

WE ARE

UP
CHURCH

Sunday Services begin at 1:00pm

UNDERSTANDING PRINCIPLES FOR BETTER LIVING

600 W. Queen St, Inglewood, CA 90301 • 310-412-7729 • upchurch.org

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Activate Your 12 Powers

POWER UP: LOVE!

SOUL WORK

Each day this week, spend at least 15 minutes in the morning and 15 minutes in the evening concentrating on one of the piers of Love. Use the daily affirmation below during your meditation time and focus your attention on the Love center in your body.

Love is the pure essence of Being that binds together the whole human family. It is an inner quality that sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good it causes that quality to finally appear uppermost in itself, and in all things (p. 61, 63).

Location: The Love center in the body is in the heart.

Disciple: John

Sunday affirmation: Interest

Enthusiastically I seek to learn more about God.

Monday affirmation: Acquaintance

I seek out God in all persons, places, and circumstances.

Tuesday affirmation: Affection

A warm and happy feeling toward God is growing in my heart.

Wednesday affirmation: Attraction

Through the power of divine attraction, I am drawn ever closer to God.

Thursday affirmation: Love

I let God's love flow through me every moment of every day.

Friday affirmation: Identification

I look with God's eyes of love.

Saturday affirmation: At-one-ment

Excerpted from *Your God Given Potential* by Winifred Wilkinson Hausmann

