

*THE CHRIST  
CONSCIOUSNESS  
MIND POWER  
CENTERS*



*The 12 Divine Virtues of the  
Apostles of Jesus*

**Peter Melchizedek**

## Acknowledgments

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The theme and chains of thought were initiated  
from the two books

The Twelve Powers of Man by Charles Fillmore

<https://www.truthunity.net/books/charles-fillmore-the-twelve-powers-of-man>

Birth of the Light Body by Nada Yolanda

<http://www.thenewearth.org/mahtmarkyolanda.html>

*I dedicate this e-book to the memories of the authors  
and to all those Children of the Light who are seekers  
of the Truth and whom are open to the Higher  
Awareness of Their Spirituality and the Origins of  
Their Soul!*

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## Information

I know that we are all ready to take new giant leaps into the greater awareness, hopefully now at this time in the Evolution of this Planet and Humanity we can utilize this information by obtaining a more expanded comprehension of what has been revealed here in this book. For those whom may read this information now and feel like they could elaborate or offer further observations of knowledge or experience or feelings or thoughts, then please feel free to contact me at any time, so we may discuss these further.

I personally make no claim or copyright ownership to the texts or the information within this book apart from that identified in the acknowledgements. I believe information should be free. Likewise, I believe Truth should also be free and therefore they cannot be bought or owned. I therefore offer this e-book **free of charge** to anyone who would like a copy.

However, if you can appreciate the many years work that has gone into The Christ Consciousness Mind Power Centers and with the other Spiritual Work I do, and see value in it, I would be most grateful and appreciative of any donation you would care to make. My Spiritual Work offers me no income other than through the generosity of those whose hearts are open to contribute.

God Bless You I Am – *Peter Melchizedek*

If you would like to make a donation please follow the link

***Donation or Gratuity - Thanking you in advance, Blessings!***

**THIS BOOK IS A WORK IN PROCESS AND SHALL BE EXPANDED UPON, AS THE CONSCIOUSNESS OF HUMANITY RISES**

## *Index*

<i>Information</i> .....	<i>Page 3</i>
<i>Mandalas</i> .....	<i>Page 5</i>
<i>Characteristics for The Christ Consciousness</i>	
<i>Mind Power Centers</i> .....	<i>Page 6</i>
<i>The 12 Higher Consciousness Mind Power Centers</i> .....	<i>Page 8</i>
<i>What Are Your Higher Consciousness?</i>	
<i>Mind Power Centers?</i> .....	<i>Page 9</i>
<i>Where Are The Higher Consciousness?</i>	
<i>Mind Power Centers Located?</i> .....	<i>Page 11</i>
<i>Healing with The Christ Consciousness Mind Power Centers</i>	
1. <i>Healing Power of Peter and Divine Faith</i> .....	<i>Page 20</i>
2. <i>Healing Power of Andrew and Divine Strength</i> .....	<i>Page 30</i>
3. <i>Healing Power of John and Divine Love</i> .....	<i>Page 38</i>
4. <i>Healing Power of James Son of Zebedee and Divine Wisdom, Justice And Judgment.</i> .....	<i>Page 46</i>
5. <i>Healing Power Of Matthew and Divine Will</i> .....	<i>Page 54</i>
6. <i>Healing Power of Philip and Divine Power</i> .....	<i>Page 64</i>
7. <i>Healing Power of Nathaniel Bartholomew and Divine Imagination</i> .....	<i>Page 72</i>
8. <i>Healing Power of Thomas and Divine Understanding</i> .....	<i>Page 82</i>
9. <i>Healing Power Of James Son of Alphaeus Divine Order</i> .....	<i>Page 94</i>
10. <i>Healing Power Of Simon The Cananaean Divine Zeal</i> .....	<i>Page 106</i>
11. <i>Healing Power Of Judas Iscariot and Divine Regeneration And Eternal Life</i> .....	<i>Page 116</i>
12. <i>Healing Power Of Jude Thaddaeus and Divine Elimination</i> .....	<i>Page 126</i>
<i>Affirmations For The Mind Power Centers</i> .....	<i>Page 139</i>
<i>Abbreviated Affirmations to Empower the 12 Mind Power Centers</i> .....	
	<i>Page 148</i>
<i>Affirmation For Enlightenment</i> .....	<i>Page 151</i>
<i>Tableau of Disciples</i> .....	<i>Page 155</i>

## ***The Sacred Meditation Mandalas***

This book and the Sigils are multilayered and multidimensional, embracing many levels of awareness required for stepping into the final stages of our embodying the Christos Consciousness. For when the egoic self is integrated with Pure States of Being there is the opportunity to connect with Universal Consciousness or those levels of Consciousness outside the realms of normal human awareness. When embodying these Pure States of Being we become Love In Action, thus assisting, not just ourselves personally, but all levels of Life upon our human evolutionary journey here upon Mother Gaia.

Today, more than ever before, it is vital to reconnect within Our Selves through our Heart Centers. These Sigils offer you just that, a journey from your own ego mind to Heart Mind of which both are required for the completion of our Christos Embodiment. The journey embraces the Devic Kingdoms, Gaia, and our Cosmic connections beyond our Solar Sun to Source!

Whether you just read the book or work with these mandalas or both, this indeed will assist you in your very own personal Pathway to Your Soul. These Sacred Meditation Mandalas are more than amazingly beautifully detailed images, they are an expanded, self applied and realized program for our Journey Home to reconnect Heaven on Earth!!

To meditate upon them allow yourself to step inside the Mandalas, to explore the many rooms, doorways and passages they provide. Use your imaginations and enjoy the journeys. God Bless You for being here!

## ***Characteristics for The Christ Consciousness Mind Power Centers***

When we consider the table above and take note of the negative characteristics and symbolic signs it is important not to recognize them as judgments. If we judge then we are criticizing this and ourselves will produce bitterness. These are only tools by which I have given you to recognize where you can begin to introduce the Mind Powers into your life. By looking at these things solely as an observer, remaining unattached to them we immediately recognize and take the stance that a) they don't belong in our lives and b) that they don't really exist therefore have no bearing on our lives. Anything that can be eliminated or destroyed is only temporal and does not belong to God or ourselves. They are only useful to learn from. Once we have learnt the lesson, we are tested once, if we pass then it is banished from our life forever, never to return. This leaves the way open for God's Will to enter our life and being His work without restriction. So, be kind to yourself and use this worthwhile approach to improve your well being and overall peace of mind. It is the start of Loving yourself.

I also recommend that anyone who does not have the confidence to heal themselves must for safety sake consult your general practitioner for advice or treatment. You can never take chances with ailments and sicknesses which have entered the physical body because sometimes it is so well imbedded that they physically require treatment or worse, removal. Once you are confident of the growth of Faith within you, you can then make your own choice to stand in your own powers to heal yourself with the Power of Faith. This is why spiritual healing is called Faith Healing and always recognized

as a miracle because they always transcend the physical instantaneously.

## The 12 Higher Consciousness Mind Power Centers

*The mark of ignorance is the depth of your belief in self-injustice, sickness and tragedy within your life. What the caterpillar calls the end of the world, the master calls a butterfly.*

1. Peter and Divine Faith
2. Andrew and Divine Strength
3. John and Divine Love
4. James Son of Zebedee and Divine Wisdom / Justice / Judgment
5. Matthew and Divine Will
6. Philip and Divine Power
7. Nathaniel Bartholomew and Divine Imagination
8. Thomas and Divine Understanding
9. James Son of Alphaeus and Divine Order
10. Simon The Cananaean and Divine Zeal
11. Judas Iscariot and Divine Regeneration / Life
12. Jude Thaddaeus and Divine Elimination

## What Are Your Higher Consciousness Mind Power Centers?

As we begin our rebirth into the I Am Consciousness and Light Body, for the transition from third density to fifth density frequency, it is important that we recognize within us, those aspects that will facilitate this transition, with the maximum amount of simplicity and ease. These are what we call the 12 Higher Consciousness Mind Power Centers. Each point or character is located within the human body and affects us in their own various ways. As we consider that man has involuted from spirit into man (third density) and is attempting to complete his/her journey around the end of this millennium, by evolving back into spirit (fifth density), we need to assist the transition as much as possible.

For those of you who want the simple explanation, they are aspects of ourselves by which, when understood and recognized as attributes, by which we can reach our potential well being and to live our lives in peace and happiness. These Centers represent important characteristics of our physiological and psychological make up at a metaphysical level. They will, when understood correctly digested, assimilated and applied, will help us to remember who we are on our *"journey to be"* and assist us in our passage.

Our virtuous characteristics are those that will help us balance the energies of Who We Are and will allow us guidance through their understanding and application into our earthly lives.

*"To be virtuous is simply to live in accordance to the natural laws of the Universe and God, apart from any of our own reasoning or logic or common sense".*

Balance is only obtained within our life when all aspects within us are balanced. With a single virtue out of alignment we remain at some level confused, fearful, frustrated and depressed or any of the multitude of other negative emotions that prevent us from complete happiness and joy. We cannot live in absolute peace and happiness unless we align ourselves to these virtues within our everyday lives. These provide us with the tools that will allow us to return to our true Reality, that of the God I Am Self or the All That Is Greater Whole.

It is important to remember here that before anything can change within our lives, first we must give permission for that change to take place. By inviting change we show our willingness to partake. According to God's Law, that is all we have to do, show willingness and give Him permission to join us in our quest to remember Who We Are.

## Where Are The Higher Consciousness Mind Power Centers Located?

### 1. Peter and Divine Faith

Your Mind Power of Faith is located at the pineal gland just above the ears and adjacent to the eyes, at the centre of the brain. The Cerebrum of the brain, the left and right hemispheres are the two parts of the brain, which pertain to our belief patterns and programmings. The left hemisphere is the logic or ego side and pertains to the physical, mental and emotional belief patterns and programmings that we have been given through our parents, cultures, religions and social groups. These are the basis of beliefs of those who place expectations upon us and which beliefs are conditioned to the experiences we learn from day to day within the limitations of the physical body. Remember here, that because we use the power of our will here, we create in with the same power to God. Because we have created these beliefs they *appear* to be true to us and are very difficult to dismiss and change those beliefs for more unknown concepts. The right hemisphere of the cerebrum is our intuitional, artistic, creative, imaginative and Holy Spirit side, where all truth resides. All knowledge is located here and available at all times. Unfortunately we have forgotten how to tap into this wealth of information and in doing so have forgotten who we really are. This is the reason we are endeavoring to re-introduce ourselves to our Self or Higher Consciousness.

The pineal gland permits the essence of the brain to blend with Universal intelligence. This, in turn, releases tremendous power, energy, and wisdom not ordinarily

tapped by man and produces amazing results quickly. In the process you release a power that hastens the Power of Nature within us.

## **2. Andrew and Divine Strength**

The healing Power of Strength is located in the loins at the small of the back, between the hipbones and ribs. The base of the spine and all of the electrical sensory cords transit the Power of Strength to the brain via the spinal column and electrical conduits.

The Mind Power of Strength when activated, releases deep levels of energy to meet the demand of the moment. These are the glands of emotion equipped to meet suddenly the emergencies of life by quickly releasing increased energy and vitality into the body. The adrenal glands, in which the Strength centre is located, are closely related with the sympathetic nervous system.

## **3. John and Divine Love**

Love has been described as the physician of the Universe; as the medicine that heals all disease. Love as a Mind Power is located in the heart and its multiple circulatory system, which runs throughout the body and is the communication link to the body temple in the centre of the chest, God's alter - the heart.

It has been estimated that 70% of all disease is caused by suppressed emotion. All disease comes from the violation of the Law of Love. The thymus gland is also situated in the chest and it is physically thought to relate to nutrition and

growth, and probably to one's emotional development in the early phases of life.

#### **4. James Son of Zebedee and Divine Wisdom / Justice / Judgment**

Your Mind Power of Judgment is located at the pit of the stomach in the centre of the solar plexus and is subject to the pituitary gland and endocrine system. The endocrine glands secrete hormones into the blood stream, including the pituitary, pineal, thyroid, parathyroid, adrenal, pancreas, testes and the ovaries.

Wrong use of the Judgment Power causes all kinds of stomach trouble, as well as related ailments of the entire abdominal region through the secretion and release of specific hormones by the endocrine system. Since the stomach is the centre of Judgment in the body, when a person strongly judges other people, it may create the effect of their critical Judgment as they react within their body as stomach and abdominal pains.

#### **5. Matthew and Divine Will**

The idea of energy has often been associated with Will Power. Your Mind Power of Will is located in the forehead in the front brain, just above the Mind Power of Understanding.

The Will is the focal point around which all mind action Centers when the mind is harmonious. The closely related Mind Powers known as "Understanding" and "Will" should be deliberately activated in one who wishes to regain their previously obscured vitality within the organism. The Understanding and Will are twin Mind Powers, meant to

work together, with the Understanding leading the Will, though usually it is the other way around. When we use our will incorrectly, we sometimes feel the tightening of the chest, our breathing can become short and labored, we could develop a feeling that we are suffocating or restricted by space or time. Always in a hurry is a good indication of incorrect application of will, even a phobia regarding space-time and people. Therefore it is generally accepted that the Will centre can sometimes be located within the lungs and respiratory system, but this is not the case.

## **6. Philip and Divine Power**

This great Power of the Universe is located in the throat in a brain centre at the root of the tongue. The Power of our words come from the larynx and is vital here for the contact of our Mind Power of Strength. Once again, through poor choice of words, this can effect our muscles and bone structures. For example you may cringe when you realize you have said the wrong thing to someone. This is an automatic and spontaneous action because in reality you know you have made a mistake.

Few people have ever realized that the great Power of the Universe lies within themselves. Through this brain centre, the Mind faculty of Power controls the larynx, tongue, tonsils, and all the organs used in forming words. The centre is located near the thyroid gland, just below the Adam's apple at the base of the neck, astride of the windpipe.

## **7. Nathaniel Bartholomew and Divine Imagination**

The front brain is the field of operation for three closely connected Mind Powers - “Imagination”, “Understanding” and “Will”.

Between the eyes is a ganglionic nerve centre, which when deliberately quickened, will set into operation your Imagination Mind Power. This is a point of expression for a set of tissues that extend back into the brain and connect with an imaging or picture-making function near the root of the optic nerve. Consisting of two glands in one, the pituitary is the gland of continuous effort. Where there is good pituitary development, there is strong mental activity and endurance. This gland affects both the emotional and mental nature of man. It affects sexual responses, certain muscular structures, and metabolism. The pituitary and thalamus glands are also the Centers of psychic development and expansion.

## **8. Thomas and Divine Understanding**

The Mind Power of “Understanding” which includes all forms of knowing as knowledge, wisdom, awareness and perception, is located in the front brain just above the eyes, in the area of the conscious mind. This is the connection point of the five senses and the logical mind, which are the basis of where we must begin to change present incorrect belief patterns and programmings.

A new flood of Life comes to those who open their minds and bodies to Understanding. It raises the atomic vibration of the organism above the usual disintegrating thought currents of the earth. The ebb and flow of Understanding produces a fine

essence of Life, which flows through the nerves, and also courses through the blood. Your increased Understanding also affects the great ganglia (nerve Centers) of the sympathetic system, regulating the functions of respiration, circulation and digestion, as well as the lesser nerve Centers near the heart and stomach. This nervous system makes you feel more joyous and healthy as you develop Understanding. The cerebrospinal system consisting of the brain and spinal cord, with branches to various parts of the body which give one the Power to move, also respond to your increased Understanding.

## **9. James Son of Alphaeus and Divine Order**

Order is located at a large nerve centre just behind the navel in the solar plexus region of the body. Here the digestive centre works with the nourishment, which in turn affects the bones and skin.

Ironically the word “inharmonious” means “something which is out of order”. Inharmonious of mind, body and affairs indicates a need for Giving Your Attention to your Mind Power of Order. Order begins within. Order, from within, produces co-operation and the highest form of harmony. When things do not seem to be in Divine Order, remind yourself that the lack of Order is not in the Universe, but in your own attitudes and emotions which may have been reflected as lack of co-operation with others.

## **10. Simon The Cananaean and Divine Zeal**

The Mind Power of Zeal is located at the back of the brain in the hypothalamus and medulla oblongata.

The office of the brain located in this area at the back of the neck is to vaporize the fine nerve fluid and distribute it so the senses function efficiently. The medulla performs in the body a work comparable to that of the carburetor in your automobile distributing vaporized gasoline.

## **11. Judas Iscariot and Divine Regeneration / Life**

“Life” itself is a Mind Power whose centre of activity in the body is located in the generative and reproductive organs of the lower abdomen and controls its overall functions. We have usually considered Life as a mysterious quality, which some people have in abundance and which others possess only meagerly. Life is a state of being alive, which one’s state of mind surely influences. Thus, right use of the Mind Power of Life in man is very important if he is to enjoy health and vitality.

## **12. Jude Thaddaeus and Divine Elimination**

The Mind Power of Elimination is located in the organs of elimination, the urinary system, intestines and colon. In the lower part of the back, near the base of the spinal column, is the nerve centre, which presides over the elimination of waste from the body. This nerve centre also presides over the Elimination of waste from man’s thoughts and emotions.

## **How To Activate Your 12 Higher Consciousness disciple Mind Powers For Self-Healing And Vitality.**

Gently initiate the Mind Power you wish to activate after relaxing, by “calling” on them lovingly, without pressure or without expectation. To expect will only create anxiety within you, which in turn will impose the opposite to occur. That of pushing it away from you. It is usually a good practice to begin by gently calling each of the 12 Mind Powers briefly in order one by one. Simply call the name of the Mind Power and let your attention dwell upon that area of the body that the Power is located.

After completing the general “calling” of your 12 Mind Powers, and then dwelling upon any particular one or ones that are relating certain problems to, either physically, emotionally or mentally, it is good to conclude by relaxing completely and sweeping your whole being with the thought of “JOY”. This helps the activated Mind Powers within to be free to work for you in the conscious, subconscious and super-conscious levels of the mind.

You may notice that the Mind Powers located in the abdominal-subconscious region of the body will respond much more quickly to your “call” of them than the more interior Mind Powers located in the conscious mind in the intellectual area of the head. The reason, of course, is obvious. The emotions are always quicker to respond than the intellect of man. You will discover that there will gradually be a general awakening of the Life forces throughout the body as you daily call on your Mind Powers. The more pronounced awakening will first take place at the great solar plexus region, in the seat of the subconscious, back

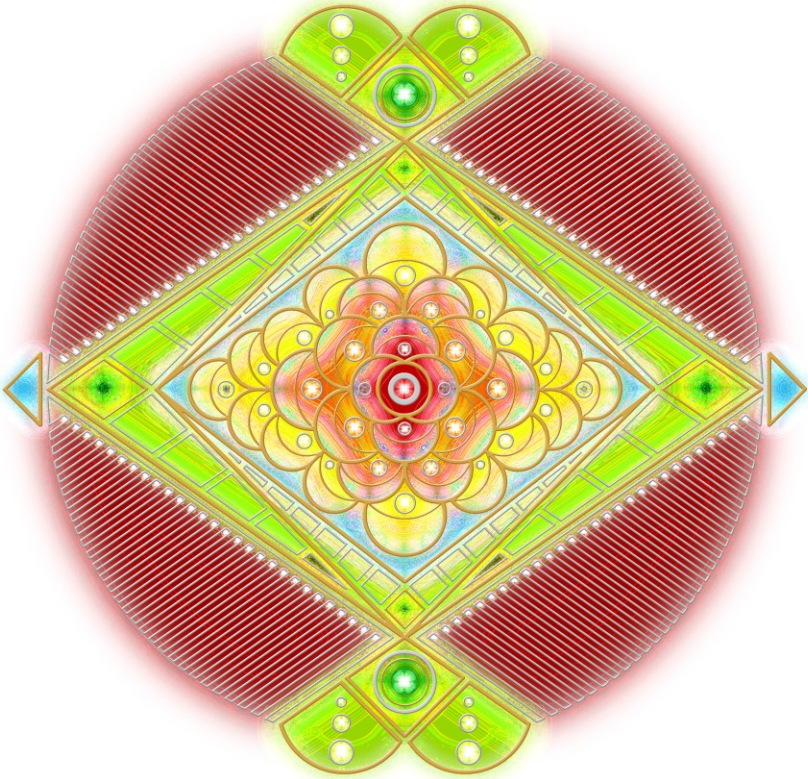
of the heart and stomach. The solar plexus is also the point of connection with the Inner Child, that aspect of Innocence. The solar plexus is the great "body brain" and substance centre in the body and as it is mentally aroused, it impacts fresh energy and intelligence to the entire body.

When this vibratory activity becomes known to you, though it may seem a little strange at first, almost an uncomfortable sensation, you can rejoice knowing your Mind Powers have begun to work for and through you! Later there will be various vibratory activities occurring in other parts of the body - a further indication of your awakening Mind Power Centers.

