

12 Powers Club Podcast, Episode 01 [Transcript]

Activating Understanding, with Rev. Linda Martella-Whitsett

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Hi, everyone, let's talk about our great power of understanding, according to Charles Fillmore... our ability to apprehend and realize the laws of thought and the relation of ideas one to another. It's represented by the Apostle Thomas, which is really fun because we know him as doubting Thomas, which speaks to one of the important principles about understanding, and that is it arises because it's summoned.

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It's summoned by our longing or desire. When I'm in doubt, I'm really longing for clarity rather than confusion. So understanding and really all the powers are summoned from this place of really longing for something greater than what I know in this moment. Spiritual understanding has three facets it's our power of comprehension, which is that what Phillimore called apprehension. It's our ability to conclude things, to make sense of things, to put together past and present, to integrate ideas.

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It's an intellectual pursuit. But let's not forget that the intellect is really an important companion to our spiritual awakening. Another aspect of understanding is realization. This is part of our prayer process, this aspect of prayer where we realize truth. It could be a very slow and steady dawning of truth or it could be a flash in a flash of a message we often say the voice of God. Or a whisper that that sort of that sort of way of grasping something really important, a truth to know.

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And insight is an aspect of the power of understanding that where we integrate really where we take a look at what's happening. And it's - I like to think of it as applied understanding. So we'll take a look at each of these with a little example. But understanding is represented in Unity by the color gold, and it's located in the prefrontal cortex, right in the front of the forehead alongside of the twin power of will those two together really powerhouses. I like to think of understanding an image for it as a light bulb.

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The illuminating power. So, let's take a look at how it operates. You'll humanly... we make assumptions. We put two and two together. We have the capacity to learn from our mistakes... these are all common ways that we think about defining the word understanding. Spiritually it is all of that, but it's to the nth degree, right? It's that. It's the power. This is true of all powers. We have the power to pivot from a human only way of expressing to a spiritualized way, understanding that we are more than human.

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So I can comprehend my life from a place of spiritual wholeness, for example, that's ramping up the power of understanding. And I can realize truth, as I said, either in flashes or over time, a through dwelling on truth, through sitting in the silence, all the tools that we have in order to do that. And by claiming I am insightful, I'm spiritually intelligent, I write in Divine Audacity that insight is not cold calculation, but it's spiritual intelligence actually arising in both the head and the heart.

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Spiritual understanding says I am illumined. I get it. So I had pericarditis years ago, in two thousand and one, actually. And here's how I worked with the power of understanding. Comprehension says to me, this is important. Pay attention. Let me make sense of what seems like unrelated, incompatible ideas past and present, and where so often we go unfortunately in metaphysics, as we start looking at trying to comprehend... why did this happen? Pericarditis is an inflammation of the fluid around the heart.

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And it was easy to go to that place of blaming myself for having caused an illness, but activating my power of understanding, I look at my past and my present in the context of wholeness. I discover the spirit of my own being, you know, and I look at, what do I know of my Self, the Self of me, the great Self with a capital S. I engage with my deepest longings and my sense of purpose.

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And in this way, I'm listening to my life. I'm listening. You know, when I was recovering from pericarditis, which had me in bed for four weeks in a row. I couldn't get out of bed without being, you know, without having consequences. So, I could dismiss this diagnosis as merely a fluke. Maybe it was my turn to catch a virus, you know? Or I could, and which I did do, is turn my attention more to finding meaning in the experience right where I was.

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And this involved not blaming myself for having caused it, as if some stinking thinking brought this about, but instead really comprehending there's something important in this for me. I have been forced, my body has required me, to pause. Let me pay attention. Let me accept this as a gift of a time, a period for renewal, for regeneration. I was comprehending that there was good in this experience for me. Realization says, oh, OK, I see, it's a aha, right? Often coming from visions and dreams...

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Whereas comprehension engages our intellect, realization arises from our heart. It sort of bypasses conscious thought. And always, realization involves Oneness, consciousness, compassion, an expansive view on ourselves. So with pericarditis, I had quite an opportunity for realization to arise from my heart. What does my heart say? You know, I started listening to my heart, not looking at it as some physical problem, but recognizing my heart represents love, the harmonizing power of love. In what ways am I seeking harmony?

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And what is the value of harmonizing my life right now, of resting more, of greater self-care, of truly turning the power of love to Linda? And then insight, insight says now it's all starting to make sense. It's applied understanding, right? And so I began to see that from my perspective of Oneness, I was able to reunite all the aspects of myself and my life's pursuits. I was aware that as a person who's pretty driven, you know, in work and such, that I can go, go, go, go, go...

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But I started looking at myself from the inside and determined through, felt really the insight that it was going to be really important for me to choose more harmonious thoughts and actions, to let out more of the goodness that is inside of me. And to use my power of will, my companion power will more, to make fresh choices and that sort of thing. Such a beautiful process, this growing understanding that the heart was really not just about the pumping of blood through my body, but it's really about the harmonizing of all aspects of being.

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So, let's tune into the power of understanding. We activate our power mentally by reflecting on it, by talking about it, by journaling. We activate it physically by posture and movement; any posture and body movement you can do that opens that energy center in your body is very helpful. And really, for this power, I'm going to ask us to do the spiritual activation, which is reciting some affirmations for this power, but I'm going to combine it with a physical focus.

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If you would place your point finger of one hand, just on one side of your forehead, reserving the other side for Will. Recognizing this is the seat of Understanding. Focus above your brow and inward, to the front of the brain. Close your eyes, envision threads of metallic, golden, shimmering light flooding this area of your brain acting as a clearing house and an opening. The illuminating light of Understanding. And repeat...

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By the light of Understanding, I learn from my life. I realize truth. I live by insight.

Develop your power of understanding, study it here in Divine Audacity and the other materials that you have, resources you have. Especially, turn on, activate this power by reflecting on it, by physically opening this energy center and by spiritually affirming this power in your life.

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