

Discover the Power Within You

**Facilitated by Rev. Dr. Gail Derin
Unity of Stockton**

- **The Power of God, the Essential Spirit, is not just within us. It is at the deeper level of each of us.**
- **We can either develop the awareness of this power to grow, or not be in discovery & be run by our thoughts.**



Sat Chit Ananda

the gift

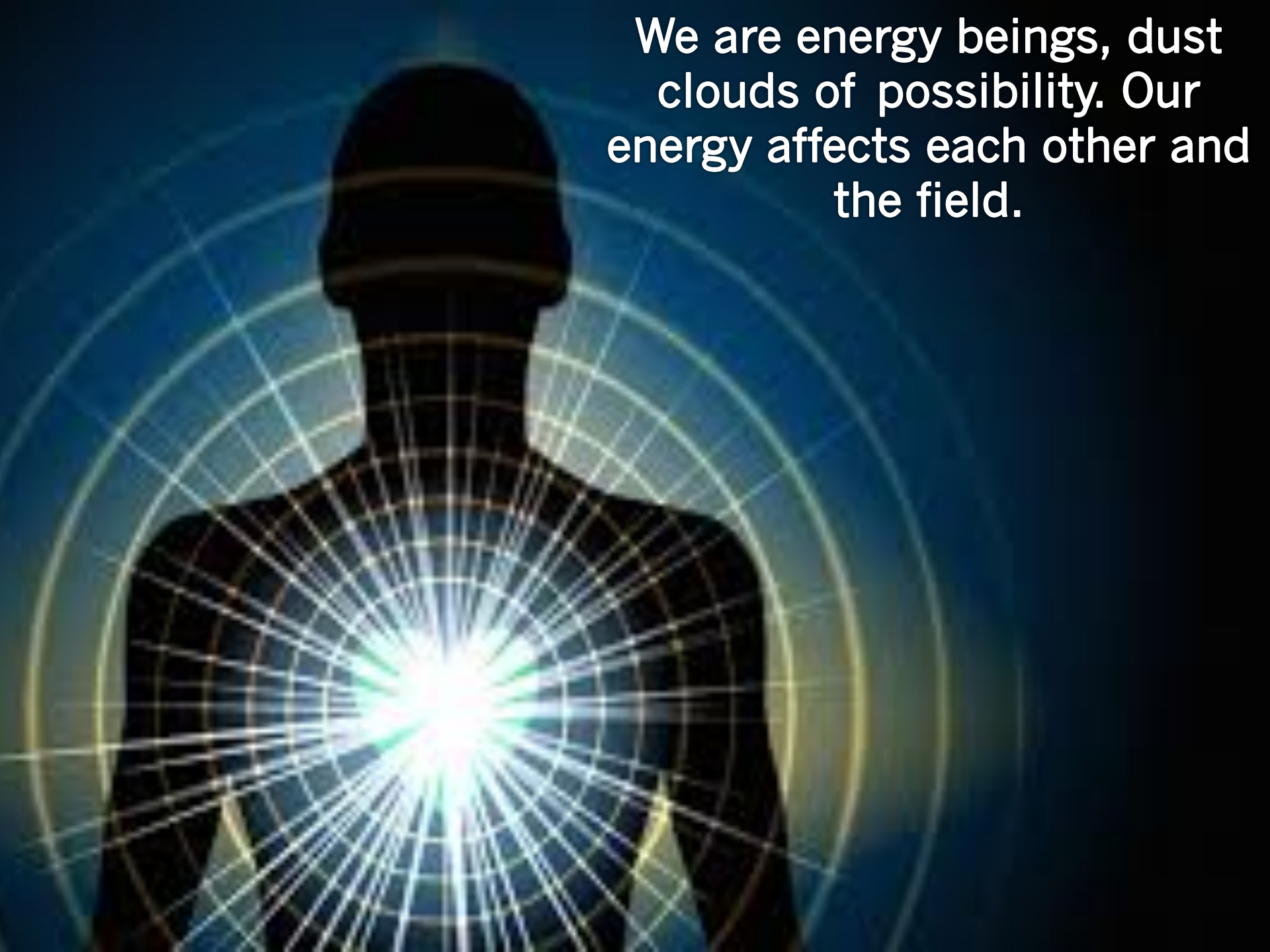
&

the trap

“By means of all created things, without exception, the Divine assails us, penetrates us, and molds us. We imagined It as distant and inaccessible, when in fact we live steeped in Its burning layers.”

