



## Weekly Family Activities for May 2024



### I HAVE THE POWER!

*Power is the ability to have mastery of Divine Ideas. To us the power of our thoughts and words to bring them into being. We are the power of GOD in action.*

**Affirmation: I have the power to create my world. Power—Self-mastery and spiritual presence.**

**The disciple is Philip. He represents power over our thoughts and feelings.**

**The corresponding color is purple, and the location is the throat.**

### The Spoken Word - Audrey Marlene, Life Coach—Understand the Power of Words

Do you remember when you were taught the famous comeback as a kid "sticks and stones may break my bones but words will never hurt me?" We all know how far from the truth that saying is. We are all aware of the enormous power in the spoken word and what it means to the person on the receiving end. We've all have been the recipient of words of wisdom, words of encouragement, or words of praise. On the other hand, we have all experienced words that hurt, words that destroyed our spirit, or words that have made us angry. Pay close attention to your spoken word, you will be amazed the power that lies within.

Parents we sometimes upset our children by the words we speak to them. Examine the words you speak. Do they discourage or Do they encourage? Make a special effort to choose your words more carefully - they reflect what's on the inside.

- Use your words to praise your child for their efforts.
- Say words to let your children know what a gift they are to you.

### Encouraging Words

One of the most powerful things words can do is change the world in which we live. By our choice of words, we can influence others in positive ways and as a result achieve peace and prosperity in life. Ways to realize that:

- Pay a genuine compliment or a kind word to someone who crosses your path.
- Say something nice to build someone's self-esteem and self-confidence.
- Your power of words can encourage and motivate someone by saying "you did a good job."
- Say words of comfort to someone sad or grieving.
- Use your words to admit when you were wrong.
- Use your words to say "I'm sorry" and to say "Thank You"
- Use your words to show appreciation and to show respect for others.
- Say something funny to make someone smile and brighten up their day.
- Use your words to help that special someone in your life feel secure with your love.
- Use your words to speak to God from your heart to give thanks for your blessings.

Make a conscious effort to monitor your words. Make it a point to bring friendly words into every relationship in your life. Learn to respond in ways that disperse good and positive energy into the world around you. Be aware that the power you have in your words can move people to act in helpful or harmful ways. Use it to empower self and others.

### Choosing Your Words

Our spoken word can mean the difference between failure and success. Choose your words to imagine the impact you have on people around you. Think how your plans for achieving your goals can be affected positively or negatively by the words you choose. For example:

**Change "Problems" to "Challenges." • Change "I can't" to "I can" or "I will." • Change "Should Have" to "Could Have." • Change "Always" to "Often" and "Never" to "Seldom." • Change "Mistakes" to "Life's Lessons."**

**Mother's love is the fuel that enables a normal human being to do the impossible.—Marion C. Garretty.**



METAPHYSICAL MEANING OF FEMININE (RW)  
THE DIVINE FEMININE IN MAN IS THE MOTHER PHASE  
OF BEING. GOD, THROUGH HIS HOLY SPIRIT, IS  
THE FATHER.



## THE DIVINE FEMININE

1. A SPIRITUAL, PSYCHOLOGICAL, AND ARCHETYPAL IDEAL OF FEMININE ENERGY. THE HIGHEST, MOST INSPIRING, AND TRUEST EXPRESSION OF FEMININITY
2. UNIVERSAL AND INHERENT ENERGY, COUNTERPART TO DIVINE MASCULINE, WITHIN ALL MANKIND THAT MANIFESTS



*No language can express the power, beauty, heroism and majesty of a Mother's love ~ edwin hubbell chaplin*

#### IMPORTANT POINTS of the Divine Feminine

♥ MOTHER GOD - PERFECT, UNCONDITIONAL LOVE ALWAYS for ALL, ALWAYS WITH YOU

♥ HUMAN MOTHERS – Beautifully Imperfect doing the best with what is provided by the universe, Unconditional love for child, Always with you forever in action and memory

