

Power Up Your Life!



Accessing Your
Twelve Powers
to Achieve
Health,
Happiness,
Abundance,
& Inner Peace

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Paul Hasselbeck, D.D.S.

Adapted and expanded version of *PowerUP: The Twelve Powers Revisited
as Accelerated Abilities*, by Paul Hasselbeck & Cher Holton

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 Prosperity Publishing House

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*Prosperity Publishing House
Durham, NC*

Library of Congress Cataloging-in-Publication Data

Holton, Bil

Power Up Your Life: Accessing the Twelve Powers to achieve health, happiness, abundance, and inner peace / Bil Holton, Cher Holton, and Paul Hasselbeck

p. cm.

Includes bibliographical references.

ISBN 978-1-893095-84-7

1. Self Help 2. Positive Psychology 3. Spiritual

II. Title

Library of Congress Control Number: 2013912359

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

*To all who are brave enough
to claim their Twelve Powers
and use them to master the art of living ...
as they walk the spiritual path
on practical feet.*

There is an extraordinary you at your core. All you have to do is get the ordinary you out of the way by claiming your Twelve Powers at the highest, most elevated level of consciousness. (Bill & Cher Holton)

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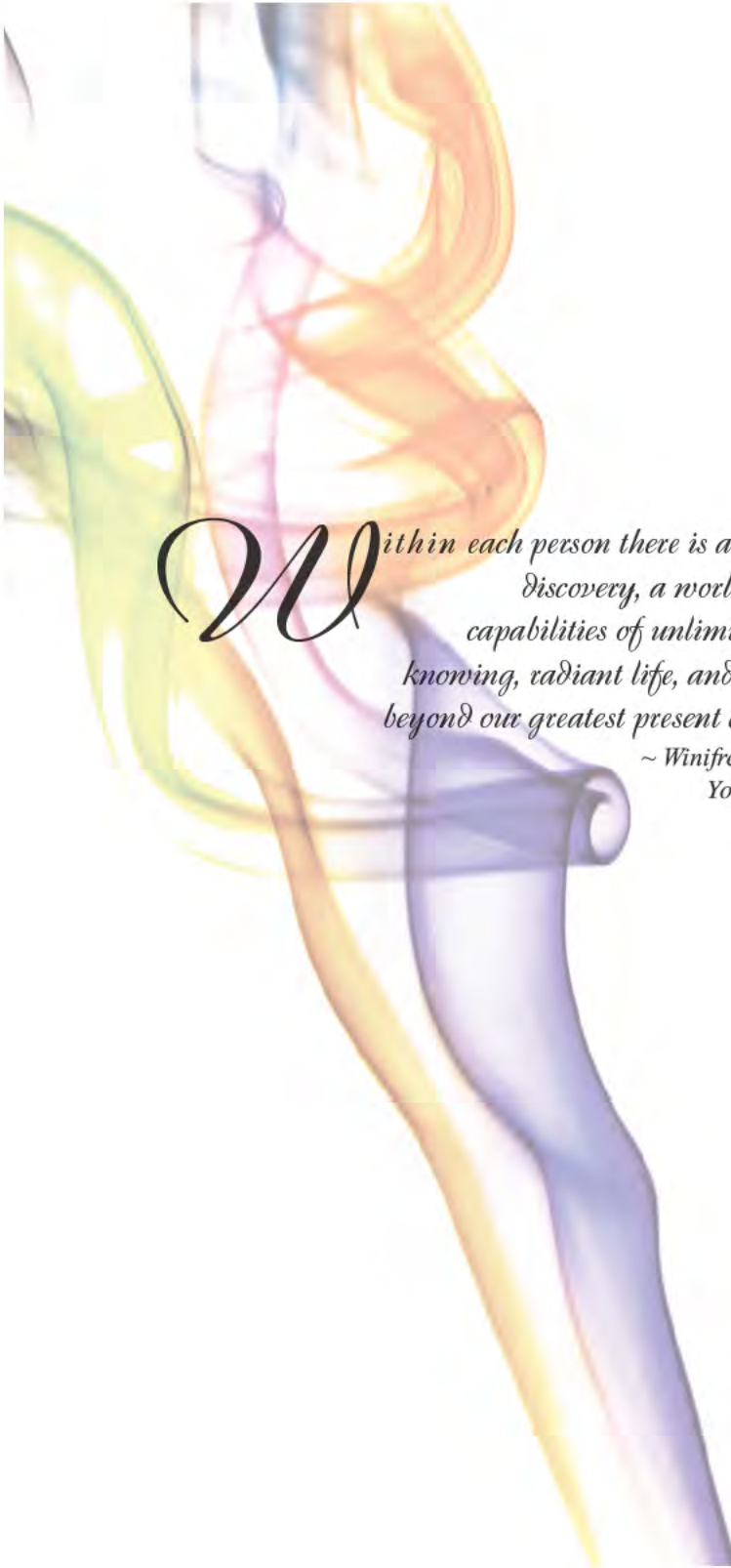
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Introduction



*Whatever you do, or dream you can, begin it!
Boldness has genius, power, and magic in it. (Goethe)*



*W*ithin each person there is a new world waiting
discovery, a world in which there are
capabilities of unlimited strength, perfect
knowing, radiant life, and other latent powers
beyond our greatest present capacity to conceive.

~ Winifred Wilkinson Hausmann
Your God-Given Potential

Imagine being able to live life more fully, more consciously, more masterfully. Imagine expressing your extraordinary nature in every situation you experience. Imagine being the best person you can be! This guide is designed to give you powerful tools for doing just that—tools that allow you to transform your life.

This book is all about a concept called the Twelve Powers, which are core abilities within each of us that can be called upon to help us handle every life situation from our highest, most elevated level of consciousness. Originally made popular by Unity co-founder Charles Fillmore in his book, *The Twelve Powers of Man*, first published in 1930, the Twelve Powers include:

- FAITH
- STRENGTH
- LOVE
- IMAGINATION
- POWER
- UNDERSTANDING
- WISDOM
- WILL
- ORDER
- RELEASE
- ZEAL
- LIFE

Each Power has a specific purpose, location in the body, and color associated with it. For the purposes of this guide, we will be looking at each Power individually, even though they work together as One. If you think about a medical student who is studying the human body, the student will have classes that focus individually on different areas such as the heart and circulatory system, the skeletal system, our cell structure, the brain, etc. But in the actual practice of medicine, all these areas are closely linked, and a physician must be able to recognize the impact each has on the other. In a similar way, each of our Twelve Powers has a focused role to play, while together they work in concert to support one another as we master the art of living.

This book is an expanded and updated adaptation of the 2010 book, *PowerUP: Revisiting the Twelve Powers as Accelerated Abilities*, by Paul Hasselbeck and Cher Holton. It more fully develops the information describing each Power, and complements it with the sciences of Positive Psychology (founded by Martin Seligman); neuroscience; quantum physics; sociology; positivity; and neurotheology. We believe including scientific research adds depth and credibility to the Twelve Powers, and creates an easy-to-understand guide for the practical application and use of these Twelve Powers to experience abundance, health, inner peace, and joy.

