

SPIRITUAL MIND POWER AFFIRMATIONS

Practical, Mystical, and
Spiritual Inspiration
Applied to Your Life



DR. PAUL LEON MASTERS, FOUNDER
INTERNATIONAL METAPHYSICAL MINISTRY
UNIVERSITY OF METAPHYSICS
UNIVERSITY OF SEDONA

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University of Sedona Publishing
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Disclaimer

The content of this book is not intended to replace any form of professionally licensed care, be it medical, psychological, or any other licensed health modality. The views and ideas expressed, whether in totality or as an adjunct to one's spiritual or religious beliefs, are for use in one's spiritual life. Nothing in the content of this book should be considered as infallible, as life is an ongoing process of awakening to truths and practices known only to God.

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ENDORSEMENTS

Dr. Masters has given me so much. Before I came to the University of Metaphysics, I never saw the value in affirmations. Today, I can attest that without the use of affirmations I would not be seeing the Divine in all of God's creation.

Let me relate a short story about something that recently happened to me. I was taking a walk outside my office. As I looked around me, I was awestruck by the beauty of everything. Every cloud, every tree seemed to be filled with God. It was like a subtle glow—an illumination from within. It wasn't so much a visual experience, as a spiritual one. I knew then that all the trees, and insects, and plants were filled with the Divine. The best I can describe it, it was as though seeing with "new eyes." Every butterfly created a deep joy in me to witness its existence. Every flower filled me with peace. I had never felt like this before. This began to reveal the teachings of Hinduism and other spiritual paths of my past as a concrete experience.

How did I get to this point? My path was just for me—of that I'm certain. Each step along the way got me here. But also, specific teachings of Dr. Masters put into daily practice (spiritual affirmations being a key factor), as well as his guided meditations on the subject of "Heavenly Contact," truly benefited me in achieving this feeling of "oneness" with all of creation. – B.W.

As Dr. Masters wrote, "True spiritual teachers know that only the all-knowing within oneself can provide ultimate enlightenment. Only Universal Consciousness, Mind, Spirit, or God within oneself can provide the ultimate spiritual experience." Dr. Paul Leon Masters has proven himself to be a true spiritual teacher. – D.Z.

I am new to Dr. Masters' work, but not to the field of metaphysics, psychology, and the paranormal. I found that Dr. Masters' work is refreshing. In all of my research, study, and experience, I have discovered that what he is teaching is indeed important and most valuable. The journey begins within. – D.K.

I could watch Dr. Masters' lectures for hours every day . . . and I sometimes do! Such an inspirational, beautiful soul, and such a blessing to have found him! – H. R.

I have studied under Dr. Masters personally when he was living. One of the few people that ACTUALLY knows what he is talking about. – C. R.

Thank you for the comprehensive ultra-valuable wisdom. – K.M.

I appreciate Dr. Masters' daily messages and his mini-consultations. I'm reaching higher and moving forward, and in doing so, helping others in their own quest for wholeness. Thank you for making it possible to find applicable practices for my daily life and for being an authentic voice in a time when one is needed. – Facebook Post

A wealth of information that has opened many doors for me. – L.G.C.

I can't believe the change that has come over me. Everything has changed in the twinkling of an eye. My relationships with family, friends, and clients have all changed for the better; my perception and awareness has opened up overnight; and my intuition has opened up, giving me what was missing from my life. I know my intuition is going to get stronger by the day. Your work is Pure Light. – T.S.

Whoever created this program is, without doubt, walking in the light and direct contact with the higher mind of God. – E.G.

Also by Dr. Paul Leon Masters

Mystical Insights

Meditation Dynamics

DEDICATION

Affirmations are a cornerstone of Dr. Masters' teachings, whether in his Weekly Inspirational Lectures or the coursework for the worldwide universities he founded: the University of Metaphysics and the University of Sedona. The collection of affirmations in this book stand as a testament to Dr. Masters' belief in the power of positive thinking and using affirmations to advance and enlighten all areas of the human experience and to elevate human potential.

Dr. Masters' vast experience in metaphysical counseling, his dedication to mental/spiritual growth, and his in-depth exploration of higher consciousness have made him an inspirationally dynamic and eloquent writer and speaker. It was always Dr. Masters' intention to release an affirmation book that would empower and uplift the lives of many. The release of this powerful book is especially timely, as we navigate today's unprecedented and challenging times.

It is with great pleasure that we publish Dr. Masters' second book, *Spiritual Mind Power Affirmations*, in dedication to its author and in honor of his legacy as a pioneer, teacher, and caretaker of the study and exploration of metaphysics.



— International Metaphysical Ministry

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INTRODUCTION

Over the course of his lifetime of service, Dr. Paul Leon Masters presented a large number of inspirational lectures during his Sunday services. Almost all of them began with a meditation or healing treatment, after which he presented a teaching that included a set of affirmation statements. Many listeners commented on the healing nature of his lectures and later asked for copies of the affirmations. This book is a collection of the affirmations that Dr. Masters presented in 100 of his inspirational lectures.

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements based on spiritual or mystical truths. They are worded in such a manner as to keep the outer conscious or mental part of your mind attuned to and working with the ultimate truth contained in the center of your mind—that part of your mind that is one with the Consciousness of God. This connection allows the Power of God to flow through you and into your daily activities.

Used daily, affirmations have dramatically improved the lives of thousands of people. They may be practiced aloud, or in the silence of what is called affirmative meditation. If you have ever been moved to write down an affirmative thought—particularly one that seemed to come from somewhere beyond your intellect—chances are it was inspired by God’s Presence within you. Affirmations that have been intuitively created by God’s Presence can be considered a form of mystical prayer.

HOW TO USE THESE AFFIRMATIONS

Whether you want to see improvements in your health, your finances, your relationships, your state of mind, or some other area of your life, you will find a set of affirmations in this book that can help you make positive changes. Just look through the Table of Contents until you find one or more subjects that seem applicable to the issue or issues you want to address. The subject titles are clickable, and they will take you directly to the set of affirmations that are of interest to you.

Then, in a meditative or contemplative state of being, repeat each affirmation to yourself at least once daily, preferably spoken. After speaking or thinking each affirmation, momentarily close your eyes and feel the reality of the affirmation traveling into every level of your mind, merging and synthesizing with Universal Mind—the Mind of God within you.

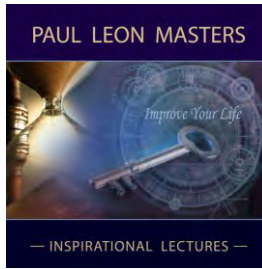
The use of these affirmations will not only have a positive effect on your conscious attitude throughout the day, but it will also condition the subconscious part of your mind to accept a new and more successful you. This will make it easier for the God part of your mind to channel through the subconscious part of your mind the intuitive direction and power you need to live a happier and more fulfilling life.

EXPANDING YOUR UNDERSTANDING

Each set of affirmations in this book begins with a brief summary of the subject. However, if you wish to greatly deepen your understanding of these affirmations, it is helpful to watch the lectures from which they were taken. To do that, go to universityofmetaphysics.com, where we feature a different lecture each week on the [Weekly Inspirational Lectures](#) page of our Metaphysical Blogs. This is an especially good way to experience Dr. Masters' teachings and expand your mystical awareness.



Even better, you can have the link to the lecture we are currently featuring on our website automatically emailed to you every Sunday. Simply sign up for our University's free Weekly Newsletter, which also includes links to one of Dr. Masters' Mystical Insights, his Daily Audio Message, and much more. To sign up for this informative, inspiring, and convenient spiritual resource, go to the [Newsletter Sign Up](#) page at universityofmetaphysics.com.



Best of all, all of the lectures that gave rise to the affirmations in this book are available to you as a Video Download or DVD, as well as an Audio Download or CD. You will find all 100 of these lectures—and more—listed alphabetically on the [All Inspirational Lectures](#) page at [metaphysics.com](#).

BEFORE YOU BEGIN

Finally, to help connect your conscious mind to the higher God part of your mind, here is an affirmation from Dr. Masters that is beneficial to use before you work with any particular set of affirmations:

*My personal sense of consciousness is now one with
the Universal Consciousness of God within me.*

As Dr. Masters said, “May working with these affirmations give you the perspective to see beyond the illusionary blockages of any present condition, so you may travel an open mental road that is filled with opportunity.”

– International Metaphysical Ministry

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ABUNDANCE AND PROSPERITY



ACHIEVING LASTING SECURITY

Ultimate lasting security can only be found in your oneness with the unchanging eternal security that is God. Through a daily practice of meditation, you can contact that part of you where your soul is one with God's Presence, which will fill you with security in both good times and difficult times.

LASTING: I recognize that the only thing that is really lasting is eternity itself, and that if I am to find anything lasting, it must be eternal.

ETERNAL SELFHOOD: I recognize that there is a part of my beingness that is eternal, or the Christ part of my mind, where my soul and God are in oneness.

ETERNAL BEINGNESS: I recognize that I am one in Christ Mind with God's Eternal Presence.

UNCHANGING: I recognize that ultimate, unchanging security is to be found in my oneness with the unchanging, eternal security that is God.

POWER: I recognize that the Christ/God part of me is All-Powerful and has total power over the security of my body, mind, and soul in this lifetime and through eternity.

MEDITATION: Through my daily practice of meditation, I contact my eternal Christ-Mind/God Oneness, which fills my beingness with security in difficult times, as well as good times.

VISUALIZATION: I visualize or imagine the entirety of my body on a spiritual level as being filled with God's Light Presence of lasting, eternal security.

ETERNAL MOMENT: I live in the eternal moment of now that is God's measure of time, where my security is lasting and eternal.

RECOGNITION: I recognize that my material, emotional, and health security are under the power of the lasting, eternal Presence of God within me.

HOLISTICALLY LABOR LESS, HAVE MORE

Do you want to labor less and have more? The key is to use your mind more and your body less. Holistically, that means using more of the Universal Mind of God that is within you—allowing God’s Power and Wisdom to intuitively direct and inspire you as to what to do to labor less and have more.

LABORING LESS: I accept and acknowledge that the key to laboring less and having more is to use my mind more and my body less.

USING BODY LESS: I accept and understand that using my body less means not only physical activity, but also the time my body spends on any type of work, including mental work.

HOLISTICALLY: Holistically means that to have more while having to labor less is as a result of also engaging God’s Presence of Universal Mind and Spirit to intuitively direct the surface part of my mind as to what to do to labor less and have more.

WILL: I let go and release my personal will to God’s Will and Presence within me, knowing that by so doing, God’s Power and Wisdom work through my surface mind for me to have more with less labor.

CREATIVE IDEAS: I affirm that God’s Presence at the center of consciousness within me is constantly providing my surface mind with creative ideas I can use to labor less and have more.

CHOOSING LEADERSHIP: In whatever I choose to do in my life—according to God’s Will for my life or my soul’s purpose—I will accept a position of leadership, knowing that leadership can bring rewards of laboring less and having more.

LEADERSHIP: I understand that leadership is not limited to management or owning a company, but can also mean being a pacesetter or leader in the arts, music, or any number of areas in the commercial world, government, and so on.

ULTIMATE LEADERSHIP: I acknowledge that my life is under the directives of God’s Presence within me, which daily leads my mind to accomplish and have more by laboring less.

INCREASING YOUR INCOME IN THE NEW YEAR

To increase your income in the new year, first remember that the ultimate source of all new income is God's Presence within you. Then release all thoughts of lack, and maintain an image of yourself as being one with God's Presence and open to God sharing universal wealth with you through God's intuitive direction.

ATTITUDE: I have a positive attitude about having more income in the new year, based on God's Power within me to make it so.

SOURCE ACKNOWLEDGMENT: I acknowledge that my ultimate source for more income in the new year is God's Presence within me.

RELEASE PAST LACK: I totally release from all levels of my mind any and all thoughts of past lack, and with God as my source I no longer consider myself lacking in funds.

SELF-IMAGE: Daily, I maintain a self-image of myself as being one with God's Presence, and that God shares universal wealth with me.

MEDITATION: Through my daily practice of meditation, I open the intuitive channels of my mind to be intuitively directed by God's Presence within me to increase my income in the new year.

CREATIVITY: Through God's intuitive direction gained through meditation, creative prospering ideas are entering my conscious awareness throughout the new year.

ADAPTABILITY: In a rapidly changing world, I draw upon God's Unlimited Consciousness to provide me with the adaptability to be able to make changes quickly to increase my income in the new year.

CONSCIOUS COOPERATION: Daily, I am in conscious cooperation with God's Will for my life, knowing that as God's Will manifests through me, I, in turn, will manifest increased income in the new year.

ALREADY SO: I accept totally and completely that increased income in the new year is already so in the Mind of God for me, and so it is!

KEYS TO SUCCESS IN TODAY'S WORLD

There are many keys to success in today's world, such as being adaptable, intuitive, and creative. But the ultimate key is Christ Consciousness—the awareness of your oneness with the Presence of God within you—because that is the key that provides you with all the other keys you need to be successful.

CHRIST MINDED: Like Jesus, I am Christ Minded by recognizing my oneness with God's Presence within me, which provides what I need in an ever-changing world.

GOD'S WILL: The surface me draws upon the All-Knowingness, Love, and Healing of God by turning over my personal will to God's Will, as I live each day in a rapidly changing world.

CENTERED: Several times daily, I take a few moments to be centered in awareness of God's Presence within me.

FOCUSED: I go about my daily activities keeping focused on goals that God has established for me, and do not allow myself to become distracted, knowing that in my own way I am about God's business.

ADAPTABLE: In my oneness with God's Presence, I can readily adapt to new and changing conditions in today's world.

MULTI-TALENTED: As God is capable of all things, God's Presence within me provides me with multiple talents to function in today's world.

MEDITATION: I take time daily to meditate on God's Presence within me, knowing that my oneness with God's Presence is the ultimate key to meeting my real needs in whatever is taking place in the world today.

INTUITION: Through my daily meditations, I am intuitively guided by God's Presence within me to meet my real needs by living God's Will for my life.

CREATIVITY: Through God's Creative Presence within me, I bring forth creative ideas to meet the challenges of my place in an ever-changing world.

SACREDNESS: I hold my life sacred, for in Christ-Minded awareness I am about my Father's (God's) business, and in so doing I am blessed and, in turn, am a blessing to others.

MYSTICAL SECRETS OF PROSPERING

Do you want the secret to prospering? Through daily meditation, open your conscious awareness to God's Presence within you, which will provide you with the intuitive guidance you need to prosper. In truth, God's Presence is prospering itself through you, and your part is to turn your will over to God's Will daily.

SEEK FIRST: To have all things added to my life, I seek first the Higher Consciousness of God's Presence, or the Kingdom of Heaven within me.

MEDITATION: Through my daily practice of meditation, I open my conscious awareness to God's Presence, which, in turn, provides the intuition, sensing, and guidance necessary to prosper.

PERSONAL WILL TO GOD'S WILL: I daily turn over my personal will to God's Will, for it is God's Presence, Wisdom, Power, and Creativeness that is prospering itself.

ALREADY SO: I recognize that whatever can be, already is in a moment of eternal time—including prospering.

CHOOSING: Through my oneness with God's Eternal Presence, I choose prospering as my experience of one eternal moment.

I AM: In oneness with God's Presence, I need not try to attract anything, for I am already all that I could seek to attract, and in being all things, I am already prosperous.

UNSEEN: In the Consciousness of God and the Universe, God's Will is in motion in the unseen realm of spirit to energize my prospering.

ATTITUDE: My attitude is one of positiveness about prospering, due to my oneness with God's Presence, established through meditation and a releasing of my personal will to God's Will daily.

POWERIZING WEALTH IN YOUR NEW YEAR

To powerize wealth in your new year, begin by seeking contact through meditation with the source of all wealth—the Presence of God at the center of your mind. Then give up your personal will to God’s Will daily, allowing God’s wealth-creating ideas to come into your conscious mind.

MEDITATION: Through my daily practice of meditation in this new year, I contact my ultimate source for wealth—the God Power Presence at the innermost center of my mind.

VISUALIZATION: I daily take a few moments to visualize or imagine the interior of my body filled with God’s Light Presence, in and through which wealth-creating ideas are born and directed into my conscious awareness.

WILL: In and throughout this new year, I give up my personal will and yield it to the All-Powerful Will of God within me, so I may be powerized to wealth by the same Will that created the universe.

IDENTIFICATION: In Christ Mindedness, I identify my innermost reality as being in a state of eternal oneness with God, and thus, co-owner of all the wealth that is, with a sufficient portion individualized to my human life.

FIRST PRIORITY: I recognize that my first priority as I start a new year and throughout it, is to seek God’s Heavenly Consciousness at the center of my mind, knowing that through such contact all else that I need will be added to me.

WEALTH IMAGE: I affirm throughout all levels of my mind that I experience a wealthy way of life through the Grace that is the Power of God working in and through me in this new year and through eternity.

OUTER/INNER WEALTH BALANCE: I recognize that true, absolute wealth is a balance between the temporary wealth of this earthly life and the lasting wealth and inner treasure of eternal life, or my soul’s oneness with God.

PROSPERING IN HARD TIMES

In hard times, remember that some doors to prospering may close, but new doors to prospering can open to you through God's Presence working in your life. Through your inner oneness with God's Presence, you can be intuitively guided as to how to prosper in hard times and take advantage of new opportunities.

OPPORTUNITIES: I regard hard times as an atmosphere that stimulates new opportunities through which I may prosper.

REALISM: At all times I am realistic about hard times, but not pessimistic about opportunities to prosper.

DOORWAYS: I recognize that as some doors to prospering close, new doors to prospering open to me through God's Presence working in my life.

SUCCESS ENERGY: I vibrate success energy, even in the hardest of times, which attracts prospering to me.

INTUITIVE GUIDANCE: Through my inner oneness with God's Presence, I am intuitively guided as to how to prosper during hard times.

CREATIVE IDEAS: Through my inner oneness with God's Presence, creative ideas for prospering in hard times flow into my mind continually.

VISUALIZATION: Daily, I take a few moments to visualize or imagine the entire interior of my body filled with God's Creative Christ Light Energy, in which creative ideas that I may use to prosper are born.

MEDITATION: Through my daily practice of meditation, I establish and maintain a oneness with God's Presence that provides me with all I need to prosper, even during hard times.

CHOICE: There are always people who find ways to prosper during hard times, and through the Power, Wisdom, Creativity, and Will of God's Presence within me, I choose to be one of those prosperous persons.

PROSPERING THROUGH CREATIVE IDEA SOURCING

It only takes one creative idea to prosper you, and that idea comes from the source of all creative ideas—the Presence of God within you. Through meditation and visualization you can gain access to God’s creative ideas. It requires only your willingness to give up your personal will to God’s Will.

ONE CREATIVE IDEA: All it takes is just one creative idea to prosper me, and that creative idea exists within me now in the Presence of God within me—the source of all creativeness.

MEDITATION: Through my daily practice of meditation, I establish and maintain contact with the innermost center of consciousness within me—the Mind of God, Universal Intelligence, and the source of all creative ideas.

VISUALIZATION: Daily, I take a few moments to visualize or imagine God Light Energy, containing one or more creative ideas, moving upward from the frontal part of my chest area to my head area, providing me with the creative thoughts necessary to prosper.

ATTUNEMENT OF WILL: Daily, I give up my personal will and its limited intellect to the unlimited Will of the Universe, or God, containing all creative ideas.

SPONTANEOUS APPEARANCE: I understand that creative ideas may suddenly appear in my mind without any intellectual reasoning.

GOD ALREADY KNOWS: The God part of my mind already knows exactly which creative idea needs to be known by the conscious level of my mind to experience more prospering.

TOTAL PROSPERING: In my oneness and wholeness with God, I experience prospering as a whole person, and thus, I experience love and health in abundance, as well as material abundance.

SOUL’S PURPOSE: I affirm daily that God’s creative prospering ideas are in tune with my soul’s purpose in this lifetime and at this time in my life.

ONENESS: I am in God and God is in me, and thus, all creative ideas that exist in God exist in me!

THE ECONOMY, GOD, AND YOU

It is human to react negatively to financial and material letdowns. But it is divine to let go and allow God's inner Presence to guide you in how to fulfill your worldly needs. Remember that by practicing Christ Mindedness daily, God's Presence will provide you with the creative ideas you need to prosper—even in hard economic times.