A deeper sensitivity and awareness will permeate through both your mind and body; a new strength, a deeper wisdom and a keener love of life and people will envelop your entire consciousness. Finally, you will become aware of a greater joy for living, which has quietly unfolded within you. For more detailed meditations on each of the Mind Power Centers I have prepared one for each which I believe will help you learn to understand and enrich your life. Remember we allow sickness to take over our bodies through our own ignorance. With the correct knowledge we no longer stand ignorant, thus give ourselves the opportunity of not only improving our own lives but also the lives of those around us. As we continue our search for information we continue to extend our consciousness into wider and broader horizons becoming less and less bound by an existence which depletes our energy and prevents us from our rightful growth and our rightful place in the greater scheme of things.

## Healing with The Christ Consciousness Mind Power Centers

### 1. Healing Power of Peter and Divine Faith



**I GIVE MY DIVINE FAITH THAT WHICH  
I GIVE MY ATTENTION**

When a word is spoken, a chemical change takes place in the body because the Life current in man *is* subject to the spoken word. Faith moves ideas in the mind and causes them to express themselves.

We all use the Power of Faith, but usually in an unconscious ineffective way. When Faith becomes active in you, you may get restless and discontented with your world. This is an indication that Faith is moving in your mind, trying to bring greater good into your life.

### **Why Is Faith So Powerful?**

When you activate Faith you set into operation a mind energy that is a thousand times more powerful than electricity, a will which is equal to God's. Your Mind Power of Faith then generates an energy that contacts the Universal energy, and causes circumstances and events to be created that makes your goal of Faith possible! Indeed, activated Faith releases a vibration that is endowed with a fantastic, attracting power.

The drawing power of Faith is not possessed by any of the other Mind Powers. It is interesting to note here that these Powers are referred to as Mind Powers. Even though the Centers are located in other parts of the body. The fact is that they are being controlled by the Mind.

The Higher Conscious Mind or as I refer to it the "Holy Spirit" aspect of Self. The body is of no use to us without the Mind. The body will not function without the Mind. Therefore it is no surprise that all the functions of these Power Minds Centers originate from the Mind.

## How To Release Faith.

Your attention *is* your Faith. Whatever gets your attention gets your Faith. Whatever you give your attention, you have Faith in. Whatever you are deeply convinced about, you have Faith in. Whatever you expect and prepare for, you have Faith in.

Material wealth can lead to power and often power corrupts. You must not place your Faith in mere things. The true riches you search for are found within the heart. Listen to your heart and find your wealth there.

Your thinking is your Faith. Whatever you are firm about in your thinking, you have Faith in and it *will* manifest in your life by the power of Faith whether it is positive or negative. Through that firm belief you release a super-atomic energy into your system to work for or against you depending upon the nature of your belief. Remember the power of the mind as I have explained it before in previous chapters. It is the most powerful thing in the Universe, capable of achieving incredible feats; it has the power to do *anything* it sets out the accomplishment. You have the access to that Power of Faith.

The mind is the cause of disease and has equal power in overcoming it. The energy shows no favoritism as to either the positive or the negative. As it is directed so it proceeds. The mind does not act of itself, but is acted upon by thoughts within you and opinions outside of you that you listen to. Whatever opinion we put into a thing that is what we get out of it. The mind is made up of ideas held within it, its belief patterns and other programmings. Concentration upon just one single principle *will* change the mind miraculously and cause it to rise in confidence above many of its previous beliefs and fears.

Faith therefore can be used destructively or constructively - the choice is yours. Your attention has result getting power, so be careful what you give your attention to. The fact that your Mind Power of Faith is located between the ears and eyes indicate that what you listen to and what you see *will* manifest within your life if you allow it. Allow your Power of Faith to unfold through the correct use of your inner sight and your feelings, which are registered within the heart. otherwise known as intuition.

We realize that the whole Universe is a sacrament which mirrors the Divine reality that each created thing, though nothing in itself, is of infinite value and significance because it is the sign of a mystery which is enshrined in the depths of its own being. The human being is known to be not merely an isolated individual carried along on the flux of space and time and doomed to extinction, but a member of a Divine reality.

They are working out their destiny through their destinations and are subject to all the consequences of subservience, both the tragic and the miraculous in the material world. Destined to transcend the limitations of time, space and mortality and to enter into that fullness of life where there shall be “neither mourning nor weeping nor pain anymore”. The suffering of this world can have no meaning as long as we attempt to judge it in the light of these present limitations in understanding and this space time continuum.

When we have passed beyond the conditions of this present life we shall then have that integral knowledge in which the whole is known in every part and every part is seen to mirror the whole. This is a certainty that only faith can give but even now we can begin to discern something of the truth. Love can

give us a kind of knowledge which is beyond that of faith and any reasonable explanation.

### **Giving Your Attention to The Power Of Faith**

A growth in consciousness is required to move out of your old belief patterns into an expanded faith. The faith faculty of the mind is developed in much the same way that the muscles of the body are developed. Persistence and perseverance of affirmations for example, concentrate mental energies and dissolve the more stubborn barriers. Affirmations release the pent up energies in the mind and body and free the energy to produce results. Growth in faith is the result of repetitive affirmations. Have faith in the power of your mind to penetrate and release the energy that is pent up in the atoms of your body.

Have Faith in yourself and the Universe.

## **Meditation for the Growth of Divine Faith in Your Life.**

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the splendor of pure quietude. Take several minutes now to relax either by several deep breaths or by any other process that quiets your mind. In your own time imagine, sense or feel, that you are in a large gorge. In front of you are 2 tall rock faces on either side of the gorge. Where these 2 rock faces meet in front of you 100 meters away, a spectacular waterfall of pure life giving essence, cascades gently into the reservoir below. Imagine, sense or feel the lush green tropical vegetation that surrounds you. Within this picturesque setting you find yourself on a small, pure white sandy beach which gently wades into the crystal clear waters of the gently flowing pool of life of which you now belong.

The sky is blue and cloudless and the sun shines brightly overhead. As you absorb the calm serenity and peacefulness of this beautiful location, you see a small rowboat waiting at the waters' edge. Push the rowboat into the water and row gently towards the waterfall. With each row relax the mind to allow all your frustrations, depressions, angers and Judgments dissipate away. For in this place of Heaven no negativity could ever reside. As you get closer to the falls you begin to feel the gentle spray and mist of the cascade around you and this stimulates your sensory Centers throughout your body magnifying your increased perception of truth and the essence of who you are as the Son of God. You become the

water, you become the falls, the gorge, the boat, the sun and the sky.

You become the fish and the birds and the other animals that have now collected around the shoreline which have come to give you encouragement and love. They are telling you that this is no ordinary waterfall. It has a special purpose for healing and stimulating into Divine action your Sacred Higher Consciousness Mind Power of Faith located in the cerebrum of the brain and the pineal gland.

As you approach closer to the centre of the fall you will realize that no water is entering the boat so there is no fear of the boat capsizing or sinking. You are not wet but you can feel the cleanliness of its action. You are completely safe and protected at all times. You are now at the centre of the fall directly in the midst of the water. Imagine now at the top of the falls an inverted pyramid with a base about the same size as the width of the falls. A shaft of white light connects the point of the inverted pyramid to the crown of your head and penetrates all your chakra points.

You can feel the upliftment of this connection by the Holy Spirit who is guiding this light and preparing you for the healing process. While continuing the awareness of the showering waters take several deep breaths and with the power of your mind imagine that the pyramid is filling up from the Universe with a light or liquid of the color of Royal Blue. This color is now permeating down the shaft of white light from the tip of the inverted pyramid entering your head at the crown. Imagine that this color now slowly flows gently from the tip of your crown down through your body filling every muscle tissue, membrane, hair follicle, bone and organ as it flows.

The Royal Blue is symbolic of the energy of the Power of Faith and as this travels down into your body you begin to feel the strength in your faith rise to a level never been experienced before. You become the essence of courage, you are persistent in all new endeavors and know perseverance and determination will be the keys to your new successes. Take a few moments now to allow the light or liquid to permeate your entire body contemplating the virtues you have now accepted as part of your life. Now that you have become completely royal blue in color stand up in the boat and step out of the boat onto the water. Jesus asked Peter to prove his faith to Him by stepping out of the boat and walking upon the water to Him.

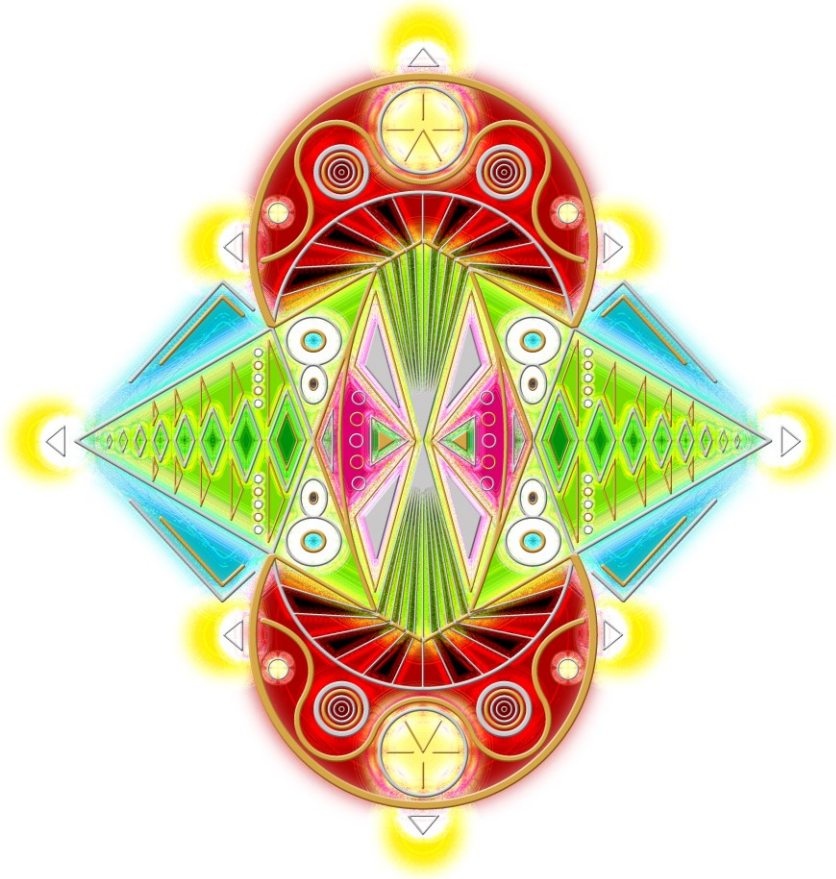
Peter is our strength, the rock upon which Jesus builds our strength. Our Powers of the Mind. He gives us the Power of Faith to walk upon the waters. You have that Power now. The boat will remain beside you as security but know you have the power to walk on water. At this point some of you may find that you are unable to stand on the water safely and others may find it completely natural. Whatever the situation at this time there is neither right nor wrong, both are ok. Just by trying you have shown willingness. You have now begun to activate the Power of Faith you have within. Whether you remain in the boat or you are in the water or standing upon it, continue to allow the cleansing of the water from the waterfall to cascade over you and ask for the message it has for you. As the message is shared a gift is offered to you.

Accept this gift with love contemplating for a moment the meaning it has for you. It may be physical, mental or emotional, whatever it is it is important and whatever your thoughts are they should be acted upon. In your own time now, return a gift if you so desire, thank the waterfalls the

birds and animals for sharing this time with you and slowly make your way back to the shore. Once upon the beach again begin to become aware of your physical location again, stretching your fingers, wiggling your toes and feet and finally opening your eyes. God blesses you and may your journey to the falls of Faith be fruitful and beneficial to all concerned. Return as often as you like, ask the falls a question and await an answer, you will be surprised with the results.



## 2. Healing Power of Andrew and Divine Strength



**DIVINE STRENGTH IS MY QUIET ENERGY THAT  
STIRS MY FAITH IN TRUTH**

The adrenals react strongly to unhealthy mental and emotional conditions. They are temperamental glands that react to one's jealousies, hates, fears and struggles for achievements, power or position. In emotionally healthy people, the adrenal glands are well equipped to face emergencies and release extra supplies of energy and strength into the body as the need arises. A person who is rightly using his Mind Power of Strength conserves his vital substances of strength and does not waste it in emotional dissipation caused by negative emotions.

Strength is three-fold, on the physical plane; strength is power, energy, vitality and freedom from weakness in the body. On the mental plane, strength is the ability to achieve, to be a leader, to be expert in one's field of work. It is the freedom from mental or emotional weakness. On the spiritual plane, strength is steadfastness in the belief of good, persistence in expecting it, and the ability to withstand temptation or the refusal to settle for less than the truth in one's own life experience.

Strength is the ability to keep on keeping on despite negative conditions in one's body or affairs. Strength is not physical violence or mental force. It is a quiet energy that is stirred up by man's faith in the truth. As strength is activated it flows into every department of one's life - physically, mentally, spiritually, producing remarkable improvements within everything everywhere.

The Mind Power of Strength located in the small of the back is directly connected with the Faith faculty in the temples, through the nervous system of the spinal cord. As your Mind Power of Faith develops and your ability to hear and see the truth with the inner ears and eyes Faith will gently unfold.

You will then require Strength for steadfastness and stability to carry forth that Higher Vision of that truth and understanding.

## **Strength and Substance**

Strength is related to substance. Financial problems can drain the Strength centre in the body. You can meet financial demands successfully and keep them from draining you physically and emotionally if you affirm that you have the Strength to meet them. Remember what Henry Ford said, *“whether you think you can or you think you cant - you’re right”*. As it is activated abundant Strength will build up within you overflowing into all your affairs as abundance of ideas and opportunities, which will in, turn manifest as increased supply.

## **Responsibility and Strength**

Misuse of Strength or lack of Strength will show itself in other parts of the body. E.g. responsibility is expressed in the shoulders and when it is burdensome, grudgingly accepted or accompanied by self-pity health problems will show in this area. When the Mind Power of Strength is developed one realizes that responsibilities are not a burden, but that they are soul expanding when rightly assumed and lovingly met. When we bear burdens that should not be ours to bear it is usually reflected in the shoulders. The hips symbolize individual independence, free will and self-support and they counter-balance the shoulders. If a person depends on others to support him, he cripples his own abilities and manifests problems in the hips and small of the back.

## **Giving Your Attention to The Power Of Strength**

Definite changes occur in mind and body when one dwells upon the Mind Power of Strength. True Strength comes from meditation upon Strength. Every word has a quality that sympathetically relates it to an idea innate in the mind of man. When that word is released, it radiates an energy that contracts and expands the body cells. There is Power in this word to increase further Strength. Strength is developed through sustained effort, rather than through spurts of effort which will only produce spurts of energy.

When you persistently affirm Strength those words call forth the deeper levels of Strength stored in the cells of the body, especially in the Strength centre at the small of the back. Continued affirmations of Strength act as an invigorating tonic, releasing Strength in the brain Centers of the 12 Mind Powers.

The spinal cord is filled with nerve Centers that branch out to every part of the body. By affirming Strength, you release your Strength to flow freely along the nerves and penetrate every cell. As Strength flows up and down the spinal column penetrating the various areas of the body, you feel uplifted, revitalized and renewed. Sometimes when your Mind Power of Strength is developed in the small of the back your spinal cord becomes very sensitive, as it becomes accustomed to the increased energy flowing through it.

When you muster up the Strength to pronounce negative situations and diagnoses as positive, amazing things happen! First, you begin to feel better because you have alerted your Mind Powers to the possibility of good. You give your free will permission to act in your best interests and help direct the energies in the correct direction for health, wealth and

happiness. Your mind and body then unconsciously start to expect something good to happen and it does. All you need do is show willingness.

*I asked God for strength, that I might achieve. I was made weak, that I might learn humbly to obey.*

*I asked for health, that I might do great things. I was given infirmity, that I might do better things.*

*I asked for riches, that I might be happy. I was given poverty, that I might be wise.*

*I asked for power, that I might have praise from men. I was given weakness that I might feel the need for God.*

*I asked for all things that I might enjoy life.*

*I was given life that I might enjoy all things.*

*I got nothing I asked for - but everything I had hoped for. Almost despite myself, my unspoken prayers were answered.*

*I am, among men, most richly blessed!*

Roy Campanella

## **Meditation For The Growth of Divine Strength in Your Life.**

In this meditation we are going to use the vibration frequency of the color lemon yellow to heal and strengthen our Strength, stability and steadfastness and to reinforce the faculties and virtues of the spinal column and nervous system in preparation for the Mind Power of Strength to be activated.

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the richness of total quite. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are lying on a golden sandy beach.

No one else in sight, you are completely alone and in your own space and at the same time the space of the entire Universe. The waves are gently breaking on the shore in a rhythmic pattern, slowing down and deepening the inward and outward breaths. You can feel the sun's brilliance warming the cockles of your heart. Bury your feet into the yellow sand and feel the grains of sand between your toes. If you haven't already done so lay down on your back in the sand allowing the sun to penetrate your whole being. The sun's rays have absolutely no harmful effects whatsoever, you may be completely dressed, in a costume or completely naked. That is your choice.

This makes you feel good and as your energies blend with those of the sun, sand and water you can feel their strength freeing all blockages within your mind, bodies and spirit. You can feel the sun's rays tingling up and down your spine,

activating the entire nervous system and communicating life balance and faithfulness throughout. The sun is a great source of power and Strength maintaining Strength, stability and steadfastness and you can at all times imagine this source and activate its presence within you by affirming this popular prayer known as the “Gayatri”: -

*You who are the source of all power*

*Whose rays illuminate the world*

*Illuminate also my heart*

*So that I to may do your work*

*(I can of mine own self do nothing)*

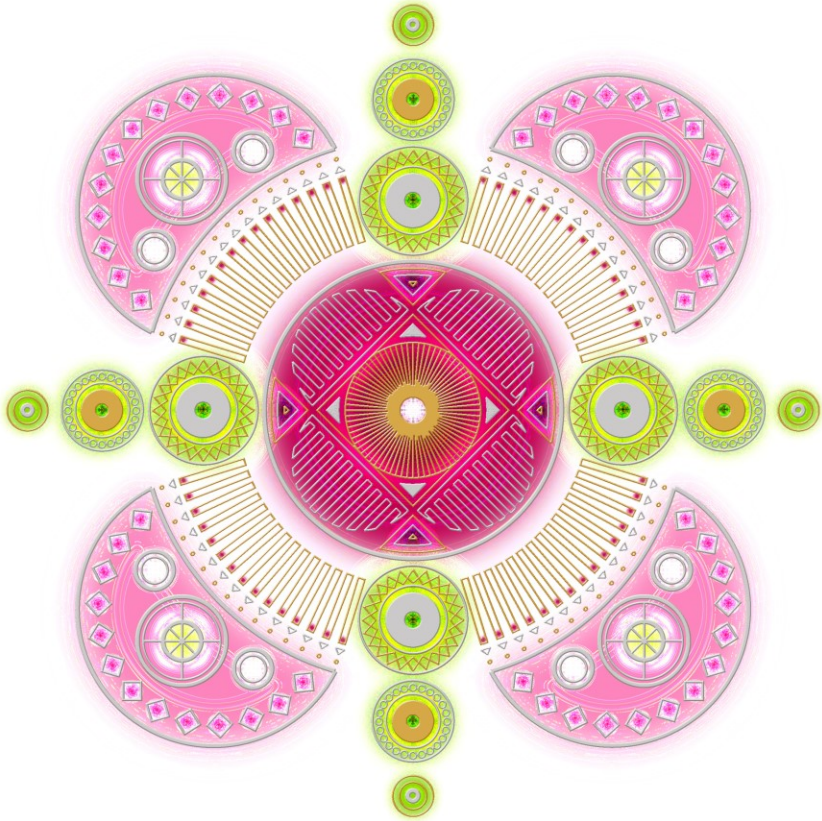
Whenever you recite the Gayatri, visualize the sun’s rays streaming forth into the world, entering your heart and then streaming out from your heart’s centre and back to the world. I like to tack onto the end of this prayer the words “” which is (John 5:30). By our own power we can do nothing. It is only the love, which is Universal energy that flows through us. Our only part is that of directing the energy either for positive or negative.

In your own time and when you feel that you have had enough begin to become aware of your physical presence once again by moving your fingers toes and feet. When you are ready open your eyes.

Did you have any feelings while in this state of bliss? Did the sun, sand or sea offer any messages for you? Remember to act upon any feelings for these are the beginnings of your activation to a stress free and stable new life. A life of wholeness.