When it comes to human beings, scientists tell us there are two causal forces that work together to help us adapt to the natural world. The implications of neuroplasticity combined with quantum physics cast new light on the question of humankind's place, and role, in nature. At its core, the new physics combined with neuroscience suggests that the natural world evolves through an interplay between two causal processes. The first

includes the physical processes we are all familiar with: electricity streaming, gravity pulling. The second includes the contents of our consciousness, including volition. The importance of this second process cannot be overstated, for it allows human thoughts to make a difference in the evolution of physical events (*Schwartz, J.M. and S. Begley, The Mind and the Brain, New York: Harper Perennial, 2002, pg.20*). The activities in this guide are designed to help you actively call on your Twelve Powers in order to use them at your highest, most elevated level of consciousness.

A Quick Peek at the Sciences We Include

Throughout this book, we will be citing various quotes, research findings, and relevant supporting data drawn from a variety of scientific fields. We felt it might be helpful to give you a quick peek at the three major sciences we've included, to help you feel comfortable with them.

Positive Psychology is a recent branch of psychology whose purpose was summed up by Martin Seligman and Mihaly Csikszentmihalyi: "We believe that a psychology of positive human functioning will arise, which achieves a scientific understanding and effective interventions to build thriving individuals, families, and communities." Positive psychologists seek "to find and nurture genius and talent," and "to make normal life more

fulfilling," and not simply to treat mental illness (Martin Seligman and Mihaly Csikszentmihalyi, (2000). "Positive Psychology: An Introduction". *American Psychologist* 55 (1): 5-141; William Compton, (2005). *An Introduction to Positive Psychology*. Wadsworth Publishing, pp. 1-22).



Our study of the current research in Positive Psychology supports our belief that we can, indeed, create our reality by applying the spiritual principles we know. Throughout this guide, we

quote various research findings and thoughts expressed by scientists in this field, to help clarify the incredible impact the Twelve Powers can have on our lives.

Neuroscience is the scientific study of the nervous system. Traditionally, neuroscience was seen as a branch of biology; however, it is an interdisciplinary science which collaborates with other fields such as chemistry, biology, engineering, linguistics, mathematics, medicine, computer science, philosophy, physics, and psychology. There is an incredible amount of research that directly applies to the brain, nervous system, and behavior that directly impact the effects of using our Twelve Powers.

Neurotheology is exactly what its name implies: a study of the symbiotic relationship of science and religion. According to Andrew Newberg, in his book *Principles of Neurotheology*, anyone engaging in neurotheology must be open to the perspectives of both science and religion. He continues by saying, "...a crucial element

of neurotheology, which really should be true for all academic fields, is a passion for inquiry.” Through neurotheological research, Dr. Newberg actually scanned the brains of praying nuns, chanting Sikhs, and meditating Buddhists, studying the relationship between the brain and religions experience. By comparing this with the same brains in a state of rest, he is able to demonstrate the physiological impact of our spiritual practices.

Positive psychology began as a new area of psychology in 1998 when Martin Seligman, considered the father of the modern positive psychology movement, chose it as the theme for his term as president of the American Psychological Association, though the term originates with Maslow, in his 1954 book *Motivation and Personality*, and there have been indications that psychologists since the 1950s have been increasingly focused on promoting mental health rather than merely treating illness (Carey Goldberg, (March 10, 2006, *Harvard's crowded course to happiness; Secker J (1998). "Current conceptualizations of mental health and mental health promotion". 13. Health Education Research. p. 58.;* Dianne Hales (2010). *"An Invitation to Health, Brief: Psychological Well-Being" (2010–2011 ed.). Wadsworth Cengage Learning. p. 26).*

How the Twelve Powers Operate

It is our assertion that a person is always using their Twelve Powers, either consciously or subconsciously. Our intention with this guide is to encourage you to begin making conscious choices about how and when you use your Twelve Powers, rather than simply allowing them to function on a default setting. Our aim is to simplify and clarify each of the Powers, creating easily understood and practical ways to apply them in our everyday lives.

It is important to realize that our Twelve Powers do not care how they are used. They are simply spiritual abilities that come from what neuroscientists refer to as the Deeper Self. Psychologists call this “Self” the Authentic Self or Core Self. We call it the Extraordinary You. The Powers are available regardless of who the person is or what the intent might be. According to the latest research in the neurosciences, Dr. Andrew Newberg asserts, “Beneath the mind’s perception of thoughts, memories, emotions, and beneath the subjective awareness we think of as the self, there is a Deeper Self, a state of pure awareness that sees beyond the limits of subject and object, and rests in a universe where all things are one” (Newberg, Andrew, in *Born to Believe, Free Press, New York, 2006*).

A good analogy from our physical world is the idea of a table. The idea of a table does not care how it is used. It does not care how much money a person makes, what

job the person has, or even what belief system the person practices. It simply is. Each person who uses the idea of a table decides what kind of a table is built in terms of shape, size, color, function, etc.

From a perspective of natural laws, the Law of Gravity is another example. The Law of Gravity works, whether someone is performing an incredible acrobatic feat, dunking a basketball, slipping on a patch of ice, or jumping off a building. There is no judgment on the part of Gravity; it simply does what it does. But the more we understand it, the better we can use it in our favor.

In a similar way, we can choose to use our Spiritual Powers to experience the good, the bad, or the ugly. The choice is always ours. It is much like humor. We could think of humor as the capability to be funny. Each of us determines how we use humor according to our own level of consciousness. Humor does not come with one preset and predetermined way in which it must be used. It simply is. The use of humor is up to the person making the joke and then it is interpreted by the listener. It can be used to uplift, or it can be used to put people down and demean them. We can use it in the highest, most uplifting ways, or we can choose to use it in mean-spirited and hurtful ways. The choice is always ours!

As an aside to the subject of humor, neurotheology admits the crucial importance of humor in understanding the human mind and its ability to deal with an ever changing and confusing world. In fact, “it may be humankind’s greatest legacy to be able to look upon an incredibly short lifespan, often filled with anxiety, fears, loss, suffering, and death and still find some way of laughing at ourselves and at the very world which causes us so much angst” (*Newberg, Andrew, Principles of Neurotheology, Burlington, Vermont: Ashgate Publishing, pg. 21*).

As you grow in your understanding of each of your Powers, you will discover the amazing impact they can have on your life. You get to choose how to use them. For example, one of our Powers is IMAGINATION, which can be used to fuel our fear or feed our dreams. Think about how empowering it is to be able to choose which direction you channel your IMAGINATION.