CHANGELESS: The Presence of God within me is eternally changeless, secure, whole, and complete.

ONENESS: Through the Christ Mind within me—one with God's Presence—I am one with God's Wholeness, Completeness, and Totality, which on a human level manifests as physical security and material substance.

NEEDS: God's Presence, working through the Christ Mind within me, knows exactly what I have real need of before I even ask, if I have been practicing Christ Mindedness daily.

MEDITATION: Through my Christ Minded practice of meditation on God's Presence within me every day, my conscious mind is directed to fulfill my material and worldly needs.

WILL: Through my Christ Minded practice of giving up my personal will to God's Will daily, God's Will supplies and guides me to my material and worldly needs.

VISUALIZATION: Every day I take a few moments to visualize or imagine that the Christ Mind Light filling my body on a spiritual level, merges energy factors and guidance to bring about the fulfillment of my material and worldly needs.

OTHERS: Daily, I take a few moments to declare that God's Presence in others is materializing and guiding whoever is open to receive physically, materially, mentally, and spiritually.

REACTION AND ACTION: I understand it is human to react to financial and material letdowns, but divine to let go to God's Presence within me to take action regarding my needs.

PROSPERING: Through practicing Christ Mindedness daily, God's Presence provides me with creative prosperity ideas that I may use to prosper, even in the midst of hard economic times.

DAILY ATTITUDE: God knows my real needs and supplies them.

TOTAL WEALTH: MATERIALLY, MENTALLY, AND SPIRITUALLY

Total wealth is not just about prospering materially, but also mentally and spiritually. It comes from living in Christ-Mind Consciousness and allowing yourself to be intuitively guided by Universal Consciousness—or God—according to God’s Wisdom and Will for the enrichment of your soul.

TWO CHRISTIANITIES: I understand that there are two Christianities: the outer one for the mass of souls as yet unable to comprehend the subtleties and complexities of the simplest truth of all, and the other secret Christianity of the Disciples, made known to only a few, who, when ready to enter into the mysteries of knowingness or Christ-Mind Consciousness have it inwardly revealed to them.

TOTAL WEALTH: I recognize that my prospering materially, mentally, and spiritually is a result of my living in Christ-Mind Consciousness as guided intuitively by Universal Consciousness, or God.

CHRIST: I recognize that the word “Christ” refers to the state of consciousness or mind-level within me where my existence is in an eternal state of oneness with Universal Consciousness, or God.

PRIORITY: I recognize that my first priority in life is to live in Christ-Mind Consciousness that I may be inwardly connected to Universal Consciousness, or God, allowing God to be in charge of my thinking and feeling nature so I may receive total wealth according to God’s Wisdom and Will for the enrichment of my soul in this life and beyond.

SOURCE: I recognize that my real source for a life of total wealth comes from the Universal Consciousness of God within me, channeled through the Christ-Mind intuitive awareness active in me.

KNOWING: I recognize that total wealth is achieved not through mortally thinking something into existence, but by Christ-Mind Knowing, intuitively guided by Universal Consciousness, or God, as to both thinking and feeling.

WEALTH GOALS: I recognize that total wealth is achieved when my outer thinking and feeling processes are intuitively guided by Knowing what my goals are—established not by mortal mind-level limitations, but by the All-Knowing Universal God Consciousness within me, channeled through Christ Mindedness.

WORLDLY WEALTH: I recognize that worldly wealth can be achieved by making money and material possessions the number one priority or focus of the outer mortal mind, but that, in so doing, connection with Universal Consciousness or total wealth is almost impossible and can lead to unhappiness, emptiness within, and escapisms with and in spite of worldly wealth.

LASTING WEALTH: I recognize that anything lasting must be eternal, so I seek as my first priority to be one with the eternal part of me as the lasting treasure which provides for me in this life and beyond it through eternity.

CLEANSING: I recognize that the mortal levels of consciousness within me must be cleansed of negative karma, trauma, thinking, and feeling, or I will be in conflict with Christ Mindedness, and thus block the intuitive channeling of Universal God Consciousness to achieve total wealth.

WILL: I daily give up my personal will and corresponding mortal thinking and feeling to the Will of Universal God Consciousness, which provides me with the Knowing to live in total wealth.

REALITY: I recognize that while there is a physical abundance of all things for all people, only a few achieve total wealth, for the Universal God Consciousness only provides its creations with the power inherent in Knowingness that they are prepared to experience, so they do not destroy themselves and others through a mortally obstructed view or reality.

WEALTH-PRODUCING CREATIVE IDEAS

All it takes to produce wealth is one creative idea. So how do you come up with that idea? Recognize that all wealth-producing ideas come from God's Presence at the center of your mind. By meditating daily and turning over your will to God's Will, you are better able to become aware of those ideas.

CREATIVE IDEAS: I recognize that all it takes to produce wealth is just one creative idea as simple as a paper clip or bobby pin.

SOURCE: I understand that all original wealth-producing creative ideas come from one source—God's Presence at the center of the human mind.

ALREADY PRESENT: I understand that an enormous abundance of wealth-producing creative ideas is already present at the God-center of my own mind.

THE RIGHT ONE: I recognize that in the God-center of my mind, the exact right wealth-producing creative idea exists for where my life currently is.

SOUL'S PURPOSE: I declare that throughout my life I become aware of the right wealth-producing creative ideas that are in total accord for the spiritual purpose of my soul in this lifetime.

WILL: I turn over my personal will to God's Will daily, knowing that by so doing, God's Presence in me can better communicate wealth-producing creative ideas to my conscious mind's awareness.

MEDITATION: I am aware that through my daily practice of meditation, I establish and maintain a flow of thought-energy to better bring wealth-producing creative ideas to my conscious mind's awareness.

MOTIVATION: My motivation for wealth-producing ideas is so a portion of the wealth produced may be used to help people who are in financial or material need discover how to bring forth wealth-producing creative ideas from the God-source center within their own minds.

YOU HAVE WHAT IT TAKES

You have what it takes to be loved, healthy, prosperous, and happy. How so? Because the ultimate life of your body is God, who has all the Power, Wisdom, Love, and Healing that is needed to do what it takes. Your job is to recognize God's Presence within you as the doer of all that needs to be done.

EVERYTHING: I have what it takes to be loved, healthy, prosperous, happy—everything.

HOW AND WHY: I have what it takes, because in absolute spiritual truth, the ultimate life in my body is God, with all Power, Wisdom, Love, and Healing to do what it takes within and through me.

IDENTITY: I identify totally and completely with the Presence of God within my body as the doer of all that needs to be done in my life, according to God's purpose for me in this lifetime.

MIND: The surface level of my conscious mind yields itself daily to the Universal-Mind Consciousness of God, so that my conscious awareness has exactly what it takes in love, health, prospering—everything.

WILL: Daily, I give up my surface personal will to the Real Will contained in my body—God's Will—with the Universal Willpower that has what it takes to create the universe, and thus, most certainly everything in my life.

MEDITATION: Through my daily practice of meditation, I give up my personal sense of presence to the Presence of God at the innermost center of consciousness within me, which contains all that it takes for me in matters of love, health, prospering—everything.

ENERGIZED: The Power, Will, Knowingness, Healing, and Love of God's Presence working through me energizes my body, mind, and soul to accomplish and succeed in my life and with my life.

YOUR POTENTIALS IN LOVE, CAREER, AND LIFE

Whether the subject is love, career, or life, you have a lot of potential within you. Some of that potential is limited, found only in the personal ego part of yourself. The rest is unlimited, arising from the Christ-level of your mind—that part of you that is one with God.

DEFINING POTENTIAL: I understand that I can choose either the potentials to be found only in the limited personal ego part of myself, or the potentials that are part of the Christ-level of my mind—one with the divine potentials of God.

CHOICE OF WILLS: I give up my personal will to the Will of God for my life, knowing that as I do, I open myself to having God bring forth my potentials and provide the energy and wisdom for them to become a physical life reality.

MEDITATION: Through my daily practice of meditation, I open my conscious mind to God for an awareness of my potentials for this lifetime and the wisdom to realize them.

INTUITION: Through my daily practice of meditation, the intuitive directions of God flow into my conscious mind, guiding me to an achievement of my God-given potentials.

SOURCE CREDIT: I give credit for all my potentials to the source from which they originated—God’s Presence at the center of consciousness within me.

VISUALIZATION: Whatever potential I am striving for, I take a few moments daily to visualize myself as living and enjoying that achieved potential.

LOVE: Daily, I turn over my soul to God’s Spirit of Love within me, which fills me with love sufficient to achieve my potential for love in this lifetime.

CAREER: In my inner oneness with God’s Presence, I am unlimited in my career potentials.

LIFE: In all areas of my life, my body, mind, and soul are activated by God’s Presence of potentials.

CHANNELING: I recognize that all my potentials are part of the divine attributes of God within me seeking expression.

CHRIST CONSCIOUSNESS



CELEBRATING THE MYSTERIES OF CHRIST, THE RESURRECTION, AND YOU

Every event in the life of Jesus is a symbol of spiritual awakening. At its highest reality, Easter is not only about the physical resurrection of Jesus, but also about the rebirth of the mind—from a deadened awareness of Christ Consciousness within the mind to a resurrection of that awareness.

REALIZATION: All events in the life of Jesus symbolize inner events in the awakening and resurrection of Christ Consciousness in me.

RESURRECTION: I realize that the physical resurrection of Christ symbolizes the resurrection of Christ-Mind Consciousness in me.

CHRIST-MIND CONSCIOUSNESS: I recognize that Christ-Mind Consciousness is that part of my mind where my mortal presence and Universal Mind, or God, are as one presence.

MEDITATION: Through my daily practice of meditation, I resurrect Christ-Mind Consciousness within myself.

RESURRECTION VISUALIZATION: Daily, I take a few moments to mentally visualize or imagine that either the figure of Jesus—representing Christ Consciousness in me—or a Christ Light is ascending upward within me, from the trunk of my body into my head and out through the top of it into whatever infinity may be.

GRAVE CLOTHES REMOVAL: Throughout my mind, I remove the grave clothes of my mortal life's death to be resurrected into the Light of Christ-Mind Consciousness in my awareness, thoughts, and feelings.

RESURRECTED LIVING: I am daily under the influence of the risen Christ-Mind Consciousness resurrected in me.

IDENTITY: My resurrected identity is lived in onement with Christ/God/Universal Mind/Spirit Consciousness.

ONEMENT: In my resurrected Christ-Mind Consciousness, I am in onement with God's Love, Health, Creativity, Fulfillment, and Happiness throughout my body, mind, and soul.

CHRIST'S RESURRECTION AND YOURS FROM WORLDLY CONCERNS

For you personally, resurrection is about rising above the illusions and limitations of mortal consciousness to the realities and unlimited resources of Christ Consciousness—that part of your mind that is one with the Consciousness of God. Through a daily practice of meditation you can connect with that higher state of consciousness.

LIFE EVENTS: I realize that every physical event in the life of Jesus symbolizes an event of Christ Consciousness within me, including resurrection.

DEATH SYMBOL: I realize that the physical death of Jesus on the cross symbolizes the death of mortal consciousness within me.

MORTAL CONSCIOUSNESS: I understand that mortal consciousness is that which is personal under the illusions and limitations of outer sense impressions from the physical world.

CHRIST CONSCIOUSNESS: I understand that Christ Consciousness is that part of my mind that is in an eternal state of oneness with God's Consciousness at the innermost center of my mental beingness.

RESURRECTION: I understand that resurrection, as it affects me, is rising above my mind's mortal consciousness with its illusions and limitations, to Christ Consciousness and contact with God's realities and unlimited resources.

CHRIST RISEN: Every day I declare that Christ Consciousness is risen in me, raising me to an awareness through which I am able to see clearly in my mind and Spirit exactly what I should do with conditions and circumstances in my physical life.

MEDITATION: Through my daily practice of meditation, I establish and maintain contact with the Presence of Christ Consciousness within my mind.

VISUALIZATION: I daily take a few moments to visualize or imagine the entire interior of my body filled with Christ-Light Consciousness.

I AM: I am consciously or unconsciously resurrected from mortal consciousness to Christ-Conscious oneness with God, which provides me with the Wisdom, Will, Positiveness, Healing, Hope, and Love to rise in Christ Consciousness to what is necessary to outgrow, deal with, and overcome physical life circumstances and conditions.

EXPERIENCING GOD'S PRESENCE

Down through the ages, mystics have directly experienced God's Presence. However, it is also possible for you to have such an experience. That possibility increases if you make it a priority in your life, and do all you can to reduce or eliminate the influence your ego has on your consciousness.

MYSTICAL EXPERIENCE: I understand that mystical experience is the actual, direct, extrasensory experience of Universal God Consciousness Light, in oneness with and to the exclusion of all else, yet in merger with all.

POSSIBILITY: I understand that it is possible for anyone to have mystical experience—and that it could be me—but it is God's Presence that chooses when.

MYSTICS: I understand that people down through the ages who have had direct mystical experience of God's Presence are known as mystics.

PRIORITY: I understand that the direct mystical experience of God's Presence is far more possible if I make such an experience the number one priority in my life.

EGO: I understand that the only thing that is between me and direct mystical experience of God's Presence is personal ego energy controlling my awareness, and, hence, I will do all possible to reduce or eliminate the ego's influence in my consciousness.

ONENESS: Every day I declare that the only true, ultimate life that is in my body is God's Life—God's Spirit/Mind Presence.

INDIVIDUALIZED EXPRESSION: Daily, I recognize that I am an individualized expression of God's Spirit/Mind Presence.

SOUL'S PURPOSE: As an individualized expression of God, my purpose for being created is, in fact, God's purpose.

MEDITATION: By living my life with an awareness of the previous affirmations, my conscious mind is in tune with and ready to receive and mystically experience God's Presence.

FROM EGO MIND TO GOD CONSCIOUSNESS

When you give up your false sense of identity—your ego mind—and turn it over to God’s Presence within you, you realize that you are not your thoughts or feelings; not a man or woman; not even a human being. You are Pure Consciousness— an Eternal Spirit of Universal Light Energy that is one with all.

I AM NOT: I am not my social security number, driver’s license, credit cards, political party affiliate, or of any earthly country in the physical dimension.

I AM NOT: I am not the illusion of time, space, or any physical measurement.

I AM NOT: I am not human, animal, or mineral.

I AM NOT: I am not a human man or woman.

I AM NOT: I am not of any race or combination of a race of people.

I AM NOT: I am not human thought, human feelings, or human beingness.

I AM LIGHT: I am Universal Light Body Energy, containing All things, while within All existence.

I AM TIMELESS: I am timeless, without beginning or ending.

I AM ALL: I am simultaneously All, beyond All, as All.

ILLUSIONS AND REALITY: I am All that seems to be and All that really is.

I AM: I am Pure Consciousness, Pure Mind, Pure Spirit.

MEDITATION: Through my daily practice of meditation, I reawaken to the eternal reality of my ultimate Christ selfhood in God.

HAVING A CHRIST MIND

There is a point in your mind where your personal sense of consciousness and the Universal Consciousness of God are one. We call that point the Christ Mind. You can enter that state of consciousness through meditation. Enter that state daily and your entire life will be divinely guided and divinely inspired.

CHRIST MIND: Christ Mind is that part of the innermost center of my mind where my personal sense of consciousness and the Universal Consciousness of God exist as one presence.

IDENTITY: I recognize that my ultimate identity is one with the eternal Presence of God, or a state of Christ-Mind Consciousness.

MEDITATION: Through my daily practice of meditation, I establish a connection with God's Universal Consciousness, which provides me with Christ Mindedness.

WILL: Daily, I give up my personal and mortal-mind consciousness to God's Will channeled through the Christed Mind within me.

RELEASE: I am constantly releasing what needs to be done in my life from the Christ Mind in me to Universal God Consciousness at the center of my beingness.

INTUITION: My Christ-Mind Consciousness is under the intuitive guidance of Universal God Consciousness within me.

AWARENESS: In Christ-Mind awareness I am aware of both the short-term and long-term results of my actions.

DOING: I accept that in Christ Mindedness I am aware that God's Presence within me is the true doer of all accomplished good in my life—past, present, and future.

CREATIVITY: I accept that the Christ Mind within me becomes aware of creative ideas coming from Universal God Consciousness in me, which is the source of ideas with which to improve my life.

PERSPECTIVE: I am in this world, but my Christ Mind exists in a higher state of consciousness, one with God's Universal Mind.

HOW TO BE GOD-GUIDED

To be God-guided—and through that guidance achieve your soul’s purpose for this lifetime more readily—you must be as close to God as possible. That means giving up your personal will to God’s Will and thinking more like God, which is thinking about everyone’s needs—not just your own.

PRIORITY: I realize that to be God-guided I must be as close to God as possible, and therefore make my relationship to God the number one priority in my life.

DEDICATION: I dedicate my body, mind, and soul to God’s Presence within me, for the greater my dedication, the more God-guidance I receive.

WILL: I give up my personal will to God’s Will, and thus increase God’s guidance as my soul’s purpose for this lifetime is more readily achieved.

NEGATIVITY RELEASE: I release all stored up negative energy in my body, mind, and soul to the sublimating light of God’s Healing Light within me, knowing that negative energy forms an internal blockage to the positive energy of God’s guidance.

GOD’S THINKING: I am more open to receiving God’s guidance when I think more like God, which is thinking about everyone’s needs, not just my own.

CHRIST-LIGHT VISUALIZATION: I visualize the entire interior of my body filled with the Light of Christ Consciousness, or that part of onement with God where I may receive God’s guidance.

MEDITATION: Through my daily practice of meditation, I establish and maintain a pipeline flow of thought between Christ-Mind Consciousness and God, through which I may receive God’s guidance.

LIVING YOUR DAILY LIFE IN CHRIST-MIND CONSCIOUSNESS

To make it through this maze called life, you need the help of the innate consciousness that lies within you. That consciousness is the Presence of God, who can guide you through the confusion. Each day and throughout the day, be aware of God as the actual doer in your life, working through you and as you.

AWAKENING: Upon awakening from sleep each day, I take a few moments to dedicate the day to God's Presence, Will, and Consciousness that direct me from within myself.

MID-DAY RENEWAL: At the mid-point of my daily activities, I dedicate the remainder of the day to God's Renewing Energy and Peace that exists within my soul/mind/body beingness.

EVENING GRATITUDE: At the conclusion of my day's activities, I dedicate all that has happened to God's Presence, giving God credit for all good and releasing all that seems negative or unfavorable to God's Healing Light Presence within me.

SLEEP ATTUNEMENT: Just before I sense that I am about to go to sleep, I take a moment to declare that during sleep, God's Presence is healing and renewing me, while planting guidance-thoughts just below the conscious level of my mind, which I will become aware of during my waking activities.

MEDITATION: I recognize that the time I spend daily in a state of meditation is the most important part of my day, for it maintains or reestablishes my connection to God's Presence at the innermost center of consciousness within me.

VISUALIZATION: Periodically, as I am about my daily activities, I visualize or imagine that the entire interior of my body—at a spiritual level of consciousness—is filled with God's Presence as Light, which I recognize as my ultimate, absolute, Christ-self reality, one with God.

INTUITIVE GUIDANCE: God's Presence within me—as my ultimate Christ-self—guides and directs my thoughts and feelings as I go about my daily activities.

CHRIST-SELF/GOD DOER: At the beginning of each day, and periodically as I go about my daily activities, I declare that it is God's Presence, Will, Love, and Power working through the Christ-self part of my mind and body that is the actual doer of all that is being done and accomplished.

MY DAILY LIFE: I recognize that my daily life is going about God's business (meaning releasing my personal will to God's Will), as God working through my Christ-Mind self and body goes about taking care of my outer physical world business, releasing me from the anxiety and stress of doing that through personal selfhood.

LIVING YOUR LIFE FREE OF LIMITATIONS

Limitations in life arise from the illusion of having a selfhood that is separate from the unlimited Presence of God within you. The truth is that you are one with God, and thus unlimited. Through meditation and visualization you can establish and maintain contact with that unlimited part of yourself.