**Mother's Day is such a wonderful opportunity to celebrate all the amazing mothers of the Universe. Thank you Mothers, everywhere, for the amazing job you've done aligning with the sacred energy of the Divine Feminine. Thank you for loving, nurturing, and caring for us all; And thank you for selflessly helping to set into motion each of our own unique spiritual journey's through life on earth .**

#### Mothers Day In A New Spiritual Light

**Spiritually speaking, Mother's Day is not only a celebration of our earthly mothers, but an opportunity to celebrate and** consciously reconnect with the energies of the Divine Feminine . . . To look beyond the physical, where we can see our unique connection and oneness with the creative energy of life that goes beyond what we can even comprehend. Where we can connect with honor and celebrate the same Divine Feminine light that brightly shines within all mothers. That although perhaps less noticed, shines brightly within us all. The Divine Feminine energy that is quite simply, Unconditional Love. The Divine Feminine that is nurturing, compassion, and grace. That is the magnetic container in which all creation is held. The Divine Feminine energy that is understanding insight, intuition, creativity, forgiveness, healing and wisdom.

And so this Mother's Day, there's a new opportunity, that really has been here all along. It's the opportunity to reconnect with the presence of the Divine Feminine within. Where the true power of unconditional love lives. Just waiting to reconnect, embrace, love and nurture us all!

And so, this Mother's Day . . . Celebrate Mothers, of course, but also celebrate the light of the Divine Feminine, shining and re-emerging within you and within us all! Begin to notice and become aware of just how loved, blessed, and supported you really are!!

Melanie Becker



O WISDOM GODDESS!  
YOUR ESSENCE ALONE  
IS PRESENT  
WITHIN EVERY LIFE,  
EVERY EVENT.  
YOUR LIVING POWER  
FLOWS FREELY AS THIS  
UNIVERSE.  
YOU ARE EXPRESSED  
FULLY, EVEN BY THE  
SMALLEST MOVEMENT.  
WHEREVER I GO, AND  
WHEREVER I LOOK, I  
PERCEIVE ONLY YOU,  
MY BLISSFUL MOTHER,  
RADIATING AS PURE  
COMIC PLAY,  
EARTH, WATER, FIRE,  
AIR, SPACE, AND CON-  
SCIOUSNESS,  
ARE SIMPLY YOUR  
PROJECTED FORMS.  
THERE IS NOTHING  
ELSE.

MA! MA! MA!  
YOUR LUCID DREAM  
OF LIGHT  
IS THE THEATER OF  
BIRTH AND DEATH,  
THE EXPANSE OF  
BOUNDLESS TRANS-  
PARENCY.  
THIS POET CAN ONLY  
CRY IN ECSTASY"  
"GREEN MOUNTAINS,  
FRAGRANT BLOSSOMS,  
COUNTLESS LIVES ON  
LAND AND BENEATH  
THE SEA,  
ANIMATE BEINGS AND  
INANIMATE OBJECTS  
ARE COMPOSED OF  
MOTHER'S REALITY,  
AND SPONTANEOUSLY  
EXPRESS HER WILL

*"Before we were conceived, we existed in part as an egg in our mother's ovary. All the eggs a woman will ever carry form in her ovaries while she is a four-month-old fetus in the womb of her mother. This means our cellular life as an egg begins in the womb of our grandmother. Each of us spent five months in our grandmother's womb and she in turn formed within the womb of her grandmother. We vibrate to the rhythms of our mother's blood before she herself is born. And this pulse is the thread of blood that runs all the way back through the grandmothers to the first mother."*

When the drummers were women by Layne Redmond



Kaleigh Patterson



## The Authority of the Divine Feminine, Charles Fillmore 1/16/1916

“And we are in our present civilization coming to a place where the whole human family, and especially the masculine part of the human family, must recognize the Divine Feminine. There must be a lifting up ... into the realm of intuition, of love, of tenderness, those qualities which belong supremely to the woman.”