How to Read This Guide

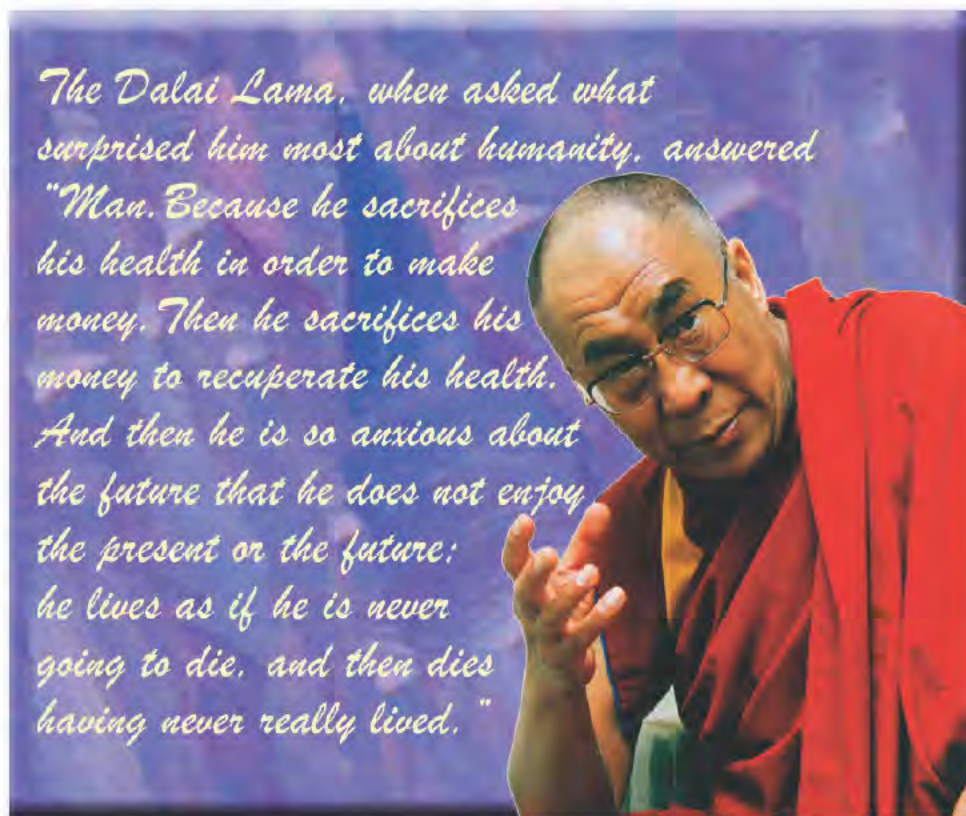
Each chapter of this guide is structured to help you, the reader, understand a particular Power from several points of view. To help with clarity in reading this material, we will always refer to the Power’s name in capital letters, so it is clear when we are talking about the Power versus using the same word in a different context.

In addition to describing each Power and sharing examples of how it can be used, we will also explore the impact of a Power when it is either underdeveloped or egocentric. A person exhibiting what we call an “underdeveloped Power” is someone who allows the Power to operate by default. This person fails to call on the Power to effectively handle a situation, and as a result, often experiences consequences that are

less than desirable. For example, a person with underdeveloped ORDER might have a very messy home or office. While feeling frustrated about the disorder, he/she does not do anything to correct the situation, and may even feel overwhelmed and helpless with it.

On the other hand, when a Power becomes egocentric in expression, it manifests in an overpowering manner and does not come from the highest, most elevated level of consciousness. When that happens, the resulting consequences are less than desirable. For example, a person with egocentric ORDER might be obsessive compulsive about orderliness in their home or office, and become ridiculously critical if one paper is moved out of place.

Obviously, the goal is to learn how to use each Power from the most elevated level of consciousness, for the highest and best outcomes in your life.



Here's what's really interesting. Even when we use the Powers consciously, they can be used from several levels, which we will explore in detail for each Power. As you read through the four levels we will be addressing, notice that within each level you always have the option of choosing to use the Power in a positive, more effective way,

or in a debilitating, less effective way. As we've said a few times already (and you'll hear it often throughout this guide), the choice is always yours!

Here are the four levels we will explore for each Power, as we move through this guide:

- **We can use the Powers from an unconscious level**, based on a cause in subconscious mind which consists of beliefs that are not in our moment-to-moment awareness. This includes choices we make without thinking, when we are operating from an emotional "default" position. If someone asked us why we did something, we probably could not even explain our reasoning. Our embedded theology (the theology of our childhood and other mainstream theological systems we have studied) can create many subconscious beliefs, as can traditions and experiences from our families of origin.

From a neurological perspective, images of our Deeper Self are unavoidable, but from many theological perspectives, there is no true image of that Deeper Self. Thus, if you cling to your childhood perceptions, you will limit your perception of the nature of your Deeper Self. This is the drawback to any belief system that insists upon a literal image of the Deeper Self. If you limit your vision, you will probably feel threatened by those who have more expanded visions of their Deeper Self (*Andrew Newberg in Born to Believe, Free Press, New York, 2006, pg. 104*).

- **We can use the Powers consciously from our senses**, based on something in physicality we are gleaning through our sight, sound, scent, touch, and/or taste. We may take a free dance class, and because of that experience, decide to pursue dance as an avocation (or decide to never don dance shoes again)! The taste of a certain food may cause us to develop an addiction to it; hearing a certain news broadcast may stimulate us to text in a donation for a worthy cause.
- **We can choose to use the Powers consciously from our human personality**, which psychologists call our ordinary self. This "self" is dependent on thoughts, feelings, attitudes, and/or beliefs held in ordinary consciousness. An example, from a less empowering consciousness, would be a belief in a fear we allow to imprison us.
- **From the highest level of consciousness we can muster, we can choose to use these Powers consciously from our True Identity, or Authentic Self**, based upon Divine Ideas, Laws, and Principles. We employ the Powers in order to more fully express our innate Divine Nature, to be the best person, the most extraordinary us we can be.

Putting It Into Practice

The final section of each chapter is devoted to practical ways to apply the Powers in everyday life. As you progress through this intentional study of the Twelve Powers, we encourage you to integrate the powers into your life in a deliberate, conscious way. To do this, we invite you to **choose one specific area in your current experience that you want to create, enhance, or change**. It could be a habit, a skill, a financial issue, a goal to achieve, etc. The key is you will be focusing on this specific item throughout this intentional process, tracking your improvement as you learn how to appropriately apply each new Power. So be sure to choose something really important to you and that you have primary control over! Here are a few specific examples, to give you an idea of what you might select:

- Achieve an ideal body weight/image;
- Create a flow of prosperity (or even more specifically, pay your bills and have enough money for fun things);
- Eliminate a habit such as smoking, nail biting, or dependence on pain medication;
- Learn a new skill, such as dancing or playing the piano;
- Travel more;
- Obtain the right job;
- Go for the Gold! Be the best YOU you can be!

You get the idea! The list of possibilities is endless. So invest some time right now, before you dive into the contents of this book, and decide what you would like to work on during your Power Up experience. Remember—everything begins and ends with mind or consciousness. Do you want to stop something in your life? Use your mind/consciousness. Do you want to start something in your life? Use your mind/consciousness. Once you have decided, capture it in the box on the next page:

The specific area I want to focus on throughout my intentional study of the Twelve Powers is:

I am ready to “Power Up” my Powers and master the art of living!


It is the application of the Powers in your everyday life that deepens your understanding of them. The more you consciously use them, the more practical they become! As you progress through this guide, we know that you will transform your life. It is our hope that you will continue to revisit this book, choosing different aspects of your life to focus on. You can also revisit the material as you grow in your spiritual awareness, because you will discover different 'aha's' even though you are reading the same material.