DEFINING LIMITATION: From a perspective of Ultimate Self truth, I define limitation as an illusion of personal selfhood, or separation of identity from the Ultimate Presence of God.

ULTIMATE SELF: I accept that my Ultimate Self is Christ Consciousness, or Eternal Mind onement with the unlimited Presence of God within me.

MEDITATION: Through my daily practice of meditation, I establish and maintain contact with the unlimited part of my Christ/God Self.

VISUALIZATION: At least once daily, I take a few moments to visualize or imagine that I am part of the unlimited, infinite, Christ-Light Body of God's Presence within me.

RELEASE: I release my personal-self beliefs and corresponding limitations to the unlimited Presence of God within me.

MIND FREEDOM: I declare that my mind can be one with God's Mind, which knows all freedom, for it is All things and has power within All creation.

SOUL FREEDOM: Through God's Presence within my very soul, God's freedom to be is a part of my innermost nature, where I am free of illusionary limitations.

HOLISTIC FREEDOM: Through my oneness with God's Presence within me, I have unlimited freedom to express holistically through my body, my mind, and my soul.

FOCUSING: If I ever start to feel limited, I catch myself and re-focus on the Christ-Conscious oneness with the unlimited Presence and Freedom of God at the center of my beingness.

MIND CONNECTING WITH GOD'S ATTRIBUTES

When you connect your mind to God's Mind, you bring forth into your life all of God's attributes—attributes of Abundance, Power, Wisdom, Health, Love, and more. The key to connecting is a daily practice of meditation, along with setting aside the will of your ego, which tends to repress God's attributes.

PURPOSE: I understand that the purpose of mind connecting with God is to bring forth God's attributes from within me and manifest them in my physical life.

MEDITATION: I understand that my daily practice of meditation is the key to connecting my mind to God's Mind, and thus God's attributes.

PERSONAL EGO: I understand that I must set aside my personal ego—whose energies tend to repress God's attributes—by daily turning over my personal will to God's Will.

ABUNDANCE: By connecting with God's Mind, in which everything is contained, I connect with the energy of abundance, which manifests through me and draws abundance to me.

POWER: By connecting with God's Mind, my body, mind, and soul are energized by the Primal Light Energy Source of God's Presence.

WISDOM: By connecting with God's Mind, the eternal wisdom of the ages illuminates my thoughts with ideas that I can use to improve my life, as well as the lives of others.

HEALTH: By connecting with God's Mind, the perfection of God's Presence flows into and through my body, maintaining good health or restoring health throughout my body.

LOVE: By connecting with God's Mind, I connect with the source of love in the universe, which flows in and through me to others, and in so doing attracts love back to me.

OTHERS: By connecting with God's Mind, and thus God's Love, I let forgiveness, understanding, compassion, and support flow through me to others, so they may feel and experience God's caring.

MYSTERIES OF CHRIST CONSCIOUSNESS

When the Apostle Paul said, “Let this mind be in you which was also in Christ Jesus,” the mind he was referring to was Christ Consciousness. Christ Consciousness exists within everyone’s mind. It is the contact point between mortal consciousness and God’s Consciousness, and can be reached through meditation.

FIRST MANIFESTATION: I understand that Christ-Light Consciousness is the first manifestation of unmanifest Spirit, or God. (“The only begotten son of God” – Bible Reference)

LIGHT: I understand that Christ Consciousness exists as an infinite light field.

CENTER: I understand that Christ-Light Consciousness exists in all creations—both animate and inanimate, and in the physical energy world and other energy worlds of a non-physical nature.

FILTER: I understand that Christ-Light Consciousness acts as a filter through the Consciousness of Spirit, or God.

REACHING GOD: I understand that to reach God’s Presence or Spirit, I must enter Christ-Light Consciousness, which is one with God’s unmanifest Spirit. (“No man cometh unto the Father except through me.” – Bible Reference)

CO-EXISTENCE: I understand that Christ-Light Consciousness and unmanifest God/Spirit Consciousness co-exist in a state of light within darkness, and darkness within light. (“The Father and I are one.” – Bible Reference)

HUMAN CONSCIOUSNESS: I understand that, whether aware of it or not, in every person’s mind Christ-Light Consciousness exists as an entry contact to God’s Consciousness or Spirit. (“Let this mind be in you which was also in Christ Jesus.” – Bible Reference)

ENTRANCE: I understand that to enter into the heavenly awareness of Christ-Light Consciousness, and thus God’s Presence, I must set aside my personal will in favor of God’s Will, and become still enough through meditation to know or experience God’s Spirit. (“Be still and know that I am God.” – Bible Reference)

MYSTICAL ONENESS—THE KEY TO LIFE'S REWARDS

Is there a key that opens you up to love, income, health, peace, beauty, happiness, and joy? Yes. It is the key of mystical oneness with God. Mystical oneness is realizing that there is but One Life in this universe manifesting as everything. And you can connect to this oneness through a daily practice of meditation.

DEFINING: I understand that mystical oneness is oneness with God and All that is.

MEDITATION: Through my daily practice of meditation, I am able to establish and maintain an inner mind state of Christ-Conscious oneness with God.

OTHERS: Through my Christ-Conscious oneness with God, I am able to feel a oneness with others, who contain the same God Presence within them.

VISUALIZATION: I take a few moments daily to visualize or imagine that the interior of my body, on a spiritual level, is filled with God's Light Presence, which gives me a state of oneness with the same God Light Presence in others.

NATURE: As God's Presence is in all manifestations of nature, I sense, feel, and am one with all the beauties seen in nature.

SUPPLY: I recognize that through my oneness with God—who is All things and creates and controls All things of earth and heaven—whatever I need in life is supplied, according to God's purpose for my soul in this lifetime.

HEALTH: In my oneness with God's perfection and wholeness living as the life force within me, I am one in body, mind, and soul with good health and healing.

LOVE: Through my oneness with God's Presence within me, whose nature is Love, I connect with God's Love in others, attracting love to me.

HEALTH: In oneness with God, others, and the universe, I am unlimited in what I am and can be.

REAL PRAYER WORKS—HOW AND WHY

Real prayer is meditational, because it provides a oneness with God, whose Power, Creativity, and Intuitive Guidance enable you to pray successfully. Remember, God knows what you need before you ask. So real prayer is not about asking for something. It is about being open to what God knows is best for you.

VARIETY: I understand that there are many forms of prayer, but the highest or real prayer is meditational, as it was taught through the Christ Mind in Jesus to those who could understand.

MEDITATION: Meditation is real prayer because it provides a oneness with God's Presence, whose Power, Creativity, and Intuitive Guidance is the source for praying successfully.

GOD KNOWS: In the New Testament it states, "Your Father knoweth what you have need of before you ask," and therefore in reality I need not use asking prayer, but rather meditation to be open to God's Presence as my source.

SECRET: By praying to the Father-God who sees in secret (in the higher Heavenly Consciousness within me), the Father-God shall reward me openly, according to what God knows to be my greatest need.

WILL: To gain full or more complete entrance into the Kingdom of Heavenly God Consciousness within me, I declare every day of my life that not my personal will, but God's Will be done through me.

SOURCE: From the smallest to the largest good I experience in human life, I recognize that it is by the Grace of God's Presence within me, and through my inner oneness with God's Presence and Will gained through my daily practice of meditational prayer.

LIGHT: The Light of God creates in and through me.

SUPPLY: God within me knows what I truly have need of before I ask, and is supplying it.

SUCCESSFUL PRAYER: Since God supplies exactly what I really have need of, all my meditational prayer or inner communion with God is successful.

SECRETS OF NEW BEGINNINGS

The secret for starting something new is to establish contact with the Presence of God within you, from which all new beginnings originate. Then, give thanks for all the good you have experienced in the past, release all negativity, and allow God to guide you as to what new beginnings you should focus on.

MEDITATION: Through my daily practice of meditation, I establish and maintain contact with the ultimate, on-going, creative, Universal Consciousness Source—God—with the power of eternal new beginnings.

VISUALIZATION: Daily, I take a few moments to visualize or imagine the interior of my body filled with the Creative Light of God's Presence, from which all new beginnings originate before becoming physical manifestations.

RELEASE PAST: I give thanks to God's Presence within me for all past good I have experienced, and release this as well as all negativity in my past, so I may be in the Universal God Mind energies of new beginnings.

WILL: I give up my personal will, so God's Will is in charge of establishing exactly what new beginnings I should focus on.

CREATIVITY: Universal, creating, God-Conscious idea energies flow into the conscious level of my mind to initiate and complete new beginnings.

ETERNAL NOW: Whatever new beginnings God's Consciousness places in my conscious mind is already so, already a reality, and has already happened in Universal Consciousness, or the Mind of God.

EMPOWERMENT: Since I dwell in God and God dwells in me, God's nature to create new beginnings is individualized in me to empower my body, mind, and soul to be successful in creating new beginnings in my physical life and beyond.

YOGA OF THE CHRIST-MIND KIND

To awaken more fully to God's Universal Mind and Spirit, different types of yoga practices have been developed to suit different types of people. The highest form of yoga—Raja Yoga—is for those willing to spend time in deep meditation to become one with the Christ Light that is the doorway to God's Presence.

RAJA YOGA: I work successfully with the inner energy/matter of my mind, guided intuitively by God's Presence to find and awaken to God's Universal Mind/Spirit.

MEDITATION: Through my daily practice of meditation, I achieve the relaxation and concentration necessary to make my mind one-pointed to work with the inner energies of Consciousness within me.

VRITTIS: Through God's Presence within me, I am intuitively guided in working with the inner energies (vrittis) of my mind, so the color frequencies may be re-absorbed into the Light (Christ Consciousness) of Universal Mind/Spirit, or God.

CHITTA: Through God's Presence within me, I am intuitively guided in working with the mind stuff (chitta) to turn mind-forms into energies, and energies into color frequencies, so they may be re-absorbed into the Light (Christ Consciousness) of Universal Mind/Spirit, or God.

WORKING WITH: Through deep meditational relaxation, the inner energies (vrittis) of my mind are slowed and stilled to the point where the color frequencies may be re-absorbed into the Light (Christ Consciousness) of Universal Mind/Spirit, or God.

THIRD EYE: Through God's Presence intuitively guiding me, I work to still energy frequencies appearing as colors, shapes, and forms before my third eye—the inner sight of my forehead—or the whole interior of my head.

LIGHT: In meditation I work to enlarge any light appearing in my third eye area by holding it steady in an inner gaze.

CHRIST MIND: I am one with the Christ-Mind Light of God's Presence, and I am intuitively led to achieve oneness with the Christ Light—the doorway of consciousness to God's Presence.

YOUR DREAMS AS GOD'S GUIDANCE

Whether you remember your dreams or not, God's Presence within you is influencing your dreams for your physical, mental, and spiritual well-being. Through symbolism, God may be telling you what you have overcome, what you need to work on, or God may be informing you about the condition of your health.

NIGHTLY: I am aware that I dream, and whether I remember my dreams or not, God's Presence at the center of my mind is influencing my dreams for my physical, mental, and spiritual well-being.

SYMBOLS: I understand that most of the content of my dreams are symbols representing an associated reality in my thinking.

SYMBOL EXAMPLES: As an example, I understand that death in a dream may symbolize the death of old patterns of living, behavior, or belief, or that birth may symbolize a newness to my way of life.

CURRENT EVALUATION: I understand that God's Presence may symbolically let my conscious, mortal self know what I have overcome in myself, or what I currently need to work on, or what I need to improve in the future.

SOMATIC: God's Presence within me, which is aware of the health of my body, may through my dream content inform me about the condition of my body health-wise.

REPEATING DREAMS: I understand that repeating dreams are doing so because the awareness of what God is communicating has either not been accepted or understood by the conscious, personal ego part of the mind.

INTERPRETING: God's Presence at the center of my mind intuitively guides me to correctly interpret the symbols and meanings of my dreams.

COOPERATIVE DREAM TIME: I cooperate with God's Presence trying to inform me through my dreams, by declaring every night before falling asleep that God is guiding me through the dreams I dream tonight and always.

YOU'RE PERFECT ALREADY — BEING IT

You are already perfect because the real you is one with the perfection of God's Presence within you. Being that perfection requires you to maintain daily contact with the perfection of God's attributes within you — attributes such as Creativity, Wisdom, and Love — and channel them into your daily life.

DEFINING PERFECTION: I understand that the spiritual definition of perfection is Absolute Beingness without need for change — the Eternal, or God.

DEFINING YOU: I accept that the Real Me of me is eternally one with the absolute perfection of God's Presence within me.

DEFINING BEING IT: I understand that "being it" means assuming and channeling the perfection of God's Presence, according to my soul's purpose at this time in this lifetime.

BIBLICAL REFERENCE: "Be ye perfect, even as your Father (God) in heaven is perfect."

GOD'S LOCATION: The Kingdom of God or Heaven is at the innermost center of consciousness within me.

ONENESS: At the absolute spiritual level of my beingness I am one with God, and thus God's perfection.

GOD'S PERFECTION: I accept that God's perfection includes Creativity, Wisdom, Love, Healing, and Power, with which I am one.

MEDITATION: Through my daily practice of meditation, I establish and maintain contact with the perfection of all of God's attributes within me.

BEING IT: Every day I open my conscious mind to channel into my daily life the perfection that I already am, due to my inner oneness with Universal God Consciousness at the center of my mind.

ENERGY CONSCIOUSNESS



ACTIVATING SUCCESS ENERGY FREQUENCIES IN YOUR MIND

Within your mind are various energy frequencies for success — not just financial success, but success for all areas of your life, including love. To experience success you should tune in to these frequencies through a daily practice of meditation, as well as through visualization and sensitivity attunement.

DEFINING SUCCESS: I recognize that success, spiritually understood, means success for my life as a whole, and is not limited to material or worldly definitions of success.

THOUGHT ENERGY: I understand that every thought I think is energy, and that certain like-energies exist in certain frequencies within my mind.

SUCCESS FREQUENCIES: I understand that there are various success frequencies, such as for financial success and success in love.

TUNING IN: I understand that success is achieved by consciously or unconsciously (karma) tuning in to and being under the influence of success frequencies.

UNIVERSAL GOD MIND: I understand that all success frequencies exist and come from Universal Mind, or God, which is at the innermost center of consciousness within me.

MEDITATION: Through my daily practice of meditation, I receive success frequencies into my conscious mind, originating from the God Mind within me.

VISUALIZATION: Periodically during my daily activities, I visualize or imagine my body filled with God's Creative Light Energy, filling my conscious awareness with success energy frequencies.

SENSITIVITY ATTUNEMENT: Periodically during the day—to keep attuned to success energy frequencies—with one hand I touch the upper part of my body containing Creative Light Energy success frequencies, and with the forefinger of my other hand I touch my forehead, signifying that success frequencies are flowing into and influencing my conscious mind.

AURIC ENERGY FIELDS—YOURS AND OTHERS'

Everything—including you—emanates a vibrating field of energy called an aura. It is possible to see these auras as various colors, whose frequencies can change due to the positive or negative nature of our thought and feeling energies. Only the frequencies of higher states of consciousness remain constant.

ORIGIN: I understand that all auric color energies originate in the first Primal Light Energy of the universe—the first creation of unmanifest Spirit, or God—called the Christ Light or its equivalent in other spiritual traditions.

COLORS: I understand that every color has its own energy frequency.

THOUGHTS: I understand that certain color energy frequencies correspond to the nature of thought energies—positive, negative, or variations of either.

FEELINGS: I understand that certain color energy frequencies correspond to feelings felt—positive, negative, or variations of either.

INANIMATE OBJECTS: I understand that beyond the human aura, inanimate objects such as rocks—or anything that exists—may have its own auric field either originating from within it, or as a result of contact with outside energy fields. (Reference: Psychometry)

INTERACTIVE AWARENESS: Daily, I maintain an awareness in my life that my auric energy field can be interacting with the auric energy fields of people and objects, exchanging positive or negative energies.

AURIC PROTECTION: Whenever I feel that I might be subject to taking in negative auric energies, I imagine or visualize a radiant, white, protective Christ or God Light all around my physical body.

PERSONAL: I understand that auric color energy, stimulated by the personal ego, is constantly in motion and changing.

SPIRITUAL: I understand that auric color energy frequencies of higher consciousness—such as God, Eternal Love, Wisdom, and Mystical Knowingness—remain a constant in the auric field.

MEDITATION: I understand that my daily practice of meditation makes me more aware of what auras I am coming into contact with—positive, negative, or variations of either.

CLEARING THE MIND OF NEGATIVES, PART 1

If your deepest thoughts and feelings are filled with negative energy, that energy will suppress or neutralize any positives that seek to come forth from God's Presence within you.

Fortunately, there are techniques for clearing the mind of negatives, including meditation, visualization, and more.

CLEANSING MEMORIES: I recognize that I must cleanse all levels of my mind of negative thought energies that work against and come into conflict with positiveness, which I attempt to program into my mind, and also allow to arise within my mind through the Universal Mind of God.

MEDITATION: I recognize that through my daily practice of meditation on God's Presence at the center of my mind, I draw into the memory levels of my consciousness the sublimating Light Energy of God to change negative energy into positive energy.

THOUGHT/FEELING MONITORING: The moment I think or feel negativity, I immediately say to myself, "I nullify and neutralize that energy" before it can return to the memory level of my mind to continue to interfere with the establishment of positive God Consciousness.

VISUALIZATION: I daily take a few moments to visualize or imagine that the interior of my body is filled with positive Universal God Energy Consciousness that sublimates all darkened negative energy into positive Primal Light or Christ/God Energy.

CONSCIOUS REPROGRAMMING: Every time I have a negative thought or feeling, I immediately respond with an opposite positive thought, which reprograms my mind with positive Christ Mind/Universal God Consciousness Energy.

EXAMPLES:

- Hate to forgiveness, through the love of Christ Mind/God
- Anger to understanding the lack of Christ/God awareness in others
- Jealousy to security in God, realizing that jealousy is a lack of God's Presence
- Revenge to release, knowing that karmic law is already in effect
- Doubt to God-centered identity, identifying with Universal Power

- Hurt to release to God's Love, Healing, and Understanding of the lack of others' awareness
- Low self-esteem to a oneness of identity with God's Presence within

LIFESTYLE: I wear and surround myself with happy energy colors, listen only to beautiful and inspiring music, take time to enjoy the natural beauty of nature, and try to find the brighter, positive side of experiences that appear to be negative.

IDENTIFYING: I do not identify my identity with any temporary, negative experience, as I am not anything temporary, but am of the eternal positiveness and Christ-Light Mind of Universal God Consciousness in which negative darkness ceases to be.

CLEARING THE MIND OF NEGATIVES, PART 2

There are many techniques for successfully clearing the mind of negative energy, which can block the positive energy of God's Presence within you from coming forth.

Additional techniques include auric protection, music, humming, fragrances, and even the words you choose to use.

AURIC PROTECTION: Every day I take a few moments to visualize or imagine an aura of white, protective God Light surrounding my body and shielding it from outside negative energy influences.

MUSIC: Whenever possible during my daily activities, I play beautiful music, whose energy I feel myself absorbing into my body/mind energy field, transforming negative energies into positive energy.

HUMMING: When playing beautiful music, I hum to the music and feel that the humming energy vibrations are vibrating through my body/mind energy field, transforming negative energies into positive energy.

FRAGRANCE: I recognize that fragrance is energy, and so at least once daily I expose my senses to a beautiful fragrance, whose energy transforms negative energies into positive energy in my body/mind energy field.

VOCABULARY: I choose to use words in my everyday vocabulary that vibrate positive energy, and avoid the opposite, knowing that negative word energy will enter my personal subconscious to adversely influence my conscious thinking.

CONVERSION ILLUMINATION: I affirm that in my daily physical body's processing, negative thought and feeling energy stored in my subconscious memory is converted to waste matter and eliminated from my body as part of its natural functioning.

SUN ENERGY: Whenever the sun is shining, I take a few moments to close my eyes and imagine that positive sunray consciousness energy is entering my body/mind energy field, transforming negative energies into positive energy.

CHRISTING: Daily, I take a few moments to visualize or imagine the positive body/mind energy field of Christ—seen as the figure of Jesus—entering into all parts of my body, and that in such a positive God Light energy field, negative body/mind energies are sublimated into positive God Light Energy.