If at any time you are feeling a little off balance or out of sorts, wear or carry something with lemon yellow in it. It does not have to be exactly lemon yellow. If a color shade, whenever we are working with colors varies at any time, go with them, for they are what you have chosen subconsciously. They may even at times be completely different colors. That is all right too as each of us are individuals and respond differently to each situation and circumstance. Go with your intuition, it will always lead you up the correct pathway.

### 3. Healing Power of John and Divine Love



**MY DIVINE LOVE SMOOTHES MY PATH  
REPLACING ANY FRICTION WITH HARMONY**

Love is a Mind Power native to man and exists in every one of us. It may be called forth and developed to bring about harmony among those who have been disunited through misunderstanding, contention or selfishness. If you feel a lack of satisfaction in your life, if the way seems hard, it is an indication that you need to call forth the Mind Power of Love from within you. It can do wonderful things for and through you as it smoothes your path replacing friction with harmony, dissolving tension and sending its healing currents through your entire body. You will also find it an irresistible magnet for satisfying your emotional needs and manifesting substance as increased financial supply. Love, as a Mind Power when consciously used becomes an awakener.

## **Giving Your Attention to The Power Of Love**

Thoughts of Love cause a beneficial chemical change to take place in the body. Thoughts of Love bring forth Life, renewed health and even change thoughts of lack into thoughts of abundance. Just as the heart equalizes the Life flow in the body so Love harmonizes the thoughts of the mind bringing peace to both mind and body. You connect your soul-forces or Holy Spirit with whatever you centre your Love upon commencing with you.

The Love current is not a projection of your will. It is simply a setting free of a natural, equalizing, harmonizing force, which has been dammed up, misunderstood and misused. Love does not possess or dominate and is not willful in its expression. Love is a harmonizing, balancing, freeing quality of mind, which can be expressed for the purpose of experiencing through the body. True Love does harmonize, balance and free rather than bind.

If you meditate on the Mind Power of Love by thinking of Love with your attention on your heart, a quickening will follow. Mental concentration upon Love will produce a positive Love current, which goes forth to break up and dissolve opposing thoughts of hate. The thought of hate will be dissolved not only in the mind of the thinker, but also in the minds of those with whom he comes in contact with or thinks about.

As you begin to meditate upon Divine Love it comes alive in the heart and lung area. It will flow through your body temple, the heart, cleansing, purifying, and harmonizing it. It will flow through your emotional nature, quickening a feeling of Love there and bringing peace of mind about. It will flow into your relationships as understanding and harmony. As you begin thinking of yourself as a radiating centre of Divine Love you shall find that Love has made you a magnet attracting good to you from all directions, pleasantly changing your world.

Your thoughts and words of Love used caringly and persistently will transform the conditions in the mind, body and affairs. The word "Love" overcomes hate, resistance, restriction, opposition, anger, obstinacy, jealousy, and other possessive emotions that produce mental and physical friction.

Words make cells and these cells are related to one another through associated ideas. When Divine Love enters into man's thought processes, every cell becomes poised, balanced, harmonious, and attuned to the entire organism. Words of Love have a balancing effect upon the mind and body. Love can neutralize criticism and its destructive results.

Love and wisdom united result in quick intuitional knowing while Love acting independently of wisdom may bring unpleasant or negative results. Love alone may be impulsive, but united with wisdom it always intuitively knows the wise course of action, thoughts or choice of words, so that discordant conditions of body and mind can be harmonized. New thoughts make new cells. Loving thoughts make curable cells!

You can develop the Mind Power of Love, located in the heart area as you breathe deeply and meditate upon words of Love. This simple process can completely transform your health in the heart, lungs, chest and breast area of the body. You will notice a complete transformation taking place in every phase of your world simultaneously.

*And a breath of inspiration  
Came on a vacant wind  
Bringing me reassurance  
And a peace so sublime within  
I've searched for love  
For what seems like an eternity  
Always looking beyond myself  
I found that Love here inside of me*

*"It is impossible not to have Love, but it is possible not to know you have Love. The recognition of having is the willingness for giving, and only by this willingness to give can you recognize what you have".*

## **Meditation For The Growth of Divine Love in Your Life.**

Find yourself a comfortable place in a quite location. For this meditation I would recommend that you sit rather than lay, however, if you have good Powers of Imagination either will suffice. You may play some of your favorite music in the background or perhaps you will like the magnificence of pure quietude. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind.

In your own time imagine, sense or feel that you are sitting in a dark room. If you relate to any fears of darkness you may lighten your room as brightly as is required but as dimly as possible. Perhaps you may like to light a candle, but darkness is better. Working here with darkness is symbolic of working without the Power of Love, for working within any type of fear or misunderstanding what true love represents. All are like being completely "*in the dark*". Remember that to take light into darkness the dark will dissipate. Where you have light, darkness has no bearing or even the slightest possibility of obscuring the light. Light is Love, darkness is fear. They both oppose each other and the choice we have is black and white. You cannot have both; you must choose one or the other. The only two expressions that exist is Love, the other is fear.

As you sit with cupped hands in your lap, completely relaxed imagine that in your hands is a brilliant ball of glowing white light. This light is your guiding Light from within which you have summoned forward by your Higher Self from the darkness of your unknowing or forgetful mind. Our physical eyes cannot see the truth, only our inner sight is true to the

knowledge of life which is our only true reality. You have summoned this Light forward to activate within the Power of Love to forgive, to be compassionate, to offer freedom to those around you, loving them for who they are and not what you expect them to be. You remain selfless in the Service for raising your own consciousness to the Truth of Who You Are, the Son of God. Now that you are aware of what the Light represents raise the white ball of Light up to your chest at the level of your heart.

Now imagine that this vibrating ball lifts out of your hands and enters your chest penetrating your heart filling you with passion for life, love and humanity. You can feel a warm band of heat around your chest, which magnifies the overall peace you are feeling at this time. The Light, now activated at an atomic level, begins from the heart and radiates through the rest of your body via the circulatory system. This not only encompasses your entire body, muscles, joints, tissues, cells, bones and organs, but also begins to radiate outwards from you lighting up the whole room, cleansing your mental and emotional bodies and the environment you live in. If you are having any problems with others that are away from you at this time allow this Light to flow to them and their environments offering them love, compassion and forgiveness.

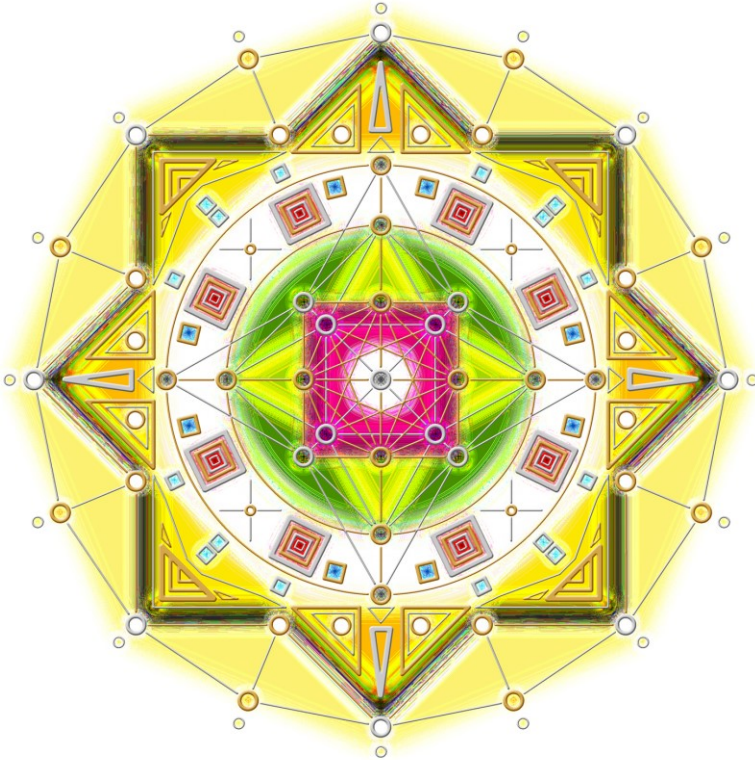
Physically everything may seem to be dark but with your Inner Light you can see all truth, you can feel what is right for you and what is for the highest good for others. If you have any problem areas in your life at this time you would like resolving, now is the time to ask your Higher Self for some guidance on what to do or how to rectify the situation. Ask your question or questions now and remain quite of mind as the answer is given. Take as long as is required to

contemplate your thoughts, emotions or feelings at this time and when you are ready, begin to return to your normal environment by moving your fingers and toes and finally opening your eyes. If at any time you feel discomfort simply place yourself as an observer to the situation and wait to see what that person does in that similar situation. You have the opportunity to learn from every circumstance if you know that you are not a victim in *any* life event.

If we believe this to be true then we will find it easier to be able to deal with any negative occurrence in our lives regardless of the level of fear involved or the threat we believe to be present. We generally believe things to be true within this physical world because we created them; the reality is the opposite is true. Because we created them with a will opposed to God, they can only be an illusion, which does not really exist and therefore cannot hurt us. Anything created outside of God's Will is created with fear as its foundation, therefore that which is not of God's Will is fear orientated and can only anger, frustrate, depress, hate and cause chaos. Act in Love or Light so that fear or darkness cannot penetrate. That is God's gift to us all.



#### 4. Healing Power of James Son of Zebedee and Divine Wisdom, Justice And Judgment.



**I GRANT MYSELF DIVINE WISDOM TO  
ESTABLISH ORDER, JUSTICE AND  
PROSPERITY IN ALL MY AFFAIRS**

Every increment of food that you take into your stomach must be chemically treated at this Mind Power Centre before it can be further distributed to the various parts of the body. In fact, the body awaits the stomach's wise Judgment to supply it with the proper materials to build bones, muscles, nerves, and every part of the organism.

The pancreas gland located in the solar plexus region is concerned with the mobilization of energy for both physical and mental purposes. Its secretions are vital not only to the digestive processes, but also to the metabolism of sugar, which the cells, muscles and nerves require for their existence.

The liver is a large gland situated in the right and upper part of the abdomen, which collects the blood from the abdominal organs and produces bile. It also assimilates and stores sugar among other things for the needs of the body. The liver's important function is purifying the fluids of the body. It is affected by man's judging or his critical thoughts and one of its functions is to cast out those thoughts, which are useless. Your general attitudes towards life are also registered in the liver.

The spleen is a large gland like organ near the end of the stomach. The spleen is a distributor of energy and any mental commotion affects it adversely.

It is usually a surprise to learn that this Mind Power of Judgment, which includes discrimination, wisdom and all departments of the mind pertaining to "knowing" are found in the pit of the stomach. No organ of your body is more quickly affected by your moods than your stomach.

Since the stomach and the heart are both located in this central part of the body it indicates that Love must work in

conjunction with Judgment so that Judgments may be balanced. Remember, that we have no right to judge anyone else including ourselves because we are unaware of the experiences and circumstances which have prevailed in this lifetime or any other that have given rise for a decision or act to take place by any us. We are guiltless and sinless according to God's Law and this means nothing that we do can be classified as wrong.

Everything we do is only a mistake, which we have the Power to correct. These mistakes are only a learning opportunity for us to grow. We have the choice to become aware of them and repair the errors or to allow them to pass to be corrected another day. Tolerance of one's self, compassion for others, less Judgment and criticism and more harmony will bring a warm glow and increased circulation to the liver resulting in improved health in all parts of the body.

## **The Seat Of Memory**

The power by which you are justified or condemned is within you. You can be sure that all injustice that has come to you sprang up from a seed of your own planting! All that has come to you of positive or negative was first set into motion by your own positivity or negativity of thoughts and actions. The abdominal region is the seat of the subconscious mind. Often it is not one's immediate conscious thoughts that cause stomach trouble. It may be the negative memories of the past, being either bitter, hard or unjust experiences, that are stored in the subconscious memory located in the stomach that now causes the health problems. The stomach is filled with memory cells which go on quietly functioning subconsciously long after you've forgotten about them.

You need not be jealous of nor judge another, for you can be sure that that person will be judged by the health problems that his own thoughts and actions will and have produced in his mind and body! It is compassion and Love that that person now needs to overcome his ailments and to be healed of those physically, emotionally, mentally and spiritually. You have the Power within you to achieve this! Repay injury and injustice with forgiveness and kindness, always forgiveness and kindness.

### **Physical and Mental Substance - Stomach**

Just as the stomach is the physical centre of substance in the body, receiving one's food, digesting it and sending it on as nourishment to all parts of the body, it is also the mental centre of substance in the body. This centre of the body is affected by the idea of substance held in mind.

Lack of prosperity in one's life, which produces financial problems, reacts upon the substance centre in the stomach and causes health problems there. Also condemning others success causes a negative reaction upon one's own success via the substance centre of the stomach.

When you turn your attention to the substance centre in the stomach and meditate upon "Divine Substance" you purify negative emotions stored there. You also release new energy, life and substance into functions of the stomach, liver and heart out into the entire abdominal region and finally into the whole body. Renewed energy, improved health and peace of mind imminently follow.

## **Giving Your Attention to The Power Of Judgment**

We can establish order, justice and prosperity in our personal affairs by invoking directly the Divine Law of Justice. Also we must be willing for the principle of justice to work both ways. Not only should we desire to receive justice ourselves, but also we must be willing to grant it to others.

A restful state of mind is a healing state of mind. Steadfast affirmations of peace will harmonize the whole body structure and open the ways to healthier conditions. Many people doubt that there is an infinite Law of Justice working in all things. The Law has not worked for them because they have not “called” it into activity. When we call our inner forces into action the Universal Law begins its great work in us and all the Laws both great and small fall into line and work for us to fulfill our lives.

The Law of Justice can be established by the use of definite affirmations. When a person uses his Judgment in dealing rightly with others he becomes more loving, refrains from all manner of criticism, does not judge and keeps his eye solely on the good. The mind thinks more clearly. The expressions of Love and affection are more spontaneous and a kinder disposition will be in evidence with a renewal of the whole taking place.

As you awaken the Judgment substance centre in the stomach area you may find several things happening. Your taste in foods may change becoming more refined. You may have a strange taste in your mouth as old bitterness is released from the Judgment centre and then an intense thirst may be felt. Your solar plexus area may seem more expanded; then it may decrease becoming more relaxed. It is all an indication that an extension of your Judgment Mind Power is taking place.

*Observation precedes wisdom. Only he who can at first see will at last understand.*

## **Meditation For The Growth of Divine Wisdom, Justice and Judgment in Your Life.**

In this meditation we are working with the color green for the activation of the Power of Judgment and Wisdom. Find yourself a comfortable place in a quiet location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the abundance of pure quietness.

Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are in a garden of lush green vegetation, flowers and animal life. Green is the essence of wisdom and Judgment so look around the garden and find yourself an area where you feel most drawn and are in direct contact with green. It could be laying on some lovely green grass, sitting under a tree holding in your hands a palm leaf of luscious green foliage or even up in the branches of a tree full of green leaves swaying in the gentle breeze.

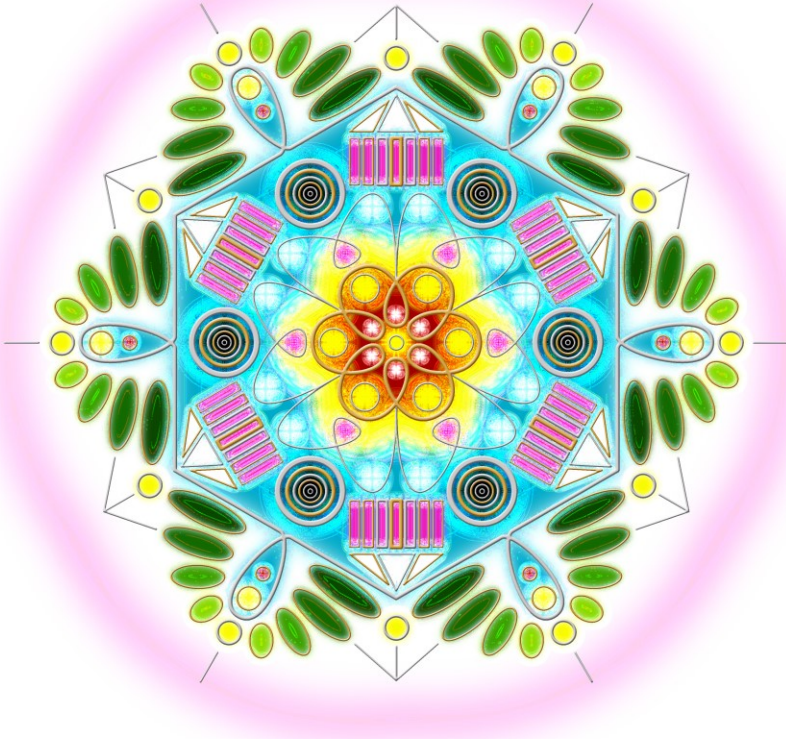
Where ever you are relax and take in the peaceful atmosphere, listen to the birds sing their songs of life without Judgment for nature does not criticize or judge each other, man is the only species that does this. While you begin to blend your energies with the greenness of your surroundings feel the essence of green enter your body through the mind's eye or third chakra. Allow the color to flow into the brain filling the head, flowing down the neck and continuing throughout every part of the body. As you do this forget all your Judgments of family, friends, neighbors and countrymen including all your enemies or perceived rivals. Remember that all those with whom you come into contact with are

beloved soul mates at a higher level, which have incarnated in this lifetime to help you with your life's lessons and you in turn with them.

So as you perceive them to be your enemies you are deceiving yourself as to their importance to your growth and development. Those whom you judge are only lovingly reflecting those aspects within you that you require to clear from your mortal nature to allow your return to your immortal I Am Self. At this point of your meditation take a few moments to look at any areas within your life where you have misjudged your family members, piers or colleagues. Now instead of criticizing them, thank them for their loving patience and the gifts that they have offered you so that you may realize the truth, not only about yourself but also about them. When you are ready and in your own time make your way back from the garden and return to your normal environment as mentioned in previous meditations.

What new knowledge did you return with? How different do you see your fellow man now within this new light? Without saying a word to anyone you will find it interesting to see how emotions and reactions have changed next time you meet with those in question.

## 5. Healing Power Of Matthew and Divine Will



**NOT MY WILL SHALL BE DONE BUT  
THY DIVINE WILL SHALL BE DONE**

The will usually tries to coerce man's intuitive understanding into doing that which the will wants done quickly and forcefully, rather than visa versa. Know that when you force anything to happen then you are working against the Will of God and the energies at play there. The will is supposed to listen to and follow man's quiet intuitive leadings. This comes from the heart. If it feels right there then it is right for you to follow regardless of what the logical mind tells you.

Usually when you have had intuitive guidance come to you - when you have had those quick flashes of inner knowing - your own will has rarely wanted to follow that guidance. Instead your will, more often than not, will try to argue against your natural instincts.

If you listened to your will with all of its logical reasoning, which it wishes to be expedited quickly, you become confused and make costly mistakes. Later you realized that your intuition was right all the time and that you should have followed its quiet wisdom, rather than listening to your loud, clamoring, forceful egotistical will, whose logical arguments came to naught. Wisdom is Knowledge and Knowledge comes from experience.

*When we learn, we experience, when we experience, we gain knowledge, when we gain knowledge, we feel and when we feel from within the heart, we then become that lesson and become the wisdom within that lesson.*

Your will is all-important. It is very necessary for your health, wealth and happiness. But your will must know its place. It must be tempered with intuitive understanding. Your will must be taught to follow your intuitive leading rather than to fight against them. It is then that you truly have "the will that wins." The moment we set our own will in opposition to the

order of the Universe we make ourselves slaves to circumstances and lose our freedom of action. The only proper use of our freedom is freely to Will what Divine providence Wills for us and to conform our will by a free act of choice to align it to that of God's Divine Will.

When man's intuitive understanding is activated becoming spiritually illumined and when the will has been trained to follow the leanings of intuition, man will then be able to place his will in line with the Universal Will.

Understanding is an inner realization, but it is through the Will that everything realized within is expressed and manifested as results as one's outer life as well. It is through the understanding that the will is educated and trained and must work together harmoniously for perfect soul development as well as for perfect physical and mental health. If the will acts without the understanding chaos will result in one's mind, body and affairs.

The will working alone in a head strong way without the benefit of the twin Mind Power of intuitive Understanding will create health problems and ailments in the mind and body through the subconscious mind. These unhealthy conditions can be dissolved when the will begins to join forces with intuitive Understanding.

When the will is permitted to act on its own account man will become emotional and willful. These states of mind lead to all kinds of bodily discord. Forcing your will only create tension and a tense mind ties knots in the nerves, muscles and tendons of the whole organism. Every organ of the body is affected by the action of the will. When this Mind Power becomes fixed in certain attitudes it holds the whole body to those fixed attitudes as though the body was held in a vice.