### Eric Butterworth's 1975 Mother's Day essay, The Wisdom to Believe the Heart

Mother's Day is a good time to herald the importance of the divine feminine... the need to explore and harness our inner depths. When the intellect is unified with the superconscious flow, there is a balance of the male and the female. Then only is there hope of creating a world order of peace and good will. One is simply not qualified for life in modern times without a sense of the transcendent, the free flow of understanding love, and the wisdom to believe the heart. Open your heart to a rebirth of the mothering influence of your own innateness

Mark Hicks : Set an intention this year between Mother's Day and Father's Day to heal the parent wound and to love yourself into wholeness. Let go of painful, broken experiences that occurred long ago, and bless those who loved and cared for you before you became capable of loving and caring for yourself. - A Season for Healing

# A Meditation on the Power of the One Power

By

Rev. Bronte Colbert

As I recognize my connection with Spirit, the one power, I become more aware of my inner faculty of power. I feel it energizing and renewing me from within. I am invigorated in mind, body, and consciousness.

How wonderful that I have the power to choose my reaction to circumstances. Aligned with Spirit, I take charge of my thoughts and words, knowing they have creative energy.

I think and speak only positive, kind, affirming words regarding myself and others. As a result, my body thrives. I manifest loving, harmonious relationships, and I demonstrate prosperity and well-being.

With gratitude and respect for this spiritual gift, I use my power to create my best life. Nothing is stronger than the power and love of God that flows within me.

## Listening is a peace practice.

Meditation and prayer, in any spiritual tradition, encourage us to be disciplined in our practice of being silent and hear the “whispers” of the Divine if we want to live more peacefully in the world.

Listening is the beginning of peace. In listening, we are brought face to face with our inner wars so they can be healed. **Peace begins when we expand mind and heart and listen to the noise within that needs quieting.** We can now hear the wisdom that awaits us in the Silence. Only then can we become truly peaceful and only then will we understand ourselves, and therefore, understand another.

## Spirit Brought to Life

When we listen—not with our ears but with our whole being—the activity of Spirit is brought to life. It is just as real as the sound of howling wind or the clap of thunder during a storm or the music washing through us. This ever-present reality can only be reached through listening, and our only response to what we hear is to be the presence of God in manifest form.

Peace begins by cultivating this practice. If we can live in that practice, it eventually becomes our way of being. Then practicing and living peace are inseparable. We can leave our world with a legacy of peace.

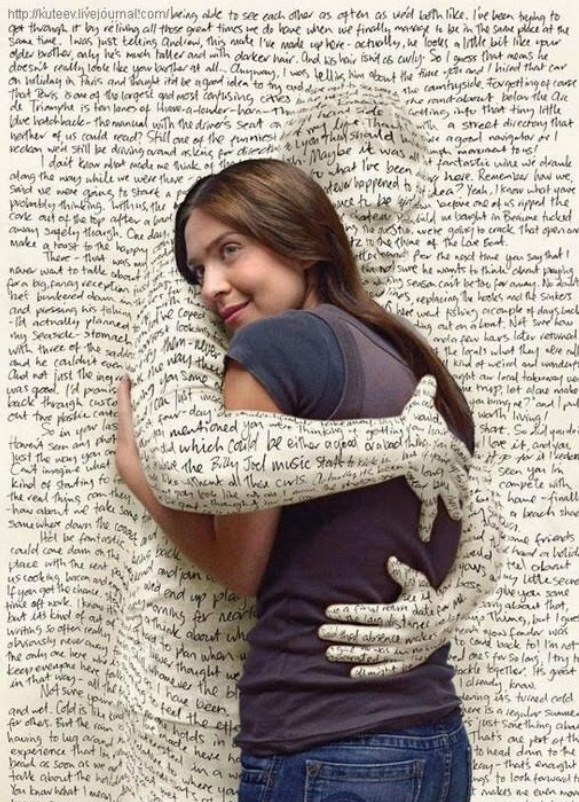
**Peace begins when we are willing to be still in the Silence, sitting with our sufferings and our joys, listening to what Spirit is trying to teach us.**

Slowly, through our spiritual sense of hearing, the sheer awareness of the divine presence in our lives becomes more alive, overflowing into our ordinary, everyday life.

