

## 6 – Strengthen 12,000 Cerebral Cells

Be still and know God. Be still and know that you are a beloved child of God. In this cosmic knowledge of your book of life is your strength-stability-steadfastness.

Like its complementary partner of faith, strength is primarily a mental quality. The core power of our faith and strength, however, does not come from the intellectual knowledge of our conscious mind or from the soul-psychic awareness of our subconscious mind. Rather, true strength originates in the clairsentient, clear-and-direct knowing of our superconscious or Christ mind. Strength and stability stem from knowing ourselves from top to bottom, from within to without.

Be still and know God within, around and flowing through you as one. Let your conscious mind settle down and surrender its tenacious hold on you; as you do this, start your ascent from your loins or sacral-regenerative center (your physical self) and begin to rise up the clear conduit of your straight and narrow spine. Let go of your subconscious desires, musings, hopes and fears (your soul self); as you release your attachment to these subtle but powerful feelings, continue the ascent along your spine in the areas that are behind your abdomen, heart and throat, until you reach the thalamus and pituitary gland in the center of your head. As you rest in your third or all-seeing eye, ask Spirit to open your book of life and to illumine you with new strength.

Your enlightenment comes by way of your cerebral strength throne or center, which probably is located in the parietal lobes, in one or more of Brodman areas 7, 40 & 39 (see drawing in Fillmore Fulfilled). Of the 12 billion neurons in this strength center, your I Am or spiritual Self illumines one cell with divine strength and knowledge. In due time, Spirit will enlighten 11,999 other cells, whose combined circuitry will electrify all 12 billion cells in the entire strength throne.

Each newly awakened cell is like a seed, which germinates and grows along your spinal cord and nerves that comprise your body's tree of life. The spinal cord is like the trunk of the upside down tree, whereas the nerves are the branches of the tree. As this tree of life matures, you are strengthened, stabilized and steadfastly secured in the clairsentient and unwavering knowing of your I Am Self. As above in the cerebrum, so now below, all the way down your spine from your crown chakra to your sacral chakra, from your cerebrum to your loins. Centered in the middle way of this steadfast spinal strength, you are stabilized and made whole.

**VISUALIZATION:** Be quiet. Be poised. Focus steadfastly on the light of God. Imagine that your I Am Self plants a seed in your cerebrum's strength center. Water this seed with your love. Wait patiently for it to germinate. In the stillness, sense a new opening of your I Am book of life.

In time, the seed sprouts, spreads and firmly establishes its roots in your cerebrum, sends its growing trunk down your spine, and branches out via your nerves into each part of your mind, soul and body. As it does, affirm: ***I am a strong, steady and stable tree of life; in the depths of my being, from top to bottom, from within to without, I am illumined and enlightened.***

As your tree matures, see it glowing with lemon yellow light (the color of strength), until you are totally ablaze in fiery energy. By your faith in strength, your spinal cord and nerves are healed.