Crystallization of any fixed states of mind cause crystallized fixed health problems within the body.

The solar plexus in the abdominal region of the body is a brain and nerve centre. This solar plexus area directs circulation, digestion and assimilation. Through this plexus area the ruling thoughts of the head, working through the Mind Power of Will are carried throughout the body.

Any hard, dictatorial, willful states of mind will harden the heart creating circulatory problems. These forceful states of mind act through the solar plexus and bring limitation upon the whole body. Hardened arteries are too often the result of hard and willful thoughts. We do not need less will; we only need more understanding of how to direct it.

Stubborn, willful, resistant and fighting states of mind congest life's flow, and are often fooled by cramps and congestion. The will often compels the use of various organs beyond their normal capacity straining nerves and muscles, impairing sight and hearing. Deaf people should be treated for freedom from stubbornness for it is their fixation of their old belief systems that create the pain in their lives. They generally don't want to hear anyone else's opinions and turn themselves off when others try to force theirs upon them. It is always a two-way situation. One given way for the other to see each others reflection and in turn giving each other the opportunity to learn from it.

As a product of the natural man will is often a destructive force. Nearly all our systems of training children have been based on breaking their will in order to gain authority over the child and obedience from him. The will is *not* to be broken but simply re-directed and taught to work in accordance with their intuitive understanding.

The will can be strengthened by being constantly linked with understanding. Intuitive understanding when allied with the Will, will expand one's outlook on life and offer things which before never seemed at all possible.

### **Giving Your Attention to The Power Of Will**

To accept the Order of the Universe with one's Will - to identify oneself with the Will of God is the source of all happiness. It is true that all men must infallibly obey the Will of God because the Universe is subject to a law of absolute necessity; but we are free to choose whether we should obey willingly or unwillingly.

The accumulation of ignorance and its destructive results on both the mind and body can be dissolved through the spoken word. Giving Your Attention to the Will in a positive way is not the work of an instant. The only way is through perseverance and persistent relaxation, meditation, prayer and spiritual study. Silent meditation upon this thought "Not my will but Thy Will be done", opens the will to the inflow of energy and Power from the Christ Mind at the crown of the head.

After the energy connects in the front brain it then flows into the whole body. Instead of saying "I don't know," "I do not understand," declare "I am one with intuitive Understanding. I know what to do and I do it." This affirmation is a very positive one and if given the Power through the Mind Power centre, will create opportunities and situations for you to find out what you don't know or better still don't remember and understand once again. This is the key to acknowledging who you are because this is our "journey to be", our destination with life when our life's travels end and culminate all our

experiences learned and then and only then do we return to the Greater Whole fulfilled within our own Wholeness.

You may know by simply affirming that you know. This is not willful egotism, but a spiritual knowing that you are invoking. If this does occur do not act until you get an inner intuitive assurance. This will come from within the heart. Look for the signs and feel what the heart is telling you. It will become natural as your awareness expands your consciousness.

Divine Intelligence pours forth through the crown of the head into your Mind Powers of Understanding and Will in the front of the forehead, through them into the solar plexus region, and then throughout the entire body. A general quickening of both mind and body then takes place.

Disagreements, the clashing of opinions between two or more people and general willfulness can result in arthritis. This is one of the oldest diseases known to man, found even in the skeletons of dinosaurs. Ageing people often develop arthritis in proportion to this stiffened attitude towards others. Just as arthritis responds physically to heat it responds metaphysically to warm thoughts and emotions. Many health problems are unconsciously resolved when a person stops trying to control the lives of other people.

Emotional surrender causes personal will to let go and a unification of man's limited will so that God's Universal Will can then take place. When this is accomplished a healing occurs physically, mentally, emotionally and spiritually.

All thoughts that go into or out of man's consciousness passed the gate of the conscious mind in which the will is seated. If the will understands its job the character and value of every thought will offer tribute to the benefit of the whole man.

The word “will” means “purpose, choice, determination.” Whatever you choose you are willing. The Will is the master builder of the body. All things achieved or not achieved are through our choices. If you choose Life and health, then you are willing yourself back to Life and health. We must understand the workings of the will to allow only God’s Will to prevail. Choose God’s Will and you will see your life change before your very eyes.

Many people ignorantly use their own will to work for them. This in reality actually works against them. It is just the opposite of what they want creating ill health, financial problems and limitations, as well as relationship grievances. They create these circumstances through the misunderstanding of what their will wants for them and not what the Will of God wants for them.

When man links himself with the Will of God, he develops superior executive ability. He swiftly brings forth his Mind Powers rather than allowing the slower actions taken by the human consciousness which would take ages to develop. Development of these superior Mind Powers always leads man to the fulfillment of his dreams and the enlightenment of Who He really Is.

### **Meditation For The Growth of Divine Will in Your Life.**

Our choice of meditation today is for the purpose of generating the Power of Will with the color sky blue. It is the intention to stimulate the respiratory system to enhance our choices in life so we are able to make our decisions easier. In understanding will, must understand the act of sharing, for life principle is to give sustenance. When we share our

knowledge and experiences we not only benefit ourselves but we also benefit others.

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the bounty of pure quietness. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are floating in a hot air balloon. The balloon is slowly rising higher and higher into the sky. The day is absolutely beautiful, not a cloud in the sky, no pollution, smog or anything else to restrict your vision. You can see forever.

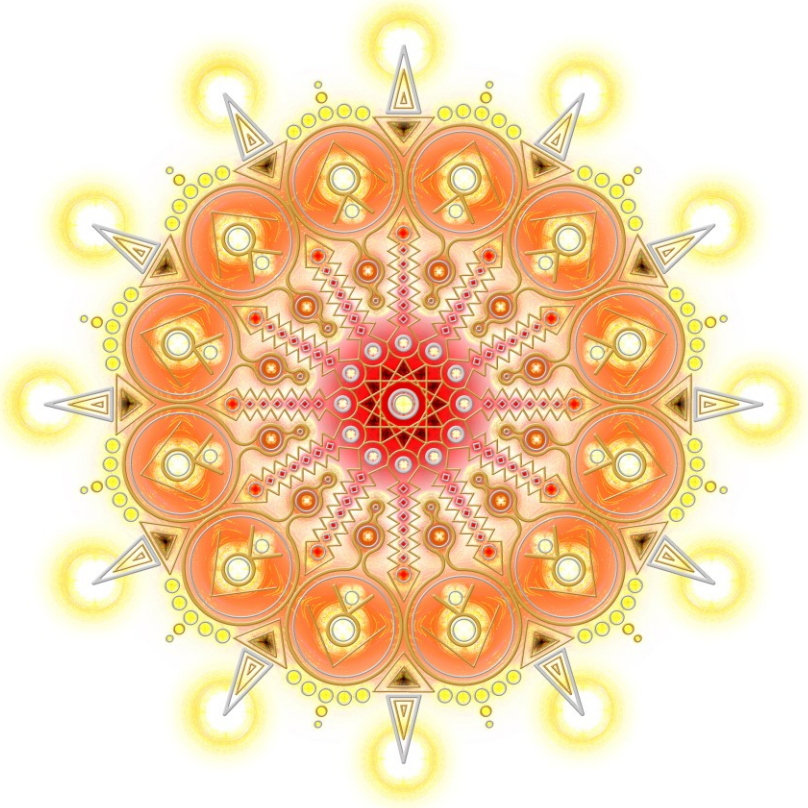
The sky is as blue as you have even seen; in fact it is so clear and full of color that it absorbs your every thought, your every sense and your every breath. Allow yourself to draw from this absorbing atmosphere, some deep breathes which penetrate your lungs transmitting the oxygen filled with the color of sky blue throughout your entire body. You are slowly becoming the same color as the sky, blending in so that you are now invisible to the naked eye. Allow yourself to float out away from the basket of the balloon so that you are free and boundless with no frontiers. You are now a thought form only an aspect of pure consciousness and you have lost all feelings of what it is like to have your own will.

You feel no thoughts of the material world, no guilt, no anger, no frustration, no confusion, no powers of obsession. Your will has now become the Will of God and only the things that this stands for and has given you are who you really are. These things will now be carried back with you on your return to the physical world and to be expressed not through

your will but by God's Will through you as His instrument of Love. If you have any queries at this time send out your thoughts and ask for an answer or perhaps for some advice. Maybe you would like further information sent to you to help you understand things better. Ask and you shall receive - that is the law. Take some time now to ask your questions and receive the answers and in your own time and when you are ready make your way back to the balloon. Have the balloon lower itself to the ground and hop out. Begin to move your fingers and toes and finally open your eyes.



## 6. Healing Power of Philip and Divine Power



**I CREATE WITH MY DIVINE POWER NEW  
STREAMS OF LIFE, JOY, BALANCE, HARMONY AND  
TRUE ABUNDANCE WITHIN AND AROUND ME**

This powerful thyroid gland controls the metabolism of energy in the body. In fact, the mind faculty of Power located in this thyroid gland in the throat controls all the vibratory energies of the body. Once you know this it is easy to see the Power that your words have to produce health or disease. It is also easy to see how your words react upon the Power centre in the throat.

Your mind faculty of Power operates through a large group of nerves in the throat that controls the larynx or voice box. You can harness the Power within you and begin directing it constructively by harnessing your words, choosing them very carefully before releasing them.

The mind faculty of Power is in the area of the conscious mind. This means that you can consciously and deliberately activate Power, Life, and vitality through your spoken words. Power has been described as the ability to start things, such as new streams of life, health and vitality flowing into the body.

The Power centre located at the root of the tongue has contact with the spiritual centre at the crown of the head and generates a healing Power that flows to all parts of the body when that healing Power is released. There is healing Power stored up in every atom and cell of the body awaiting liberation.

The mind faculty at the base of the brain known as "Zeal" and the mind faculty located in the sex organs known as "Life" are especially responsive to the spoken word of Power. These mind faculties - Power, Zeal, and Life - work closely together. Thus, through your spoken words of Power you release into the vital areas of the body the greatest force in the Universe - the conscious Power of thought!

## **Giving Your Attention to The Power Of Power**

Power is released by merely stating words of life, health, and vitality. The body can be renewed even transformed through the spoken word. Owing to the vibratory Power of words, whatever man decrees, he releases within himself and within his world and in turn achieves.

The spoken words of Life, health and Power working through the thyroid gland stir up tremendous energy in the body. Ancient Egyptians used spoken words of healing to set up vibratory reaction, which dispelled congestion and helped nature restore broken bones and depleted organs.

Spoken or sung words are 80% more Powerful than silent words of truth. When a person tells you his health was restored by “spiritual treatment” he means it was restored through spoken words. A spiritual treatment is a truth spoken, a healing idea stated. Diseases can be completely wiped out of the consciousness through spoken words.

Strong and firmly held thoughts in your mind actually change your body’s chemistry. A new body is created once every seven years so why create a new body, which increases in ill health and age. The cause of man’s despise is his poor choice and ignorant use of words spoken or thought.

Quietly speaking words of Life and Love to every cell and organ function of the body is a sure and permanent way to change your thought habits. It brings about improved health, along with new strength, new bone structure, new cell tissue, enriched blood supply and a toning up of the whole organism within and without. If you wish to heal yourself, talk to your mind and body as you would talk to a patient.

Man's body is filled with innate intelligence. Through speaking words of confidence and Power over and over man gains conscious attention of the intelligence within the organs of his body. As he continues to speak words of Power, that innate intelligence is tapped into and releases increased Life and substance into the mind, body and affairs of man.

Unkind words will harden arteries, harden the liver and affect eyesight and hearing. Living in the past or complaining about your hard experiences in Life also burdens your body with ill health. You release into your mind, body and affairs that which you think about and talk about. Your words are your Power. Remember that energy is only energy, neither good nor bad, positive or negative, it only follows thought. Your thought, your words and your actions are the source of the energy you project. Through the Power centre you create or destroy. Your words can dissolve obstacles and remove barriers; or your words can create obstacles and form barriers.

The body feeds on a man's words. When those words are Life-giving they are health producing. Every time you speak, you cause the atoms of your body to tremble and change their place. Not only do you cause the atoms of your own body to change their positions, but as you mentally raise or lower the rate of your own vibrations you also affect the bodies of other people with whom you come in contact, just as they do you.

This explains why you feel tired, depressed and physically run down after being in the company of negative people, whereas, you feel uplifted and inspired after being in the company of joyous, happy, positive people.

You need to control your voice most carefully. It has a far greater effect on your health and nervous system than you

have ever suspected, as well as affecting the nerves and health of those about you.

You can tell a lot about a person's state of mind by his voice. An inharmonious voice indicates an inharmonious state of mind. Avoid such people whenever possible since they have nothing to add to your own health, wealth or happiness and in their present state of mind they are invariably tearing down their own.

You can build into your own voice so great a measure of peace and harmony that it will become a healing influence to anybody who hears it. It will prove a blessing to you and to those about you.

A person should constantly speak words of Life, health and vitality and should raise his voice in constant praise. In this way he lifts his whole organism to a higher, healthier and harmonious vibration which reacts as good health to mind, body and affairs. The body has natural forces within it that would transform it only if that Power was consistently released through constructive words!

Those quiet, private words you speak often affect your mind, body and affairs much more than anything else you do, say, or think. Indeed, your every word is recorded in the body. Your words become your flesh. Every word when spoken vibrates throughout your whole body and moves every cell and atom of your being. Repetition of any word fixes it in mind and causes it to become a moving force in the body. All Power is given unto you in mind and body through your words! Your words release atomic energy into your body. Live within the heart and not the head.

This will take the power of decision making for the correct thoughts actions and words away from the ego and give it to

its rightful owner, the Holy Spirit within you. To try and rule other men is the way of confusion. To be ruled by others only limits and stifles your own power. You must learn to think for yourself, thus finding your own path and being responsible for your own words, thoughts and actions. Isn't life a miracle in itself? You are part of that life - you are that miracle! Revel in its Power!

### **Meditation For The Growth of Divine Power in Your Life.**

Remember that Power is not the power we place or project over others. Power represents our choice of the correct words and their caring expression. It represents balance in your life through freedom, experience, unattachment, change and adventure. It also allows you to be open minded to new information, beliefs and ideas and to express patience, tolerance and forgiveness. Deep aqua or the color of a turquoise stone is our activator here.

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the abundance of pure quietness. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are walking along a mountain path. The day is full of sunshine, birds are singing and the animals of the mountain region come out to greet you. One of the animals invites you into its den in the side of the mountain and you accept with excitement and joy of the experience. The den is well lit by a light that emanates from you and your host. The ground is laden with rose petals of all colors and the walls are studded with gem and precious stones of all natures.

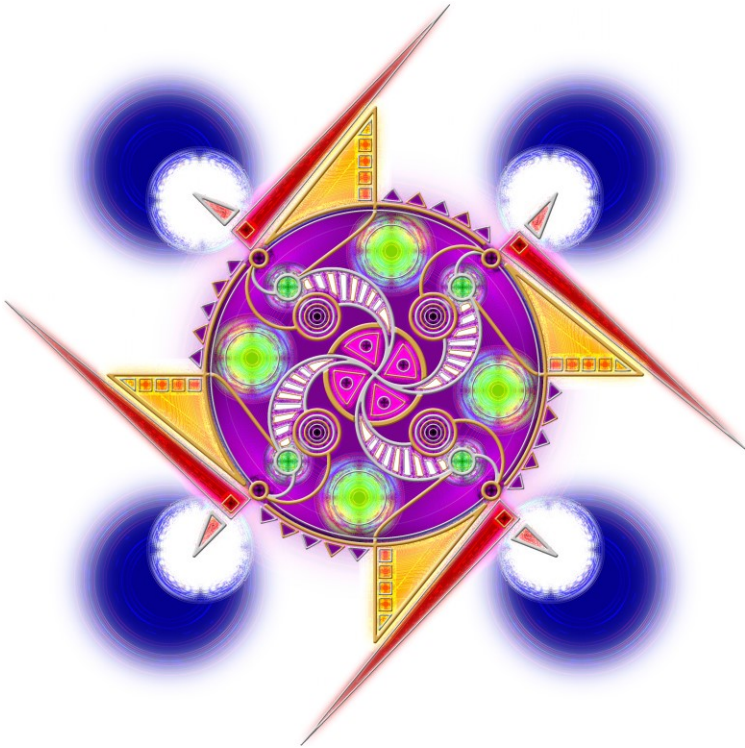
As you walk along the cavern with the animal beside you, you come to an opening of a cave, so wondrous and so overwhelming that you forget all your worries of the physical world, your arguments, your angers and frustrations. The floor and roof of this cave are covered in turquoise stones. The radiance and luster of the deep aqua color fills the air. In the centre of the cave there is an amethyst chair, smooth and

welcoming. Make your way to the chair and sit down. You are speechless with awe of the sight and begin to feel yourself fill with this color of deep aqua. It encompasses your entire body, every bone, muscle, organ, tissue cell and atom. This moment fills you with memories of the past, present and future.

Some of these may not be pleasant memories but you will only look upon them as an observer feeling no emotions only compassion for those concerned. In each situation thoughts and words of understanding, love and compassion come flooding to you. You have chosen these thoughts and words to express them lovingly to those concerned. Spend some time doing this now. You know that you love them and that they love you and that even though you may not be saying them directly face to face, you know that they can hear them at a higher level repairing and forgiving.

When you are ready and in your own time slowly get up from the amethyst chair, the animal that invited you will now lead you outside once again. Be sure to thank your friend, he even may offer you a gift. Make your way back to your physical environment by the normal procedure mentioned in the previous meditations. How does the gift relate to your experience? How will you use it? How will you take responsibility for your thoughts and words in the future? What was the animal and how do the qualities of this animal relate to you?

## 7. Healing Power of Nathaniel Bartholomew and Divine Imagination



**I ACTIVATE MY DIVINE IMAGINATION  
TO INSPIRE ME INTO NEW FOCUSES OF  
JOY AND ABUNDANCE**

Since your imagining Mind Power extends back from the front forehead into the pituitary gland this indicates that your Mind Power of Imagination is closely connected with your Faith faculty because the pituitary gland is located just under the pineal gland which is the centre of Faith in the body. The Mind Powers of Imagination and Faith are closely connected in their mental action. What one constantly pictures, one has Faith in and wills into manifestation, whether it is health or disease, good or evil.

This imagining Mind Power is located in the vicinity of the pituitary gland which is about the size of a pea and lies at the base of the brain only a short distance behind the root of the nose. Through this Mind Power you can project an image of things that are external or ideas that are internal.

The Mind Power of Imagination is located in the region of the conscious mind. Through conscious use of your imagination, you can produce wonderful changes in your body and in every area of your life. The character of both your soul and body is affected by your imagination. The average person is yet to discover how powerful his imagination is. What the mind imagines becomes experience and fact.

**“Inspiration”** is the thought form from which imagination is brought into focus.

## **Inspiration**

Inspiration is healing for the soul. It brings in the world of possibilities were normally they would not make their presence. Inspiration is a mind energy for the sole purpose of finding a way for the All Knowing soul to create a situation or circumstance so the lower mind can accept its Truth through a logical scenario to that certain condition. It provides the

mind and body with a vehicle to express itself, to identify with something so that it sees a logical approach to resolve a problem. In the realm of the soul outside the physical there is no need for inspiration for there is no need to be inspired, One is already at the height of Perfection. There is no need for healing at this level for all healing is only the vehicle by which man returns home from his emptiness to his Wholeness.

His choice to experience is his choice also to forget from whence he came. This is the process by which God has created for the experience of Knowing Himself from a point outside of His Own Perfection. He wished to see Himself from a relative viewpoint. This was and is still being done through the aspirations and desires of all His Children.

God Knows who you are, it is only you who has forgotten. God having given His Children the powers of creation He has left them to their own devices. However, He takes every opportunity to give you inspiration so that you may aspire to the Knowing of who you are, beyond that person who you may only seem to be.

Inspiration implies the raising from one dimension to another. The lifting up, the Spiral of upward thoughts, rising like the Phoenix out of the fire. The word spiral comes from the word inspiration. To allow one to rise above the mundane and the material bondages that bind you to your physical limitations inspiration comes from outside of yourself. It come from the Higher realms. Imagination and inspiration are much the same, however, imagination gives us the image of the thought or inspiration. Inspiration is the thought, imagination is the image, speech and action are the energies that manifest the imagination from which the

inspiration gave rising to. These are the principles of creation; Thought (Inspiration), Imagination, Speech and Action.

The Power of Imagination is as follows “once you have seen the result you wish to attain you have already willed a means that will take you to that result”. Your imagination is among your most creative Mind Power. You are always creating through your imagining faculty. By deliberately directing your imagination toward what you want you can begin to transform your health as well as every phase of your life. Your imagining Power will lead you into better living once you begin to invoke it.

