

## The Body's Rosetta Stone

Rev. Victoria Loveland-Coen, July 24th, 2022

Charles Fillmore idea that we all have 12 Power Centers within us that are “access portals” to certain aspects of our Spirit Power. And those centers *correspond* to specific locations in our physical body. So, if we know what that power center represents, metaphorically, we might discover a clue to what our body is telling us, and hence, a clue to our healing.

The POWER OF...

**LIFE:** (Reproductive organs) Associated with the animating power of Life energy – the ability to move forward, onward, upward. A clue: is any stagnation in your life, places you've gotten stuck? Or has there been a diminishment of Vitality...the ability to connect with, and fully enjoy life?

**RELEASE:** (Organs of elimination) The clue: you might want to look at what you might be holding onto. What can't you let go of – either physical things, or releasing old attitudes, or resentments? Or if it's too free-flowing, you might look at self-care – are you giving yourself enough love and soul-nourishment?

**ORDER:** (Organs of digestion) Clue: work on Trust...trusting that the Divine Order is happening even when we can't see it. There may also be a resistance to what is.

Affirm: *“Everything is working together for my good.”*

**STRENGTH:** (Small of the back) Clue: look at ways to enhance courage, or tenacity – standing undaunted in the midst of shifting circumstances.

**WISDOM:** (Solar plexus) Think gut instinct. Science is finding that our gut is a sort of 2<sup>nd</sup> brain. Also, the other organs in and around this area might come into play. Clue: to develop a stronger power of discernment -- which is different than judgment. Also, Intuition is related to this power. Are you listening to your Divine intuition and following it?

**LOVE:** (Heart center) Clue: look at how to open to the limitless Divine love that flows through you and maybe share it more widely – Universal Love (Agape.) Also, *the power LOVE is a magnetizing energy for your heart's desires.* You might want to work on that aspect.

**POWER:** (Throat) Clue: know your Spiritual Authority and speak your word to bring good into your life and into the world. Also, know when it's best to speak up and when it's best to keep it to yourself. 😊

**ZEAL:** (Back of the neck) Clue: work on enhancing your zest for life! Has that begun to wane, or dampened with world events? Time to reawaken it and channel it into everything you do. Also your shoulders are close to that area. Clue: Do you feel you're shouldering the burden for too many things? Or, feel overburdened? Lighten your load! And again, *reengage Zeal by doing things you love!*

The next 4 Powers are located in the head. So if you have any issues with headaches, vision, hearing, sinus trouble, focus, cognitive issues, or neurological issues, etc. you may want to look at one of these powers, and see if anything speaks to you.

**IMAGINATION:** (3<sup>rd</sup> Eye) Imagination is the power to picture what *can be* in the midst of its opposite. Clue: to be able to see peace and harmony in the midst of chaos you need to use your imagination. The power to envision.

**WILL:** (Frontal Lobe) is your power to choose, and make a commitment to something and see it through. It's also a willingness...being willing to do what it takes to achieve your goals.

**UNDERSTANDING:** (Frontal Lobe) Comprehension, Insight, Realization. Our ability to discover connections between our thoughts/feelings and what's happening in our body or body of affairs (what we're doing today!)

**FAITH:** (Middle of the head) from Charles Fillmore:

*"Faith is the perceiving power of the mind linked with a power to shape substance. It is spiritual assurance, the power to do the seemingly impossible. It is a force that draws to us our heart's desire right out of the invisible spiritual substance. It is a deeper inner knowing that that which is sought is already ours for the taking. The 'assurance of things hoped for.'"*

~\*~\*~

Also, intentionally moving our body in certain ways can cause a shift in our body's chemistry, which can in turn affect our emotional state and how we feel about ourselves.

1. **Intentionally Smiling.** We begin to see the positive aspects. We become optimistic and we not only see the possibilities in a situation, but also feel we have the power to put that possibility to work in our lives.

Thich Nhat Hanh recommends a smiling meditation.

Here's the Mantra: *"Inhaling I calm my mind. Exhaling I smile."*

2. **Power poses.** The social psychologist and Harvard lecturer, Amy Cuddy. Wonder Woman or Superman Pose, or Star Pose. Hold for 2 minutes. Your cortisol level (stress hormones) lower and testosterone rises. Help you to feel confident, more powerful, and like you can take on anything that comes at you.

The mind, body and Spirit all work together...*whether we're conscious of it or not.* And when we listen to what the parts of our bodies are telling us, and learn to use our innate power, wisely, we can heal, and reveal the innate wholeness that is ours!



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