If you are ready to experience change at the deepest core of your being, you are in the right place with the right book in your hands! Let's begin our journey in exploring the Twelve Powers to master the art of living, as we walk the spiritual path on practical feet!





*Sometimes your only transportation is a leap of faith.
(Margaret Shepherd)*



If faith and reason are both (spiritual) gifts, then they should play complementary, not conflicting, roles in our struggle to understand the world around us.

*~ Kenneth R. Miller,
Finding Darwin's God*

FAITH

Overview

- Location: At the pineal gland, center of the brain. The pineal gland is sometimes called the master gland. FAITH is located here because FAITH is our ability to believe, and our beliefs determine how we think, feel, and act in any given situation.
- Color: Royal Blue

FAITH is the Power to spiritually know; trust absolutely; believe with confidence and conviction.

From ordinary consciousness: The ability to spiritually know, trust absolutely, believe with confidence and conviction based on our senses, thoughts, feelings, and beliefs. We use FAITH to believe in the law of the land or to believe our fears are real. (When we were kids, we might have believed in a boogeyman under the bed!)

- *Underdeveloped FAITH* results in distrust, doubt, misgiving, skepticism, suspicion, and simply an overall inability to believe anything. It may manifest in a person with an overall inability to believe anything. S/he is always questioning everything anyone else says or does, and often lives in fear, regardless of how much data to the contrary is presented.

The human brain has the propensity to reject any belief that is not in accord with one's own view. However each person also has the biological power to interrupt detrimental, derogatory beliefs and generate new ideas. These ideas can alter the neural circuitry that governs how we behave and what we believe (*Andrew Newberg in Born to Believe, Free Press, New York, 2006, pg. 9*).

- *Egocentric FAITH* results in being narrow minded, dogmatic, or doctrinaire. These are the folks who walk around with the attitude that says, "My mind is made up! Don't confuse me with the facts!"

From elevated consciousness: The ability to spiritually know, trust absolutely, believe with confidence and conviction based on Ideas, Truths, Principles, and Laws that are Divine in nature. We use FAITH to be the best person, the most spiritual, the most trusting person we can be, regardless of outer appearances.



If we planted an apple seed, can you believe we would actually get an apple tree? If we squeezed an orange, can you believe we'd actually get orange juice?

If we visualize an abundant flow of prosperity flowing from our innate awareness of an aspect of our connection with Divine Substance, can you believe we would actually see a manifestation of prosperity? Ah, that one is a little tougher, isn't it?



Why is it so easy to believe, without doubt, that apple seeds produce apple trees, and oranges produce orange juice—but so difficult to believe we can claim Divine Substance to manifest everything we ever need in terms of our supply? Maybe it has something to do with what we have actually seen and experienced, versus what we have been told, but haven't actually experienced.

This truly is the foundation of FAITH! In John 20:29, Jesus said to Thomas, "...because you have seen me, you have believed; blessed are they who have not seen, and yet have believed."

According to neurotheology, beliefs are usually considered to be based on some data even though the full data set is not available. This is distinct from faith which is generally regarded as being based on very little, if any, physical evidence, and it is strongly adhered to as the basis of a particular belief system (*Andrew Newberg, Principles of Neurotheology, Burlington, Vermont: Ashgate Publishing, pg. 69*).

Believing even when we have not seen: that's FAITH. But it is really important to recognize that FAITH is a powerful essence which we can develop and grow. We get critical of ourselves when it appears we don't have the faith we think we should, and we beat ourselves up. But look at how you handle other growth areas in your life.

If you decide to learn to play the piano, do you sit down and expect to play Mozart perfectly on your first sitting? If you decide to take up golf or tennis, do you expect to walk in and hit the perfect drive or land the perfect serve on your first lesson? If you decide to take up ballroom dancing, do you expect to go out on the dance floor and do a professional-level routine your first day out? Of course not! Whenever we begin a new skill or hobby, we realize there is a learning curve, and we go in expecting—and allowing—ourselves to be bad before we get good! We know we will go through a period of seeing our ability grow, as we willingly put in the time to practice and learn. And we also discover that with each thing we learn, there is another level to tackle. No matter how old you are or how skilled you become, there's always more to learn. Even professionals work with coaches, as they continue to refine and perfect their skills, always pushing the envelop and discovering new and better ways to do things in their chosen field.

Here's an interesting research tidbit that relates to this. Older adults are frequently told in order to keep their mind sharp, they need to stimulate it with activities such as crossword puzzles and reading. But activities done repeatedly become second nature, demanding less attention than new skills do. The result: a brain that gets fewer attention workouts, and thus fewer chances to keep its acetylcholine (a neurotransmitter

responsible for focus and paying attention to new experiences) system turned up. And because of the centrality of attention to neuroplasticity, a brain that cannot pay attention is a brain that cannot tap into the power of neuroplasticity (*Sharon Begley, Train Your Mind, Change Your Brain, New York: Ballantine Books, 2007, pg.249*).

So how does this relate to the development of our FAITH faculty? It's the same process. First of all, you need to know *you never have no FAITH!* In other words, you *always* have FAITH! FAITH is one of the Divine Powers inherent within us. It is *our* responsibility to quicken or strengthen it. So we are really being incorrect when we say, "I lost my FAITH or I don't have any FAITH." You cannot lose your FAITH—you might just have forgotten how to call upon it. The comforting knowledge is that your FAITH is always there, just waiting to be developed.

The FAITH Condo

Emilie Cady, in her masterpiece *Lessons In Truth*, talks about the different levels of FAITH. From her work, we have created a continuum of FAITH, which helps us identify where we are in a certain situation—and also helps us recognize the Truth of where we can be. We use the metaphor of a condo to illustrate how the levels build on one another. Here's how the "Faith Condo" works:

We begin with *Hope*, which can pull a person out of the basement of despair. *Hope* takes a lot of flack in spiritual circles as a kind of cop out, but we want to go on record saying hope is an important element on our spiritual journey, because hope provides the stimulus to keep people moving forward when otherwise they may give up. It's kind of like our training wheels! And when we don't have a really strongly developed FAITH, *Hope* is the light at the end of the tunnel that keeps our journey going in the right direction! You hear people say things like, "Don't give them false hope." We personally believe there is no such thing as false hope. There are lies and wishful thinking, but if there is hope, it is real and powerful and affirming.



Research supports the idea that believing we are better than we actually are turns out to be neurologically enhancing. It gives us confidence and hope in the most difficult situations; without it, we are more likely to give up. Having a positivity bias helps us to sustain hope, and the part of the brain most activated is the anterior cingulate, a key center for generating compassion (*Brassen, S., Gamer, M., Buchel, C.,*

“Anterior cingulate activation is related to a positivity bias and emotional stability in successful aging,” Biological Psychiatry; 2011 July 15; 70 (2): 131-37).