## Practices to Better Tune in to Divine Guidance

1. As you listen to music, what words or melody captures your soul’s attention and imagination? What are you hearing?
2. How does what you hear in meditation connect with your everyday life? What feelings or images come to life?
3. Take a moment and listen to the sounds around you, wherever you might be. What do you notice? Are they interrupting your day or are they blessings?

What sounds in your life are a call to prayer, to being in the Silence? How would you describe them?



“Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.”

Yehuda Berg

Considering the ‘powerful force’ of the words we utter, we must discipline ourselves to speak in a way that conveys respect, gentleness and humility. One of the clearest sign of a moral life is right speech. Perfecting our speech is one of the keystones of mature people. Before speaking take a few moments to contemplate what you will say and how you will say it; while considering the impact they will have on the listener/s. Be kind to all and speak words that are beacons of inspiration, enthusiasm and encouragement to all. Kind and sweet words are always music to the ears of the listeners.

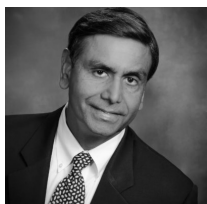
Many people are compelled to give voice to any passing feeling, thought or impression they have. They randomly dump the contents of their mind without regard to the significance of what they are saying. When we talk about trivial matters

as in gossiping about others, our attention is wasted on trivialities.

When we speak we should speak with mindfulness, in a way to solidify peace and compassion in our characters. Not only do our words matter, but also the tone which we use has a huge impact. There are certain rules that should guide all our communications with others. Always speak the truth, avoid exaggerations, be consistent in what you are saying, don’t use double standards in addressing people, don’t use your words to manipulate others, and most importantly do not use words to insult or belittle anyone.

Thich Nhat Hanh, a contemporary Buddhist monk and global peace worker and writer in his book, *Being Peace* states “speaking honestly in any negotiation between individuals or groups is necessary. Speaking the truth in a loving way is also necessary.” Hahn recommends only “loving speech” even when we are communicating about our differences and disagreements. We must be ‘lovingly honest’; we must discipline ourselves to speak in a manner that conveys respect, gentleness, and humility’.

Gary Chapman in his book, *Love as a Way of Life* uses the vivid metaphor for words as being either ‘bullets or seeds’. If we use our words as bullets with a feeling of superiority and condemnation, we are not going to be able to restore a relationship to love. If we use our words as seeds with a feeling of supportiveness and sincere good will, we can rebuild a relationship in positive and life-affirming ways.



When we need to talk candidly about something difficult with another person, we must focus on the conversation with keen attention and purpose. During the conversation, we must listen patiently, speak tactfully, and tell the truth as we understand it. We must align our words, voice inflection and tone, eye expression, body language, and actions with our inner awareness in an honest exchange.



