. Next add the names of people and animals on other pieces BUT not all the pieces. Save at least one piece for the name of someone your child dislikes or is bothered by. The teaching: love your neighbor as yourself (Mark 12:30-31), or, love your enemies (Matt 5:44), guide all of us to find ways to open our hearts with people we don't think we can love. Explore with your child ways to show love to the person disliked. A child can show love without the person knowing: sending a card in the mail, hanging up a coat; or, perhaps in tangible ways like sharing a snack or inviting the person to play at recess. The intent of this learning is to realize Love as a power greater than fear, hurt, or upset.

**For Teens (submitted by Heather Pacheco):**

We always tell teens to stop comparing themselves. Maybe turn that standard advice on its ear. Give teens a challenge to spend a day really looking at the people around them. Urge them to see that pretty much no one is that static image crafted and then frozen in their phone. Urge them to see how REAL the people of their world are. Don't we all struggle sometimes? Don't we all sometimes say things we regret? Aren't we all worthy of forgiveness? Don't we all get hurt? Don't we all want to be unique but fear being "other"? Aren't we all doing the best we can with what we've got? Aren't we all, every last one of us, deserving of love and grace? We also can help our teens with their friend/frenemy challenges by asking the question "What would love look like here?" Similarly, when teens have self-love challenges, we can ask "How would you show love to a friend feeling this way? Can you show yourself the same love and compassion?"

**February's gift for FoU families with children:**

A small blank puzzle for the activity described above.

**FEBRUARY 2022****12 Spiritual Powers Study for Families****The spiritual faculty of "LOVE"**

*12 Spiritual Powers for Families (begun in Sept. of 2021) is an initiative with the intention to create practical ideas that can be implemented at home. Together we are discovering our inherent spiritual power to live and express a life of goodness that cares for all life.*

*Monthly guide books beginning Sept. 2021 are available at [friendsofunity.org/families](https://friendsofunity.org/families)*

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