

LESSON TEN

TWELVE POWERS IN YOU

POWER OF STRENGTH

TAKING THE WORLD BY CALM

WHAT WE WANT TO LEARN AND PRACTICE: The Christ Consciousness in us shows us how to develop real strength in the quietness of our own soul. Real strength is found in being still. Out of our soul's stillness, we are able to express the qualities of true strength: patience, tolerance, steadfastness, and balance.

1. WHAT IS STRENGTH?

Limited conception: rigidity, muscles, stubbornness, force, pressure, firearms, and outer movement. Usually associated with or represented by outer signs or instruments of force or protection, such as strong police forces, strong armies, strong locks, strong jails, strong muscles, strong bank vaults, strong alarms, strong fists.

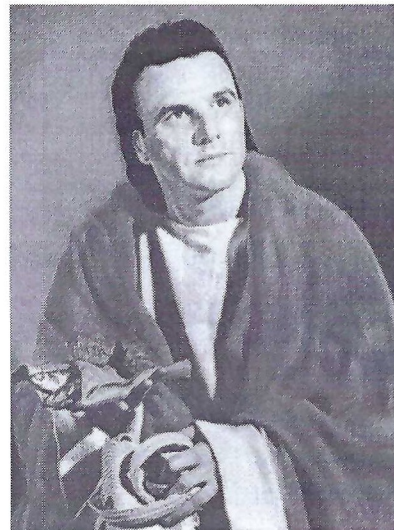
Look at how we use the word "security" today. Six-gun way of resolving conflict, insults, disagreements. The need to prove who is stronger, faster, better. "Step outside." "Draw." "Make my day." God is always on our side, our team, our national symbols and our songs. Only sissies and wimps run from a "good fight." "Eye for an eye." Folk heroes: Rambo, John Wayne, James Bond. Strong person of the Bible: Samson.

Greater conception of what true strength is: quietness, inner confidence, poise, ability to keep peace, non-resistance, refraining from retaliating in kind, love your enemies, negotiation, giving good for evil, forgiveness, boycotts or blockades rather than fights. The strength of a nation is not in how many arms and wars it has, but in how we care for all people, the environment, and work together with others of the planet. It is in education, sanitation, food, housing, decent work, safety, child-care, freedom for all people. Conflict resolution. Talking it out rather than hitting or bombing. Non-violent defense. Folk heroes: Martin Luther King, Nelson Mandela, Rosa Parks, Dalai Lama. Strong person of the Bible: Jesus.

2. STRENGTH IS FOUND IN STILLNESS. "For thus said the Lord God... in returning and rest you shall be saved; in quietness and in confidence shall be your strength." (Isaiah 30:15)

3. **THE STRENGTH OF PATIENCE.** Patience is calm, centered endurance. It is persistent courage. Whenever you need to be courageous in a situation, you need to become still. Get still inwardly and quiet courage will come forth through your consciousness as patience and the ability to meet any situation with strength and to act from strength.
4. **THE STRENGTH OF TOLERANCE.** Strong persons are tolerant. Weak persons are intolerant. Tolerance is our ability to be fair, open and just with those with whom we do not agree. This gives freedom from bigotry and sees diversity as a blessing not a curse. We are all different. We have to learn to respect differences and to function cooperatively together as partners, families, classes, organizations, businesses, churches, and society.
5. **THE STRENGTH OF STEADFASTNESS.** Steadfastness is another way of strength and a way we benefit by placing God at the head of our lives. It is our ability to stay centered and focused in spite of appearances, set backs, and disappointments. It keeps us firm in purpose and mission. It keeps us from the fickle "on again, off again" cycle. It allows us to "hang in there" and "stick with it."
6. **THE DISCIPLE ANDREW PORTRAYS STRENGTH.** The disciple Peter (faith) and Andrew were brothers, indicating the close interaction of faith and strength. Life has its "ups and downs," but faith and strength help us see the bigger picture and meet all the challenges successfully.

Sune Richards writes: "The first real friend that Jesus had was Andrew, and the strength he showed was primarily strength of character. Like Peter, his brother, for whom he worked, he was a fisherman on the sea of Galilee. Andrew was called 'the introducer,' for it was he who introduced his brother to Jesus, as soon as he knew that this was the true 'Messiah.' He brought before him the little boy with the loaves and fishes, when Jesus fed the 5,000 hungry people. It was he who introduced the first of the Greeks to Jesus--it is believed that when he went to bring his brother, Peter, to Jesus, John went with him and called his brother James. Andrew was there when John the Baptist baptized Jesus in the River Jordan."



Portrait by Sune Richards

RESOURCES:

1. *Twelve Powers In You* TV/video & book by David & Gay Lynn Williamson, & Robert Knapp, MD
2. *The Twelve Powers* by Charles Fillmore
3. *How to Use Your Twelve Gifts from God* by William Warch
4. *Strength to Love* by Martin Luther King, Jr.
5. *The Chalice and the Blade* by Riane Eisler
6. *A Choice of Heroes* by Mark Gerzon

SCRIPTURES:

Judges 15:16, Isaiah 40:28-31 & 41:1, Ephesians 6:10, Luke 8:15, James 1:2-4, Colossians 2:6, I Corinthians 15:58

© by The Transformative Center, 2750 Van Buren Street, Hollywood, FL 33020
Phone: (954) 922-5521 Fax: (954) 922-2762 E-Mail: tc@12powers2000.org Web: www.12powers2000.org