So why don't we just want to operate at the *Hope* level all the time? When we work from a basis of *Hope*, we tend to live in a fearful state, concerned that we may or may not receive. And in the *Hope* state, we fall into the habit of seeing our affirmations, dream boards, and visualizations as magic bullets. If we don't say it just right, or create it perfectly, we won't manifest the result. But it's a start, and we've all been there (and at different times in different situations, we may even revisit!)

We want to move up the FAITH Condo, moving into *Blind FAITH*. *Blind FAITH* is where we move forward, instinctively feeling that wherever we are, God is, and all is well. There is light at the end of the tunnel, and we don't know how or why, but we just believe things will work out. This *Blind FAITH* is higher than *Hope* on our continuum, because it is based on Truth, but we may find a need to reassure ourselves often that it will work; it may be hit and miss, and we may question it often when we don't see the results we expect as quickly as we expect them. But the important thing is that we persist, and continue to hold strong to the Truth we believe and use the tools, even if we aren't sure why. *Blind FAITH* feels kind of like magic—but it is only magic until we know how it is done!

As we grow and learn, we are able to move to the highest level of FAITH—*Understanding FAITH*. This is where we know and understand there are Spiritual Laws as immutable as physical laws seem to be. They both may sometimes appear unpredictable—but only because they are not totally understood.

Using advanced supercomputers and programming, we simulate the complex interplay of gravity, radiation, and magnetic fields that constitutes the life of stars like the sun. Our goal is to better understand how stars are born, grow old, and die. Fundamentally, we start with the known laws of physics and take them wherever they lead us. The implicit understanding is that nature's rules are eternal, unbreakable, and all-controlling. As Albert Einstein once said, learning to read the laws of physics is like reading the mind of God. Such thinking has animated much of the enterprise of physics ever since Isaac Newton formulated his laws of universal gravitation in 1687: one set of laws for both the heavens and the earth. The idea took full root a century ago, when Einstein developed his general theory of relativity. If we work hard enough, he suggested, we will eventually find the elegant and simple rules that undergird the entire universe. Physicists have taken it as an article of faith that the bedrock laws are there to be discovered, if only we are clever enough in looking for them. The dogged pursuit of that ultimate truth has led to many great discoveries, but recently it has begun to seem like a promise unkept (Frank, A., "Is the Search for Immutable Laws of Nature a Wild-Goose Chase?" *Discover Magazine*, April 2010).

Once we realize that Spiritual Laws operate the same way, we move into that powerful level of *Understanding FAITH*, where we can be just as certain that when we apply Spiritual Laws, we are assured of the results that will follow. And that brings us to one other similarity between our apple seed and our orange analogies: you have to do something to get the desired result. To quote Emilie Cady, as she shared in *Lessons In Truth*:

One of the unerring truths in the universe ... is that the supply of every good always awaits the demand. Another truth is that the demand must be made before the supply can come forth. [You could have a bank account filled with money, but the only way to access it is to request a withdrawal.] To recognize these two statements of Truth and to affirm them are the whole secret of Understanding Faith—Faith based on principle! [p. 77]

When we operate from *Understanding FAITH*, we can say, “We have the funds and resources necessary to move forward with this project” with as much conviction as we say, “We squeeze this orange and get orange juice!”

A Practical Look at FAITH

FAITH is an innate ability, the vehicle through which each of us believes, intuitively, and perceives. Conviction is based on what we believe.

Let's begin by taking a practical look at FAITH in our everyday lives. There is FAITH based on an appropriate interpretation of our senses, thoughts, and feelings:

- We have FAITH based on true information we have been told, learned, and experienced, like having FAITH that a particular set of ingredients, measured, combined, and prepared in a certain way, will produce an incredibly delicious cake that's been a family recipe for generations!
- We have FAITH we can accomplish certain tasks based on our experience. For example, most of us have ridden a bike or driven a car before, and have FAITH we can do it again.
- We have FAITH we can learn new things based upon our past experience of successfully mastering something new.

We also have FAITH that is based on an *erroneous* interpretation or understanding of our senses, thoughts, and feelings:

- There was a person who saw rats squeezing through some very small holes in a fence. Based on his interpretation of that experience, he believed rats had no bones. FAITH in this belief was so strong, no discussion of the fact that a rat is a mammal with an internal skeleton would deter him from this belief.

- Children and adults see scary movies and then, when there is a strange sound in the house, they believe something awful is going to happen.
- Children believe in boogeymen under the bed or in the closet. No matter how much an adult tries to change this belief, a child holds on to it as a means of protection. Consider this illustration: *A young boy lived where there was a detached garage far from the house. Every evening he would put his bike away in the dark garage. Every evening he was fearful when he put the bike away because he believed, had FAITH, that there was someone in the garage who was going to grab him. The boy held on to this belief, and as an adult is still afraid of the dark, even after years and years of putting that bike away with nothing happening. In spite of all the evidence indicating there was nothing to fear, he still held on to the belief.*

FAITH can also show up as prejudices and stereotypes based on the interpretation of information gathered from our senses, thoughts, and feelings.

- A person can have FAITH in one particular car manufacturer or political party, simply based on what was learned from his/her family.

In each of these cases, there is conviction based on where a person places his or her FAITH.

The term "belief" first appeared in English when it was adapted from the gothic word "galuabjan," which meant, literally, "to hold dear" (*Andrew Newberg, Principles of Neurotheology, Burlington, Vermont: Ashgate Publishing, pg. 35*).

FAITH can also be cultivated from a higher state of consciousness. Again, there can be the simple *Blind FAITH* in God, or a Higher Power, that is somehow working everything out for good despite our clumsy human actions and interventions. Or, there can be an *Understanding FAITH*, based on the knowledge and experience of Ideas, Truths, Principles, and Laws that are Divine in nature.

Astronomer Alan Battenwhich shared a great example of this idea in the *Quarterly Journal of the Royal Astronomical Society*, describing British Astrophysicist Sir Arthur Eddington's spiritual orientation: "He (Eddington) was trying to reconcile, or even unite, the two most important things in his life: the excitement of scientific research and the profundity of his own mystical experience. In each realm alike, he saw himself as a seeker led by an 'Inner Light' (*referenced in Bernard Haisch's book, The Purpose-Guided Universe, Franklin Lakes, N.J.; New Page Books, 2010, pg. 99*).

FAITH

- In *Blind FAITH*, a person simply trusts that everything is working out for good. There is a kind of abdication of responsibility because the belief is that God or some other external power will somehow intervene. For example, if a person really wants something, and in the moment decides not to buy it, s/he might say something like, “It will be mine if it is meant to be.” This expresses the belief of having FAITH in a God or Universe or outside Higher Power that decides whether he/she gets it.
- In *Understanding FAITH*, a person takes more personal responsibility for the understanding and application of Divine Ideas, Truths, Principles, and Laws that are Divine in Nature. This person sees what is wanted and consciously uses the Divine Laws and Principles in order to have it.