**"Jesus Calms the Storm."** [Matthew 8:23-27](#)

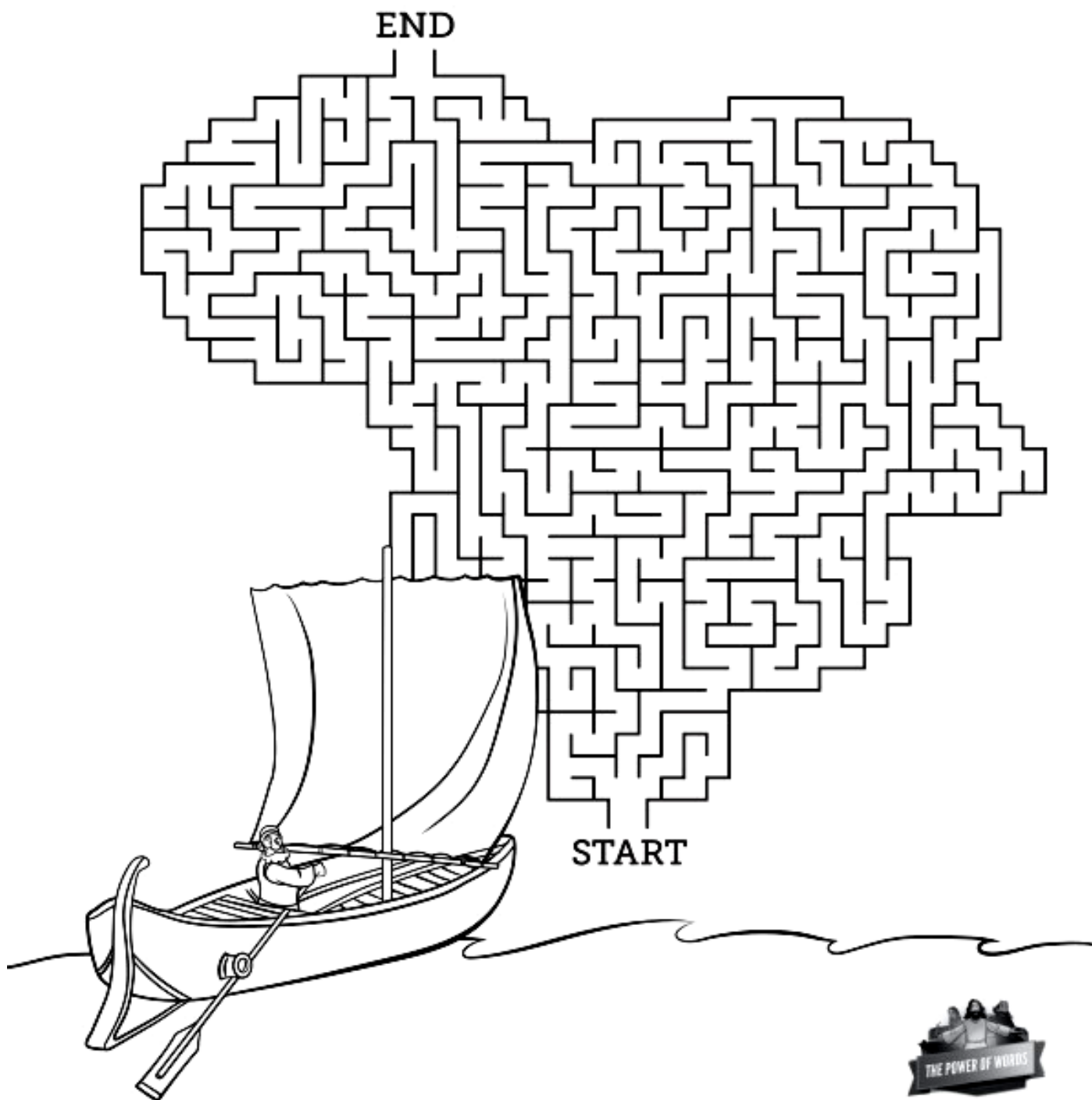
<sup>23</sup>Then he got into the boat and his disciples followed him. <sup>24</sup>Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. <sup>25</sup>The disciples went and woke him, saying, "LORD, save us! We're going to drown!"

<sup>26</sup>He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. <sup>27</sup>The men were amazed and asked, "What kind of man is this? **Even the winds and the waves obey him!**"