Any picture firmly held in the mind in any form is bound to come forth. This is Universal Law which, when we co-operate with it intelligently, makes us absolute masters of our conditions and environments. Through your thinking you accumulate a mass of ideas and with your imagination you make them into definite forms. Your imagination is the “scissors of the mind” which takes your thoughts and sets them in motion by giving them form.

*Kits once said, “O for a life of sensations rather than a life of thoughts. I believe in nothing but the holiness of the heart’s affections and the truth of the imagination”.*

### **Giving Your Attention to The Power Of Imagination**

Your imagination is among the first of your latent Mind Powers to quicken. No matter what else you do or do not understand about the Power of thought, the imagination is a Mind Power that you can begin immediately using! The more you practice Giving Your Attention to this Mind Power the

more powerful your imagination will become. The more you train it to picture good for yourself and others the more quickly it will produce wonderful changes in your body, life and affairs.

Instead of trying to force other people to be helped in the way you think they should be, use the scientific, psychological and spiritual way, which is to picture them whole in mind, body and affairs. Your mind pictures then reach past their emotional pride and intellectual argumentativeness right into their subconscious, which then gladly responds and silently works with you to produce the results you pictured.

Experiments prove that we are constantly suggesting all sorts of things to one another and getting results according to the intensity of our imagination. Picture a thing and bring it through clearly into focus, rather than trying to force it through. Allow the imagination to work naturally without effort. We have already discussed how our children in the past have been encouraged not to use their will. This is another natural characteristic which children have been deprived in the past of expression. A child's imagination is its way of dealing with life and all its dramas that are presented to them. They must be encouraged to work with this facet of their being for expression is a release to tension and a way to conquer fear and other negative emotions.

When your mind's eye or imagining Power is single or one-pointed toward a goal the forces of your body are raised up. The currents of life begin to move upward as the creative energies ascend. As they move upward new life, vigor, increased strength and vitality begin to be felt. As a person keeps his eye solely to the picture of wholeness, a purification and freedom of unlimited pictures in the subconscious is

released. New Powers then awaken and move upward through the whole body until a new Life current has swept through the whole of your being.

Often we have cut off our truth by thinking in strained terms of wishing, needing and wanting. Through the imagining Power of the mind we can begin to think in terms of having, being and experiencing present fulfillment. This releases our good, quickens our energies and Powers, and makes health an immediate possibility rather than a vague future hope.

The ability to imagine is vital to all human progress. Just as all reforms and advances in civilization began with the imagination, so all improvement in your life begins with improved mental images.

Dream, imagine, create and succeed, boldness has genius and genius has Power and miracles within it. Thus, if you desire something very much that seems completely out of reach that is the time to deliberately turn the current of your expectation from "I cannot have" to "I can have". There is nothing magical about being able to get the things you visualize. It is a mental law. What man imagines he can do, he *can* do. Through the work of the imagination every thought becomes a form. In thinking, man accumulates a mass of ideas and with his imagination he turns them into forms.

We do not have to work on other people to achieve our goals. We only have to work on our own thinking. Then those who are receptive respond. Imagination is the Power of conception - what you can conceive, you can achieve! Your Imagination has the Power to bring things together in the mind, to produce new conditions in the body, new

circumstances to your affairs, environments and associations in your world.

## **Meditation for The Growth of Divine Imagination in Your Life.**

This meditation is based on a platform prepared for the purpose of creating within your life those things, which will improve your well being, happiness and joy. For the crystal clear color let us take a piece of glass or a mirrored surface from which we will transform its surface with the Power of your Imagination.

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the fertility of pure quietness. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are in an art, film or music studio. Remember, you have the power to create whatever it is within your life that resonates love, happiness, goodwill, fulfillment, compassion, beauty, peace and joy. Your mind is the tool; a large pane of glass is the canvas or screen to which you will project your imagination. You may participate within the imagery or if preferred simply observe the actions of the players and the scenarios you create for them. This is exactly like a dream, you write the story, you cast the actors, and you are the scriptwriter and the director.

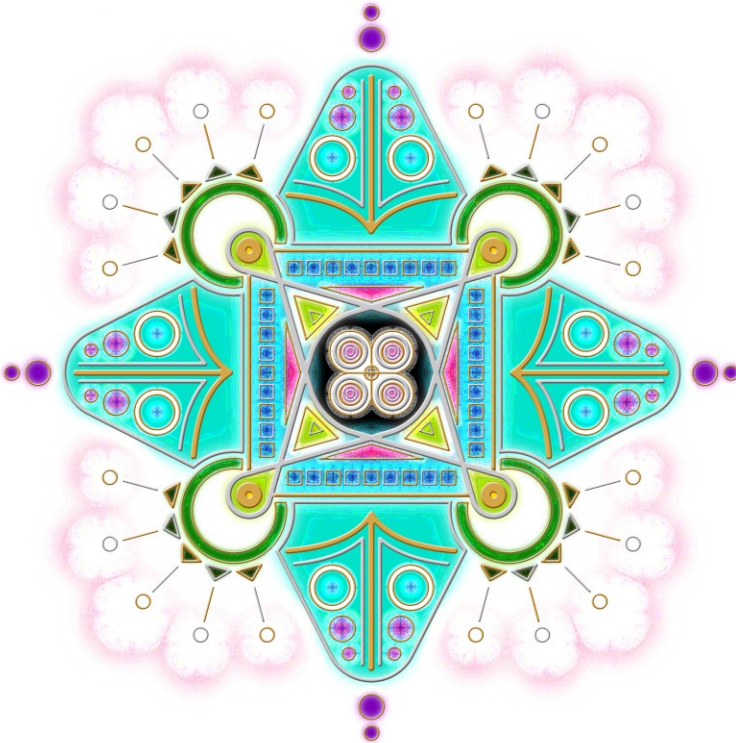
The only difference with a dream and your imagination is here you are purposely creating positive scenarios which are based on God's Will and not your own. Your Higher Consciousness Mind is at work and not your subconscious mind. You are working with Love and absolutely nothing relating to fear or the negative emotions. Remember you are

the creator of your own reality in the same way. So once you have imagined the way you would like it, take those new thought patterns which you have created home with you when you return to the physical world and bring them into reality by giving them substance, through your thoughts, words, and actions. You have the power to do this by consciously activating the virtues and characteristics of the Power of Imagination and the other eleven Mind Powers.

Begin now to create or visualize the scene which is presently in your life generating aggravation and change its perspective to the outcome you would be happy with. Take as long as you like. When you are satisfied that you have completed the exercise, in your own time return to your physical environment in the same way as you have on previous occasions.



## 8. Healing Power of Thomas and Divine Understanding



**MY TRUE NATURE OF DIVINE UNDERSTANDING  
IS MY FREEDOM TO EXPRESS MY  
FEELINGS AND INTUITION KNOWINGLY**

This Mind Power occupies a nerve centre in the front brain along with its twin Mind Power, the Will. These Mind Powers are meant to work together, with the Understanding leading the Will, rather than vice versa.

The Will is one of the executive Powers of the mind that wishes to get things done in an outer way, often through hasty action. The Will can only wisely act when guided by intuitive Understanding.

Understanding is natural to man. It expresses itself as intuitive knowing, which comes from the “still small voice” within man. It is said that man has five physical senses and two metaphysical senses. The metaphysical senses are mental telepathy and intuition. You “see” with your Understanding. You become enlightened through that intuitive knowing within you which often flashes to you as enlightenment. It is a fact that we possess *all* knowledge and *all* truth. It is however that we have forgotten how to tap into this wealth of information. Once we have tapped this information we then begin to understand that we are not alone on this planet and that we are more than what we appear to be seen through our physical eyes.

Through our intuitive flashes our mind becomes a channel through which energy of the Christ Mind at the crown of the head imparts His Wisdom, first into the conscious mind in the front forehead, then into the great body brain in the solar plexus. As the seat of the subconscious activity of wisdom in the abdominal area of the body, the solar plexus is subconsciously affected by one’s use of wisdom and understanding which affects the stomach, heart and entire abdominal area of one’s health.

The ears and eyes are organs of the mind, which correspond to man's understanding. You do not see in your eyes so much as you see through them according to what you understand. The ears segregate sounds according to the mental choice of the inner mind receiving what the mind mentally accepts and which refuses to hear anything else.

Health problems in the ears often indicate that a person is good and respectable in his own sight, but intolerant of those who do not think as he does. Stubbornness is a clear negative trait here. Ear trouble often indicates one who willfully wants his own way. He is letting his Mind Power of Will rule his Understanding, rather than visa versa. A mind attuned to the finer perceptions of its intuitive understanding which dares to listen to and follow the guidance of the "still, small voice within" of Understanding is constantly renewing and restoring the ears and eyes faculties according to what he understands to be true. I remind you here that the eyes and ears see and hear nothing that is true in the physical world of things. It only sees and hears for the purpose of learning in this time space continuum.

The feet are especially sensitive to one's use of the Mind Power of Understanding. In fact, the nerves of the feet are directly connected with the front brain and seat of Understanding.

His feet affect the whole man because they are the bases upon which he stands. The feet are the most sensitive to what is right or wrong and react accordingly.

The conscious use of understanding as it operates from the front brain affects the entire body, especially the ears, eyes and the other of the five senses in the area of the head, the

solar plexus region in the abdominal area and the legs and feet.

### **Giving Your Attention to The Power Of Understanding**

You release your Mind Power of Understanding to heal when you affirm “light” because enlightenment is Understanding in expression. By intuition we are brought into contact with the Inner Light. When your Mind Power of Understanding expresses itself as light, it has a tremendous healing Power. Scientists tell us that at the centre of every atom in man’s being is light. In diseased areas this light seems to have gone out. When you use your understanding again to picture light in that part of the body you release a healing Power. Centre your attention in the front forehead and quietly relax. Think of the light then permeating and penetrating your entire body and all your affairs. Light is increased energy; guidance and a healing Power. As the mind is filled with light so is the body. Dead cells are cast off and tempers, emotional instability, jealousy; criticism, envy and animosity begin to dissolve through enlightenment.

Through tapping into and releasing your Understanding Power man accomplishes quickly, that which under the slow action of human personality, would take aeons to achieve. Understanding is supreme knowing. All the bitter lessons that come through ignorance can be avoided when you decree that you are under the influence of Divine Understanding.

To increase your wisdom and intelligence two or three times a week think about intelligence and claim it for yourself. This practice will make every activity of your life more efficient. Decreeing intelligence will enable you to do things better. If you are wasting time in certain directions decreeing wisdom

will make the fact clearer to you and you will be shown a better way of working.

When you affirm intelligence and Understanding you tap that inner knowing of intuitive Understanding which is the highest form of wisdom. Intuitive knowing then appears as a flow of thought, a flash of inspiration, a hunch or idea that rushes into your mind and persists in getting our attention.

Intuitive knowing will always lead you into greater good providing you follow it quietly and without resistance rather than questioning it, trying to reason it through or talking to others about it. Expressing your intuition is the highest form of Understanding. The word “intuition” means “inner teacher”.

Intuitive wisdom doesn't reason with you. It just points the way with its hunches and leaves you free to take them or leave them. If you stop to reason through or talk about your intuitive leading to other people, trying to get their opinion, consent or approval, you will become confused and lose the guidance that came. This is the game the ego plays with you all the time. The ego against the Higher Consciousness. If you give the ego space to maneuver he will because of his equal power and already present standing within your belief programmings will generally win.

Everyone has at some time touched hidden wisdom and intuitive knowing or original inspiration and has been astonished at its revelations. It helps you get to the truth of the matter quickly. To develop it you may simply affirm that you know all you need to know about any situation or personality that confronts you and it will get to know. So often we do not know because we say we don't know.

Reverse the thought. Begin to say that you know what to do and you will!

The more you study the Power of thought the more careful you will become with your words; you will talk less and think more. If you would stop talking so much and listen more, the “still small voice” of intuitive Understanding would come alive in them too. Intuitive Understanding comes alive in solitude and quietness.

Most of the great minds down through the ages became great through daring to follow the leading of the inner voice within them. When asked what had been his greatest secret for Giving Your Attention to his famous theory of relativity, Albert Einstein replied, “ The really valuable factor was intuition”.

When you get an intuitive hunch to do or not to do something follow through on it quietly and quickly. Men of genius are simply men who have dared to listen to their intuition. If you want to develop your intuitive Understanding you must be independent of the opinions of others.

Intuition is a form of cosmic knowing. To live intuitively is to live fourth dimensionally, one of the greatest gifts of living. As you affirm Divine Wisdom, Understanding, intelligence and intuition, the seat of Understanding is stimulated and makes contact with the realm of super-intelligence at the crown of the head. Since this area has contact with Universal Knowledge you penetrate the wisdom of the ages.

The development of your understanding is one of the most advanced metaphysical developments you can make. You can heal your body and revolutionize your life through increased understanding. Once you have learned to harness and use your intuitive understanding you will not go back to the old

trial and error method of reasoning. You will not allow your logic or will power to direct you any more. In the same way as one who has learned the advantages of harnessing and using electricity would go back to coal and the old ways of living. An old Chinese proverb was written: -

*“One who has come to an understanding of himself, can run for the first time, letting the world take care of its own. When one returns the world to itself, he can, for the first time transcend society - yet at the same time be in it”.*

## **Meditation For The Growth of Divine Understanding in Your Life.**

This meditation is to assist the alignment of the physical senses and to become more aware of the God I Am Self. Creating, within your life, healing, harmony, justice, balance, stability and poise through new understanding of truth eternal and knowledge. We use the colors of creamy yellow as a paler shade of yellow or orange because subtleness is required here. We must stimulate the senses caringly, gently and with kindness so as not to create any imbalance or harmful conditions. If stronger colors are use here then overbalance could occur and the pendulum will have swung over to a deeper level of the negative aspect we are trying to correct.

Find yourself a comfortable place in a quite location. You should sit for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the richness of pure quietness. If you play music take note of the particular tune or lyric that may be on at each segment of the meditation. This may offer some insight to any question at the time. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind.

In your own time imagine, sense or feel that you work in a paper factory which produces various shades of pale cream yellow to pale cream orange paper. Or it could be a fabric production company. You have been assigned to select five colored sheets of paper out of a dozen or so, for a promotional campaign for the company to enrich the publics' senses and activate their Powers of Understanding. The company realizes that it can play an active part in the education of the

world and its needs for understanding to enrich their lives creating healing, harmony, justice, balance, strength, stability and poise.

This is obtained through the elimination of old belief patterns and programmings that they have been subjected to by their parents, their cultures, religions, communities and governmental policies. Symbolically white is out for communication and creamy yellow is in. You are given here, an opportunity through color to ignite the passion of new learning, new information and knowledge which support the truth about who we really are along with our Godly virtues. You may find that this meditation a little more difficult than the others because you are invited to interact physically at the same time as spiritually. That is the essence of all our exercises, bringing spirituality into our every day lives. The notes I recommend you take should be made physical.

Take a piece of paper and a pen and write down your thoughts so that at the end you will find it easier to reflect and give consideration to your thoughts, about the different senses you are activating here. The colors have little bearing other than to give stimulation and focus on understanding some of the difficulties in your life at this time. Are these difficulties related to any of the five senses? What makes you touchy? What don't you want to hear or see? What puts your nose out of joint?

Who leaves that bad taste in your mouth and why? See how it works? Use the colors in future to balance and harmonize the energies within that sense and feel the differences, which come about gradually in your life. Where possible the papers could be real and not imagined variations of color. You may prefer other objects of varying colors within the range.

However paper always works well, especially when the size and texture are the same and just the colors vary.

Imagine, sense and feel the sheets of colored paper, first, for *touch*, remember this is not about texture it is about vibration and frequency. Close your eyes and open your heart, your sixth sense, that of your intuition or Higher Self, draw the colors through your fingertips absorbing each one through your entire body. When the color feels right note the shade along with any reflections, thoughts or images that may occur at the same time. Then place it back in the group.

Second, *hearing*, go through the same process only this time place the papers up to the ears for your receptors to absorb. What color is right for you.

Third, *smell*, place the papers up the nose and breathe in the feeling. What are your thoughts, emotions or reactions? Which color feels correct for you?

Fourth, *sight* - the same thing again. With your eyes closed again bring the paper up to the eyes and “see” with your inner sight, which color feels right. Note your feelings.

Finally, number five, *taste*, place the papers over your mouth. Feel the taste, does it taste like lemon, banana or a strawberry perhaps. Liken the color of your choice to the food of your choice. Make your notes.

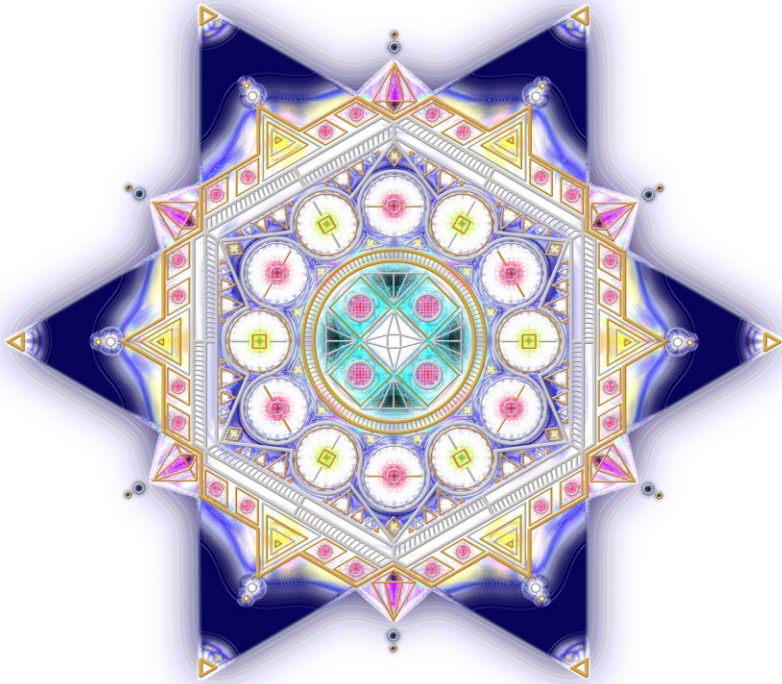
Okay having completed the meditation and exercise take some further time, either now or at a later stage to sit and meditate on each sense and the color chosen for each. They may all be the same colors that are okay and very acceptable. None of the colors may work for you, that’s okay to. What was the color you couldn’t find, was it white, or yellow?

The point is whatever you feel most at home with. Analyze your remarks and find where your understanding in that matter needs updating, reprogramming or changing. Whatever it is that you require remember to ask. The information is available in a myriad of ways; it is your job to become aware of how it is presented to you, Good luck and God Bless.



## 9. Healing Power Of James Son of Alphaeus

### Divine Order



**I FACILITATE DIVINE ORDER BY FINDING A  
PLACE FOR EVERYTHING AND PUTTING  
EVERYTHING IN ITS PLACE**

When things seem inharmonious and out of order instead of rushing about frantically trying to make them right in an outer way remind yourself that lack of order only exists within you through which is expressed outwardly. If you can get your own thoughts and feelings orderly then the people, situations and even the Universe about you will respond in a more orderly fashion. Shakespeare in his play 'Trolls and Crusade' wrote this about order.

*“The heavens themselves, the planets and this centre, observe degrees, priority, and place, insisture, course, proportion and place, office, custom, in all line of order”.*

When it dawns on you that you have the Mind Power of Order within you, that you can call upon it to make all things right in your world, this realization takes away tension, friction or the need to push and force your will to achieve anything you want.

As you begin to call on and release your Mind Power of Order everything in your world will begin to respond. Some departments of your life will react more quickly than others, but if you decree Divine Order, somehow it will work in every phase of your world.

Since the Mind Power of Order is located at the navel in the emotional, subconscious area of the body this indicates that Order is first and foremost an emotional quality.

Order works through emotional harmony. Order that is achieved without harmonious and emotional agreement is not order at all. It is conflict and leads not to order but to confusion!

Many physical ailments that people have in the stomach and abdominal region near the navel result from in harmony and

lack of order within their lives which encompasses the entire spectrum of emotional conditions along with their varying degrees.

### **Giving Your Attention to The Power Of Order**

If you have health problems, financial problems, family problems, or suffer from confusion and uncertainty you can begin clearing them all away by affirming “Divine Order” within your life. Start by taking a close look around you. Are your affairs in order? What about your relationships, your car, your house, your cupboards and drawers? Are everything in its place? Financially are all your bills paid and up to date? How do you dress? These are just of the questions you can ask yourself about when searching for the answer to your orderliness. Remember that which you are inwardly is expressed through what you are outwardly.

When we release our problems through affirmations Divine Order radiates its mighty Power into your other Mind Powers located in the 11 vital nerve Centers of the body so that wholeness and balance are activated in the mind, emotions and body once again.

