Tone Canada, September 2020

**Introduction to Unity: The Power of Power**

In Unity, we believe that God (the Divine, the Source, etc.) is within, always present. God has twelve attributes or powers that are also ours by virtue of our oneness with God. This article is about one of those twelve Powers, Power, the one we use to succeed, to move forward and to accomplish. We are grateful to Linda Martella-Whitsett’s book, *Divine Audacity*, for much of this material.

Unity co-founder Charles Fillmore said that the Power that rules the world is within. He added, “Today men are striving to acquire power through money, legislation, and man-made government, and falling short because they have not mastered themselves.” Instead of using our Power to control our material lives, we should cultivate it “as spiritual power for inner transformation and for blessing others.”

We can express our Power in the following ways:

*Concentration*: which is the opposite of the multi-tasking that seems to be so valued in our work and in society (because it promises, but does not deliver, increased achievement). According to Martella-Whitsett, “multi-tasking leads to ... switching from one focus to another, reducing our attention on anything and diminishing the quality of our focus. Our concentration ... is the power of single-mindedness ... intensifying thought the way a laser intensifies light.” And where should we focus our laser thoughts? To “our truest Self, our Infinite Self, the source of which is divine – divine honour, divine justice, divine love.”

*Self-mastery:* is our capacity to guide our thoughts, words and actions in integrity with our Infinite Self, instead of reacting from only human, ego-driven impulses or compulsive behaviours. Unfortunately, many of us either give our power over to other people or we are controlled by our compulsions. We generally, therefore, operate from fixed attitudes or a paradigm dictated by our culture and what our parents taught us. We must, instead, learn to respect ourselves, trust ourselves, and be self-determining. We must not dim our inner light over rifts, family feuds, and everyday power struggles. Doing so will only lead to our withdrawing from the blessing we are here on earth.

*Spiritual authority:* is our inner wisdom to be centred in spiritual truth. Partnered with Power, our very presence can change to one of being so “solidly standing in the truth of wholeness that [others] feel empowered to experience [their own] wholeness” (Martella-Whitsett). In matters of ultimate truth, discover that truth within you and express it with spiritual authority.

**Join our online service, every Sunday at 10:30 AM. To see a description of upcoming services, workshops and other events, and to get the Zoom link to services, please subscribe to our weekly newsletter under Contact Us at** [**www.unityottawa.org**](https://www.unityottawa.org/)**.** **To learn more about spiritual powers:** [**www.unity.org**](https://www.unity.org/)**.**