



I Am divine understanding now.

I am spiritual insight, seeing beyond words and actions of others seeing their true spirit selves and mine.

I know and comprehend that I am the best person and Christ I can be.

July is summer, family vacations, graduations, long awaited get togethers with friends, families and communities celebrating Fourth of July. There will be parades, good food, parties and of course fireworks. The United States of America is now Two hundred and forty five years old and counting.

Understanding - is number 7 of our twelve powers. It is the power of Comprehension, Realization and Insight .” Spiritual understanding is the ability of the mind to apprehend and realize the laws of thought and the relation of ideas one to another.” Charles Fillmore, The Revealing Word

Comprehension is our innate ability to discover or know connections of thought and feeling, between our body talking to us and our mind’s thought habits, or between our inner library of beliefs and un-doctored truths. Taking time to learn, studying, be aware, reflect and listening to our meditations will reward us with an ever growing spiritual comprehension. Ultimately with wisdom, experience and time invested in meditation we can spiritually see or ”know” the changeless truths.

Realization is either an act of gradual awareness or that Aha moment of understanding. Realization is the result of growing comprehension; where comprehension can take effort, realization is effortless it rises from our heart. Like “It was Aha and I knew.”....the answers may come quickly and rise outside of our normal reasoning process. We may hear that “special still small voice, which feels familiar. We (just) know that we know, what we Know is from Divine.

Insight is our divine capacity to engage realization in particular situations - applied understanding. The more we have learned, comprehended and realized spiritual truths, it is much more likely our insights will be useful and ”right on”.

Insight is our spiritual Intelligence which grows not from cold hard calculations but comes organically both from our head and our “Sacred” heart space.

We have grown and come a long way from July 4,1776 where 13 American colonies declared they were united, free, and independent, no longer subjects of the monarchy of Britain. Today here and globally there are many still hurting from COVID-19 experiences, political challenges, results of Global warming, ethnic and racial issues, gender classification, financial issues, business environment and on. Understanding is needed to be better, to move forward, change, healing and learning a new inclusive normal. We can tap the wealth of new ideas through our power of Understanding. I challenge you to remember that Aha moment where Divine touched you with Understanding. Just for today remember ...You are divine Understanding. See where it takes you.

Sandi Anderson LUT - Bell Rock, Sedona, Arizona 2021