FAITH From the Four Levels of Consciousness

Let’s look at FAITH in another way. FAITH (along with all the other Powers) can be expressed from four different levels of consciousness:

1. **Unconscious FAITH:** based on a cause in subconscious mind which consists of beliefs that are not in our moment to moment awareness. A person may know the beliefs exist, and simply forget about them during daily activities. For instance, when driving, many women have a habit of stretching out their right arm across the seat when there is a need to stop quickly. It comes from the unconscious belief that the driver had to protect the child from crashing into the windshield (a ‘throwback belief’ to a time before we had seatbelts and laws about children riding in the front seat).
2. **Conscious FAITH from our senses:** based on something in physicality we are gleaning through our sight, sound, scent, touch, and/or taste. An example would be a man who takes a class in scuba diving, and experiences the way the safety equipment works. He then trusts the equipment and is able to scuba dive confidently.
3. **Conscious FAITH from our human personality:** based on thoughts, feelings, attitudes, and/or beliefs held in ordinary consciousness. A woman has FAITH in the strength of her relationship with her spouse, and experiences no doubts when her spouse needs to travel for business.
4. **Conscious FAITH from our True Identity, or Authentic Self:** based on Divine Ideas, Laws, and Principles. We have FAITH in the Spiritual Principles and use them to be the best person we can be.

So often you hear the phrase “Fake it till you make it.” We prefer to say, “FAITH it till you make it!” Have faith that the world of Divine Ideas is one thought away.

Have faith in the ‘still small voice’ —and the world of Divine Ideas will be opened to you.

Become one with that Deeper Self, the Extraordinary You within you—and the world of Divine Ideas will be opened to you.

Go to Headquarters (that inner sanctuary where you connect with your Authentic Self)—and the world of Divine Ideas will be opened to you.



In his book entitled, appropriately enough, *In the Flow of Life*, Eric Butterworth says: “The great truth taught by the mystics of all ages is our whole existence flows inexorably from a Universal process which is always from within-out ... The eternal flow of life is present within us ... All we need to do is have faith in that relationship with our Source.”

Your inner peace and happiness won’t come from Wall Street. Wall Street is not your Source. Your security won’t come from government promises. The government is not your Source. Your ultimate happiness won’t come from infomercials which tell you their product brings lasting happiness. Advertisers are not your Source.

You are immersed in this guide because you want spiritual answers to human questions. You want answers that work. Answers that will bring joy, and peace, and happiness, and prosperity.

There is only one answer: Have FAITH in your innate divinity. Have FAITH in your connection with your Authentic Self. There is no other way. Go to your Extraordinary Self within, not the egocentric world without.

Raise your consciousness by lowering your material attachments. Go inside. Live from the inside-out.

The truth is FAITH works when we work the Truth principles we know are real.

FAITH works when we close our outer eyes and go to Headquarters.

FAITH works not because someone says it works. It works because it is the rock, the foundation, the internal scaffolding of your spiritual and human beingness. It is the ultimate expression of your belief in your oneness with Spirit.

FAITH

FAITH is your open sesame to the life you want to build for yourself.

But there's one thing we positively, absolutely understand about the power of FAITH. It's an inside-out process. We know that thoughts underwrite our reality. The power of the universe is localized in our consciousness. **We believe in the power of mind over molecules.**

It is our consciousness which alchemizes thoughts. Our thoughts alchemize beliefs. Our beliefs produce world views. Our world views predispose us to certain kinds of intentions. Our intentions produce choices, and our choices lead to the actions that define our lives. So, we encourage you to remain FAITH-full.

Most people seek external proof *before* they step out on faith. Here's the secret about FAITH-full-ness: People usually don't act contrary to their faith. They act contrary to their profession of faith.

In Buddhist philosophy FAITH is called the "seed" without which no spiritual effort can begin. FAITH includes not only conviction, but also imagination and the will to succeed.

In Sanskrit, the word for FAITH is *shraddha*, which is akin to *cor*, "the heart," in Latin. FAITH is more a quality of the heart than of the mind. It is the knowing of the heart that transcends the intellect.

It is FAITH that grows into intuition, and then flowers into self-realization. This FAITH or *shraddha* is described by Radhakrishnan as not so much the "acceptance of a belief, but the concentration of all of our spiritual powers on an inner knowing."

In the Bhagavad-Gita, Krishna deals with the subject of FAITH in great detail. In the 17th Discourse he tells Arjuna that everyone's FAITH is in accordance with their *svabhava*, their own nature and disposition.

Like the bird that knows when and where to migrate, each of us possesses a spiritual homing instinct. Our souls ceaselessly yearn for FAITH-lifts and a connection to a higher power.

There is a FAITH center within us at a cellular level. That's what Charles Fillmore called it. We believe this FAITH center is our Deeper Self, the Extraordinary Us, our Divine Nature.

Now that you have a better idea of the Power of FAITH, we invite you to practice strengthening it in your own life experience, using the following *Putting It Into Practice* exercises for FAITH.

FAITH: Putting It Into Practice!

FAITH—Activity One:

Complete the following sentences quickly, without giving a lot of thought to it:

Growing up, I was taught _____

When it comes to goal setting, I realize _____

The last time I affirmed success, _____

I feel like prayer is _____

When things do not go the way I expect, I _____

If I could have a “re-do” in some area of my life, _____

The word “impossible” _____

Now that you have completed the sentences, read back through your responses, and identify underlying beliefs you have that affect the way you make life choices. Over the next week, become aware of how your beliefs are impacting your experience. In your journal, it might look like this:

Experience

I got upset when a store clerk was rude to me.

I was depressed because my favorite jeans were tight.

When I didn't get selected to give the presentation for the Executive Briefing, I took it personally.

underlying Belief

I always get treated badly by service people.

I'm never going to get into shape. I'm fat!

I am unworthy. I don't deserve anything good. They wanted someone who looks more professional.

FAITH

As you read through your “beliefs,” apply this question: What would this belief look like if it came from my highest and best spiritual perspective? Then practice using that new, revised belief and notice any outward changes in your experience. Your journal might continue:

Revised Belief from
highest spiritual perspective

Everyone is Divine, including me. I deserve to be treated with respect, & I treat others with respect and love.

I am beautiful ... I am Divine ...and I deserve to be fit and healthy.

I am worthy! I deserve the best.

New Experience

Clerk apologized and actually gave me a value-added!

I changed my diet and lost 5 pounds in two weeks! Jenny told me I looked radiant! Wow! I feel radiant!

I realized I needed to improve my skills in presentation. It is not personal.

FAITH—Activity Two:

As you think about the specific area you want to work on throughout this development process, **brainstorm a list of your beliefs related to this issue, up until now.** For example, if your area was wanting to learn to dance, beliefs up till now might include: I believe I am way too old to take dance lessons now; I’ve always been so clumsy; I am not flexible enough to be a dancer; I just don’t have the body of a dancer. As you think about your selected area, **what specific beliefs do you need to develop?** Create specific denials and affirmations to support the revised beliefs. (Let’s take a moment to clarify denials and affirmations, so we are all approaching it from the same viewpoint! Denials are not an attempt to deny the reality of an event in our lives, or even a feeling we might be having; rather, they are used to deny or release the power we have given an idea, thought, belief, or attitude. Every denial is followed by an affirmation, which is simply a statement of a Spiritual Truth as it relates to us. Affirmations are stated in the first person, and are stated in a positive way.)