Just as it is through the nerve centre at the navel that the unborn child receives sustenance from the mother so it is through this Mind Power of Order located at the navel that the soul of man, when quickened by the Mind Power of Order, receives life giving sustenance, increased vitality, energy and healing Powers.

Divine Order is not hard and binding. It expresses itself in freedom and joy. One who does not act in accordance with Divine Order suffers mentally and physically. Such dammed

up life forces become negative and burn up energy. Negative emotions also prevent the body from renewing and rebuilding itself. To retain animosities of any kind seals up the poisons in the body and these poisons simply multiply.

Accentuate the positive by decreeing Divine Order. This eliminates the negative emotions from mind and body and makes way for miraculous changes to take place! Also, the Mind Power of Order working in the sub-consciousness unearths buried talents, reveals hidden Powers and opens the way for their creative and imaginative expression. The Mind Power of Order co-ordinates all the Mind Powers so that new inspirations may spring forth and find unhindered recognition in the conscious mind. Order releases the overcoming power of man. You can overcome much in life that challenges you just by affirming that you have “Divine Order” in your life. Look upon your instincts to tidy up your affairs, spring clean the house, throw out or sell unused or unwanted items within the house. As they clutter so the reflections imply your life is cluttered. You have the choice; you have the free will to decide how your life is expressed.

Affirming Order releases aspects to work in the subconscious areas of the body where they eliminate those which are weak and negative. Then a yoking and pulling together of all your Mind Powers take place so that both soul and body are uplifted, healed and united as one.

By deliberately Giving Your Attention to your Mind Power of Order you discover it to be a faculty that moves the machinery of mind, body and affairs more perfectly, scientifically, harmoniously and skilful than the most effective stage manager handles a play.

Prayer, meditation and affirmation quicken the centre of Order in the body of man, located at the nerve centre back of the navel. Divine Order then wields and radiates its mighty Power into the other faculties and sets them into sustained activity so that harmony and wholeness are the natural result in man's mind, body and affairs. Through Giving Your Attention to the Mind Power of Order the greatness of both soul and body is demonstrated. Affirm often that your "house" (state of mind) is in Order and all the forces of your being are working to glorify the good and well being within your life.

There is a law of spiritual and mental growth constantly at work in your mind. You are not liberated from all your problems by a sudden, violent overcoming, but by a steady "step-by-step" unfoldment of Order in mind and body.

The forces of Divine Intelligence located in the Christ Mind at the crown of the head are so intense and powerful that the outer consciousness cannot stand the full current all at once. If this dynamic energy were instantly poured forth from the crown of the head into the entire body it's current would be so strong that it would destroy the organism! Through the more gradual, evolutionary adjustment of natural man this mighty current not only preserves but raises up the substance and life of your organism naturally and normally. This is the work of your healing Power of Divine Order as it unfolds within you gradually but thoroughly for the highest good of all concerned.

Man is a Powerhouse, generating and giving forth energies at all times. Dwelling on "Order" releases these energies in a constructive way. As you begin Giving Your Attention to your Mind Power of Order you will come into a new state of

thought and action and find yourself doing many things differently because the Orderly Mind Power that directs the Universe is now working through you. A harmonious relationship will be established in all aspects of your life. Whatever there was in mind, body or affairs that was out of harmony will easily be adjusted as you open the way in your mind for the manifestation of Divine Order.

As you affirm Divine Order for healing in the body your taste for foods will probably change. You will desire the purest and best foods that are conducive to good health. People who are trying to lose weight or to stop smoking or drinking should affirm Divine Order. They will then find their false appetites disappearing and their health problems along with them. As long as you believe in the slow processes of what are called "natural" you place yourself under a law of slowness. But if you begin anew and affirm Divine Order you will find yourself operating under a different higher and what can be an instantaneous law.

If there is a tendency to hurry, stop and affirm Divine Order. Rest yourself in its poise. There is no need to hurry for hurrying is to force your will. You are living in eternity now and for always. This means that time has no bearing on anything. It appears to because that is what we have been led to believe in the past but now we know that time serves no purpose other than to learn. The reality is however that we have already achieved all our goals and already stand back within the realms of the God I Am and the All That Is greater Whole.

If you have been disorderly and indefinite put yourself at once under the decree of Divine Order and the same law keeps the stars operating harmoniously will begin working

within and through your life and affairs, making all things balance perfectly. You make living cells through the power of your thought. Orderly thoughts make Orderly cells. The mind draws upon the vital forces and according to one's thoughts alters the tissues of the body. You constantly tear down or build up your health according to the nature of your thinking.

Get your mind into Divine Order and a mighty mind force will begin to work for you immediately. This Divine Order is necessary for the building up of both mind and body. Divine Order is a vigorous stimulant. It uplifts the whole consciousness, revitalizing the organs and giving you courage and endurance. It also tends to make you supersensitive to the Divine Healing currents!

As this happens be on the alert to see harmony everywhere. Do not magnify seeming differences. Do not give your attention to pettiness in people or situations but continually declare Universal harmony. Declare "I am in the right relationship with all people and all situations now". This will ensure perfect and Divine Order and wholeness of mind, body and spirit.

As you daily affirm "Divine Order" you will begin to see the fruitful results made apparent by the mental currents that you set up about you. You may not be able to point out just how each decree brought an effect, but as the months go by you will gradually observe the various changes that are taking place in your mind, body and affairs. You will find that your outlook on life has been transformed into a bigger, more worthwhile world!

Your mind will become more alert, your body more vital and you will be free from inharmonious situations and weaknesses. You will no longer be fearful, squandering your

time and energy away on little things. You will become aware that there is a Divine hand guiding the Universe and security will extend to your health and affairs, as you no longer will worry about them. There will be an absence of prejudice and fault finding in you. You will make lesser and lesser Judgments or criticisms of your fellow men. You will be more generous and others will respond by being more generous toward you. Things will come your way, which previously seemed with held away from you.

Not only will these vast improvements show forth in your particular life and affairs, but also you will observe its quiet effect upon those about you. They will become happier, more harmonious, and healthier in mind and body. It is then that you will know the miracles that are yours for the accepting. The Power that has been released in those two heavenly words "Divine Order".

In your affairs when there is a need for inspiration, continual adjustment, increasing prosperity, spiritual discernment or harmony meditating on Divine Order is the answer. It also means right relations with your family, friends and co-workers. When the demands become too great and the tension mounts you will be shown how to free yourself of all that is unnecessary with these words. Write "Divine Order" in big bold letters and put it on your desk. Subconsciously the message will come across and takes its rightful place.

One of the highest forms of prayer is to give thanks for Divine Order in your mind, body and affairs, whether it seems to be there or not. As you begin to call on Order you will find yourself getting into the stream of Divine Order. First you will get a sense of peace, power, control of your mind and emotions. You will then begin to feel better mentally,

emotionally, physically and spiritually. Situations may still seem to be lingering but they no longer overwhelm you. This is a good sign of successful application and persistent conscious interaction.

Next you will find yourself feeling compelled to do things in an outer way that will put your affairs in Order. You may feel like cleaning house or setting up a new bookkeeping system in your financial affairs. You may get busy in an outer way on previously contemplated tasks or unfinished projects. Suddenly you will know what to do and will sail forth in eager anticipation to complete it.

*“Never try to control, simply be in control”.*

One of the finest ways you can help others is by decreeing Divine Order for them according to God’s Will and not through your own ego’s will, i.e. materialism or logic.

*“First one must empty out the old before they can make room for the new. To mix the new with the old will only create confusion”.*

## **Meditation For The Growth of Divine Order in Your Life.**

The meditation for Order is the placement of events in their sequential order so that we may learn and reach our potentials in a fulfilling and orderly manner.

*“It is not the reaching of our life’s destiny that is to be exalted but the experiences learnt by taking life step by step, each in their own time and each in the correct order of things, for without this process we have no destiny, only a destination”.*

This reminds me of the hitchhiker who said when asked by a passing motorist stopping to pick him up, “Where are you going friend?” The hiker replied “I have no destination only a destiny”?

Okay, find yourself a comfortable place in a quiet location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the beneficence of no-thing-ness (nothingness). Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time and with the Power of your Imagination, imagine sense or feel an aspect within your life that comes to mind which you know has no order. If this aspect, situation or circumstance is difficult and painful for you, remember that you can look upon it as an observer. Just like the transparent crystal clear canvas you painted with imagines in your Imagination meditation, you are the creator you don’t have to get involved and play the parts, just direct and look on.

You will feel no pain, no sorry, no negative emotion, but you will recognize their effects by how they were caused. Order represents the color mustard yellow and the combination of colors and their shades, which make up mustard yellow.

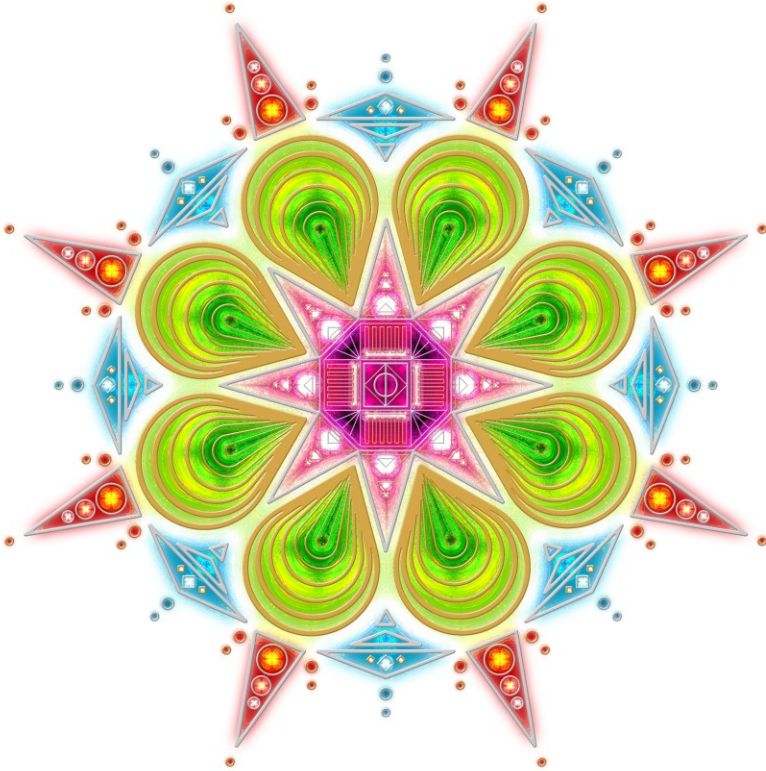
Brown representing earth and the implanting of Order in a sequential form or manner, and yellow for the Strength, stability and steadfastness to maintain this correct Order via God's Will.

Digest the experiences, eliminating those aspects, which have no further benefit to you. Your discernment plays an extremely important part here so be on your guard for any interference from your logical or ego mind. Once you have assimilated the good (God) organized and place in order those serviceable qualities. The images that you have projected for analyses place the color or shades thereof in and around those affected, so that the process of healing and placement in their correct natural order will amend itself. We can *"do without doing"* if we are prepared to surrender our own will and invite the Universe through Jesus and the Holy Spirit to resolve the matter for us. Willingness and Faith are the only criteria required here.

Those things, which you visualized out of sequence now, replay the whole scenario in order, with Understanding, Wisdom and Love. When you have completed your task, in your own time return to your familiar environment and go about your duties, better informed and in the knowing that you have taken the next step in your natural growth to attain further spiritual development and enlightenment. God Bless.



## 10. Healing Power Of Simon The Cananaean Divine Zeal



**WITH DIVINE ZEAL I ENTHUSE MY  
LIFE WITH PASSION IN ALL MY ENDEAVORS**

In the human body Zeal electrifies the nerve substance which breaks forth into energy. Thoughts build nerve and brain Centers that serve as distributors of the vital substance manufactured by the body. The vitamins in the food that we eat are stored up by the body chemistry and liberated in thought and action by man's Zeal. Every thought and emanation of mind liberates some of this stored up substance.

Zeal is thought to give a person a "certain something" which makes them different from ordinary men and women and that gives them a strange Power of accomplishment. People who have developed Zeal do seem to have a special energy and power that makes them different from the masses. They do seem to have strange powers of accomplishment as the "Divine Afflatus" or impulse of creative power, cleanses their minds and emotions leaving them free to express ideas and talents. The ones that may even lead to greatness and they do differ from the masses who are inclined to be listless, inactive and prone to wait for some outer power or event to stir them into action.

But the marvelous truth is that we all have this "certain something" this - "Divine Afflatus" - this special energy and talent that can incite us to glorious achievement. We only need to know how to recognize, release and direct it!

It is significant that the Mind Power of Zeal is located at the back of the neck, because the neck is a symbol of the gracious and flexible state of mind. Graciousness forgives without a thought of there being anything to forgive. To be gracious is to be yielding and non resistant. The neck is a marvelous combination of yielding non-resistance, since it is able to turn in every direction. In good health it is strong, flexible and bends easily.

When one's health problems are in the area of the neck, he is misusing his Mind Power of Zeal. He is fighting, resisting, rebelling against someone or some circumstances of his life and has probably become intolerant. His stiffened attitudes literally manifest as a stiff neck!

Loosen up your human will and let a flexible, teachable attitude take away every mental quirk and trace of crankiness. Be at peace with God and man, thus maintaining your inner balance. The neck is the balancing place between the head and the heart. The perfect union of intellectual reasoning and intuitive feeling takes place at the neck. It is here that the conscious and subconscious phases of the mind meet.

Zeal imparts special energy to the teeth, ears, eyes, nose, and sensory nervous system. When you misuse your Zeal either by trying to force your will and your own way on someone else or by burning up this wonderful energy in unwise activities you get a physical reaction, often connected to the those five senses.

When you burn up your Zeal your eyes may give you trouble perhaps in becoming weak or out of focus. You may wonder what is wrong. Generally it is nothing serious. You have simply drained your eyes of precious energy they needed to function properly. By misusing this Zeal often enough, your eyes may suffer more permanent afflictions.

Inner Zeal is the Power that transforms one's personality! Zeal is the Power that incites the other Mind Powers to greater development. Zeal gives luster, color and radiance to our character just as the sparkle of a diamond gives it beauty.

Zeal gives you a certain attractive and magnetic quality that causes everything good to rush toward you from many

directions. A person who is Giving Your Attention to Zeal, tempering along with it, a quiet wisdom, is exceptional. He has a certain vitality that the average person lacks. This extraordinary vibration gives him that indescribable “certain something” for which all people long.

This happens because in the human body Zeal electrifies the nerve substance, which breaks forth into energy. It is then that man radiates an electrical magnetism instantly to those around him. The reason that the person without Zeal doesn't succeed in life no matter how sincere he may be is that he is missing that magnetic quality that attracts and excites people into creative action.

One of the magnetic qualities of the Zealous is that they are quiet people who do not dissipate their Zeal with needless activity or talk. We have often mistakenly regarded Zeal and enthusiasm as a loud, boisterous quality. This is not so! Zeal is a silent, persistent Mind Power that gives you dominion and control of your world, not of others. True Zeal expressing through quietness overcomes seemingly insurmountable obstacles with its mighty energy of purpose. The reason Zeal has such a Power is because it continues on and on quietly, without intermission, until it completes its task.

### **Giving Your Attention to The Power Of Zeal**

For attaining this peaceful strength fix your attention at the back of the neck. To be without Zeal is to be without a zest for living. Zeal is the impulse to go forward. The word “Zeal” means “active interest” and the word “enthusiasm” is one of the highest forms of Zeal meaning “to be inspired”.

A person without Zeal is like an engine without Power. But one's Zeal must be tempered with wisdom. Zeal can become so active intellectually that it drains one's vitality and leaves nothing for physical well being.

Man is a dynamo of pent-up Power but he needs Judgment and Understanding in its use. Be very careful not to let your Zeal run away with you getting the best of your Judgment. One may become so Zealous as to bring on nervous prostration. Anytime Zeal is misused it reacts. It lets you know you should be tempering your Zeal with Wisdom.

You cannot think of or repeat the word "Zeal" without evoking a certain mental thrill that spurs you into action as you decree it over and over again. Every word you speak goes forth from your mouth charged with atomic energies that affects your whole organism.

The law of Divine enthusiasm, spiritual and mental Zeal is one of the most powerful laws operative in the realm of mind and body. The world has long been Zealous in advocating reforms. The trouble with those reforms was that they aimed to change man's way without first changing his mind and heart.

Since Zeal is located in the area of the conscious mind you can consciously stir it up! Centre your attention for a moment at the base of the brain and quietly decree that infinite energy and intelligence are pouring forth as Zeal into the five senses. Then follow in your Imagination or mind's eye, the set of nerves that lead out from the base of the brain to the five senses.

As you mentally carry Zeal current from its centre at the base of the brain and mentally connect it with the five senses, especially connecting it with the throat area by speaking forth

the word “Zeal” a mighty vibration is set up that affects your whole nervous system. In this way you can strengthen your voice, revitalize your teeth and indirectly impart it to your whole nervous system. Zeal is a great and all-powerful stimulator.

As you develop your various Mind Powers the Zeal centre comes alive more and more. You can actually feel the mighty Power and current as Zeal as it works at the back of the neck. It often becomes active as you think, read, study, meditate and make your affirmations. You can then direct that Zealous energy mentally to your five senses and to your whole body.

Instead of starting off with a bang and then promptly running down without finishing a task Zeal has staying Power. It has the unique ability to hold on and keep on until the goal is reached and one has crossed the finish line to results. Zeal produces completion. Anytime you do not seem able to complete a task that is the time to affirm Zeal declaring “this is a time of Divine completion. Zeal is completing this for me now”.

Zeal not only works in you as energy, right attitudes and action and staying Power but also Zeal sometimes works in you as a quiet kind of pressure. When you feel an inner pressure working on you causing you to become dissatisfied with your life and desiring to expand it, your Zeal faculty is coming alive, progressively trying to lead you into a better life.

When you feel as though a special kind of energy is pressing upon you, often that pressure is felt in the area of the lungs and you cannot breathe easily, this is the action of Zeal. You may feel the quiet pressure upon you to improve your life, possibly to make what seems great changes and your Zeal will

not let up on its inner pressure until you follow through on its guidance. Such pressure can be encouraging for you, giving you an opportunity to start something new. Remember out with the old, in with the new. Once awakened, it will not let up or give up until it has had its way in your life, even though its way makes great demands upon you.

Zeal is one of your most pronounced Mind Powers as it gives you a certain vitality, keenness of mind, magnetism and an ability to achieve your heart's desires that none of your other Mind Powers can!

Energy is Zeal set in motion by words of praise stirring up emotion converting it to action. Praise is the great releaser of energy in the mind, body and spirit. The effect of praise on man's body gives a response in every cell. In an atmosphere of praise each cell builds new strength and vitalized energy. Since each cell is intelligent and has unlimited Power, when praised as perfect, it responds by getting rid of all that is foreign and imperfect and then builds Divine perfection in its place.

As praise calls forth the life force in man it affects three of his Mind Powers prominently, the Zeal centre at the back of the head; the Power centre in the throat; the Life centre in the generative organs of the abdominal region. An acceleration of Zeal often brings healing in any of these areas increasing health in those areas.

## **Meditation For The Growth of Divine Zeal in Your Life.**

Zeal is the color of rose pink, soft and gentle, calming, loving, full of cleansing on hope.

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the givingness of pure silence. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are in a garden of roses, everywhere the eye can see are roses, hundreds of shades of pink, calming, warming, passionate and hopeful. *“Everything is coming us roses”* I am sure you have heard. Everything finally looks like it will be okay, and it is already perfect. With the peace that you hold within you now, begin to blend your energies with the pink roses.

Allow the various shades to permeate your wholeness and fulfilling your dream to achieve the goal, which you have set yourself to attain even though you may not remember it yet. Cast your mind back to when you were a child, go over your life’s visions and memories without emotional attachments and review them. As you were a baby, a young child, a child, a teenage, youth and adult. Look at them through your Power Mind Centers and feel how you have grown into the person you are today. Think of the knowledge, truth and understanding which has now influenced your new perceptions and beliefs on life at this time. Think of the order, which has aided in your awareness of Who You really Are - The Sons God.