- Teilhard de Chardin

We are energy beings, dust
clouds of possibility. Our
energy affects each other and
the field.



“Wisdom begins with a definition of terms.” - Socrates

Preface xi-xiii



The Eternal Quest

Chapter 1

- We search for the ‘holy grail’ but fail to look for it within ourselves.
- We are being asked to take the courageous quest into inner space. This power is not as much something within us as it is the deeper level of us.
- Matter is made up of empty space. There are ‘force potentials’. What we call space is really a Presence, Intelligence, inexhaustible Potential that precipitates itself as matter.

- **Jesus preached not just the Kingdom of God, but the POWER of the Kingdom of God. They are 2 different things. One is static, the other is active.**
- **Prayer and meditation are elemental. Guidance comes from these practices.**



The Great Discovery

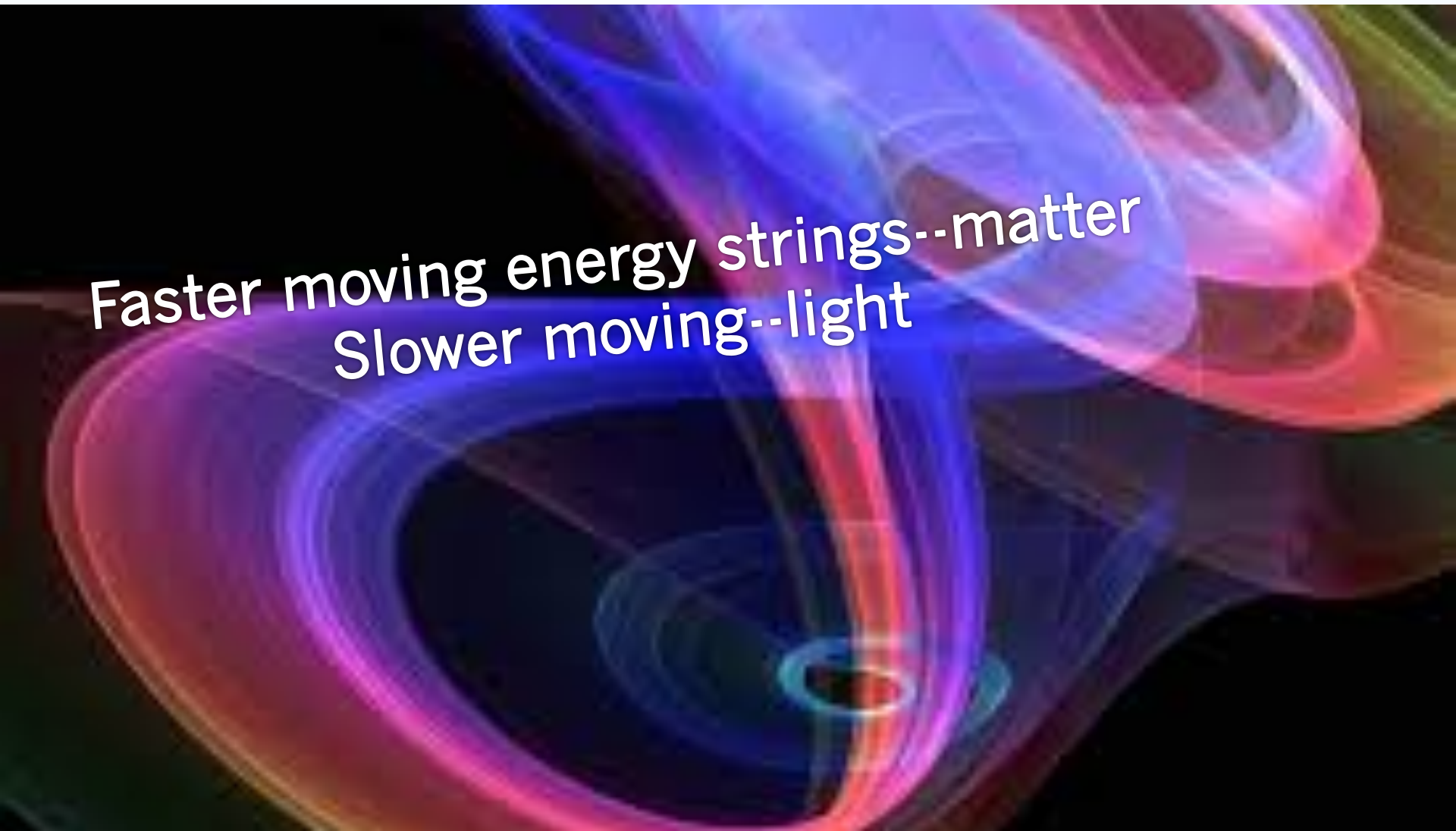
Chapter Two

- **Jesus's great discovery was that the divine dimension & potential is within us all.**
 - **“CHRIST IN YOU, the hope of glory.”**
- **The mystery of God is in you, which means your potential for healing, for overcoming, for prosperity is limitless.**

Realize Our Unity

- **“Be still and know that I am God” - Ps 46:30**
- **Jesus knew he was an expression of God, the activity of God-life, God-intelligence, pressing itself into visibility. This is for us to discover.**
 - **“The Kingdom of God is within you.”
Matthew 3:13**

String Theory of Energy

An abstract visualization of string theory energy strings. The image features a complex, multi-colored structure of glowing, translucent bands in shades of blue, purple, pink, and red. These bands are intertwined and looped, creating a sense of dynamic movement and energy. The background is dark, making the vibrant colors stand out. The overall appearance is that of a complex, multi-dimensional structure, possibly representing the interactions of strings in a higher-dimensional space.

Faster moving energy strings--matter
Slower moving--light

11 Dimensions of the Universe



The Truth of the Divinity in Us

- **Power comes to us when we discover in ourselves the Great Within.**