*New International Version*

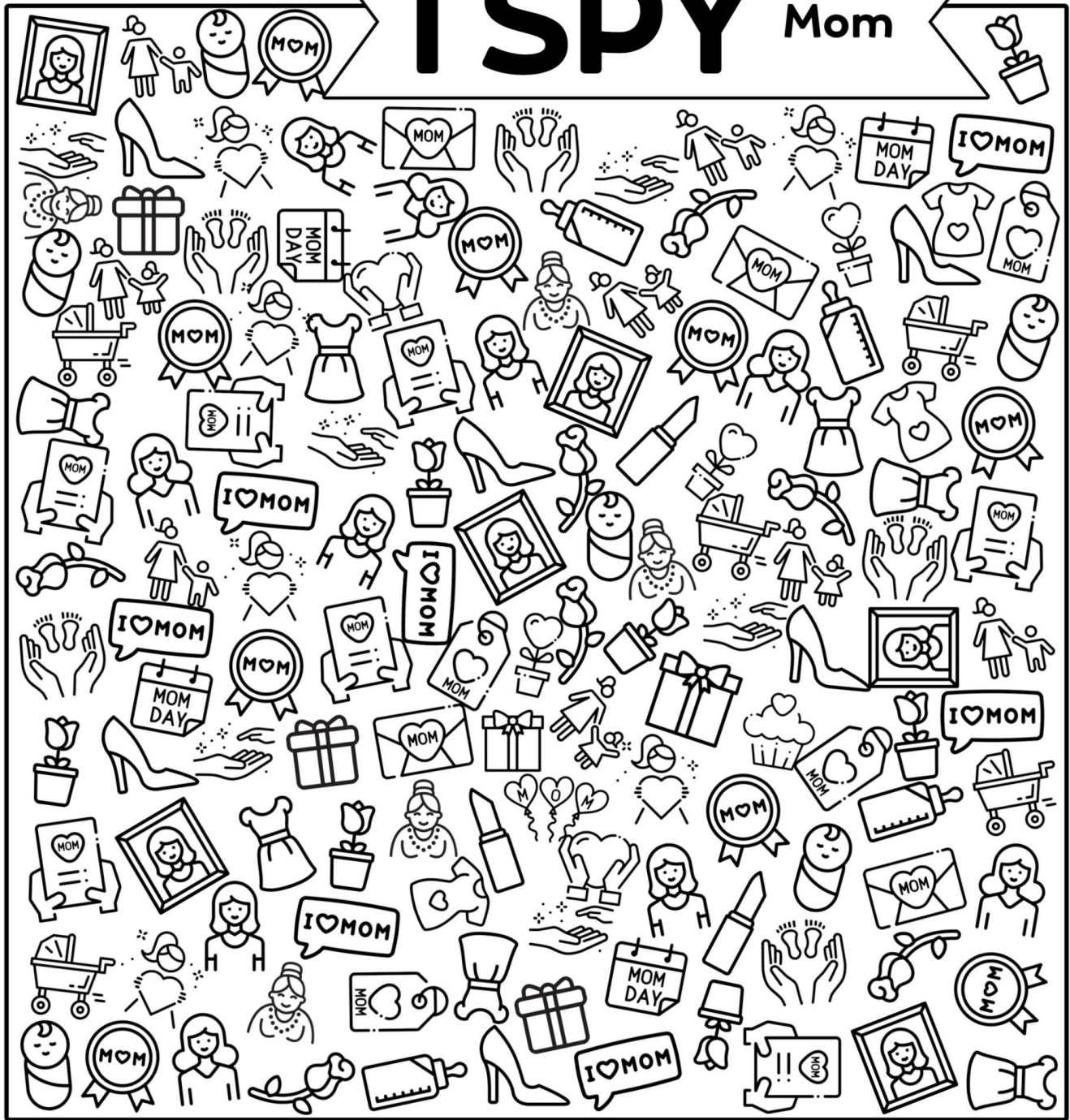
# THE POWER OF WORDS

Guide the sailing ship through the ocean.





# I SPY Mom



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| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 5 |  |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |  | 7 |  | 5 |  | 9 |  | 6 |  | 3 |  |

We see these word searches all the time. What do you think, did the first word you found describe you? Did you search for different words than the first one you found? Why or why not?

Did these words have power?

The first four words  
you see describe you.

U U L  
L U U L A Z Y S B  
N D M Q N L M H A P P Y F  
R W T G Y J D I M P A T I E N T G  
C G E N U I N E H E L E G A N T C T G  
P O H E C Y T P R E Y P E A C E F U L C B  
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E G U O S W E E T  
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