DEPROGRAMMING NEGATIVE ILLUSIONS

All negativity arises from the illusion of a personal selfhood that is separate from the One Life of God. The way to eliminate that negativity is to connect with God's Presence within you, sublimating all negative thoughts and feelings into the positive energy of God's Light, with which you are one.

NEGATIVE ENERGY: I understand that negative energy is created through an illusion of personal selfhood or isolation or consciousness separation from the One Life of God—creator of the universe—living in all created things, animate and supposedly inanimate.

NEGATIVE ENERGY ILLUSION: I understand that based on the illusion of personal selfhood, negative energy includes, but is not limited to: fear, hate, vanity, greed, destructiveness, vengeance, limitation, victimhood, jealousy, envy, poor self-image, overly aggressive behavior, lust, and deceit.

MEDITATION: Through my daily practice of meditation, negative energy is sublimated into the Light of Christ-Mind Energy Consciousness.

VISUALIZATION: Daily, I take a few moments to visualize or imagine my body filled with positive God Light, where negative energy cannot exist.

SELF-IMAGE: I am filled with positive energy at all levels of my body, mind, and soul, declaring my oneness with God's Spirit and my mind—one with Christ/God Consciousness.

AURIC PROTECTION: Daily, I mentally project a white, protective aura of God Light around my physical body to serve as a protective shield against the influence of outside negative thought/feeling energies.

NULLIFYING: Every time I think or feel a negative energy, I immediately nullify it so it does not enter into or recede back into the personal subconscious memory level of my mind.

GOD POWER: I declare that the ultimate God Power of the Universe exists in me to sublimate all negative thought/feeling energy into positive God Light Energy.

LIFE BEYOND THE PHYSICAL WORLD

Beyond this physical life there are many other dimensions in God's Consciousness, including heavenly dimensions. Through clairvoyant seeing, astral projection, and meditation, it is possible for you to experience these other dimensions and their life forms.

CONSCIOUSNESS: I understand that all consciousness is part of the Consciousness of the Universal Mind, or God, and that all that is—both physical life and the beyond—are contained within it.

SEEING: I understand that seeing that which is beyond the perception of physical sight is seeing into more of God's Consciousness within me.

ASTRAL DIMENSIONS: I understand that all dimensions of existence, including the physical, are varying energy frequencies of consciousness.

TUNING IN: I understand that experiencing or seeing another dimension occurs when, in consciousness, I tune in to the energy frequency of another dimension.

LOCATIONS: I understand that dimensions of varying frequencies of energy co-exist in the same location and are normally undetectable to each other, except when paranormal perception takes place.

EXPERIENCE: I understand that life beyond the physical can be wide and varied as to the appearance of life forms, though most life forms have the look of humans because those in the physical world are tuned in to otherworldly energy frequencies of a like nature.

HEAVENS: I understand that there are heavenly dimensions of consciousness corresponding to whatever religion, or lack thereof, a person believed in during their earthly physical life.

CONTACT: I understand that contact with other dimensions can come about through clairvoyant seeing into the other dimensions, or astral body projection into another dimension.

MEDITATION: I understand that through my daily practice of meditation for the purpose of mystical union with God, I will experience various aspects of other dimensional existence, as all is in the Mind of God.

OVERCOMING OBSTACLES HOLDING YOU BACK

Every obstacle is actually an obstruction in the energy field in which you function. The most direct way to overcome such an obstacle is to outgrow it and rise above it by moving into a state of consciousness that has a higher frequency of energy. This can be achieved through a daily practice of meditation.

DEFINING OBSTACLES: In a greater reality of beingness, I understand that an obstacle is an energy obstruction in the environmental energy field in which I function.

OUTGROWING: I understand that the most direct way to overcome an obstacle is to outgrow it by moving into a higher frequency of consciousness energy.

CHANGE: I acknowledge in my own mind that to overcome obstacles I must have a change in consciousness.

MEDITATION: Through my daily practice of meditation, I experience higher frequencies of energy, which lift me above the obstacle energy level and closer to God's sublimating Light.

VISUALIZATION: Whatever obstacle I wish removed, I visualize or imagine it in my mind as being engulfed and sublimated by God's Light Presence, to be no more.

RELEASE: Whatever accumulation of energy obstacles that remain in my personal subconscious memory, which I am no longer consciously aware of but are still energizing obstacles, I release for sublimation and healing into God's Light Presence within me.

NOT THE PERSONAL I, BUT GOD: I acknowledge that it is through the Power of God's Light Presence within me that obstacles are overcome in my life.

ALREADY SO: I acknowledge that in the Mind of God at the innermost center of Christ Oneness, all obstacles that have been holding me back in finances, love, health, occupation, creativity, and more, are already overcome, and in Universal Mind and Spirit I am free to move forward and progress.

PRACTICING SPIRITUAL ENERGY SELF-HEALING

To practice spiritual energy self-healing, remember that the body and the mind are fields of energy, and those energy fields are dependent upon the Primal Energy of God. Align yourself with God's Primal Energy, and you can bring its influence to bear on those lesser energies to manifest health and healing.

BODY ENERGY FIELD: I recognize that my body is an energy field of various energies.

ORIGINATING ENERGY: I recognize that all of the various energies in my body originate from one Primal Universal Energy.

PRANA/CHRIST/LIGHT/LIFE FORCE: I recognize that one Primal Universal Energy is known by many names, such as Prana, Christ, Light, or Life Force, and is the source for all varying body energies.

CELL ENERGY: I understand that good health or ill health is dependent upon the energy activity in the cells of my body, and that all cell energy is subject to the Primal Light of Universal Consciousness, or God, working through the Christ Mind.

AURIC ENERGY PROTECTION: Whenever I practice any spiritual energy self-healing, I project or imagine a white, protective aura of God Light surrounding my body to shield it from negative outside energies.

VISUALIZATION: When practicing spiritual energy self-healing, I imagine or visualize my body filled with Primal Light Christ Consciousness, which enters into every cell of my body, adjusting the energy frequencies for maintaining good health or restoring it.

HOLISTIC: When practicing spiritual energy self-healing, I open all parts of my beingness—body, mind, and soul—to the Healing Light Presence of Universal Christ Mind/God Spirit.

MEDITATION: Through my daily practice of meditation, I connect with the Primal Light Energy of Universal Christ Mind/God Spirit, as it flows into every cell of my body—healing, adjusting, restoring, renewing, and bringing them into the energy frequencies of good health.

KARMA/TRAUMA: The All-Powerful Primal Light Energy of Universal Christ Mind/God Spirit sublimates all negative karmic and trauma energies into perfect health frequencies at all levels of my mind and emotional being.

REINCARNATION—PAST AND FUTURE LIVES

Until you are fully awakened to God Consciousness, you will incarnate onto this earthly plane many times. You may incarnate as a male, female, or be in a transitional gender state. You may incarnate due to a karmic tie to another, or you may incarnate as part of a group that has a collective destiny.

AWAKENING: I understand that my earthly incarnations are in the twelve signs of the zodiac, that I experience each sign several times, and do so until I am once again in Christ-awakened God Consciousness.

PURPOSE: I understand that within my astrological natal birth chart, the purpose of my soul for this life can be found, including the positives and negatives for achieving it.

COLLECTIVE: I understand that I may be born as part of a collective soul grouping, or group of souls with a collective destiny of earthly experience.

OLD AND YOUNG SOULS: I understand that I may be part of a grouping of old or young souls, or spiritually awakened or spiritually unaware souls, respectively.

TIME BETWEEN INCARNATIONS: I understand that young souls reincarnate more quickly due to their earthly attractions, while old souls have a far greater period between incarnations, preferring a higher order of consciousness.

GENDER: I understand that a soul may incarnate as either male or female, according to the energy needs necessary for the awakening of the soul, or a soul may incarnate as a gay person who is in a transitional state between genders energy-wise.

KARMIC TIES/CONTRACTS: I understand that souls may incarnate and come together in the physical due to positive or negative karma, or due to mutually agreed upon spiritual contracts of shared earthly experience.

ENERGY: I understand that based on the sum total of a soul's energy field, it is attracted to certain parents, geographical birth locations, and so on, corresponding to the soul's energy.

HIGHER SOULS: I understand that souls automatically reincarnate until they have awakened to Christ/God Consciousness, while those already awakened incarnate by choice to help unawakened souls.

SECRET POWER OF THE MIND

The power of your mind to create good in your life does not arise from your personal selfhood. It comes from the Presence of God at the center of your mind thinking through you. The more you open yourself up to your inner God Source and Its Will, the more creating thought-power you will experience.

CONSCIOUS MIND: I recognize that my conscious mind is an outer energy emanating forth from innermost central consciousness, or Universal Mind/Spirit God Intelligence.

SOURCE: I recognize that the innermost central consciousness, or Universal Mind/Spirit God Intelligence, is the ultimate source for all good that I can experience in this physical life and beyond.

WILL: I recognize that to have what is necessary to make my life what the Universe or God wants it to be, I must give up my personal will to the Will of the Creating Presence of God within me.

CLEANSING: I recognize that I must cleanse the outer parts of my personal sense of mind of accumulated karma, trauma, and past negativity in order to open my conscious awareness to the Universal God Source within me to provide energized creating thought activity.

THOUGHT-POWER: I recognize that creating thought-power energy working in me is in proportion to what degree I have opened myself to my inner God Source, and thus all creating thought energy is not of any personal selfhood, but of Universal God Presence working through me.

ONENESS: I recognize that the more I live in a consciousness of oneness with the Universal God-Source Presence within me, the greater the creating power of thought energy within me to manifest good, according to the Will of the Universe, which is God's Presence at the center of my mind's beingness.

MEDITATION: I recognize that through my daily practice of meditation, I establish and maintain contact with my Universal God-Source Energy to manifest God's purpose for my existence in this physical lifetime.

THE REAL SECRET: I recognize that the secret of my manifesting creating thought-power energy is for the Universal God Thought Energy within me to think through me.

SEXUALITY IN SPIRITUALITY

In all sexual activity there is an energy exchange that affects both people spiritually, according to their soul's purpose and how connected to Universal Consciousness they are. This energy exchange can have a very positive effect if there is also love, friendship, or genuine caring between the two.

ENERGY EXCHANGE: I understand that in all sexual activity there is an energy exchange that affects both people holistically—affecting the physical body energies, the mental energies at all mental levels, the spiritual level associated with the soul's purpose, and even the God level, depending upon how one with Universal Consciousness each participant is.

POSITIVE AND/OR NEGATIVE: I understand that the energy exchange between people during intimacy can have a positive or negative effect on one or both people.

GRATIFICATIONAL OR RECREATIONAL SEXUALITY: I understand that sexual activity only for the sake of physical gratification of the body produces no lasting positive effect on the body, soul, or oneness with God, and it leaves one empty in mind and soul with a void to fill, producing the need for more sexuality—possibly leading to addiction.

KARMA: I understand that there may be karmic reasons for any sexual contact—individual, collective, or both—with the payback of negative energy or the reward of positive energy.

SOUL'S PURPOSE: I understand that the most positive sexual energy exchange is between two people when the energy exchange helps one or both to better achieve their soul's purpose.

VERBAL SLANG: I understand that having a daily vocabulary expressing verbal slang with words of a sexual nature devalues sexuality, and, in turn, the total consciousness of the individual is degraded and the inner distance between the personal soul and the Universal Spirit, or God, is greatly widened.

POSITIVE SEXUALITY: I understand that sexuality can have a positive energy effect on one's spirituality if there is love, friendship, or genuine caring between people who have initiated intimacy.

EXCITEMENT/STIMULATION: If the sexual attraction is to be lasting, I understand that a positive sexual energy exchange adding to one's spirituality is created more by inner connection than by outer appearance.

SPIRITUAL ENERGY HEALING

The Christ-Mind Consciousness at the center of your being originates and controls the energy fields of your body and your mind. When you are attuned to that Consciousness, you will be intuitively guided as to what type of drugs and/or treatment you may need to restore and maintain your health.

THE HUMAN BODY: I recognize that my body is an energy field comprised of many frequencies of energy.

THE HUMAN MIND: I recognize that my mind is a field of energy—one with the energy field of my body.

PRIMAL LIGHT ENERGY: I recognize that Primal Light Energy, or Christ-Mind Consciousness, is the originating and controlling energy for the energy of both my body and my mind.

HEALTH CHAINS OF COMMAND: I recognize that the Christ-Mind Consciousness in me controls the human level of my mind, and through this level, the energy consciousness frequencies throughout my physical body.

DRUGS: I understand that drugs reduced to their essentials are, in fact, energy frequencies that influence energy frequencies in the human body, with the expectation of maintaining health through prevention, or restoring health.

MEDICAL TREATMENT: I understand that medical treatment through surgery or any other treatment is, in the final analysis, to change the energy frequencies throughout the body or in a localized part to bring about healing.

ALTERNATIVE MODALITIES: I understand that all alternative or complementary healing modalities to traditional allopathic medicine are also, in fact, to change or maintain energy frequencies to be in tune with health.

MEDITATION: Through my daily practice of meditation, I am intuitively guided through the Christ Mind of my consciousness—one with God—as to the drugs, medical treatment, alternative treatment, and spiritual healing that is needed to maintain or restore the health of my body, mind, and soul.

SPIRITUAL HEALING: I recognize that the absolute premise of spiritual healing is to establish healthful energy frequencies in my body, mind, and soul through the Christ Mind part of consciousness energy within me.

THE CHAKRAS, YOUR MIND, AND GOD

There are seven energy centers in the body called chakras, which can awaken you to higher realms of consciousness and greater knowledge of God. Although the chakras can be activated through various meditation techniques, it is wise to release their activation to God's Will as a natural part of the soul's awakening.

CHAKRAS: I understand that there are seven primary energy centers of consciousness located in my body, whose increased activation brings about spiritual awakening and perception of the nature of consciousness, God, and the universe.

PART OF: I recognize that the chakras in my body are created and sustained by an individualized part of God's Consciousness within me.

ACTIVATION: I understand that further activation of the chakras coincides with an increased activity of the life force, or kundalini, and male and female energy consciousness within and encircling the spinal column on a higher-than-physical energy level.

ACTIVATING: I understand that activating the chakras into greater activity can be brought about through various meditation techniques, or can come about without techniques as a natural outgrowth of the soul's relationship to God's Presence.

THIRD EYE – INNER SIGHT – EYE OF THE SOUL: I understand that increased activation of my energy consciousness centers, or chakras, activates inner mind or higher consciousness perception, revealing spiritual mysteries beyond physical sight.

HIGHEST PERCEPTION: I recognize that the highest perception or goal of chakra activation is experiencing mystical union or oneness with God's Consciousness within me.

TOTAL ACTIVATION: I understand that total activation of all the chakras in my body in a single experience frees my individualized soul from the wheel of birth and rebirth—that is, karma and reincarnation.

GOD'S GUIDANCE: I release the activation of my chakra energy centers within me to intuitively guide me and become activated according to the Will of God for my soul's awakening.

UNSEEN MYSTERIES AFFECTING YOUR LIFE

Although it is not apparent to your five physical senses, there are many dimensions existing simultaneously with this one, but at different energy frequencies. Since the energy factors of those other dimensions can affect you, you need to protect yourself from the influences that are negative.

ONE LIFE: I understand that ultimately there is but One Life in this universe, manifesting as everything and everyone, including myself.

ONE MIND: I understand that ultimately there is but One Mind in this universe, providing consciousness to what seems to be many minds.

MY EXISTENCE: I understand that ultimately I exist as a thought-form energy in the Mind of God, inseparable from the Mind of God.

THE UNIVERSE: I understand that the physical universe is the physical manifestation of the Mind of God, in which I have my beingness on a physical level. ("Within him we live, move, and have our being." – Bible Reference)

ENERGY INTERACTION: I understand that the outer energy factors of my mind may be affected by environmental energies, and also by the ultimate, Primal Inner Energy of God, through intuitive disclosure and guidance.

MEDITATION: I understand that through my daily practice of meditation, I open the inner workings of consciousness within me more, so my outer mind's energies are more affected by God's Presence, containing God's Guidance, Healing, Love, Wisdom, and Creativity.

TELEPATHIC INTERACTIONS: I understand there is constant interaction of energies between myself, others, and the psychic energy of my outer environment, which can affect me positively or negatively.

AURA OF LIGHT: I understand that to safeguard myself from negative energy, I daily visualize a white, protective aura of God's Light surrounding my body, shielding me from being negatively affected by others. ("Put on the armor of light." – Bible Reference)

DAILY DECLARATION: Every moment of every day, consciously or unconsciously, I am affected in all that I think, say, feel, and do by the Light of God's Presence at the center of my mind.

YOUR LIFE BEYOND YOUR FIVE SENSES

Physically, mentally, and spiritually you exist as a radiating field of energy—a field created and maintained by God’s primary energy field. Moreover, as a field of energy, you are multi-dimensional—existing in many dimensions simultaneously, with varying forms of activity that affect your human existence.

ENERGY FIELD: I recognize that I exist as an energy field—physically, mentally, and spiritually.

PRIMARY ENERGY EXISTENCE: I recognize that creating and maintaining the energy field of my body, mind, and spirit is a primary energy field of Pure Mind, awareness of oneness with God, or Christ-Mind Consciousness, experienced as Light both within and beyond my human manifestation.

AURA: I recognize that thought and feeling energies radiate forth from my physical body, surrounding my body with energy that attracts or repels.

TELEPATHY: I recognize that my mind and emotional body energies are constantly broadcasting the nature of what I am experiencing.

MULTI-DIMENSIONAL: I recognize that I am multi-dimensional, and can exist in many dimensions simultaneously and in varying forms of activity, which can affect my human existence.

CHRIST LEVEL: I recognize that I can exist at a Christ level of mind, where I am in awareness of, and one with, God Consciousness.

COLLECTIVE LEVEL: I recognize that I exist on a collective consciousness level, where I and like-souls are part of a generation that incarnates only a few years apart at the most, in order to have similar experiences.

BOTTOM LINE: I am the multi-level expression of God, individualized into human dimensional experience.

HAPPINESS



ACHIEVING LASTING HAPPINESS

Lasting happiness does not come from fame, fortune, or power. To experience lasting happiness in your life you must contact and become one with God's Presence within yourself, because God's Eternal Presence is—in and of itself—lasting happiness.

REALITY: I spiritually recognize that lasting happiness is not as a result of fortune, fame, power, or anything limited by the transitory and temporary nature of human life or physical reality alone.

LASTING: I acknowledge that the only thing that is lasting is the Eternal, and if I am to have lasting happiness, it must be associated and one with Eternal Happiness.

ETERNAL PRESENCE: I recognize that Eternal Presence is Absolute Reality existing everywhere, and since I am a part of everything, it exists in me.

RECOGNITION: I recognize that to have lasting happiness I must contact and be one with Eternal Presence or Absolute Reality within myself.

MEDITATION: Through my daily practice of meditation, I open my body, mind, and soul to the energy beingness of Eternal Presence or Absolute Reality, which my intuition interprets as God within myself.

REALIZATION: I realize that God, or Eternal Presence and Absolute Reality, is lasting happiness.

ONENESS: I recognize that to the degree I am one with God's Presence within me, to that same measure do I experience lasting happiness.

CONTENTMENT: My lasting happiness is as a result of an ongoing awareness of my oneness with God's Presence within me, which provides lasting contentment for my soul.

CREATING A GOOD KARMA FUTURE

In reality, both the present and the future exist in one eternal moment of God's time. That means that what will be, already is.

So to create a good future, simply be in agreement that the future – which has already happened – is good. You are then invoking whatever it takes to fulfill that prophecy.

CAUSE AND EFFECT: My thinking and actions of today are the cause that produces the effect I experience in my future. ("Whatsoever a man soweth, that shall he also reap." – Bible Reference)

ONE ETERNAL MOMENT: In an absolute sense, there is but one eternal moment of time where both so-called present and future co-exist.

TIME: What I think and do now is instantly in effect as my future.

NULLIFYING: I nullify and neutralize all my negative thoughts and actions as they occur through the Healing Light Power of God's Presence within me.

VISUALIZATION: I visualize or imagine God's Light Presence within me, and see myself doing something good for one or more people.

PHYSICALLY: I am constantly on the alert as to some good I may do for someone as I go about my daily business in the physical world.