For example:

I give no power to age affecting my ability to achieve my goals. I affirm my FAITH in infinite possibilities as I move forward and dance!

Repeat the denials and affirmations you have created five times (yes, five times!) each morning, and five times before retiring for the day. Throughout the day, become consciously aware of any doubts that surface related to your ability to achieve your chosen issue, and immediately upon becoming aware of a doubt, stop! In that moment, repeat your denial and affirmation five times (out loud, if possible ~ depending on where you are)!

Example: Healthy Eating

Throughout this guide, we will have a specific example to help you understand how to complete the activity related to your selected area of improvement. For the purposes of the guide, we will imagine that someone selected the goal of Healthy Eating as the area to improve. We will use Healthy Eating to demonstrate how to work with each Power's "Putting It Into Action" activity. Here is the example for FAITH, Activity Two:

Belief I have had up till now: I have believed I am a carbo-holic, and cannot handle any type of diet that requires a restriction on carb-related foods.

Belief I need to develop: I have FAITH in my ability to choose how much of any one food I eat, and I can manage to keep a healthy amount of carbohydrates in my diet.

Denial: I give no power to the need for excessive carbohydrates in my diet.

My new affirmation: I am in charge of what I eat, and I choose foods that are healthy, energizing, and delicious!

FAITH Affirmation:

*I claim FAITH now. I believe with confidence and conviction that I can use
all my Powers at the highest level of consciousness
to be the best person I can be.*

If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you.

*~ Jesus
Luke 17:6*



Quotes to Inspire FAITH

Faith means living with uncertainty—feeling your way through life, letting your heart guide you like a lantern in the dark. (Dan Millman)

Have faith in the power of your mind to penetrate and release the energy that is pent up in the atoms of your body, and you will be astounded at the response. Paralyzed functions anywhere in the body can be restored to action by one's speaking to the spiritual intelligence and life within them. (Charles Fillmore)

Faith is that quality within us which enables us to look past appearances of lack, limitation, or difficulty, to take hold of the Divine Idea and believe in it even though we do not see any evidence of it except in our mind. Through faith, we know with an inner knowing the Truth that has not yet expressed in our manifest world. (Winnifred Wilkinson Hausmann)

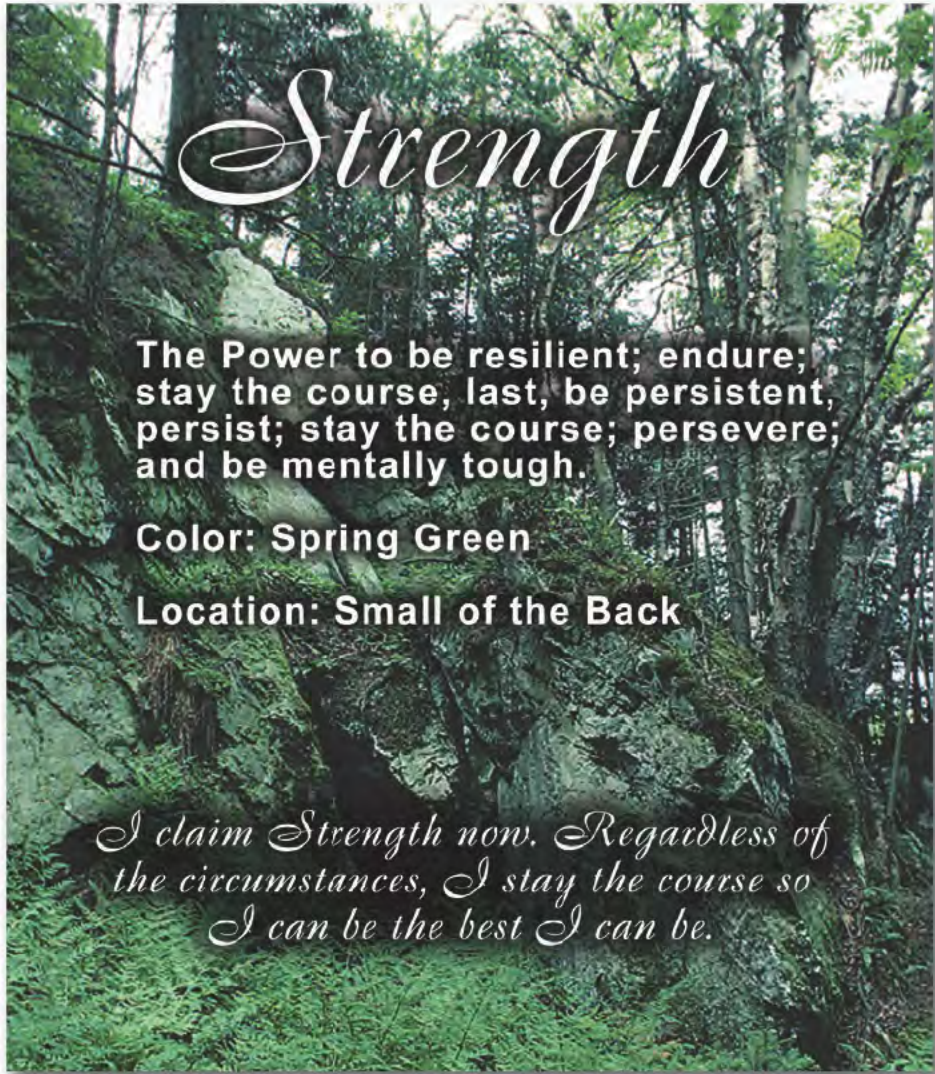
Faith is like radar that sees through the fog, the reality of things at a distance that the human eye cannot see. (Corrie Ten Boom)

My own experience has led me to the knowledge that the fullest life is impossible without an immovable belief in a living law, in obedience to which the whole universe moves. A (person) without that faith is like a drop thrown out of the ocean which is bound to perish. (Mahatma Gandhi)

Faith doesn't influence God "out there" to send riches to fill our needs "down here." Faith is the spiritual capacity by which we may form and shape this ever-present basic element of spiritual substance. Certainly all things are possible, not because God makes an exception for you by reason of your plea, but because your faith is the key to the kingdom of the power within you to apply the laws that transcend human limitations. (Eric Butterworth)

As increasing numbers of people lose faith in the institutions of state and church alike, they often find themselves adrift in a spiritual wasteland. This is the mythic desert space, which, contrary to popular opinion, does not alienate people from God and from meaning, but awakens a renewed sense of the sacred, often setting the seeker on a lifelong journey of spiritual exploration. (Mairmuid O'Murchu)

There can be no great courage where there is no confidence or assurance, and half the battle is in the conviction that we can do what we undertake. (Orison Swett Marden)



Strength

The Power to be resilient; endure; stay the course, last, be persistent, persist; stay the course; persevere; and be mentally tough.

Color: Spring Green

Location: Small of the Back

I claim Strength now. Regardless of the circumstances, I stay the course so I can be the best I can be.