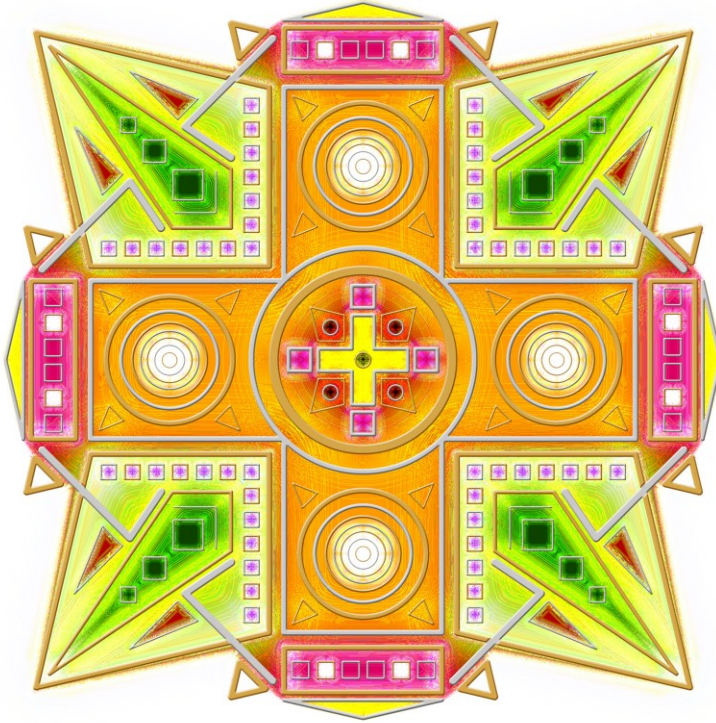
You are safe, because God protects you, this is the Truth. He offers you His Peace because that is Who You are. While you

hold the truth close to your heart there is no need to defend yourself in any circumstance, for in your innocence, in the Power, Strength and Wisdom of Who You Are, you are perfect. See how far you *have* progressed. See now, how fear, regardless of its apparent magnitude, has no affect or hold on you. Notice that attack when you do not react, has no meaning, therefore is worthless in your daily affairs. Replace attack with love, offer forgiveness to others and feel the forgiveness for yourself. Stand tall, with enthusiasm, honesty, truthfulness, integrity and your natural Zest for life and you will shine for others to follow your example.

When you are ready and within your own time make your way back to your familiar world. Remember rosy pink, buy yourself some pink roses, wear something pink, hold something pink whenever you feel a little listless or under the weather and you will once again remember your hopefulness, remembering Who really Loves You! – YOU and the All That IS!



## 11. Healing Power Of Judas Iscariot and Divine Regeneration And Eternal Life



**I CALL FORTH THE LIFE FORCE OF DIVINE  
REGENERATION TO REJUVENATE MY MIND,  
BODY AND SPIRIT GIVING ME NEW HEALTH,  
VITALITY AND WELLBEING**

Men of science are now saying that life is a Mind Power that it is a mental quality within us. Realizing this we can begin to tap that life force and release it into the organs and cells of our bodies. Scientists now state that there are vast and untapped energies sealed up in the body. This has been true since creation began because this was God's Will.

Most of our ill health, physically, mentally and emotionally is caused by our lack of understanding of the true nature of life. Man is only partially alive because he does not understand that he can call forth the Life force within him. When you turn your thinking toward the idea of Life you shall experience a different feeling and a different quality for living. You can now start with this knowledge that you have these Life forces within you to rejuvenate your mind, body and spirit which will overflow throughout all aspects of your relationships and your environments.

Deep emotional conflict produces what is considered incurable diseases in the generative organs of the body. When that "incurable" conflict is cleared up through affirmation of truth so is the attending or corresponding disease!

Sexual energy is actually soul energy seeking expression through the higher nature of man. When it is restricted or dammed up in some way it then expresses itself anyway but instead of expressions of Love they express themselves through physical, mental and emotional complexes, fixations and neurotic attachments warping and confusing the personality mind, emotional nature and health of a person. All of these things are curable.

The reactions of the uterus and ovaries in the sexual organs and the reaction of the mammary glands in the chest, to the

pituitary gland at the base of the brain, show a close relationship to each other. Thus, the organs of generation should be carefully guarded against misuse. Generative organs are Centers of purity. When their substance is wasted or used through promiscuous activity they become the vortex of destructive problems of both mind and body.

Carnal love or pleasures of the flesh can never be anything more than a phase in human life and a preparation for love on a deeper level of being. In every marriage a time comes when the function of sex ceases to serve its immediate purpose and a marriage of soles which it is the secondary function of sex to develop much take its place. It is then only that love begins to reach its fulfillment. This is the love for which we were created and which alone survives in the Kingdom of Heaven, where we are told that there is neither marrying or giving in marriage. It is a tragic illusion when the shadow or symbol of love is mistaken for its true reality and that the seen reality with the physical eyes through our logical mind and old belief programmings are regarded as a fantasy and a substitute for the real thing. This transformation of love from sexual into spiritual love, from the Eros into Agape, (sex for the preservation of life into Christian or God's Love) is indeed the very purpose of Life.

The words "sacred" and "secret" have the same root of origin. One's sex life should be held sacred, thus secret. There is an ancient teaching among the mystics that the life force in man when conserved becomes transmuted into a finer soul and body essence. Increased health and spiritual Understanding result. The foregoing mental treatment on "life" helps you to accomplish that attainment.

When conscious and subconscious fixations, which have a sexual basis, come to the surface psychic obsessions which are a form of retreat from reality occur. The one experiencing them claims these obsessions result from their supposedly high-powered spirituality when in reality they are only a result of their sexual frustrations.

When we have betrayed that life force through misuse either as physical or emotional dissipation by dwelling upon the sensual and negative there is still hope for redeeming and uplifting our Life forces.

The Will, located in the front forehead, and the Zeal centre, located in the back of the neck, are both closely connected with the Life centre in the generative organs. This helps uplift that creative energy, pulling it up through the whole body into the higher conscious mind at the crown of the head. As creative energy is drawn upward into the subconscious functions of the solar plexus region, into the conscious functions of the mind in the front forehead and the five senses and finally in the higher consciousness functions of the crown of the head, this creative energy is directed constructively.

The spinal cord is a cable to conduct energy. Through it the seminal fluids flow through the nervous system connecting mind, body and spirit.

As you dwell upon the word "Life", the Life force in the generative functions is uplifted and distributed to all parts of the soul and body as a revitalizing force. It ascends the spinal cord flowing out over the thousand nerve tributaries leading from the spinal cord to every organ of the body.

## **Giving Your Attention to The Power Of Regeneration and Eternal Life.**

When you feel tired, run down, depressed or discouraged, that is the time to call upon the Mind Power of Life within you. This Power that will resurrect new energy is not a supernatural one. There is nothing supernatural or anomalous about any of these Mind Powers. They are all as natural as they get. Why? because they originated from God and given to us by Him for us to be and create like Him. We are His Children who are denied nothing in this Universe other than those things which we, through our lack of knowledge and understand, deny ourselves.

In each cell and atom of our bodies is Life substance and intelligence. As we speak words of "Life" each cell responds. We can charge the cells of our bodies with Life because they are receptive and always listening. If we dwell upon the idea of Life, our bodies take up this idea and acts upon it, first consciously and then subconsciously. The idea of Life will then work through the cells of our bodies, generating new energy.

Through the Power of your thoughts and words you can penetrate and release unlimited energy that is pent up in the atoms of your body and you will be astounded at the response. Lifeless functions anywhere in the body can be restored to action by one's speaking to the intelligence and Life within them.

The atomic structure of the body is made up of trillions of atoms. At the centre of each atom in your body there is a central light around which lesser lights are constantly circling. At the centre of each one of these atoms is Life and energy. When you affirm "LIFE" you stir up and bring into

action that tremendous atomic energy in your body. Indeed, when you affirm the word “LIFE” you are working with an atomic energy that is all-powerful, because you are an atomic being whole and complete!

To think intently upon “Life” is to quicken it into action. To talk about energy force and Power will cause the Life currents to flow swiftly throughout the whole being. So forget about growing old and begin to rejuvenate and regenerate your body with *Life*!

Do not let inactive ideas clog your mind, open your thinking to the idea of Life and let new creative and Life-giving ideas express within and through you. Say out loud, *“My mind, body and affairs are now filled with rejuvenating Life”*. You can actually transform your mind, body and affairs, bringing alive an electrical energy and activity of tremendous good within them through the use of this affirmation.

Affirming Life can especially rejuvenate your affairs of all types, as well as your health. Our attraction to Life is so strong that we instinctively shrink from listless people who are lacking in vitality and enthusiasm for Life. We are irresistibly drawn to lively people. The word “Life” denotes activity, movement and excitement. If you ever feel bored with your world, affirm “Life” and things *will* begin to happen. You will be drawn into the stream of Life itself; you will find yourself *“where the action is”*.

To affirm “Life” will make the Life forces flow swiftly throughout your whole being. All other glands seem closely related to the gonads, consisting of the male testes and the female ovaries. Apparently the personality and temperament of an individual, as well as the state of his other glands,

depend upon the state of the Mind Power of Life located in the sex organs.

In each cell and atom of the body there is Life substance and intelligence. You speak the word of Life and each cell responds. *You* can charge the cells of the body with Life. If you present the idea of Life, your body takes up this idea and *will* act upon it. Life is and has always been your choice and can never be governed by excuses that you have been restricted through the ideas, beliefs, actions or words of others. You are your own boss! You have your own integrity, you are positive; you are the Son of God.

## **Meditation For The Growth of Divine Regeneration and Eternal Life in Your Life.**

Blood red or ruby red creates an ambience for reproduction and creativity. God gave us the Will to create with equal power to Him. To give, gain and generate new life in His likeness. However, we have learned to misuse that creative power which has instead produced fear, confusion, depression and frustration in our lives. This meditation is an opportunity to reverse and replace our powers of reproduction and creativity to that which is now and will forever be God's Will. This will be done through serious discernment, with diplomacy, understanding, wisdom, prudence, love gentleness and generosity.

Find yourself a comfortable place in a quite location. You may sit or lay for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like your open-mindedness of the silence. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you have the ability to create new life simply with the power of your mind. Imagine the desire to create new life, for example the heart burning wish to bring into this world a new child, so pure, so beautiful and warming that you already begin to feel the essence of that birth being conceived within you.

Life begins with a thought and its personality or characteristics are those through which you impose through your belief system. You are bringing into this world God's Child with whom you relate perfectly. You have fertilized the ovum or the soul, with the sperm or the idea, which is nourished and developed by the blood (red color) for the

manifestation, growth and development of the Soul and Mind. There is an inner knowing a familiarity, which you seem to have always had about this process. Now, in your Mind allow the conception to take place by flooding the uterus, men should have no problem with this concept while in this altered state of consciousness, with the color of ruby or blood red, for it is from this color that this life is activated. Imagine the fetus growing and being nourished with pure Love from this color. See with your inner sight the formation of the child within you.

See it smiling upon you, for your recognition of the knowledge that you are this child. You can feel this color of life permeating and filling your every muscle, tissue, cells and atom within your body. You have now become the color of ruby red. Imagine that you are now giving birth, bear down and allow the child to be born into this world. Take your time and when this has occurred look at your child. He or she is surrounded with a brilliance of light that you have forgotten all about. You now remember its beauty, its radiance and its gentleness. Hold this child in your arms and remember! Feel the Love, compassion and joy. This is you, you are holding in your arms. This is you from the essence of your Divine source. Contemplate the peace, the glory and the Love. In what ways can you imagine that this new love and peace can change the things in your present life from the negative aspects to those you have just been feeling?

When you are ready, in your own time return to your familiar world and bring your Inner Child with you. Learn from this Child as He or She has all knowledge, is all knowing. Allow all Its truth to permeate your logical mind and when you feel the need, care for Him or Her, give Him or Her your undivided attention. When you are feeling lifeless and the need to

regenerate, buy yourself some ruby red flowers, if you have a ruby stone hold it in your hands while upon your lap, wear something ruby red and feel the Inner Child stir once again within you. Remember who He or She is, that is your right, that is your “*journey to be*”. God Bless you.

## 12. Healing Power Of Jude Thaddaeus and Divine Elimination



**I RELEASE FROM MY LIFE THROUGH DIVINE  
ELIMINATION ALL THAT NO LONGER SERVES ME.**

People who suffer from physical ailments in the organs of elimination are people who need to eliminate some possessive attitudes or relationships from their lives. Kidney trouble, disease in the colon and intestinal tract, liver ailments, diabetic conditions, hemorrhoids and constipation are all caused by holding onto thoughts, feelings, experiences or people that need to be emotionally released. Possessiveness, which is one of the worst forms of bondage will cause all kinds of health, financial and human relations' problems and is often reflected in the organs of elimination as disease.

The Mind Power of Elimination is located in the seat of the subconscious mind. Not only does the job of Elimination include renouncing, dissolving and eliminating all waste products from the body, but also all negative emotions stored in the subconscious and emotional region in the abdomen. The intellectual centre is located in the head; the affectionate centre is located at the heart; the sensual centre in man is located in the abdomen.

The adage "*get off your bum and do something*" originated from the lack of energy. This energy is restricted because we hold onto things, which we require to eliminate. Elimination gives us a new lease to life and we "*get off our bums*".

A gripping hold on material things will cause constriction in the abdominal area. One reason for many of the ills is that the Mind Power of Elimination is closely connected to the Mind Power of Will. The Will, operating through the front brain, controls the circulation of Life in the whole body. A tense personality will cause a slowing down process in the whole body, so that there is a lessening of energy and vitality. A willful holding on to material things will cause constriction in

the organs of elimination because it is the duty of the elimination to release and let go, rather than to hold on to substance. To succeed in a chosen field usually calls most of the body energy to the head and starves the Mind Powers located in the chest and abdominal region. This in turn creates a lack of energy within the area of elimination. While we refuse to release we restrict and sometimes prevent our growth, thus stagnating to the point of complete destruction, calling upon death as our way of escape.

All our natural passions and affections, material, mental and emotional, have to be surrendered, not necessarily to be given away or destroyed but simply to be *transformed*. We have to learn to detach ourselves from any form of passion, if we are to become free to Live and Love without restraint. This means that we have to surrender ourselves without reserve to the Love of God and His Will. This is our "*journey to be,*" our obligation to humanity and ourselves. The smallest decree of selfishness will spoil any Love. The Love of God demands complete self-surrender. I repeat here what has already been covered in previous chapters, but it is so important to become one with that the activation of any of these Mind Powers cannot function correctly unless we first surrender ourselves to the Will of God. We *have* to give all that we may receive all.

As long as we remain attached to anything, to bodily comfort, materialism, to friends, to any skill that we may have in art or science, above all, as long as we seek our own will in anything, we cannot receive the Love of God into the depths of our own being. But here is the paradox. As soon as we have renounced all these things for the Love of God and His Will we receive them all back in a 'new' way and in abundance beyond belief. We cannot Love nature as it should be Loved until we

have renounced the love of nature. We cannot Love our friends as they should be Loved until we have renounced human affection. For it is only when we have renounced all selfish attachment to people and things that we can Love them purely for themselves within the true essence of the Love of God.

In the overflow of Life's blood and energy to the Will centre in the front forehead can cause enlarged adenoids, inflamed tonsils, sinus trouble and other ills of the head, while the abdominal region suffers from constipation and general lack of vital action.

It is possible to overload the mind just as it is possible to overload the stomach. Thoughts must be digested in a manner similar to the way in which food is digested. Without their proper digestion and assimilation your thoughts can end in mental congestion, depression and complete frustration which overflow and seen as chaos within your mind, body, relationships and affairs.

There is no stagnation in a healthy body. Its perfect system of assimilation and elimination is unequalled by any invention of man cures. The body acts with fearlessness and intelligence in receiving sustenance and in letting go of that which is no longer needed.

Substances taken into the body that have served their purposes become devitalized and are no longer connected with the Life force in man. The body has to get rid of these waste products in order to make room for new Life filled substances.

Strongly negative emotions impede the elimination of used substances from the body and all manners of health problems then result. Those who want to take on new ideas, but cannot

emotionally turn loose of old ones will eventually get liver trouble because the liver needs to cast out the untrue and that which has no use to stay healthy. When the liver is forced to hold onto the past, regretfully, the kidneys record this state of mind and become infected by it.

The need for elimination is reflected in the skin. Rashes, irritations, psoriasis, skin disease, eczema, dermatitis and perspiration become unwholesome as a result of the gloominess or negative states of mind. The need here for elimination is imperative for any ailment of such a type to dissipate. One of the functions of the lungs is to throw off waste vapors. This can also be through the skin or breath. An insufficient breathing in of fresh air causes as overworking of the kidneys, as can be seen in the density of the urine.

The bowels also become either constipated or loose due to mental poisons held in the mind. A worried mind will inflame the intestines. Some cases of bowel trouble can be traced to a selfish thought or attitude been held onto which should be eliminated, released, given up or in some way passed out of one's Life.

A clogging of the mind causes Hemorrhoids. Irritability, fretfulness, resistance and anxiety cause constipation, which can become chronic. Also, improperly placing of one's affections can cause hemorrhoids.

False Judgments and criticisms are always reflected in the organs of elimination. If there seems to be an overworking of the kidneys, then attitudes of criticism, unkindness, sarcasm, cutting remarks, fault-finding, looking for the worst, picking out weaknesses in people and dwelling on the past and people's shortcomings are probably close at hand. There must be a softening and sweetening of these acid thoughts as

well as a withdrawal of condemnation from one's fellow beings.

### **Giving Your Attention to The Power Of Elimination**

The remedy for these conditions is relaxation of the will and the "letting go" or "surrender" of purely personal ideals or objectives. We must all Work towards the rejuvenation of life within humanity. We should not do it for ourselves but for the Greater Whole. The Relaxation of the tense abdomen depends upon relaxation of a tense "will". Use affirmations in a relaxed way and after having used them continuously for a time release them to do their perfect Work in the subconscious.

Neglecting the inner urge to let go of the old and make room for the new tends to clog one's life with the debris of past mistakes, disappointments, and sufferings. No function of the body teaches this lesson more clearly than the bowels. Releasing the past is one of the greatest health aides to all the organs of elimination. Alkaline conditions in the body are governed by one's affections while acid conditions are governed by one's reasoning nature.

When one becomes uplifted dwelling upon the good in himself and others and refrains from condemnations, there comes a change in the quality of the breath he draws and the substance he takes from the ethers within the atmosphere. As he rises higher in his thinking the lungs are refined becoming more sensitive to a finer texture of air, which in turn, acts upon the blood and skin. It is the fine, high tone of thought that causes the body to throw off its waste products most easily and quickly.

Praise, gratitude and thanksgiving cleanse and free the mind and also aid in cleansing and freeing waste matter from the body. Thanksgiving, gratitude and praise have a releasing and freeing effect upon the whole body temple. The bodily functions in the abdominal region especially respond to praise. Just as both adults and children often are emotionally starved for kindness, appreciation, praise, gratitude and thanks, so are the organs of the body. Praise can heal constipation as well as other diseases of the abdominal region.

The Power of Elimination is a Heavenly Gift. You are constantly working to eliminate obstacles both in your habitual thinking and in your outer world of affairs and relationships. Elimination is your Power for casting off that which you have outgrown in life, to overcome all obstacles and to be victorious in every endeavor you undertake.

A change of mind effects a corresponding change in the body. If the thoughts are lifted up the whole organism is raised to a higher vibration. If the system has been burdened with congestion the highest Life energy will give it freedom. But there must be a letting go of old thoughts and habits before the new can find place in the consciousness. Renunciation calls for the letting go of deeply rooted negative thoughts and feelings. Living old thoughts over and over keeps the inlet for new thoughts closed. Then crystallization sets in. Cancer, tumors and many other ills of the flesh are evidence that nature has been outraged and is protesting and stirring free itself from old, worn-out attitudes.

A healthy state of mind is attained and maintained when the thinker willingly lets go the old thoughts and takes on new and higher ones. When freedom is declared and the Mind

Power of Elimination establishes that freedom in the mind, emotions and body of man, lightness is seen in the whole body as Strength and elasticity develops. The Power of Elimination is constantly infusing more energy into one's being at the same time casting out of body and mind all waste.

When the awe of forgiveness is satisfied, it draws new Life, Strength and Power from the Divine Source and throws off the old. When new light is born in consciousness, the old error thought loses its grasp and falls away. You need to assist in bringing about these changes rather than fighting against them! As you practice forgiveness, which is the act, and achieving atonement or become at one with your Self and those around you, you will realize that you are letting go of all weariness, doubt and fear feeling a lightness and freedom within and without your whole being.

When you have physical pain or discomfort in the organs of elimination, the Mind Power of renunciation is trying to warn you to let go and give up some old attitude, experience or relationship. Sometimes health problems in the abdominal region are caused by possessiveness. When you feel the bondage of possessiveness it is also an indication that you are being possessive of another. Anytime you feel bound you are also binding. You can have the complete freedom from possessiveness when you personally are willing to stop holding fast and dictating to other people. In this simple way you can begin to receive and give emotional freedom which leads to healing in mind body and spirit.

Bondage and inharmonious thoughts words or actions come into your human relationships when you try to reform, hang on to or mould others to your own wishes. It is time for you

to stop worrying about others and go inside yourself to do the changing which is required to improve your life!