PAST NEGATIVE KARMIC INFLUENCE: Through the Healing Light Power of God at the center of my mind, all levels of consciousness within me are healed of all past negative energy karma.

BENEFITTING OTHERS: In all that I think or do, I choose to think or do only such things as will in some way benefit one or more people.

MEDITATION: Through my daily practice of meditation, my consciousness is influenced by the goodness of God's Presence within me, which causes me to think good things and do good things, creating a good karmic future.

GOOD: I focus on experiencing good in my life to be in a better position to bring good into the lives of others.

ENDING YOUR YEAR POSITIVELY

The energy that begins a new year is established at the end of the past year. Make sure that energy is positive by releasing into God's Presence any negative feelings you may have experienced; seeking God-guided understanding of why things happened the way they did; and forgiving others, as well as yourself.

ENDING/BEGINNING: I understand that ending this year positively establishes the energy that will start the new year.

POSITIVENESS: I feel positive about the past year, as it has taught me many of life's lessons.

RELEASE: I release into the Healing Presence of God any and all negative energy feelings I may have experienced during the past year.

UNDERSTANDING: Through God's guidance received intuitively, I have a positive understanding of why things happened the way they did.

FORGIVENESS: Through the power of God's Presence of Love within me, I forgive everyone whom I had bad feelings toward during the past year.

FAILURE: I regard any failure during the past year as a clearing in my mind of wrong goals, so that God may guide me to the success I should experience according to God's Will for my life.

VISUALIZATION: I visualize or imagine the year just concluding, and imagine that gray, cloud-like negative energy is being sublimated into God's Positive Light Energy, and that in its own way, the past year was a positive, successful one.

MEDITATION: Through my daily practice of meditation, the past year has been successfully positive, as my year has been blessed through closeness to God.

GRATITUDE: I am grateful to God's Presence within me for having provided me with the power to overcome adversities while enjoying successful and positive times during the past year.

GETTING OUT OF YOUR OWN WAY IN LIFE

When you attempt to accomplish something, part of you gets in the way. That part is the personal ego, which has many negative traits. Daily meditation helps clear the ego out of your path by establishing a oneness with God's Presence, and endowing you with God's attributes of Wisdom, Creativity, and Love.

WHO IS IN THE WAY? I acknowledge that there is a part of me that steps in front of another part of me when I attempt to do things.

PERSONAL SENSE OF SELF: I understand that the part of me that gets in the way is an illusory sense of personal selfhood, created by input from my external environmental experiences over a period of time.

PERSONAL SELF ATTRIBUTES: I understand that what gets in my way are one or more attributes of my outwardly conditioned personal self, which include, but are not limited to, the obstructive negative traits of fear, awkwardness, shyness, poor self-image, lack of self-esteem, past so-called failures, self-pity, victimhood, jealousy, hate, and guilt.

UNIVERSAL IDENTITY: I acknowledge that within me the "Real I" of me exists in universal oneness with God's Presence at the center of my mind.

RELEASE: I release all darkened, negative thought-energy traits of my illusory personal self to the Healing Light of God's Presence within me, to be sublimated and neutralized into Light.

VISUALIZATION: I visualize or imagine that my personal illusory self—like a gray shadow—disengages from my physical body, leaving my body filled with the Light of God's Presence.

MEDITATION: Through my daily practice of meditation, I more completely establish and maintain a oneness or Christ-like state of identification with God's Presence within me, providing a clearer pathway to my goals, free of having an illusory self get in my way.

TRAITS AND ATTRIBUTES OF MY UNIVERSAL GOD SELFHOOD: In oneness with God within myself, as my real Christed Identity I pass through the illusions of personal selfhood via the power of God's attributes of Eternal Wisdom, Will, Creativity, Healing, and Love.

MAKING CHANGES—WHEN AND HOW

Making changes is a necessary part of life. For a greater sense of security while living through such changes, identify with God's Unchanging Presence within you. And know that God's Presence gives you the courage, wisdom, and power to know when to make those changes and how to make them effectively.

CHANGE: I recognize that making changes is a necessary part of life in order to improve and/or learn from human experience.

ETERNITY: I understand that I have a greater sense of security by identifying with God's Unchanging Presence within myself while living through necessary changes in my outer physical life.

MEDITATION: Through my daily practice of meditation, I am intuitively led and guided as to when and how to make changes in my life.

WHEN: I affirm and declare that I will intuitively know when to make changes, be it in my personal life, career, or any other area of my life.

COURAGE: I declare that I have the courage to make changes, for I depend on God's Presence, Wisdom, and Power within me to provide what is necessary to make changes positively and effectively.

WILL: As with all else in my life, when making changes I give up my personal will to the Universal Will and Power of God's Presence within me to accomplish necessary changes positively and effectively.

ALREADY SO: In God's Mind within me, all changes in my life have already been accomplished at the right time and in a positive, successful way.

MY FUTURE: I affirm and declare that I am secure and at peace within myself, knowing that the timing and how-to of all changes in my life are materialized into physical manifestation through God's Presence and Power throughout my future.

OVERCOMING RESISTANCE TO POSITIVE CHANGE

All resistance to making positive changes in your life comes from your ego, which fears the unknown, doubts its capabilities, feels alone in its efforts, and suffers from low self-esteem. If you feel any of these things, turn them over to the Presence of God within you for the support you need.

RESISTANCE SOURCE: I realize that resistance to making positive changes in my life comes from a personal sense of ego selfhood, with its self-doubts about even making changes that would seem on the surface to improve my circumstances.

FEAR: I realize that personal ego-mind fear may be a reason for resisting even positive change, and so when I feel fear I turn immediately to my Christ-Mind oneness with God to sublimate my fear into the Light of God-Power Courage within me.

UNKNOWN: I realize that I may resist positive change because of the unknown associated with the change, so instead I turn inward to God's Presence that knows all that can be known, which thus removes a blockage of the unknown from my mind.

PUNISHMENT: I realize that God has already forgiven me for all that I believe I should be punished for, and thus I am free to make positive changes for my good at once.

RESPONSIBILITY: I realize that I may resist making positive changes because of doubt that I could handle the responsibilities, so knowing that, I will turn it over to God's Presence within me, which will surface to handle the responsibility.

POOR SELF-ESTEEM: I realize that resistance to positive change comes from poor self-esteem created by a personal ego-mind sense of selfhood, and thus I choose instead a Christ-Mind awareness so my true self reality is always one with God and God's attributes.

NON-SUPPORT: I realize that resistance to making positive changes may come from feeling alone in my efforts or not being supported, so I turn inward to God's Presence as my support in all I must do to improve my life.

POWERIZING HAPPINESS

There is nothing in this illusionary, temporary world that can produce lasting happiness—not fame, fortune, power, or success. True lasting happiness only comes from identifying with the Eternal, and knowing yourself to be an eternal being—an individualized expression of God’s Eternal Presence.

LASTING HAPPINESS: I recognize that lasting happiness is today, tomorrow, and always.

ETERNITY: I recognize that only Eternity, or that which is Eternal, is lasting.

IDENTIFY: I recognize that if I am to have lasting happiness, I must identify with the Eternal as my lasting happiness.

CONSCIOUSNESS: I recognize Eternity as being conscious of Itself as Universal Consciousness, or God.

ONENESS: I recognize that my oneness with Eternal Consciousness or Universal God/Mind/Spirit is the only assured lasting happiness for my mind and soul.

MEDITATION: Through my daily practice of meditation, I connect with Eternal Consciousness, or lasting happiness.

RETAINING HAPPINESS: In my identification with the Eternal Consciousness of God Energy, I retain my inner happiness with myself and my life, regardless of constant changes in my outer life—whether highs or lows.

EXPERIENCING: I experience lasting happiness as an inner state of beingness, contentment, wholeness, and completeness.

SPIRITUALLY POWERIZING YOUR NEW YEAR

To start the new year in a very powerful way, clear all negativity from your mind through the Healing and Cleansing Power of God's Presence within you. Release all negative thoughts and feelings towards others. And base all of your thinking on the positive attributes of God's Presence within you.

CLEARING: Through the Healing and Cleansing Power of God's Presence within me, all negativity from the year just passed, in all levels of my mind, is cleared from my consciousness—totally and completely.

RELEASE: Through the All-Healing Light Presence of God within me, I release from my feelings, thoughts, and emotions all negativity towards one or more people, including jealousy, envy, hate, anger, and revenge.

SPIRITUALLY BASED POSITIVENESS: My thinking about the new year is based on identifying my beingness with the positive attributes of God's Presence within me, which is the foundation of my thinking positively.

SOURCE ACKNOWLEDGING: As I start a new year and throughout it, I acknowledge that the source for all good in my life originates from God's Presence at the center of consciousness within me.

SEEK FIRST: As God is the source for all good in my life, my number one priority in the new year is to seek out God's Presence within me, knowing that the more I increase my oneness with God, the more all things will be added to my life for good.

GOD'S WILL: I acknowledge that by doing God's Will I am actually doing the will of my highest self—one with God—through which my life is spiritually powerized in the new year.

MEDITATION: Through my daily practice of meditation, I establish and maintain a closer oneness with God, which is my source for good in the new year.

LIVING IN POWER: In my body, mind, and soul, I am powerized in the new year by God's Presence flowing in and through me.

TURNING FAILURE INTO SUCCESS

Failures are simply learning experiences. They are temporary experiences that can distract you from what God wishes you to do to experience success. In that regard, bless and release any so-called failure, and open your mind to be filled with the creative ideas of God that will bring you success.

BLESS AND RELEASE: I bless and release any so-called failure of the past from all levels of my mind, and simply regard it as a learning experience.

NOT THE EXPERIENCE: I recognize that I am not any failure experience, for failure experiences are only temporary and not part of my eternal-self oneness with God.

ELIMINATION: I regard all failure experiences to be part of an elimination process in the personal ego level of my mind, in order to clear away all that is distracting me from what God's Presence wishes me to do to experience success.

ALREADY SO: I accept that in the Mind of God at the center of consciousness within me, all seeming so-called failures of the past no longer exist, and only success for me exists.

WILL: I give up my personal will, which may have past failure experiences associated with it, to the Will of God, which contains my success within it.

GOD KNOWS: I accept that God knows my needs and creates success for me according to what is best for my eternal soul.

CONSCIOUSNESS: My mind is open daily to be filled with creative ideas that bring me success.

MEDITATION: Through my daily practice of meditation, negative failure energy is sublimated into God's Light Energy to bring creative success ideas into my awareness.

WHY YOU ARE A WINNER

You are a winner! How could you not be? After all, your true self is one with God's Presence within you, so you have all of God's attributes available to you! You are divinely creative, adaptable, and intuitively guided. Even so-called failures serve to uncover the winner you have been all along.

TRUE SELF: I am a winner, for my true self is one with the Presence of God at the center of consciousness within me, which makes me part of the Universal Mind/Spirit that created, owns, and is all that exists.

SELF-IMAGE: I establish and maintain an image of myself as a winner, due to and based upon my oneness with God.

ATTRIBUTES: In my inner oneness with God I am a winner, because I have God's attributes available to me to forever be a winner.

SO-CALLED FAILURE: Any so-called failure is just one more experience of life to unmask and uncover the winner I have been all along.

MEDITATION: Through my daily practice of meditation, I establish and maintain a oneness with God, the Eternal Winner of all things individualized in me.

ALREADY SO: In the mind of God I am and have always been a winner, and in oneness I will continue to be so through eternity.

ADAPTABILITY: In my oneness with God's Presence within me, I am adaptable to all the changes necessary for me to make in life, which make and keep me a winner.

CREATIVITY: The Creative Consciousness of God's Presence at the center of my mind flows through me to be a winner.

INTUITIVE GUIDANCE: I am a winner because my conscious mind continually receives intuitive guidance as to what to do to establish and maintain myself as a winner.

YOUR LIFE: LUCK, FATE, OR KARMA?

Everything that happens in life has a cause. If it is good, it may seem like luck, but it is the result of a cause. If it is bad, it may seem like misfortune, but it is also the result of a cause. This law of cause and effect is called karma, and it comes about through the choices you make in life.

CAUSE AND EFFECT: I recognize that everything that takes place in physical life or beyond it is the result of a cause, which preceded an effect.

LUCK: Based on the universal law of cause and effect, there is no such thing as luck, chance, or good fortune, since everything has a cause that precedes it.

KARMA: The law of karma best illustrates the law of cause and effect, manifested in human experiences of good, bad, and degrees in between.

FATE: Fate covering a person's entire physical life, whether short or lengthy, can be the result of the cumulative karma of many lives or pre-physical existence.

DESTINY: Based on cause and effect, karma, and fate, each soul has a certain destiny to live in this or any other lifetime.

ONE ETERNAL MOMENT: Every soul is part of God's one eternal moment of time, containing all they will experience over many lifetimes—bad, good, or in between.

CHOICE: I recognize that my soul has a choice as to what part of God's eternal moment to choose, and I choose enlightenment, which provides me with an awareness to choose good experiences.

MEDITATION: Through my daily practice of meditation, to one degree or another I contact the Presence of God's eternal moment and am energized by good experience energy.

ONENESS: In oneness with God's Presence, God provides me with soul mastery to meet circumstances and conditions active in my life with positive, successful results.

HEALTH AND WELL-BEING



ACHIEVING INDEPENDENCE OF MIND AND SOUL

You can't be independent if you are under the influence of others. Real independence comes from being in tune with God's purpose for you in this lifetime. The greater your oneness with God's Presence, the more power you will have to maintain independence of both your thoughts and your spirituality.

AURIC PROTECTION: Every day, I take a few moments to imagine or visualize the white, protective Light of God's Presence surrounding my body with protection from outer energy influences from the minds and souls of others.

MEDITATION: Through my daily practice of meditation, my conscious mind receives intuitive guidance from God's Presence to establish or maintain independence of my mind and soul.

PURPOSEFUL INDEPENDENCE: I recognize that having real independence is being in tune with God's purpose for me in this lifetime, which keeps my mind and soul independent from the influence of others.

VIGILANCE: Every day, I retain a conscious vigilance to not lose the independence of my mind and soul by allowing others to influence or control me.

ONENESS: I recognize that the greater my oneness with God, the more inner power I have working within me to establish and/or maintain the independence of my mind and soul.

RELEASE: I recognize that to be truly independent in mind and soul, I must release all mental and spiritual dependency on everything and everyone, and instead, manifest independence through my oneness with God's Presence within me.

KARMIC TIES: I release any and all karmic ties to others, so my mind and soul may manifest the Independence of God's Spirit for me in this lifetime.

THINKING: I am an independent thinker, influenced only by the wisdom thought-process of oneness with God's Presence within me.

SOUL: I am an independent soul, whose spirituality is controlled by the ultimate, True Life within me of God's Presence.

ELIMINATING SELF-DESTRUCTIVENESS

The greatest obstacle to your success, health, and happiness is the ego part of your mind, which is self-destructive. But through the Christ part of your mind—one with God—you can be divinely guided as to what must be eliminated and healed, whether it is a sense of guilt, victimhood, or unworthiness.

RECOGNITION: I recognize that the greatest obstacle to success, health, and happiness in my life is the personal ego part of my mind, from which self-destructiveness originates.

SUBCONSCIOUS INFLUENCE: I recognize that negative karma, trauma, and self-deflating experiences stored as memories in my subconscious mind stimulate self-destructive thinking or actions, and must be eliminated.

WHY: I am divinely guided through the Christ part of my mind—one with God—as to specific subconscious, self-destructive stimulating experiences that must be eliminated.

GUILT: I acknowledge at all levels of my mind that God forgives me for any time I have erred, and that I don't have to destroy my life in order to make amends.

WORTHINESS: Through the power of the Christ part of my mind—one with God—I eliminate any and all sense of unworthiness from all levels of my mind that could be causing self-destructiveness.

FAMILY HISTORY: God's Presence within me, working through the Christ part of my mind, heals any family karma consciousness in all levels of my mind that could stimulate self-destructiveness.

VICTIMHOOD: Through the God Power within me, working through my Christ Mind, I eliminate all sense of victimhood in all areas of my life and declare myself a God-created victor.

ESCAPISM: I find the answers I need in God's Presence, and therefore need not escape into self-destructive escapisms, which only prolong my achieving success and happiness in life.

OTHERS: Through the God Presence within me, I have the power to not succumb to being a part of the self-destructive behavior of others whose paths cross mine.

NON-DEFEATIST: Through the Christ-Mind God Power within me, my attitude is at all times non-defeatist.

MEDITATION: Through my daily practice of meditation, whatever is necessary for eliminating self-destructiveness surfaces to my conscious mind's awareness, while being internally healed by God's Presence within me.

HEALING A DIVIDED MIND

No matter how spiritually based and positive your conscious thinking is, those thoughts will be compromised by conflicting negativity in your subconscious mind. Fortunately, that conflict can be healed by various techniques that neutralize negative energies in the Light of God's Presence within you.

RECOGNITION: I recognize that to have power in my conscious spiritual thinking, all stored-up memories in my subconscious must be positive in nature.

CONFLICT: I understand that positive, spiritually based thinking in my conscious mind will be compromised by conflicting negativity in my personal subconscious, until my mind is healed and cleared of such negative content.

SUBLIMATION: I understand that I must spiritually sublimate all negative thought energies in my personal subconscious into the positive, Christ-Minded awareness and Light of God's Presence within me.

MEDITATION: Through my daily practice of meditation, I open the personal subconscious part of my mind to the Healing Light Energy of Christ/God Presence, so all negative trauma and karma is sublimated into Light.

VISUALIZATION: Every day I take a few moments to visualize that the entirety of my inner spiritual mind/body is filled with the Christ/God Light in which no negativity can live, and thus my consciousness on all levels is healed.

BREATHING: Every time I exhale, I exhale negative thought energy out of me, and conversely, on a spiritual level, every inhalation stimulates the healing flow of Christ/God Light into all levels of my mind.

CONSCIOUS THOUGHT CONTROL: Every time a negative thought surfaces from the memory level of my personal subconscious, I immediately affirm: "I nullify and neutralize this thought, so it does not return to my subconscious."

ULTIMATE POWER: Through the ultimate power of Christ/God Light constantly working within all levels of my mind, my mind is healed of all negative energies of trauma or karma from this or past lives.

HEALTH, GOD, AND YOU IN THE NEW YEAR

With God's Presence working in and through your body, mind, and soul, your health in the new year is cared for. Your job is to stop seeing yourself as unhealthy; start seeing yourself as God sees you—as healthy; and allow yourself to be directed by God's Presence to anything you might need to maintain or restore good health.

WITH GOD: With God's Presence working in and through my body, mind, and soul, my health in the new year is cared for.

UNHEALTHY RELEASE: I release from all levels of consciousness throughout my body, mind, and soul, all self-images of myself as being an unhealthy person in this new year.

HEALTHY SELF-IMAGE: Throughout my body, mind, and soul, I have and maintain an image of myself in the Mind of God that is of a healthy person in this new year.

MEDITATION: Through my daily practice of meditation, I open the consciousness of my body, mind, and soul to God's Health-Maintaining and Health-Restoring Presence within me throughout the new year.

VISUALIZATION: I visualize or imagine that God's Presence as Light exists at all levels of my beingness—body, mind, and soul—maintaining or restoring good health throughout the new year.

MEDICAL: If I seek out medical means during the new year, I am intuitively directed by God's Presence within me to the right doctors, treatments, and medications.

SELF-STUDY: I make it a practice to study or be informed about health from allopathic medicine, alternative or complementary healing modalities, and spiritual healing throughout the new year.

PROTECTION: I give thanks to God's Presence within me for the protection in this new year of my health in body, mind, and soul.

GUIDED: I am intuitively guided by God's Presence within me in everything having to do with maintaining or restoring good health in my body, mind, and soul throughout the new year.

HOLISTICALLY RETAINING YOUTHFULNESS

Remember that at the core of your being—at the God level of your being—you are eternal. That eternal part of you is unchanging, existing in one eternal moment of time. To retain youthfulness, choose to identify with and exist in the youthful part of that one eternal moment.

HOLISTIC SELF-IMAGE: Daily, I maintain an image of myself as a total holistic being, comprised of a synthesis of body, mind, and Spirit, or God Presence.