*Strength is the capacity to break a Hershey bar into four pieces with your bare hands—
and then eat just one of the pieces.
(Judith Viorst, Love & Guilt & The Meaning Of Life, Etc.)*



*Those who wait upon the Lord shall renew their strength;
they shall mount up with wings as eagles;
they shall run and not be weary,
they shall walk and not faint.*

*~ The Prophet Isaiah
Isaiah 40:31*

Summary Chart of the Twelve Powers

<i>Power</i>	<i>Purpose</i>	<i>Color</i>	<i>Body Location</i>
Faith	Trust absolutely; spiritually know; believe with confidence and conviction	Royal Blue	Pineal Gland (Center of brain)
Strength	Endure; be resilient; stay the course; persist; persevere; and be mentally tough	Spring Green	Small of the back
Love	Harmonize, unify, unconditionally attract, feel affection.	Pink	Back of the heart
Imagination	Visualize; conceptualize; envision; think outside the box	Light Blue	Between the eyes
Power	Command authority of thoughts, feelings, and beliefs; claim mastery; express prerogatives and proficiencies	Purple	Throat, back of tongue, larynx
Understanding	Comprehend knowledge; interpret and make cognitive connections	Gold	Front forebrain
Wisdom	Intuitively discern and make heart connections; practically apply what is known	Yellow	Pit of stomach
Will	Choose; decide; direct; dictate; determine	Silver	Front forebrain
Order	Align; organize; sequence; arrange	Olive Green	Navel
Release	Discard; let go; remove; liberate; dismiss; eliminate	Russet Brown	Lower abdominal region
Zeal	Be enthusiastic and passionate; inspire self and others; motivate; excite	Orange	Medulla Oblongata (brain stem; back of neck)
Life	Maintain vitality and sustain energy; make whole; enliven and quicken	Red	The generative organs, external reproductive organs

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Credits:

Book cover & interior design: Cher Holton
Editing: Bil Holton

Artwork/Photography (used with permission):

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51, 56, 58, 70, 72, 86, 92, 98, 100, 116, 122, 132,
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41, 55, 62, 67, 69, 78, 81, 84, 85, 88, 89, 95, 97,
107, 108, 113, 115, 121, 124, 126, 129, 131, 137,
142, 143, 146, 154, 157, 159, 165, 168, 172, 173,
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About the Authors



Revs. Drs. Bil and Cher Holton are ordained Unity ministers, and co-founders of The Holton Consulting Group, Inc. and The Center of Metaphysical Christianity. They work with both corporate and spiritual clients, with a mission of helping people connect to the “Extraordinary You” within ~ in business and in life. Their impressive client list includes Fortune 100 companies, healthcare facilities, universities, associations, government agencies, churches, and

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Rev. Dr. Bil Holton has a solid reputation for his strength of character, engaging personality, and creative yet practical application of neuroscience, Positive Psychology, and neurotheology to his work. His metaphysical teachings and his ability to bring spiritual Truth into such clarity that people are able to walk the spiritual path with practical feet put him in high demand as a teacher and spiritual coach. When he isn't involved in work and research, Bil enjoys golf, travel, jigsaw puzzles, the theatre, and landscaping.



Rev. Dr. Cher Holton claims her name is an acronym for her personal mission: Creating Hope, Enthusiasm, and Results ... and she brings her zest for living and her practical applications of Truth principles to everything she does. Her background includes being a "Preacher's Kid," a Certified Speaking Professional, and a Certified Management Consultant, which make her a much-sought-after facilitator, speaker, and coach. When she isn't involved in work and

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On a personal note, the Holtons like to push the envelope and maintain their zest for life by taking what they call “Indiana Jones Adventures,” such as white-water rafting, sky diving, and fire walking. American-style ballroom dancing is also in their DNA. Although they have retired their competitive dance shoes, Bil and Cher love to perform ballroom showcases and exhibitions. Their two sons, beautiful daughters-in-law, and three incredible grandchildren all live nearby. Their visits are always joyful.



Rev. Dr. Paul Hasselbeck currently serves as Dean, Spiritual Education and Enrichment, for Unity Institute at Unity Village, MO. Paul hosts a weekly internet radio program, *Metaphysical Romp*, which airs live on Tuesdays at 2 p.m. Central Time on www.unity.fm. The thought provoking, mind-stretching programs are also available as downloadable podcasts.

Paul holds a Bachelor of Science in Biology from the University of Cincinnati, a Doctorate of Dental Surgery from the Ohio State University, and is an ordained Unity minister through Unity Institute. He was a Navy dentist prior to establishing a successful private practice in San Juan, Puerto Rico, where he learned to be functional in Spanish.

Paul discovered the Unity Movement in Puerto Rico while he was an avid student and facilitator of *A Course in Miracles*. Paul is one of the co-founders of the only English speaking Unity Church in Puerto Rico before he even knew much about the Unity movement. Prior to becoming Dean, Spiritual Education and Enrichment, he served at Unity Church of Overland Park, Kansas, as Minister of Prayer and Pastoral Care and as a Retreat Minister at Unity School of Christianity. Paul figures he has gone from preventing tooth decay to preventing truth decay, and recommends mental floss over dental floss and meditation over medication!

Rev. Dr. Paul Hasselbeck is the author of several books, including *Point of Power: Practical Metaphysics to Help You Transform Your Life and Realize Your Magnificence* (published in English and Spanish); and *Heart-centered Metaphysics: A Deeper Look at Unity Teachings*. He and the Holtons have worked together on several books, including *Get Over It! The Truth About What You Know That Just Ain't So!* (also translated into Spanish); *Get Over These, Too! More Truths About What You Know That Just Ain't So*; *PowerUP: The Twelve Powers Revisited as Accelerated Abilities*; *PowerUP Inspirational Card Set*; and *Applying Heart-Centered Metaphysics*.

Paul has a particular passion for using language in accurate and precise ways, bringing metaphysics fully into the 21st Century. He views language as an instrument of faith and as a spiritual practice. His presentations have taken him around the country, where he is known for his mind-stretching content supported by a variety of unusual props. Participants consistently applaud his ability to make the topics of metaphysics and spirituality practical and understandable.

Born and raised in Cincinnati, Ohio, Paul now resides in Overland Park, Kansas. Paul has been a bit of an eclectic collector over the years, collecting titles (Ensign, Lieutenant, Doctor, Reverend, and Dean); American Art Pottery from the early 1900s (Rookwood, Weller, Roseville, Van Briggles, Weller and Hull); exotic birds (from finches to macaws, at one point Paul had an aviary in his home housing over 100 birds); and dogs (two sweet Yorkshire Terriers now call Paul's home theirs!). In his "spare time," Paul enjoys fitness activities, estate sales, surfing the Internet, and reading.

Other Books by These Authors:

By Rev. Dr. Bil Holton, Rev. Dr. Cher Holton, or co-authored together:

The Gospel of Matthew, New Metaphysical Version
The Gospel of Mark, New Metaphysical Version
The Gospel of Luke, New Metaphysical Version
The Gospel of John, New Metaphysical Version
The Dance Between Science and Spirituality
The Gospels Revisited: Favorite Scriptures with their Metaphysical Interpretations
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Applying Heart-Centered Metaphysics: A Workbook to Bring Metaphysics To Life in Your Life)

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