- **I have faith in the POWER within me.**
- **“He that believeth on Me, the works that I do you shall do also; and greater works than these shall you do; because I go unto the Father.-John 14:12**

God's Gift to Us

- **We are endowed with God's Intelligence, Life, Substance and we inherit God's Kingdom.**
- **“God cannot be far from each one of us, for in Him we live, and move, and have our Being.”-
Acts 17:24-28**
- **Jesus discovered His own divinity, His unique relationship with the Infinite.**

“These things I do...greater things shall you do”...-Jesus

- **As we open doors to the inexhaustible Mind of God, we find renewed creativity...a flow of powerful ideas.**
- **Jesus was consciously one with the Absolute Principle of Being. He attained no more than what is expected of everyone of us.**

Follow Me

- **“Follow me,” means to accept the high level of consciousness that Jesus achieved.**
- **When Jesus becomes the object of our worship, he ceases to be the way-shower for our own self-realization and self-unfoldment.**
- **Jesus closed the separation of God and human. He said, “Don’t look at me. Look to the Spirit. See yourself in the Light of the Christ as I have seen myself in this Light. You have this same potential within you. What I have done, you can do.”**



- **Don't stare at the window to Divinity. See through the window.**
- **Meister Eckhart, mystic, says, "God never begot but one Son, but the Eternal is forever begetting the only Begotten, (the Divinity in us begotten only of God). God incarnates Himself in us."**

Pure Potential

- **Christ is not a person, it is the Potential that dwells in each of us.**
- **“I can do all things thru Christ that strengthens me.”**
- **“In all you do, acknowledge Him and He shall direct your path.”**

Nonlocal Mind

- **Receive the Christ. You are the limitless expression of the Infinite Life, Substance and Intelligence of God.**

Expansive consciousness

Expansive consciousness

A glowing human figure with a bright core, surrounded by concentric blue energy waves and a starry background, symbolizing expansive consciousness.