ETERNAL IDENTIFICATION: I identify my spiritual beingness as one with the eternal part of me, or the God Presence of Consciousness within my mind.

ETERNAL YOUTHFULNESS: I recognize that the eternal or God part of me is unchanging, and I identify with the idea energy of youthfulness contained within and as part of my eternal selfhood.

ETERNAL MOMENT: I recognize that ultimately all exists as one eternal moment of time, and I choose to exist in the youthfulness part of that one eternal moment.

ATTITUDE: My daily attitude reflects my unchanging recognition of the youthfulness contained in the eternal God part of me.

MEDITATION: Through my daily practice of meditation, I establish and maintain 24/7 contact with the idea energy contained in God's Eternal Presence at the center of consciousness within me.

VISUALIZATION: I visualize or imagine God's Eternal Light Presence containing the idea energy of youthfulness filling the interior of my body—first on a spiritual level, second on a mind level, and then into the center of every cell of my body on a physical level.

HUMOR: I recognize that humor has a positive effect on the health of my body, mind, and soul—and thus, youthfulness—and God intuitively directs me to see the humor in many of life's experiences.

LOVE: I recognize that love is the greatest healing energy of all because it is the essence of God's nature, so I open myself to be a channel of love to others, and in so doing this affects the health of my body, mind, and soul, which, in turn, helps me to maintain youthfulness.

CELL RENEWAL: Through the power of God's Presence within me, old cells are constantly being replaced with new cells throughout my body, helping me to retain youthfulness by affirming this renewing process daily.

INTUITIVE GUIDANCE: Through God's Presence at the center of my mind, I am intuitively guided as to what I should eat, what supplements to take, what exercises to engage in, and how to keep my mind energized with new learning — all adding to my retaining youthfulness.

ILLUSIONS AND REALITIES OF LIFE

**What your ego sees in the physical world is an illusion.
What it sees as bad may be something good. What it sees as
many separate lives is really the One Life of God manifesting
as us all. And what it sees as love may really be need and lust.
Only the God part of your mind sees the true reality.**

APPEARANCES: My personal ego intellectual mind may only be able to see the sensory illusion of something in the physical world, while the Christ Mind part of my consciousness—one with God’s Presence within me—can see beyond any physical appearances to the reality of what really is.

GOOD AND BAD: What may appear as bad to begin with may only be an illusion, blocking out the reality of good that will come about as a result.

SHORT AND LONG TERM: On a short-term basis, anything may give an illusion of good or bad, while the reality of whether it is ultimately good or bad can only be known on a long-term basis.

ONE LIFE: The physical life appearance/illusion is that there are many lives on this planet, while the reality is that there is ultimately only One Life in the entire universe—that of God.

EXISTENCE: The illusion is that only this one lifetime exists for humans, while the reality is that everyone is inseparable from eternity, or God’s Presence, and therefore lives on eternally.

PERSONAL EGO INTELLECTUAL IDENTITY: The illusion is that every human being seems to be a separate entity, while the reality is that only God’s Life exists—hidden within—and manifests in the illusion of separate existences or humans.

LOVE, OR . . . ? The illusion is that love might exist between two people, but the reality is that need and lust are posing as love, unless the Love of the One Life of God flows between those two people.

ALONENESS: The illusion is that you are alone unless you are with another person, while the reality is that you are always in the companionship of the Only Presence that really exists—God’s Life within and as a part of you.

KARMA: The illusion is that one can escape the results of negative actions, or fail to reap the rewards of positive actions, while the reality is that it is only a matter of time when the karmic result materializes.

SPIRITUALITY: The illusion is that a person grows spiritually, while the reality is that they reawaken to what they already are, at whatever level of spirituality that might be.

TRUE WEALTH: Wealth is not the illusion of what is contained in one's purse or wallet, but in warmth, joy, and love of the spiritual heart that is shared with God's Presence.

KARMA YOGA—A LABOR OF GOD

Karma Yoga is for people who are involved in their work, and have little time to focus on God through meditation, devotion, or other practices. Instead, they dedicate their work to God, reminding themselves that God is living through them, and God should get the credit for anything accomplished.

KARMA YOGA: I understand that karma yoga can lead me to achieve union with God's Consciousness by achieving a union of my daily work with God's Presence within me.

MORNING DEDICATION: As I awaken and prepare for my workday, I dedicate the entirety of my work to God's Presence within me.

MID-DAY DEDICATION: At mid-day, I dedicate all that has happened in my work in the morning, and all that will happen in the afternoon, to God's Presence within me.

EVENING DEDICATION: At the conclusion of my workday, I dedicate all that has been a part of my work to God's Presence within me.

PRE-SLEEP DEDICATION: Just before going to sleep, I dedicate all of my day to God's Presence, giving thanks for what I feel was good, and releasing to God's Healing Presence all that I feel was not.

MEDITATION: Through my daily practice of meditation, I attune my outer mind to God's Presence at the center of consciousness within me, so God's Presence may be the true doer of my work.

INTUITION: Through my practice of meditation, God intuitively directs me throughout my workday and in all areas of my life.

WORK: Whatever work I do each and every day, it is God's Will that lives through my body, mind, and soul.

LIVING LIFE INTUITIVELY

In making decisions in life, you do not have to depend solely upon your own limited intellect. Your intellect is just a tool to be used and directed by God's Presence within you, which is unlimited in Its knowledge. Through daily meditation you open your mind to receive guidance from God intuitively.

RECOGNITION: I recognize that personal ego intellect is man-made and limited, while intuitive consciousness comes from God's Presence within me, and is unlimited by Its knowledge of reality and what should or should not be done in this life.

WORKINGS: I recognize that my personal ego intellect is a tool only to be used and directed through intuition by God's Presence within me.

MEDITATION: Through my daily practice of meditation, I open the conscious levels of my mind to receive intuitive guidance from God's Presence within me.

WILL: Daily, I release the will of my personal ego intellect to the Will of God, which manifests as intuitive consciousness to direct me.

FIRST REACTION: I recognize that if I am meditating daily on God's Presence, while at the same time I have turned over my will to God's Will, then my first reaction to anything is God's guidance intuitively guiding me.

DECISION MAKING: In making decisions, I am more reliant on what I am sensing or feeling intuitively, than on something I can analyze about it.

CREATIVE IDEAS: I recognize that the creative ideas that can dramatically change my life for the better come from God's Presence within me through intuitive consciousness.

CONTROL: All surface levels of my mind are controlled by intuitive consciousness, emanating from God's Presence within me.

MEDITATION TO MAINTAIN OR RESTORE HEALTH

Every time you meditate you open yourself to the natural Healing Consciousness of God's Presence within you. Through a daily practice of meditation, God's Consciousness helps you maintain good health, as well as heal your total beingness of body, mind, and soul by restoring a proper balance between the three.

MEDITATION: Every time I meditate, I open myself to the natural Health-Maintaining and Healing Consciousness of God's Presence within me.

MEDITATIVE STATE: When I enter into what I know or believe to be a deeper state of meditation, I am ready to give my body, mind, and soul healing thoughts.

HOLISTIC BENEFIT: Through my daily practice of meditation, God's Consciousness within me maintains good health or helps heal my total beingness of body, mind, and soul.

BODY: In meditation, the Healing Consciousness of God as Primal Christ-Light Energy maintains the energy factors and frequencies in my body for good health, or heals the energies of my body as needed.

MIND: In meditation, all negative energies and trauma of the past are sublimated into the Health-Maintaining and Healing Primal Christ-Light Energy of God's Consciousness at all levels of my mind.

SOUL: In meditation, my soul's health is maintained or healed of negative past life energy, or karma.

BALANCE: In meditation, the energies of my body, influenced by the Primal Christ-Light Energy of God's Consciousness within me, maintain or restore a balance, polarity, and harmony between my total body, mind, and soul beingness.

MYSTERIES OF BRIEF OR LONG LIFE

The length of a person's life is influenced by karma, lessons that need to be learned, and factors that may involve other people. But ultimately, the length of a person's life is determined by God's Will, and by how long it takes for a soul's purpose for this lifetime to be accomplished.

MEDITATION: I recognize that through my daily practice of meditation on God's Presence within me, eventually all mysteries of life are revealed to me.

PHYSICAL DNA: I recognize that physical DNA is the outer manifestation of spiritual factors.

SPIRITUAL FACTORS: I recognize that spiritual factors determining DNA and, in turn, the length of a person's life, include, but are not limited to: karma, lessons to be learned, and contributions to others.

CONTRIBUTIONS: I recognize that contributions to others include wisdom, healing, positive or negative role-playing, and sacrificing.

LENGTH OF LIFE: I recognize that the length of a person's life, including my own, is when someone's soul's purpose for this lifetime has concluded.

OLD SOULS OR BABY SOULS: I recognize that the length of a person's life is not determined by whether someone is an old soul or a baby soul.

GENERATIONAL: I recognize that length of life may be influenced by incarnating as part of an energy grouping of souls.

MANNER OF EXIT: I recognize that nothing in this universe is by chance, and that the manner of exiting this life is predetermined, whether through a natural and easy transition, long-term illness, accident, suicide, war, or tragedy.

TIME OF EXIT: I recognize that all in the universe is controlled by God's inner Presence, and that the time when my soul or other souls depart is predetermined.

UNDERSTANDING: I recognize that the closer in oneness I am to God's Presence within me, the greater my awareness of the why behind the length of people's lives, including my own.

POWERIZING HEALTH IN YOUR NEW YEAR

To powerize your health in the new year, remember that it is the God part of you that maintains your health and promotes healing. Therefore, make sure that the surface level of your mind is always cooperating with the God level—being alert to what your body is telling you, and following God’s intuitive guidance.

REALIZATION: In the new year and throughout my life, the God part of me maintains my good health and heals me when healing is necessary.

INNER-OUTER COOPERATION: In this new year and throughout my life, the inner part of my mind—one with God—and the outer, functional, environmental part of my mind work in constant cooperation with each other to maintain good health or to heal me when necessary.

LISTENING: I am alert throughout my daily activities in the new year to what my body is trying to tell me through various physical activities I feel taking place within it.

HOLISTIC RECOGNITION: In the new year and beyond, I recognize that to maintain good health or to restore it, health and healing is a whole process of having health in body, mind, and soul in an interactive way between these three major facets of my being.

NEGATIVITY RELEASE: I release from all energy factors of my body, mind, and soul all accumulated negativity prior to this new year, to leave me with only positive, spiritually powerizing energies for the present and future.

KARMIC RELEASE: In this new year I turn over my body, mind, and soul to the healing purification of God’s Light to sublimate into that Light all negative past karma that is adversely affecting my health, or could adversely affect it.

MEDITATION: Through my daily practice of meditation, I more thoroughly open the energies of my body, mind, and soul to the health maintaining, renewing, and regenerating energies contained in God’s Healing Light Presence within me.

INTUITIVE GUIDANCE: Through my daily practice of meditation in the new year and beyond, I am intuitively guided by God’s Presence within me in regard to diet; supplements; alternative healing methods; healing practitioners; relaxation; recreation; physical, mental, and emotional conditions; and a lifestyle that is conducive to maintaining good health or healing.

SPIRITUAL KEYS TO A QUALITY LONGER LIFE

There are many keys living a longer life of quality, including releasing negativity; thinking positively; practicing moderation; meditating daily to bring out the natural healing power of God's Presence within you; heeding God's guidance; and adjusting to each stage of life instead of fighting it.

CONSTANT RENEWAL: Through the grace of divine design by God's Presence within the consciousness of my physical body, I accept that new cells are constantly replacing old cells throughout it.

RELEASE: I release all negative thought energy of both the present and past, so as not to have negative energy interfering with the positive energy of new cells throughout my body.

FORGIVENESS: I forgive everyone of everything in my entire life, knowing that old, negative energy adversely affects the positive energy of new cells throughout my body.

MEDITATION: Through my daily practice of meditation, I bring forth the natural healing, restorative, reengineering energies of God's Presence within me into the new cells throughout my body.

SELF-IMAGE: I think and speak in a positive way about my age, such as referring to myself as "so many years young" rather than "so many years old."

MODERATION: I practice the great spiritual principle of moderation in all that I do, including eating, drinking, exercising, and overall lifestyle.

MEANING: I am led by God's Presence within me to do something that gives my life meaning, such as being of service or help to others.

BRIGHT SIDE: The longer I live, the more I try to see the bright side of any situation or condition, knowing that God's Bright Light Love Presence is the eternal reality often hidden by the outer appearance of what seems to be contradictions to a bright side.

ENJOYMENT: Through God's Presence within me, I am led to leisure activities that I enjoy with friends who can laugh, have fun, and be supportive of me, and I of them.

SPIRITUALLY MAINTAINING OR RESTORING HEALTH

You are an idea in the Mind of God—perfect, whole, and healthy. To maintain or restore physical health, recognize your soul’s oneness with God; keep your consciousness aligned with God’s Consciousness through meditation; and always follow God’s intuitive guidance in matters of diet, exercise, and rest.

BEINGNESS: I am a spiritual being created in God’s Light, and my physical body is an outward physical manifestation of my spiritual-self reality.

INTERPLAY: Matters of health begin with my soul, which, in turn, affects the individualized consciousness of my mind, and, in turn, the consciousness of my body.

STARTING POINT: In reality, all matters of maintaining or restoring health begin with the spiritual health of my soul, or my spiritual-self reality.

SOUL/SPIRITUAL SELF-REALITY: I recognize the mystical reality that my soul is the individualized Consciousness of God coming forth from the Christ Light within me, or that state of beingness where God and I exist in oneness.

MEDITATION: Through my daily practice of meditation, I establish and maintain Christ-like oneness with God in my soul, which, in turn, affects all levels of mind and body health-wise.

VISUALIZATION: To maintain or restore health, I visualize or imagine that my real body is that of God’s Christ Light—perfect, whole, and complete—and that this Light exists in every cell of my physical body, inwardly and outwardly.

MODERATION: I recognize that to maintain or restore good health, I must do everything in moderation, avoiding and finally eliminating excesses of all kinds.

BALANCE: I recognize that to maintain or restore good health, I must maintain a balance between my innermost spiritual beingness and my outer mental/physical manifestation.

LISTENING: I am constantly listening to what my body is trying to tell me in regard to any and all things pertaining to maintaining or restoring good health.

INTUITIVE GUIDANCE: In my ultimate state of oneness with God, I am intuitively led in regard to diet, exercise, rest, and all advice about my health from medical and all other claimed health experts.

GOD POWER: God Power active in me has total power to maintain or restore good health throughout my soul, mind, and body.

TOTAL HEALTH

At the center of your consciousness are the natural healing energies of God. Through a daily practice of meditation, you open your body, mind, and soul to those healing energies, and you also open yourself to the intuitive guidance of God as to what you need to do to maintain or restore your health.

MEDITATION: Through my daily practice of meditation, I open my body, mind, and soul to the natural healing energies of God at the center of consciousness within me.

VISUALIZATION: Daily, I take a few moments to visualize or imagine my body filled with God's Health-Maintaining and Healing Light Energy Presence.

INTUITIVE GUIDANCE: Every day my conscious mind and feeling nature is open to receive intuitive guidance from God's Consciousness within me, as needed for the health of my body, mind, and soul.

THOUGHT MONITORING: I monitor my daily thoughts and feelings, immediately saying at the very moment I think or feel anything negative, "I nullify and neutralize all negativity affecting the health of my body, mind, and soul."

CLEANSING BREATHING: To cleanse my body, mind, and soul, I breathe in positive energy with every inhalation, and with every exhalation I breathe out negative energy.

EARTH AND SKY: Whenever I can, I take a few minutes to lie on the ground, feeling God's healing energies from the earth beneath me, while at the same time receiving God's healing energies from the sun overhead.

INTERACTION: My body, mind, and soul energies interact in harmony with each other and with God Consciousness Energy for maintaining or regaining my health.

HOLISTIC DIET: God Consciousness intuitively guides me as to what I should place into my body, mind, and soul.

ONENESS: I declare that my first priority in life is my oneness with God, and through such oneness, God's perfection maintains health and healing throughout my body, mind, and soul.

ATTITUDE: I accept that in the Health-Maintaining and Healing Light Presence of God, God created me to experience health in my body, mind, and soul.

LOVE AND RELATIONSHIPS



ATTRACTING AND MAINTAINING VALENTINE'S LOVE

To attract and maintain the love of a valentine, you must be one with the qualities that make you worthy of such love. Those qualities include, but are not limited to, being a true friend; being supportive and encouraging; being positive, constructive, and non-judgmental; and being understanding and trusting.

KEY: I recognize that to both attract and maintain valentine love, I must be one with those qualities that make me worthy of such love.

FRIENDSHIP: I recognize that to both attract and maintain valentine love, I must first be a true friend.

LIKING: I recognize that to both attract and maintain valentine love, both people must truly like each other, which is the basis of friendship and the foundation of maintaining love.

SUPPORTIVE: I recognize that to both attract and maintain valentine love, I must be naturally supportive and encouraging to the person I am with.

NON-JUDGMENTAL: I recognize that to both attract and maintain valentine love, I must be non-judgmental in expressing myself, and seek God's intuitive guidance as to how to best communicate what I feel and think in a positive and constructive way.

NON-CONTROLLING: I recognize that to both attract and maintain valentine love, I must never attempt to control anyone, knowing that this is forcing a relationship into existence or to continue to exist, which is contrary to all real love.

UNDERSTANDING: I recognize that to both attract and maintain valentine love, I should be understanding of the other person's views, lifestyle, why they think and feel as they do, and through knowing adjust accordingly.

TRUSTING: I recognize that to both attract and maintain valentine love, two people must be able—without reservation—to trust each other with details about their lives they would not speak of to others.

COMFORT ZONE SHARING: I recognize that to both attract and maintain valentine love, both persons must feel relaxed and unguarded in sharing with each other their thoughts, feelings, and time.

ENERGY EXCHANGES BETWEEN YOU AND OTHERS

Whenever you sense an energy disturbance between yourself and another person, affirm that you are one with the Presence of God, which is the primary energy from which all lesser energies originate. This will help raise you to a higher level of energy, which can help restore a sense of harmony.

SOURCE: I understand that there is one primary Light Source, or pure Christ Energy, from which all energies originate.

SELF: I understand that my body, mind, and soul are made up of varying energy frequencies that have originated from the Primal Christ Light Source, and are now individualized as a composite of my self in physical life manifestation.

PERSONALITY: I understand that the outer part of myself is the outermost manifestation of varying energy frequencies, both positive and negative, according to my karma and spiritual awakening or lack thereof.

INTERACTION: I understand that the energy frequencies that comprise my physical life selfhood can interact in energy exchanges with others in positive or negative ways.

SLOW/FAST: In simple terms, a slow energy frequency person may feel that a fast energy frequency person is too aggressive, reckless, or careless, while a fast energy frequency person may feel that a slow energy frequency person is lazy, lacking initiative, not enthusiastic, or too slow of body or mind.

AURIC PROTECTION: Whenever I sense an energy disturbance between myself and another person, I immediately visualize or imagine a white, protective Christ Light around my body that cannot be penetrated by upsetting energy frequencies from another person or persons.

ENERGY ADJUSTMENT: Whenever I feel an energy frequency disharmony with another person, I immediately affirm to myself: "I am one with the Allness of God's Presence within me," which raises me to a Christ Energy level above all lesser energies, and adjusts my energy frequencies to divine energy balance and equilibrium.

INCREASING LOVE IN THE NEW YEAR

To have more love in your life in the new year, release all thoughts and feelings of lacking enough love to the Healing Light of God's Presence within you. But just as importantly, open your consciousness so you become a channel for God to express Divine Love through you, which, in turn, attracts more love to you.

RELEASE: I release from all levels of my mind any and all thoughts and feelings of lacking enough love in my life to the All-Healing Light of God's Presence within me.

MEDITATION: Through my daily practice of meditation, I open all levels of my body, mind, and soul to God's Presence of Ultimate Love Energy Consciousness throughout this new year.

AURIC EMANATION: I vibrate out the Ultimate Love Energy of God, surrounding my body and attracting back love throughout the new year.

TELEPATHICALLY: I am a sending station of God-Powered Ultimate Love Energy being telepathically sent out 24/7 and attracting love back to me throughout the new year.

