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Hello, let's activate our power of will. Will is one of our 12 spiritual capacities. It's located in the prefrontal cortex of the brain, twin power with the power of understanding. And I like to think of an image for the power of will as a Silver Star. A shimmering, you know, silvery sort of ethereal star. Will, as Charles Fillmore said, is the executive faculty of the Mind, the determining factor in us. What I really love about what he says is that it is the I Am Avenue.

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In other words, it's the way in which I am our true divine identity expresses its potential. So this is a great power. It's our choice-making power. And we understand the power of will. Oftentimes we use it by default. I make choices, oftentimes by default or just by habit pattern. Right? Not necessarily by intention. We often will push forward based on our feelings willfully. Right? And Will is also associated with breaking promises to ourselves.

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How many times have we done that New Year's resolution only to just forget all about it, you know, a week and a half in. So spiritually we have so much capacity in this power of will to be able to choose consciously based on insight, based on our twin power of understanding, for example, and then to commit to a course of action. And this calls us into spiritual integrity - doing what I say I will do repeatedly. And the power of willingness, when I find that I have faltered, I start all over again. I follow through to do what I promised myself that I would do. So, starting with the choice making power will is about choosing one divine idea, one possibility out of an infinity of possibilities. That's no easy thing in itself, to say I choose you or I choose this. Desire, just like for all the powers, desire is the choice-making driver of choice making. In this way we can say all things happen for the cause of love.

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Love is the desire power, right, the magnetizing power. So desire is a driver of choice-making. What do I want? As I write in Divine Audacity, we cannot have what we do not want, not because it's denied us, but because it's not in view. We cannot see or be or have what we do not desire. So what do you want so clearly that you would sell everything you own for that pearl of great price?

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In other words, you'd be willing to change your experience, your circumstances in order to have that, in order to be in that state of mind. This is a pretty powerful way to be able to bring about fulfillment. When I make one choice, there are consequences. You know what they are, if I make one choice, what am I saying about all the other possible choices in the world? I'm saying, I'm not choosing all of you. I'm choosing this one.

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And this sets in motion a focalizing power that is so intent that you'll start to see it when we start talking about the other spiritual powers. But all other possibilities are off the table. I choose you, forsaking all others. I thee wed. That's the power of choice! That's not easy. You can have it all is sort of a false promise in the sense that, one thing at a time... You can have anything you want but choose one and devote yourself to it.

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And one choice leads to having it all, because we know that seek first the kingdom and all other things will be added right when I choose, I command. I will. Let there be. Let me be. You feel it, right? I choose. Poof, Fillmore says the simple statement, I will to be well... Gathers the forces of mind and body about the central idea of wholeness and the will holds the center just so long as the I am continues its affirmation.

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As long as I stay steady in I choose, and I move into the value or the power of commitment, that's when this all begins to take shape. Because what is commitment? It's choosing and then choosing it again and choosing it again and choosing it again. It's focused, wholehearted attention, commitment to the path. I will to be well. I will. And what will I do that will put me on that path of wellness and let

me do it, let me commit to it.

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It's not saying I'll try, I hope to or I will in some future time. I will to be well. It's not I will be well in the future. You hear the difference, right? Commitment is the sustaining power of will. It's my integrity meter. Right. I had to learn this in my marriage. To choose. You know, we say I do one time in a marriage. Well, that was 41 years ago now, right? I learned, I learned through some rough times in my marriage to Giles. I learned that I have to choose every day. I have to choose you. I have to choose us. And commitment is my saying I will stay in this. I will choose you again and again and again and again. I will choose to build this relationship. So, willingness is the aspect of will, that is the fuel of will. To me, it's an antidote for willfulness, because willingness is the state of allowing, you know. I say to myself, on days when it's hard to follow through with my commitment, I say, nevertheless, I am willing. No excuses.

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Even on days when I feel uninspired, I follow through on my commitments because I chose them. I understand their value and I willingly do my part for the health of my marriage, for example. Right? It didn't matter whether I argued with myself or I had a, you know, a kind of a cranky day, whatever. I quiet the contrary thoughts to remember what is really most my most important aim. I choose you, I choose this.

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So place your pointer finger of one hand on one side of your forehead. The other side's reserved for understanding. And focus above your brow and inward to the front of your brain. This is the prefrontal cortex, your higher thinking capacity. And close your eyes. Shine here, the metallic light of will, silvery threads of will. This is the power of I will. So by the light of will I choose. I commit. I am willing.

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And so it is. And so it is.