The Great Decision

Chapter Three

- **If you think you are rooted in sin, you do not know your Divinity.**
- **Our thoughts change matter and shape our world. They transcend space and time.**
- **Create from the inside out. If we keep our attention on the outside in, we are conditioning our consciousness, sensitizing our EM fields in a specific way and growing neural circuits of stress.**

Our Relationship is Immediate

- **Our relationship to Source is personal and intimate, where the element of immediacy is primal, as a way of living.**
- **How to reach Mt. Olympus? Just make every step (large or small) you take go in that direction.**



The Narrow Gate

- The narrow gate is a change in consciousness. Then our outer world is altered.
 - Wide is the gate to destruction.
- “Be not conformed to this world: but be ye transformed by the renewing of your mind.” – Rom. 12:22



- **Go beyond doing something just because everyone else is doing it, being of ‘one’s time.’ Hold to a higher standard of excellence.**
- **Plant the seeds of kindness, tolerance, generosity, mercy, in all our dealings, and its ‘fruit’ will return to you multiplied.**
- **Ask, ‘what would the Power of Love in you do in the situation you are facing?’**

What is ours to do

- **Self-reverence, self-knowledge, self-control lead to a life of sovereign power.**
 - **Integrity**
- **“In the beginning was the Word. And the Word was with God. And the Word was God.” Jn 1**
- **What is your relationship with keeping your word?**
 - **Offering a mandate: A call to Character**

Repent

- **Repent means to open the eyes of spiritual perception and see life in a new dimension. To see hidden realities behind every appearance. Resolve to go toward our Mt. Olympus, to make every step we take go in that direction, the direction of our highest good.**
- **The Christ in you is you at the point of God, your root in Divine Mind. Become conscious of this root in your being.**

Decide for Christ, a Higher Consciousness in You

- **Make a decision for Christ, discover this unity.
“Act as if I am and thou shall know that I AM.” p
21 read**
- **If you do not consciously identify yourself with the Truth through affirming “I AM”, you will be relating yourself to the conditions of the world, which will bring confusion, declaring deterioration, ie. “I am afraid.”**

- When we see things in a different light, we react to a different set of Principles, we draw upon a higher Potential, a Potential that has always been within us, which has always really been us. P 24 read



Change Our Thinking, Change Our Reality

- **When we change our mind, we send new signals through our neural pathways of our brain, altering the energy fields all around us, interacting with the fields of others, with no idea of how far the effect travels.**



Affirm I AM

- **Feel the depth of Spirit in you. You are this limitless expression. Decide to affirm your unity with the Infinite. Work with the I AM.**
- **Let God take over in every area of our lives. Resolve to see ourselves in a new Light, the Light of the Christ, and our own unique unity with God.**

I AM Awareness

- Christ is the self-livingness of God state of Consciousness.
- The great decision is “to act as if I were and I shall know that I AM.” Reach for the highest and claim the Divinity within us.

I AM

**TWO MOST POWERFUL
WORDS,
FOR WHAT YOU PUT
AFTER THEM SHAPES
YOUR REALITY.**

Prayer Partners

- **Next month: Read chapters 4-6**
 - **Affirmative prayer**

The Art of Being Present



Practice

**Distract yourself while
another is speaking.**

(1 minute each)

How do you know
you are
not present?

Don't interrupt...

appreciate

breathe

pause & feel

Don't judge...

hmmm

curiosity

wonder



we are being pulled...