LOVE MAGNET: Through God's Ultimate Love Energy within me, I am a love magnet, attracting love to me throughout the new year.

GIVER: I am a giver of love rather than a taker, and in so doing receive more love, since love's essence—in and of itself—is giving.

LOVE'S EXPRESSIONS: Wherever I am, I am not limited to express only personal love, but I also find ways to express to people in general with loving acts of kindness, caring, understanding, nurturing, forgiveness, compassion, and all other expressions that are Christ-like and God-like.

GOD LOVES: I realize that the secret to having more love in my life during the new year is to open my consciousness to the awareness that God loves through my body, mind, and soul, using my physical manifestation as a vehicle or channel for Divine Love, which attracts love to me.

KARMIC RELATIONSHIPS IN YOUR LIFE

Every relationship in life serves a spiritual purpose. Whether it's a good relationship based on positive karma, or a bad relationship based on negative karma, all relationships exist to balance the energy of both people and help them outgrow the level of consciousness that ties them together.

KARMA: I understand that karma means action, and may be positive or negative, and that accumulated actions from this or past lives can influence my present.

KARMIC RELATIONSHIP: I understand that people who have been, are, or will be a part of my life may be drawn into a relationship with me, be it a love relationship, family, parents, children, friends, co-workers, neighbors—anyone with whom I have any relationship.

COLLECTIVE TIME KARMA: I understand that I have a karmic relationship with those who are incarnating on earth at this time, be they of my own generation, or generations before or after.

POSITIVE KARMA: I understand that good relationships are a result of good actions toward a person in this and/or past lives.

NEGATIVE KARMA: I understand that a negative or bad relationship is a result of negative or bad actions toward a person in this and/or past lives.

ENERGY EXCHANGE: I understand that all karmic relationships exist for the purpose of an energy exchange of consciousness between people to balance energy in both people involved.

OUTGROWING: I understand that a karmic relationship will continue between people until one or both outgrow the consciousness level of that which seems to keep them together.

SPIRITUAL PURPOSE: I understand that there always exists a positive spiritual purpose for the good of all parties in a karmic relationship, even though this may not be outwardly observable at the moment.

LOVE? ITS MYSTICAL MYSTERIES

Love is varied in its human manifestations. There is karmic love, lustful love, possessive love, and other kinds of love motivated by neediness and insecurity. But since there is only One Life in this universe manifesting as everyone – God – then in reality, all love is an aspect of God loving God.

SOURCE: I understand that all things, including love, came from one original source—God.

ONENESS: I understand that all that exists, both seen and unseen, is a manifestation of God.

WHAT IS, IS: I understand that love is both symbolical and literal in its varying human manifestations.

KARMIC LOVE: I understand that people are brought together because of the existence or non-existence of love in their past.

LUST: I understand that lust is motivated by many factors, including the need for love, which becomes manifest as physical gratification.

NEED: I understand that the need for love veils the real need for wholeness, completeness, or union with God.

ENERGY: I understand that the existence of love in its purest state of manifestation is Primal Light Energy—First Cause—or Originating Source.

SECURITY LOVE: I understand that love motivated by the need for security is a guise in the search for lasting security—the Unchanging Eternal, or God.

POSSESSIVE LOVE: I understand that the insecurity that motivates possessive love comes from not having found sufficient security through oneness with God's Presence.

CO-DEPENDENT LOVE: I understand that co-dependent love is motivated by an insufficient existence of oneness with God.

REALITY: I understand that there is One Life—God—manifesting as everyone, so in reality, all love is love of God, or loving the God in another.

LOVING: I understand that all the varying human expressions of love are, in reality, God loving God.

MYSTICAL UNION: I understand that mystical union is the realization of oneness—the union of all, which is love, or God.

MOTHERHOOD VIEWED MYSTICALLY

The eternal and infinite creative process of God is made manifest in physical motherhood. Said another way, motherhood duplicates in finite form God's Spirit of giving life throughout the universe, and God's love for Spirit's creations finds expression in a mother's love.

MOTHERHOOD OF GOD: I understand that physical motherhood is an expression of the creative nature of God's Spirit.

AS ABOVE, SO BELOW: I understand that the eternal and infinite creative process of God is made manifest in motherhood.

GOD'S LOVE: I understand that God's love for the creations of Spirit finds a degree of expression in a mother's love.

THE GIVING OF LIFE: I understand that physical motherhood duplicates in finite form God's Spirit of giving life throughout the universe.

THE DIVINE FEMININE: I understand that even if a woman does not give birth, the divine feminine—with all the qualities of motherhood—lives within her and may be expressed in other ways.

INTUITION: I understand that intuition is part of the divine feminine in motherhood, and how God's Presence lovingly guides the surface mind or intellect.

MEDITATION: I recognize that my daily practice of meditation opens me to the influence of the Divine Creative Motherhood Energy of God to give birth to creative ideas and intuitive guidance.

MYSTICAL MYSTERIES BEHIND LOVE RELATIONSHIPS

All love relationships have a spiritual reason to exist. Those relationships may be brief or last a lifetime. In many cases, an agreement to share love with another person may have been made before this physical lifetime. And after this physical lifetime love relationships also continue to exist.

DESTINY: I understand that there are no coincidences in the universe, and that all love relationships have a karmic and/or spiritual reason to exist, be they momentary or a physical lifetime in duration.

REUNITING: I understand that through God's Laws of Karmic and Spiritual Cause and Effect, I may be reunited in love with another person or persons before, during, or after this physical life.

CONTRACTING: I understand that a pre-physical life contract or agreement may have been made with another person to share love in this lifetime.

ENERGY EXCHANGING: I understand that two people sharing love are, in fact, two energy fields exchanging energy consciousness with each other.

SEXUALITY: I understand that sexuality is a physical life symbol and energy culmination of mystical union with God—in its lowest expression as lust, and in its purest expression as the culmination of love.

GOD WITH GOD: I mystically understand that love between two people is the God Presence within each person acknowledging, consciously or unconsciously, the God Presence in the other person.

MEDITATION: Through my daily practice of meditation, the fullness of God's Love in me and the person I love is more completely and beautifully existent.

POWERIZING LOVE IN THE NEW YEAR

To powerize love in the new year, recognize that the ultimate source of love is God's Presence within you. In fact, recognize that God is Love itself, where all things are joined together in absolute unity. The closer you are to oneness with God, the more you will experience love in your life.

LOVE SOURCE: When I experience love, I recognize that the source of love is God's Presence within me, which is all things joined together in absolute unity.

GOD AS LOVE: I recognize God as Love and Love's Presence within me.

EXPERIENCING LOVE: The closer my oneness to God's Presence as Love within me, the greater is my experience of love in my outer human self.

MEDITATION: Through my daily practice of meditation, I establish and maintain a closeness to a oneness with God's Presence as Love within me, which manifests as a love energy in my outer physical life, attracting and maintaining love in my life in the new year and beyond.

VISUALIZATION: Daily, I take a few moments to visualize or imagine that the interior of my body is filled with God's Love as Light, and that Light spreads to the outside of my body, forming an aura of love which attracts and maintains love in my life in the new year.

LOVE'S POWER: I recognize the Power of Love as being the same as the Power of God's Presence to positively affect health, healing, and prospering in the new year and beyond.

GIVING: I recognize that the more love I give, the greater is the Presence of God Love Energy, which attracts and maintains love in my life in the new year and beyond.

LOVE MAGNET: I am a magnetic presence of Love Power, attracting and maintaining love through the Power of God's Love Presence within me in the new year and beyond.

CHANNELING: I am a channel for God's Love in my daily life by giving the love of understanding, forgiveness, compassion, encouragement, and positive energy to others in the new year and beyond.

PRACTICING SOUL-MATING

How is communicating with your soul mate different from exchanging thoughts with others? It is more of an energy exchange on a soul dimension. On that plane of consciousness, communication is beyond thought and words. There is just a “knowingness,” and you do not even need to be together physically.

SOUL MATES: I understand that soul mates are just that—a mating of two souls.

COMMUNICATION: I understand that soul mates are brought together on a soul mate dimension, where communication over and beyond the physical exists.

ENERGY EXCHANGE: I understand that on a soul level dimension, communications are energy exchanges that transmit the equivalent of human thoughts and feelings, but at a higher spirited frequency level.

PHYSICAL SOUL-MATING: While I understand that, for the most part, soul mate communication takes place on a soul dimension, I can practice soul-mating in the physical dimension with my physical senses.

MUTUAL MEDITATION: When meditating, I practice soul-mating by sitting together, preferably back to back, and letting the higher consciousness spiritual energy of our souls commingle and fuse.

HAND LIGHT EXCHANGE: I practice soul-mating by taking both hands of another in mine, and imagining the Light of God’s Presence within me flowing through my hands into theirs.

HEART TO HEART: I practice soul-mating by mentally visualizing or imagining that the Light of God’s Presence is flowing into my soul mate’s heart, and from their heart into mine.

MUSIC: I practice soul-mating with my soul mate by allowing beautifully inspired music to take hold of both of us and sweep us upward in a musical simpatico of soul energy exchange.

SHARING: I practice soul-mating by sharing concerns, weaknesses, goals, and aspirations with complete trust, knowing that what is shared is a sacred trust because of the soul nature of the relationship.

SOUL MATE RELATIONSHIPS

How do you know if someone is your true soul mate? Their life purpose coincides with yours. Your spiritual understanding of life and the lifestyle you choose to live are in harmony. They will share your social and political views. You trust and respect them. And they are supportive, forgiving, and comforting.

SOUL'S PURPOSE: I understand that to be a true soul mate, a soul mate's spiritual purpose in life must coincide with my own.

SPIRITUAL: I understand that a true soul mate is in harmony with my spiritual understanding of life.

SOCIAL/POLITICAL: I understand that a true soul mate shares my social and political views.

LIFESTYLE: I understand that a true soul mate is in accord and harmony with the lifestyle I choose to live.

HEALTH: I understand that a true soul mate shares my views on health matters.

COMPLEMENTARY: I understand that a true soul mate complements me, and I, them, as a couple or combined energy field.

TRUST: I understand that a true soul mate is someone I can trust, and they, me.

RESPECT: I understand that a true soul mate is someone I respect, and they, me.

FORGIVING: I understand that a true soul mate is someone who is quick to forgive me, and I, them, for whenever either of us has erred.

SUPPORTIVE: I understand that a true soul mate is supportive of my efforts in life, and I, of theirs.

COMFORTING: I understand that a true soul mate is there to comfort me in times of genuine need, and I, to comfort them.

CONFIDANT: I understand that a true soul mate is someone I can confide in without hesitation, knowing that I would not be betrayed in the future, and knowing that they have the same faith in me.

THANKFUL: I understand that a true soul mate is someone I am continually thankful for, and they have the same feeling toward me.

TELEPATHIC LOVE ENERGY IN YOUR LIFE

Every thought you think and emotion you feel is energy, including every thought and feeling of love. Since all energy moves within the Primal Energy of God, it's possible for you to telepathically send out thoughts and feelings of love to others, which they may receive consciously or unconsciously.

THOUGHT ENERGY: I understand that every thought I think is energy.

FEELING ENERGY: I understand that every emotion I feel is energy.

LOVE: I understand that all thoughts and feelings of love are energy.

PRIMAL ENERGY: I understand that there is One Energy from which all other energies are created.

UNIVERSAL MIND: I understand that Primal Energy is the first creation of God, or Christ Light Energy.

TELEPATHIC MEDIUM: I understand that all energy moves within the Primal Light Energy from one creation to another, whether human, animate, or inanimate.

TELEPATHY: Whatever love energy I think or feel travels through the medium of Primal Christ Light Energy.

24/7: I understand that whether I am awake or asleep, my love energy thoughts and feelings are being broadcast out telepathically.

TELEPATHIC LOVE RECEPTION: I understand that love energy thoughts and feelings may be received consciously or unconsciously by all of humanity, as well as by specific people, and may be accepted or rejected according to the karma or God's Will active in them in this lifetime.

MEDITATION: Through my daily practice of meditation, I establish and maintain a greater oneness with the Ultimate, Absolute God Love Energy.

GOD LOVE ENERGY: The more God Love Energy is active in me, the more I telepathically send it out to others, which attracts and maintains more love in my life.

TELEPATHY BETWEEN YOU AND OTHERS

Is telepathy between you and others possible? Yes, for the simple reason that there is only One Mind in this universe—God’s Mind—and all thought occurs within that One Mind. So your thoughts can, indeed, be transferred to another person, and vice versa.

MYSTICALLY VIEWED: I understand that there is but One Mind in the universe, which is God’s Mind, and that all that takes place does so in the Mind of God, inclusive of telepathy between people.

BIBLE REFERENCES: I understand that the words in the Bible, “Within Him we live and move and have our being,” refers to God’s Mind and all activity therein, inclusive of telepathy between people.

BEGINNING: I understand that all thought, inclusive of telepathy, is transferred from the unconscious mind of one person to the unconscious mind of another person—some of which may become conscious, or if not, still influences the conscious thought activity of the receiver.

MEDITATION: I understand that a daily practice of meditation opens the conscious level of my mind to unconscious thought activity, and thus, telepathic sensitivity to another person’s thoughts.

EMOTIONAL TELEPATHY: I understand that emotional telepathy, or charged-thought energy, can travel between people, such as love or the opposite extreme of ill feelings.

SLEEP: I understand that what I am thinking or feeling consciously or unconsciously can travel between me and another person, even if I am asleep, since this is an unconscious activity.

PROTECTION: Any time that I may sense any negative thought or feeling coming at me from another person telepathically, I project a white, protective aura of God Light all around my body.

TELEPATHY WITH GOD: I understand that telepathy between my conscious mind and God’s Mind at the center of consciousness within me, comes to me as an intuitive thought, feeling, or both.

TO HAVE LOVE, BE LOVE

To have an abundance of love in your life, you must *be* Love. That is, you must recognize that God is the source of Love, and that the more you are one with God's Presence within yourself, the more you are one with—and *are*—God's Love, able to manifest all of its attributes and qualities.

SOURCE: I recognize that God's Presence is the Absolute Presence and source of Love.

ONENESS: I realize that the greater my oneness with God's Presence of Love within me, the more I am one with the Absolute Presence of Love itself.

I AM: The more I am one with God's Love, the more I am Love itself.

MANIFESTING: The more I am God's Love itself, the more I manifest the attributes and qualities of God's Love.

ALL LEVELS: I communicate all levels or expressions of Love, be it friendship love, family love, co-worker love, neighborly love, or personal love.

MEDITATION: Through my daily practice of meditation, I connect in thought and feeling with the Presence of God's Love or personal love.

AURA: I visualize or imagine my body surrounded by an aura of pure, white God Love Energy, which I give out to others with whom I have contact.

TELEPATHY: On an unconscious level of my mind, I am constantly telepathically sending forth God's Love Energy to those I know, and the world in general.

COMPASSION: As Love, I am compassionate towards others and extend compassion to them.

FORGIVENESS: As Love, I am forgiving of others for their lack of awareness and weaknesses.

UNDERSTANDING: As Love, I am understanding of people, their needs, their strengths and weaknesses, and why they are the way they are.

ENCOURAGEMENT: As Love, I communicate encouragement to others who need support in their lives.

I AM: As Love, I am the living, breathing, communicating Presence of God's Absolute Love expressed daily.

BEING: By being Love expressed, I have and live in an abundance of love in my life.

UNCONDITIONAL PERSONAL LOVE

Unconditional love comes from the Presence of God seeing the perfection of others through your eyes. With that kind of love it is natural for you to place the needs of others before your own. You don't have expectations of them or need to control them, and you unconditionally forgive them, as well.

NEEDS: It is natural for me to always be placing the needs of the person I love before my own.

EXPECTATIONS: I do not create expectations in my mind as to what I expect of the other person or from the other person, and therefore I am not disappointed or angered.

FORGIVENESS: I unconditionally love, and therefore I unconditionally forgive.

CONTROL: There is no need to attempt to control the person I love, for my unconditional love loves them in spite of anything they might do that I would try to control.

MONEY: My relationship is not based on whether there is or is not money, because my love is unconditional.

HEALTH: In sickness as in health, my love remains constant, for it is unconditional.

LIFESTYLE: Through mutual divine guidance from God's Presence, we live a lifestyle where we can express unconditional love to each other in the way we live our lives.

INTIMACY: Whether physically expressed or not due to health or age, unconditional love begins and culminates more in the exchange between our souls than our bodies.

MEDITATION: Through my daily practice of meditation, I contact God's Unconditional Love Presence within myself, which I share as unconditional personal love.

YOUR LOVE KARMA — EXPLORING IT, PART 1

The law of karma is at work in all areas of your life, including your love life. If you want to have better love karma, remember that the source of all love is God. The closer you are to God's Presence within you, the more loving, understanding, compassionate, forgiving, and supportive you are.

GOD AS LOVE'S PRESENCE: I realize that I could not have love in my life or even know of its existence without God, whose Presence within me is the source of love.

GOD IS LOVE: How close I am to God is how loving I am.

GOD KNOWS: I realize that before I even ask about love in my life, God's Presence within me knows exactly what I most need in love and provides me with such experience.

LEARNING: I realize that the experience of love in my life eventually teaches me about the nature and reality of love, or the nature and reality of God.

AS YOU GIVE: I understand that as I give God's Love through me to others, they give love back to me to the degree that they are capable of love.

PAST KARMA: I recognize that good or bad karma in love can be as a result of good or bad actions from previous lives, as well as my present life.

CHRIST-MINDED LOVE: I recognize that being in oneness with God, or Christ Minded, I have more and better love in my life by being understanding, compassionate, forgiving, and supportive of others.

MEDITATION: Through my daily practice of meditation, I open my mind, body, and soul to God's Love Presence, which, in turn, attracts and/or maintains love in my life.

YOUR LOVE KARMA — EXPLORING IT, PART 2

To a large extent, what you experience in your love life is the result of karma—of past deeds involving love, including deeds from past lives. Two people may be brought together to pay off a love debt; to achieve some kind of energy balance; or to enjoy the harmony produced by past actions that were good.

PAYOFF KARMA: I understand that two people may be brought together as a result of bad past deeds in love by one or both persons.

REWARDS KARMA: I understand that a harmonious love relationship exists when two people are brought together as a result of good past actions in love by both persons.

ENERGY BALANCING KARMA: I understand that two people may be brought together in love to achieve within each a balance of thought, emotional, and spiritual energies.

LEARNING EXCHANGE KARMA: I understand that two people may be karmically drawn to each other in love to mutually share experiences to better learn the various aspects of life.

REBOUND LOVE KARMA: I understand that rebound love karma draws two people together to ease the hurts of one or both persons.

SHORT-TERM LOVE KARMA: I understand that short-term relationships act as a love energy filler to learn from until meaningful love is experienced.

NEEDY LOVE KARMA: I understand that needy love is an illusionary love, which is an attempt to get from another person what seems lacking in oneself or one's life.

SYMBOL LOVE KARMA: I understand that symbol love is formed by one or both person's attraction to money, worldly power, notoriety, intellectualism, position, accomplishments, or spirituality, which is what each person symbolizes to the other.

WHOLE-PERSON LOVE KARMA: I understand that whole-person karma takes place karmically when two people, who are whole within themselves, form a synthesis of body, mind, and soul.

SPIRITUAL LOVE KARMA: I understand that spiritual love karma brings people together to share the Learning and Energy Presence of the Love of God within each.

MYSTICISM



ACTIVATING GOD POWER WITHIN YOU

Activating God's Power within you is about becoming more connected to the Presence of God within you, so God's Presence becomes more a part of your conscious thinking process—guiding you through life. The only thing required is for you to allow God's Will to be totally in charge of your life.

WILL: I step aside daily from my personal will and allow God's Will to be totally in charge of my life.

SURRENDER: I totally surrender my body, mind, and soul to be used by God's Presence.

CHRIST MIND: In the Christ Mind part of my consciousness, awareness of my oneness with God exists as the ultimate real life of my body, mind, and soul.

DOER: I recognize and declare that God is the doer in all that is done every day of my life.

CREDITING: As God is the real doer, I credit God alone for all good that takes place in my life, be it in love, health, material needs—whatever my real needs are according to God's Will for my life.