The first step, after going inside yourself to make these changes is to surrender your hold on loved ones, allowing them to be free within their own beliefs, thoughts and action. This is the act of accepting them for exactly who they are and not what you expect them to be for you. They have the same rights to be themselves as you have yourself. This is called Unconditional Love. Commencing with your immediate family and then expanding in time to friends and acquaintances, strangers and people you will never ever meet. The love that binds another against his will can never result in happiness for either person. Whereas, a Love that releases its own *for their highest good* brings them ever closer than ever imagined. You never lose anything that still belongs to you by Divine Right through the act of release, though it may appear to be so. This is because you misunderstand the Power of God's Love and how it works. Through the act of release and surrender you make way for your only truth to manifest in grander ways than ever realized before.

Indeed, the function of elimination is twofold - to eliminate error and then to expand your truth. Elimination of something from your life is always an indication that something better is on its way! When there is Elimination in your Life it is an indication that your truth is trying to expand. Knowing this makes it easier to let go the old and let your new truth appear. At such times declare "*I let go and trust my faith in god and his elimination*".

Every phase of Life involves renunciation. Every advance means the rejection of something old, especially when that "advance" is to be a healing! In the body, unless Elimination

is maintained, there will be no new growth, no new cells or no healthier flows of Life forces. There is a constant need in your life for Elimination, which cleanses and makes way for expansion of truth.

It is painful letting go and letting go takes great courage. But your Faith will be rewarded with new understanding, greater power, and more zeal than ever before. The Mind Power of renunciation not only eliminates the old, but it also expands the new. They will not leave you desolate if you play your part with confidence, persistence and perseverance.

This is also an interesting point to remember, when you do not willingly let go in your life, that which is no longer for your higher good or that which has outgrown you leaves you anyway. If you clutch or try to possess these things, people included, they find a way to get away.

Elimination is the Power in the mind of man to cleanse and free him. For this purpose, relax often, direct your attention to the abdominal region and declare "*I am blessed with perfect elimination in mind; body and affairs*".

## **Meditation for The Growth of Divine Elimination in Your Life.**

Violet is the color we use when we wish to eliminate and expel those aspects from our lives, which no longer provide further nourishment, learning or benefit. These include: - old, run down and dilapidated belief systems and programmings, emotions and feelings, thoughts and ideas, methods and customs, relationships and associations and any other aspect of our lives that create limitations and restraint, either physically, emotionally or mentally.

Find yourself a comfortable place in a quite location. It is recommended that you sit for the purpose of this meditation. You may play some of your favorite music in the background or perhaps you will like the virility of the pure quietude. Take several minutes now to relax either by several deep breathes or by any other processes which you are familiar with to quiet your mind. In your own time imagine, sense or feel that you are sitting in a comfortable chair within the diameter of a circle of about 1.8 meters or 6 feet. Your circle is defined at its circumference by a brilliant electric blue/white light. This light protects you from all your fears and negative thoughts and emotions which you may perceive real, while in the process of elimination which you are about to undertake.

This meditation is one which you will have to use on many occasions as it is recommended, for clarity sake, that each aspect you wish eliminated from your life will require separate cleansing and healing. Remember that where relationships, feelings or emotions are concerned you will not, I repeat, you will not, be hurting anyone or thing. These processes are undertaken through the Will of God and *are*

directed by Him. They are performed only for the highest good of all concerned.

Now imagine another circle, slightly less in diameter with the edge of its circumference touching your circle. A burning flame of violet light defines this other circle. This flame or fire if you like, is non-burning in the physical sense, but has the ability to disintegrate and eliminate all that, which has served its purpose and is no longer required by you. It is a cleansing and healing flame. Where other individuals are involved it serves in their healing at the same time as your own.

When you are ready, imagine an aspect, condition or belief, within your life that you feel has served its purpose and usefulness to you or that which no longer has benefit to you. Now place that aspect, condition or belief into the opposite circle with its violet flame or fire, in whatever form you like. It could be a thought form placed in a balloon or a person in a reclining chair. The possibilities are endless. Now check with your Higher Consciousness to be sure that you are making the right decision and if you are satisfied, imagine that the external ring of violet flame or fire rises throughout the circle to a peak, forming a cone, consuming that aspect, condition or belief.

After a few moments if you can see that the flame has eliminated the aspect, condition or belief thoroughly, allow the violet circle of fire to be drawn to you so that its cleansing flame is now burning completely around you. You are now enveloped with the flame. You are feeling safe and without fear. While you have imagined the aspect, condition or belief to be transformed back to nothingness, you now need to cleanse your auric fields. As the fire cleanses, heals and purifies all your bodies you are feeling lighter, freer and

happier, having made the decision that you no longer require that aspect, condition or belief in your life and knowing that it has gone forever. When you feel comfortable, extinguish the flame and in your own time return to your familiar world feeling refreshed, excited and more energetic than ever before. Congratulations on a job well done. God Bless.

## Affirmations For The Mind Power Centers

When we use affirmations it is important that we direct them through our heart. By doing this we eliminate the chance that we are not preventing the affirmation to have effect against our will to assert it. For those of you who are not use to the use of affirmations or invocations, as they are sometimes called, you should start the process by finding a quiet place where distractions are less likely to take place. For me a prayer is simply an affirmation of what you need and if stated with the correct intentions and honesty have the Power of the Universe behind them. So, find a quiet or favorite room in the house or garden perhaps. Maybe while lying down or sitting on your bed. Use your Powers of Imagination and go to a place in your mind that suits to mood for peace, joy and quietude. There is an old Chinese proverb that says, *“Living in this world, there is action in the midst of quietude, and quietude in the midst of action. Only when they are one will there be a perception of the imminent truth”*. When we find this place of quietude and feel the peace that emanate there you being to realize and experience the state of being at one with yourself and the All That Is. So, imagine, sense and feels that peace, once you have arrived there simply read of if you have memorized the affirmation several times. Accept it content without question, without logic and without doubt and it will surely take effect.

Once you become more prolific with your peace of mind you can affirm your statement walking the dog, travelling to work, watching TV, in fact the place and time have no boundaries. But to begin take it carefully and slowly. Once you begin to see the benefits and experience the knowing that these invocations do work, they become more dominant and

important in your life, thus changing your old belief patterns and programmings.

Here I have included for consideration to start some simple invocations for the purpose of drawing the energy of the Mind Powers into your life. These are only samples and can be increased or decreased according to your understanding, belief or requirements. They are by no means a steadfast rule. Be open-minded, try them for a while and assess their reactions within your life. Change them accordingly if you like but I recommend that whatever affirmation you find suitable, either these or any of your own try not to deviate too often. Repetition is the key to affirmations. The more they are repeated the stronger and more effective they become. Believe in them and you will become them.

### **1. Affirmation To Empower Faith**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them, the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon the Universal Power of Faith located in the pineal gland at the centre of the head, that I may raise my attention to the truth and away from all illusions as to who I am, giving me courage, persistence, perseverance and determination to achieve my natural goals according to my Work with God. To enrich my life with material freedom, wisdom, authority, self-reliance, control and the will to succeed. Finally to enhance my confidence and self esteem to executively manage and

organize my mind, body and affairs efficiently and effectively.  
Amen

## **2. Affirmation To Empower Strength**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon STRENGTH located in the small of the back that I may be responsible and balance my physical, mental and emotional stability. To generate endurance, stamina and power, durability, calmness and permanence, determination, reliability and faithfulness. To illuminate my life with the joy for living, freedom of worry, to be optimistic, sociable, kind and giving. To induce my imagination, zest for living, my hidden talents and artistic expression. - Amen

## **3. Affirmation To Empower Love**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon LOVE located in the heart allowing me to forgive those who trespass against me with their hate, anger and lies, distortions, defamation and misunderstandings, for Father, they no not what they do. I see Them as my Brother and your

Son, They are part of My salvation and their own. That I may know peace and selflessness, giving without expectation and freeing to be freed. To enlighten my life with Universal Love, brotherhood, charity and compassion. I am a humanitarian at heart and encourage selfless service, generosity and understanding to those who are drawn to me. Amen

#### **4. Affirmation To Empower Wisdom, Justice and Judgment**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon WISDOM / JUSTICE / JUDGMENT located at the pit of the stomach that I may not judge or criticize others for I don't have the power the judge or criticize, Judgment is His and His alone, that is Wisdom. To introduce my life with intuition, revelation, spirituality, exhortation and priestliness. To look toward the higher purpose of my life through nature and the truth of who I am and to be capable of any achievement, goal or desire I have been set by the Will of God. Amen

#### **5. Affirmation To Empower Will**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout

my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon WILL located in the front of the forehead so that I may know God's choices for me. To unite my life with service, love, gentleness, harmony and balance. To give presence to charm, diplomacy, co-operation and receptivity and to be flexible, adaptable and reliable. Amen

## **6. Affirmation To Empower Power**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon POWER located at the root of the tongue that I may choose the correct words and their caring expression. To balance my life with freedom, experience, unattachment, change and adventure. To shed light upon the curiosity, variety, progress and travel while at the same time remaining open minded to new information, beliefs and ideas. Allow me to express patience, tolerance and forgiveness for I am all these things. Amen

## **7. Affirmation To Empower Imagination**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout

my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon IMAGINATION located between the eyes so that I may expand my perception away from all physical and worldly limitations. To execute within my life the attributes of application and expression of my imagination. To be trustworthy, loyal, honest and reliable with the highest of integrity and to serve with patience and exactitude. Amen.

### **8. Affirmation To Empower Understanding**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon UNDERSTANDING located in the front of the forehead so I may remember all knowledge once again and offer it to the world for salvation and forgiveness. To perform within my life healing, harmony, justice, balance, stability and poise through new understanding of eternal truth and knowledge. Let me be steadfast only in this truth of my Divine Source. To align my physical senses so that I may become more aware of the essence of the I Am Self. I Am the guardian of all knowledge to share with everyone in their protection and to place them alongside me in the Kingdom of Heaven. Amen

## **9. Affirmation To Empower Order**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon ORDER located at the navel so I may do without doing and live in accordance to the order of the Universe in eternity. To place my life within that order for me to fulfill my destiny according to God's Will. Let me be in the right time at the right place and me be aware of these circumstances. There are no such things as coincidences, all happens with purpose. I will learn from them openly, willingly, with confidence, praise and gratitude. Wrong does not exist and mistakes are only that which can be corrected. I serve my brothers with Love for they are Love and the Children of God. Amen

## **10. Affirmation To Empower Zeal**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon ZEAL located at the base of the brain so I may feel the enthusiasm and gratitude to know my place in the Greater Scheme of things. To expand my life with freedom and the expression of life, the optimism of attaining my life's goals

and being in the place that benefit everyone for their highest good. I am tolerant, patient, dependable and keen to learn. I have the will to succeed in happiness, balance and the well being of those and myself around me. Amen.

### **11. Affirmation To Empower Regeneration and Eternal Life**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon LIFE located in the generative functions of the lower abdomen so I may give Life in order to receive Life. To extend my life through freedom, experience, unattachments, change and adventure. To recognize that I am not limited or bound to anything that generates fear or lack. To shed light upon curiosity, variety, progress and travel while at the same time remaining open minded to new information, beliefs and ideas. I am patient, tolerant and forgiving and see all God's Children equal, free, life giving and full of Light. Amen

### **12. Affirmation To Empower Elimination**

In the name of the Holy Trinity - God - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith give permission to and invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

I call upon ELIMINATION located at the base of the spinal column so I may eliminate everything from my mind, body and affairs, which I have grown out of and which no longer have any benefit for me or serve my Highest Good. I am pure in my attributes of application and expression for I hold onto nothing, unless it has benefit for me at the highest level. I am whole because God made me perfect, trustworthy, loyal, honest and reliable with the highest of integrity and I serve Him with patience and exactitude. I am all that He has created in me. The All That Is.

## **Abbreviated Affirmations to Empower the 12 Mind Power Centers**

In the name of the Holy Trinity - The Father, The Son - Jesus Christ - My Brother and the Holy Spirit, I herewith invoke, through Them the Universal Energies of the 12 Mind Power Centers to radiate throughout my mind, bodies and affairs, for balance and well being, according to God's Will.

1. I call upon FAITH located in the pineal gland at the centre of the head, that I may raise my attention to the truth and away from all illusions as to who I am, giving me courage, persistence, perseverance and determination to achieve my natural goals according to my Work with God.

2. I call upon STRENGTH located in the small of the back that I may be responsible and balance my physical, mental and emotional stability. To generate endurance, stamina and power, durability, calmness and permanence, determination, reliability and faithfulness.

3. I call upon LOVE located in the heart allowing Me to forgive those who trespass against me with their lies, distortions, defamation and misunderstandings for Father, they do not what they do. I see Them as my Brother and your Son; They are part of Me.

4. I call upon WISDOM / JUSTICE / JUDGMENT located at the pit of the stomach that I may not judge or criticize others for I don't have the power to judge or criticize, Judgment is His and His alone, that is Wisdom.

5. I call upon WILL located in the front of the forehead so that I may know God's choices for me.
  
6. I call upon POWER located at the root of the tongue that I may choose the correct words and their caring expression.
  
7. I call upon IMAGINATION located between the eyes so that I may expand my perception away from all physical and worldly limitations.
  
8. I call upon UNDERSTANDING located in the front of the forehead so I may remember all knowledge once again and offer it to the world for salvation and forgiveness.
  
9. I call upon ORDER located at the navel so I may do without doing and live in accordance to the order of the Universe in eternity.
  
10. I call upon ZEAL located at the base of the brain so I may feel the enthusiasm and gratitude to know my place in the Greater Scheme of things.
  
11. I call upon LIFE located in the generative functions of the lower abdomen so I may give Life in order to receive Life.

12. I call upon ELIMINATION located at the base of the spinal column so I may eliminate everything from my mind, body and affairs which I have grown out of and which longer have any benefit for me.

I willingly allow the Universal Energy to flow through me and I become it.

I stand protected in God's LIGHT at all times.

I open myself to receive everything in ABUNDANCE.

I am ABUNDANCE and I deserve ABUNDANCE.

I open myself to receive new ideas and experiences.

I Am becoming more physically fit and in tune with My Bodies needs.

I Am younger in Mind, Body and Spirit every day.

I am healing my cellular body to purity through Universal Love and Light.

*MY WORK IS DEDICATED TO THE HIGHEST GOOD OF ALL CONCERNED AND UNDERTAKEN WITH THE VIEW TO EXPAND THE GREATER WHOLE TO LOVE AND LIGHT. - AMEN*

## AFFIRMATION FOR ENLIGHTENMENT

I align my Self to the Electromagnetic Grid of the Christ Consciousness through the Great Central Sun, the Earth Star, my 13 Universal Chakras and 13 Bodies; grounding them in my Heart using the Golden Liquid Light of God seeing my Self as the centre of the Web of Life.

I regenerate, activate and radiate my Higher Consciousness at a subatomic, atomic and cellular level by releasing the encoded Knowledge and Wisdom within the Light filaments of my DNA –RNA. I energize my nervous system with Universal Life Giving Oxygenation rebuilding my DNA-RNA to 12 strands and beyond.

I activate and radiate the expansion of my pineal gland and rebuild the crystalline bridge between it, the pituitary and the hypothalamus glands.

I open and activate with joy my 12 Super Power Mind Centers throughout my body

1. FAITH - Pineal Gland in the centre of the head
2. STRENGTH - At the small of the back
3. WISDOM /JUSTICE - At the pit of the stomach
4. LOVE - At the heart
5. POWER - At the root of the tongue
6. IMAGINATION - Between the eyes
7. WILL - In the front of the forehead
8. UNDERSTANDING - In the front of the forehead
9. ORDER - Back of the navel

10. ZEAL - At the base of the brain
11. ELIMINATION - At the base of the spinal column
12. LIFE - In the generative functions of the lower abdomen.

### **Invocation**

*I activate my Merkaba Light Vehicle in readiness for teleportation and travel to other dimensions*

*I allow the Universe Life Force Energy to flow through me without restriction or blockages and I become It*

*I open my consciousness to the Universal Knowledge and Understanding of the Greater Plan allowing It to become my Wisdom*

*I do without doing by "Being" who I am, bringing Reality and Truth unto me*

*I open myself to receive everything in abundance, I am abundance, I deserve abundance*

*I accelerate my experiences to advance my personal evolution by opening myself to receive new ideas and experiences.*

*I encourage Spirit to assist and guide me in a greater capacity and ask them to communicate with me more openly and directly*

*I am purifying my mind, body and spirit to a higher vibrational frequency thus rejuvenating my mind, body and spirit to the Oneness with the All That Is.*

**EHYEH ASHER EHYEH - I AM THAT I AM**

*I call upon the Ascended Masters for Higher Guidance and Instruction such as SANANDA, MELCHIZEDEK, MOTHER MARY,*

*QUAN YIN, SAINT GERMAINE, KUTHUMI, SANAT KUMARA, LORD LANTO AND EL MORYA and all Their Divine Consorts, to name but a few and with the activation with His Magical Sigil I call upon the protection of ARCHANGEL MICHAEL.*

*OUR WORK IS DEDICATED TO THE HIGHEST GOOD OF ALL CONCERNED AND UNDERTAKEN WITH THE VIEW TO EXPAND THE GREATER UNIVERSAL WHOLE WITH PURE LOVE AND LIGHT CONSCIOUSNESS.*

**THESE THINGS I DECLARE IN MY NAME (Peter Melchizedek) AND THE NAMES FOR GOD:-**

YHWH, TETRAGRAMMATON, EL, ELOHIM, ELOHE, JEHOVAH, YAH, ADONDAI, ZEBAOOTH, ELION, SADAI, YOD, EHEVI AND SO IT IS. AMEN



The Christos Consciousness Mind Power Centers

<b>DISCIPLE (Masculine)</b>	<b>Incarn ate/s</b>	<b>DISCIPLE (Feminine)</b>	<b>Incarn ate/s</b>	<b>Faculty</b>	<b>Chakra</b>
<b>PETER</b>		<b>LYDIA</b>		<b>FAITH</b>	<b>Crown</b>
<b>ANDREW</b>		<b>RUTH</b>		<b>STRENGT H</b>	<b>Spine as Conduit</b>
<b>JOHN</b>		<b>REBECCA</b>		<b>LOVE</b>	<b>Heart</b>
<b>JAMES Son of Zebedee</b>		<b>MIRABISHA</b>		<b>WISDOM</b>	<b>Third Eye</b>
<b>MATTHEW</b>		<b>MARY of Magdelene</b>		<b>WILL</b>	<b>Throat</b>
<b>PHILIP</b>		<b>MARI MARTHA</b>		<b>POWER</b>	<b>Throat</b>
<b>NATHANIEL Bartholomew</b>		<b>LOURDA</b>		<b>IMAGINAT ION</b>	<b>Third Eye</b>
<b>THOMAS</b>		<b>SARA</b>		<b>UNDERST ANDING</b>	<b>5 Minor senses</b>
<b>JAMES Son of Alphaeus</b>		<b>ELIZABETH</b>		<b>ORDER</b>	<b>Solar Plexus</b>
<b>SIMON The Cananaean</b>		<b>JUDI</b>		<b>ZEAL</b>	<b>Thrid Eye</b>
<b>JUDAS Iscariot</b>		<b>MARI Of Canaan</b>		<b>REGENER ATION</b>	<b>Regenerative System</b>
<b>JUDE Thaddaeus</b>		<b>MIRIAM</b>		<b>ELIMINAT ION</b>	<b>Sacral</b>
<b>JESUS CHRIST</b>		<b>MARY MAGDELENE</b>		<b>LIGHT BODY</b>	<b>I AM SELF</b>

Not in Order ??

## The 12 Divine Virtues of the Apostles of Jesus

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Color	Physical Data
<b>Royal Blue</b>	<b>Cerebrum of Brain</b>
<b>Lemon Yellow</b>	<b>Spinal Chords and Nerves</b>
<b>White</b>	<b>Heart and Circulatory System</b>
<b>Green</b>	<b>Pituitary Gland and Endocrine System</b>
<b>Sky Blue</b>	<b>Respiratory System</b>
<b>Deep Aqua</b>	<b>Larynx, Muscles and Limbs</b>
<b>Crystal Clear</b>	<b>Thalamus</b>
<b>Cream Yellow</b>	<b>Touch, Smell, Taste, Hearing, Seeing</b>
<b>Mustard Yellow</b>	<b>Digestive System, Skeletal and Skin</b>
<b>Rosy Pink</b>	<b>Hypothalamus and Medulla Oblongata</b>
<b>Ruby Red</b>	<b>Reproductive System</b>
<b>Violet</b>	<b>Urinary System and Colon</b>