MEDITATION: I practice meditation daily, knowing that it brings the Presence, and thus, the Power of God into my conscious mind and daily life.

GOD KNOWS: God already knows what is best for me, be it in love, health, material needs, and all else, and thus I totally accept that it is already so in the Mind of God.

ALREADY SO: I declare that God's Power has already been active in my life today, and in all my tomorrows that have already been lived in God's single moment of eternity—Alpha and Omega—the beginning and end as one.

ASCENDING LEVELS OF SPIRITUALITY

There are many levels of spirituality that affect a person's life. At the most basic level, people worship nature objects. At a higher level, dimensions of gods and goddesses are psychically experienced. Only at the highest level is there a direct experience of oneness with the Consciousness of God.

MANY LEVELS: I understand that there are many levels of spirituality—from the most primitive and basic of the baby soul level to the most advanced of the old soul, Christ-like level—and that each level affects a person's human life in some way.

NATURE WORSHIP WITHOUT CHRIST AWARENESS: I understand that at the most basic level, human beings worship nature objects without an awareness of a Supreme Creator.

GODS, GODDESSES, ANGELS, SPIRIT GUIDES: I understand that humans can ascend from nature worship to psychically experience dimensions of gods, goddesses, angels, and spirit guides, which is a psychic tourist trap for baby souls.

GOD OUT THERE: I understand that human awareness may ascend from gods/goddesses/guides and angel dimensions to an awareness that there is a Supreme Creator—out there—in the form one would imagine God to be in.

TRADITIONAL ORTHODOXY: I understand that from an awareness of a Supreme God/Creator, my soul may live in an in-between zone, where spirituality is seen as organized religion and there is a need to belong to a group.

NEW AGE: I understand that many people, having outgrown religious dogma, will look to finding a different lifestyle in New Age approaches, such as psychism, psychic readings, tarot, and crystals—all of which tend to remove the central focus from God-centeredness to objects, or the return to other-dimensional entities.

METAPHYSICAL: I understand that a metaphysical approach to spirituality may encompass a psychological/philosophical combination approach to age-old questions of life's mysteries, such as "Who am I? What am I?" and similar questions of the mind and spirit.

MYSTICAL: I understand that the final ascension of spirituality of an old soul occurs at a mystical level, or direct experience of an inner state of onement consciousness with God.

HUMAN LIFE EFFECT: I realize that every level a person may be on affects their daily life in matters of health, material needs, love, and other matters of human concern.

ASTROLOGY, MYSTICISM, AND YOU

To understand astrology, you must understand that the alignment of planets in our solar system is by divine design, and these planetary positions are mirrored as points of energy in your unconscious mind at birth. This “chart” is like a guide map that can help you unlock your full potentials for good.

DIVINE DESIGN: I understand that the solar planetary alignment of nature at any given point in time and space is by divine design of Universal Consciousness, or God.

AS ABOVE, SO BELOW: I understand that the outer design of solar planetary positions is mirrored as focal points of energy in my inner unconscious mind.

NATAL MAP: I understand that my natal or birth chart is a spiritual map of my unconscious, with which I can work.

KARMA: I understand that my natal chart reflects the karma I have entered this life with, in order to work with God to eliminate karmic weaknesses and debt, and above all, to use the full potential of the positive karma with which I have incarnated.

12 ZODIAC SIGNS: I understand that my soul incarnates into all twelve zodiac signs many times, each time eliminating more of the weakness, while strengthening the positives of each sign.

WHEEL OF BIRTH AND REBIRTH: I understand that upon mastering the attributes of all twelve signs and/or reaching mystical union with God, I break the wheel of birth and rebirth and no longer have to incarnate into this physical realm, except to do so by choice.

MEDITATION: I understand that through a practice of daily meditation with my focus on God’s Presence, I will eventually achieve mystical union, which will free me from the zodiacal wheel of birth and rebirth.

SPIRITUAL GUIDE MAP: I understand that my natal chart can be likened to a spiritual guide map for my life, by using the full potentials for good and positiveness, while at the same time working to sublimate the negatives into Light, and in so doing, living the Will of God in my life.

MEMORIES OF THE PAST AND OF THE FUTURE

Remember that those who have passed on—those you have loved or those dear to you—remain an eternal part of God’s Presence. Because you are one with that Presence, nothing separates you from them. You can still send them your love, thank them, and honor them.

PAST MEMORIES: In my heart I honor the memory of those I have loved and those dear to me who have passed on or are no longer a part of my physical life, yet remain an eternal part of God’s Presence within me, with which I am one.

TIME AND SPACE: In fond memories of those close to me at some time in my life, I declare that neither the illusion of time nor space separates them from me in the Consciousness of God within me.

LOVE: To special people who are part of memories past and memories to be lived in the future, I send you my love.

MEMORIAL DAYS: On memorial days, I especially take time to go back over the years to thank those who have meant so much to me in my life.

WAR: Those I have not known, but who have sacrificed a portion of their body, mind, or entire physical life for me, I honor you in gratitude eternally.

REALIZATION: I realize that whatever life I am currently living will be part of my future memories, and thus I am especially motivated to express my love, friendship, affection, and gratitude to those close to me in the present, who will be part of my memories in the future.

ETERNITY: Whatever has been or will be lives in one eternal moment of God’s Presence in oneness with my soul.

FUTURE MEMORIES: For my divine origin I honor God’s Presence, in whom memories of past, present, and future co-exist as one eternal moment.

MYSTERY OF TIME—A KEY FOR MASTERING LIFE

What appears to be the passing of time is actually one eternal moment in God's Mind. That means that whatever you want to have, do, or be in life already is. You only have to awaken to it. This understanding can end the stress that comes from striving to have, do, or be something in the so-called "future."

TIME: I recognize that what appears to be the passing of time is, in truth, one eternal moment.

ONE MOMENT: Eternity as an absolute reality is one eternal moment of time, containing the appearance of past, present, and future.

GOD'S PRESENCE: God's Presence lives in absolute time, or one eternal moment of past, present, and future.

CLOSENESS: The closer I am to God's Presence within me, the closer I am to one eternal moment of time, which is God's Mind in manifestation.

NOW: Living in the eternal moment of now, I live in the energy consciousness of the future and all that can be.

EXISTENCE: All that could ever be mine already exists in the eternal moment of time.

ONENESS: In inner oneness with God, I am one with the eternal moment, where past, present, and future are one.

THE FUTURE: In oneness with God's Presence within me as one eternal moment, the future is now.

ALREADY MINE: All that I or my life can be is already mine, and exists in one eternal moment of God's Presence.

KEY: Through my daily practice of meditation, I experience future good in love, health, material needs, and all else, by recognizing the eternal now and by releasing my personal will to it—to God.

THE PRESENCE: To the degree I am one with God's Presence, I am one with the eternal now, and I am all that can be.

ETERNITY: I am the Presence of Eternity, or God individualized into human form.

PARTNERING WITH GOD

Partnering with God is about recognizing that your body, mind, and soul are vehicles through which God's Spirit can be expressed. And it's about choosing to turn your personal will over to the Will of God and consciously cooperating with God's guidance, so that God's Will for you can be fulfilled.

REALIZATION: I realize that ultimately there is but One Life in the universe, as there is in my body, mind, and soul, and that Life is God.

VEHICLE: I recognize that my body, mind, and soul are vehicles through which God's Spirit, Mind, Will, and Purpose may be expressed.

RECOGNITION: I recognize that I am an individuation of God's Mind and Spirit, individualized into human form.

CHOICE: I choose to enter into a partnership between the manifestation of my body, mind, and soul, and the Will, Mind, and Spirit of Almighty God.

WILL: I turn over all awareness of my personal will to the Will of God, that God's Will be done through my body, mind, and soul.

COOPERATION: The outer human manifestation of consciousness within me opens itself to fully cooperate with the innermost Consciousness of God.

PACT: I agree to a cooperative pact between the personal and Universal, the soul and Spirit, the outer and inner mind, living and manifesting in and through me at all levels of my beingness.

MEDITATION: Through my daily practice of meditation, I open my body, mind, and soul to Universal God Energy Consciousness to manifest through me.

INTUITION: I am guided in cooperative partnership with God through intuitive guidance, so God's Will for my existence may be fulfilled.

PRACTICING MYSTICAL ONENESS WITH GOD DAILY

Happiness comes from practicing the Presence of God on a daily basis. It is easy, however, to become distracted by your outer senses and veer from an inner sense of oneness with God. So what can you do? Mediate daily. Visualize daily. And upon waking and retiring each day, affirm your oneness with God.

MEDITATION: Through my daily practice of meditation, my surface-level mind is either in conscious or unconscious contact with Universal Consciousness, or God, in an inner state of oneness.

VISUALIZATION: Every day I take a few moments to visualize or imagine that the entirety of the interior of my body is filled with God's Light Presence, and I am one with that Presence.

AWAKENING: Daily upon awakening from sleep, I affirm and declare that I live this day in mystical oneness with God.

RETIRING: Daily when I am ready to retire to sleep, I affirm and declare that during sleep I am in mystical oneness with God.

DURING SLEEP: Daily during sleep, my mind is influenced by my oneness with God, for guidance and thoughts are planted in my subconscious to come forth into my surface-level mind.

RELEASE: Daily, I affirm and declare that I choose to live my life in oneness with God and God's Will for my life, and so I release my personal ego self to live my universal selfhood united with God.

AT MEALS: Daily at every meal, I take time in my own mind or in some other way to acknowledge that the food before me is made possible by my oneness with God.

ACCOMPLISHING: Daily, all that I do or accomplish is as a result of my oneness with God, to whom I give credit as having been the true doer of all achieved.

LOVE AND BLESSINGS: Daily, I take a few moments in my awareness of my eternal oneness with God to send forth into the atmosphere the Love and Blessing of God's Presence to everyone, everywhere.

PRECOGNITION—GLIMPING THE FUTURE

Time is an illusion of the physical senses. In spiritual reality, past, present, and future coexist simultaneously in one eternal moment of time. Because of this, it is not only possible for you to recall past lives, but it is also possible for you to have spontaneous glimpses of the future.

THE ETERNAL NOW: I understand that in spiritual reality, time and space exist in one eternal moment of time.

COEXISTING TIME: I understand that in spiritual reality, the past, present, and so-called future coexist simultaneously.

ILLUSION: I understand that in spiritual reality, time is an illusion of the physical senses, due to the need for dualism to give created life validity.

PAST LIFE RECALL: I understand that since many people have had past life recalls or glimpses of one or more previous lives, the past continues to live or have reality in consciousness.

FUTURE LIFE GLIMPSES: I understand that since people such as Nostradamus, or Bible references such as those in Revelations, have claimed to have glimpsed the future, this could not be done unless the future already exists.

HOW: I understand that glimpses of the future may take place during a dream, in a half-waking or meditative state of mind, or during a non-analytical relaxation of the personal ego thought process.

MEDITATION: I understand that my daily practice of meditation increases the possibility of opening to future consciousness connected with my own life, or anything in the future in general.

CAUTION: I understand that I should be cautious of anyone claiming to see the future at will, since future glimpses are spontaneous in nature and blocked by the exertion of the personal will.

SENSING AND KNOWINGNESS: I understand that glimpses into the future can be visual, or they can be a sensing or knowing of the more immediate future based on the instinctive survival mechanism in the collective unconscious of humanity.

PSYCHIC SIGHT . . . SEEING BEYOND

When the Bible states, “If thine eye be single, thy whole body shall be full of light,” it is referring to psychic sight. Although experiences of psychic sight may include vibrant colors, energy patterns, images of gods, goddesses, and more, the end goal is only to experience mystical union with God.

CHRISTIAN REFERENCE: I understand that reference to psychic sight, the third eye, or seeing beyond within, exists in the New Testament in the words, “If thine eye be single, thy whole body shall be full of light.”

END GOAL: I understand that the end goal of paranormal sight is mystical union, or union with God.

MEDITATION: I understand that I may have paranormal visionary or psychic sight perceptions as I move progressively toward mystical union.

DIVERSIONARY: I understand that while some paranormal sight experiences have a fascination connected with them, I will not become diverted by them from my end goal of mystical union with God.

SIGHT STAGES: I understand that paranormal sight perception generally starts in the forehead area; then expands to the entire inner head area; then includes the interior of the body down to the reproductive area; and finally, in mystical union, there is no sense of a physical body at all—only infinite God Light Presence.

EXPERIENCES: I understand that paranormal sight experiences may vary greatly, some of which may include vibrant colors, energy patterns, vortexes, symbols, god or goddess images, as well as architecture and symbols of various religions.

EYES OPEN OR CLOSED: I understand that most paranormal sight perception is seen inwardly, but may also be seen with the physical eyes open if mind contact has been made.

I-THOU: I understand that in paranormal psychic sight perception, I retain my sense of individuality from what I am perceiving, or an I-thou relationship.

MYSTICAL UNION: I understand that in mystical union with God, all sense of I-thou is non-existent, and there is only oneness with God’s Light.

PSYCHISM AND MYSTICISM EXPLAINED

Although there are similarities between psychism and mysticism, they are different. Psychism deals with the personal aspects of consciousness, with paranormal experiences involving an I–thou relationship. Mysticism transcends personal ego consciousness, and is for the sole purpose of having a direct experience of God.

SIMILARITIES: I understand that similarities between the psychical and mystical may include paranormal sight and extrasensory experience.

PERSONAL: I understand that psychism deals with the personal or mortal aspects of consciousness.

IMPERSONAL: I understand that mysticism involves that which transcends personal ego consciousness—the impersonal or Universal Consciousness.

PSYCHISM: I recognize that experiences of psychism may include, but are not limited to, other dimensions; clairvoyance; clairaudience; visions of symbols, scenes, gods, goddesses; or any other paranormal experience involving an I–thou relationship.

MYSTICISM: I understand that the practice of mysticism is for the sole purpose of firsthand, direct experience of Absolute, Eternal/Infinite Beingness as Mind/Spirit Consciousness—God.

MEDITATION (PSYCHICAL): I understand that even for the sole purpose of union with God, meditation may be filled with experiences of a psychical nature.

PSYCHICAL LEARNING AND DISTRACTIONS: I understand that while I may learn about life’s mysteries from psychical experiences, they are distractions that can direct my attention away from my ultimate spiritual goal—union with God.

STATE OF BEING: I understand that while psychical experiences may be revealing or interesting, they may keep me just as neurotic or incomplete, or even more so if I allow myself to get caught up in such experiences and miss becoming a whole person, or experiencing union with God.

MEDITATION (MYSTICAL): I understand that the number one priority of my daily meditation is to transcend my personal ego consciousness to experience Universal Beingness, or union with God.

RESULTS FROM PRAYER—THE HOW AND WHY

Prayer is not about petitioning God for what you think you want. It's about aligning your human consciousness with what the Consciousness of God knows is best for you and wants to manifest through you. As stated in the Bible, "Your Father knoweth what you have need of before you ask."

PRAYER DEFINED: I understand that prayer in the Christ Mind part of my consciousness is, in truth, really the practice of meditation.

ENTRANCE: Whenever I pray (meditate), I enter into my own mind (closet) and shut the door behind me (close off outer senses), and pray (commune in consciousness) with my Father (God), which is in secret (in the higher consciousness within me). (Bible Reference, Matthew 6:6)

GOD WHO KNOWS: I recognize that the Presence of God in my mind already knows what I truly need. (Bible Reference, Matthew 6:8)

RESULTS: I understand that what is asked in prayer is only answered if the prayer is a Christ-Mind Consciousness meditation, in which God has inspired the prayer. (Bible Reference, Matthew 21:22)

GOD INSPIRED PRAYER: Through living in prayerful (meditative) oneness with God, it is God who creates or inspires the prayer, which is to bring the conscious human part of my mind into alignment with God's Will to manifest through me.

CHRIST MIND PRAYER: I recognize that in Christ-Mind Consciousness, it is God who places a prayer into my mind to be prayed.

ALREADY SO: I understand that all Christ-Mind prayer is under the influence of God and is successful because it is already so in the Mind of God.

ALIGNMENT: I recognize that Christ-Mind prayer is an alignment of the mortal part of my mind with what is already so in the immortal Christ/God Mind.

INTUITIVELY CREATED PRAYER: God intuitively gives me to a knowing of what to pray for based on what is best for me, and it manifests because it is already so in the Mind of God.

SEEING THE BEYOND . . . WITHIN

In addition to your outer sense of sight, you also have an inner sense of sight—an ability to look within yourself and see realities that lie beyond the surface level of the mind, including heavenly realms and other dimensions in which you exist simultaneously. To access this inner sight, meditate.

SEEING: I recognize that my mind has the capacity to see into itself and study itself as consciousness.

LEVELS: I realize that my mind exists on many different levels, which my mind can see into.

HEAVEN: I understand that certain levels of consciousness that are significantly spiritual in nature can be inwardly seen.

VARIETY: I understand that the mind looking into itself can visually see a wide variety of perceptions.

THIRD-EYE SIGHT: I understand that the interior region of my forehead is open to view realities existing beyond physical life experiences.

FULL-BODY SIGHT: I understand that my conscious mind's awareness is open to inner visual experiences in the interior of my upper body down to the reproductive area.

ENERGY: I understand that energy normally used by the outer five senses is turned inward to activate inner sense perception.

MEDITATION: Through my daily practice of meditation, I open the surface level of my mind to receive inner sense visual perceptions.

AURA: Whenever I practice meditation, I visualize a white, protective aura of God's Light emanating from within me and surrounding my physical body with Light.

GOAL: My foremost and primary goal is to perceive God's Light Presence, or experience ultimate oneness, where I, the viewer and the viewed—or God—are one.

SPIRITUAL ESP IN YOUR LIFE

Spiritual ESP is about the interaction between your conscious mind and the Consciousness of God at the center of your mind.

Through daily meditation you can establish Spiritual ESP, which—through your thoughts and feelings—will intuitively guide you in all areas of life according to God’s Will.

SPIRITUAL ESP: I understand that Spiritual ESP is centered on the intuitive interaction between my conscious mind, Christ Mind, and Universal Mind/Spirit Consciousness, or God.

MEDITATION: Through my daily practice of meditation, I establish and maintain Spiritual ESP in the interacting of all levels of consciousness within me, from the surface level to the innermost Mind/Spirit God level.

VISUALIZATION: I visualize or imagine that the entire interior of my body is filled with Christ/God Light, flowing into my conscious mind as Spiritual ESP.

INTUITION: I open my conscious awareness to intuitive guidance from the Christ/God center of Universal Mind/Spirit within me.

THOUGHT GUIDANCE: Intuitive ESP thought-energy flows into my conscious awareness daily, guiding me in love, health, material needs, and all else necessary according to God’s Will for my life.

FEELING GUIDANCE: Intuitive ESP feeling-energy flows throughout my body’s conscious energy field, producing in me guidance feelings in love, health, material needs, and all else necessary according to God’s Will for my life.

WILL: To clear my consciousness of obstacles to intuitive Spiritual ESP, I give up my personal will to God’s Will for my life.

STILLNESS: Periodically during the day, I become still in body and mind so I may sense intuitive ESP guidance from God’s Mind/Spirit within me.

THE GREATER YOU

Within you—within everyone—there is a constant tug of war between the lesser you and the greater you. The challenge is to daily release the false sense of a lesser selfhood that is limited and temporary to the real self that is unlimited and eternal—the greater you that is one with God’s Presence.

THE LESSER OR FALSE YOU: I recognize that the lesser or false me is that which is not eternal, and is subject to temporary and fleeting states of selfhood and cycles of life with corresponding limitations.

THE GREATER ME: I recognize and accept that there is a changeless and eternal part of me that is the Christ of my mind’s beingness, or that which is one with God and thus the greater me.

ONENESS: I recognize that the greater Christ part of me—one with God—is capable through oneness to manifest the greater me in my life.

RELEASE: Daily, I release any and all sense of lesser, limited, false selfhood to the Light of God’s Presence within me, so it is sublimated into the greater Christ/God beingness with which I am one.

WILL: Daily, I open myself to God’s Will within me, which is, in truth, the Will of my greater Christ selfhood.

MEDITATION: Through my daily practice of meditation, my greater Christ-Mind self is energized in body, mind, and soul.

VISUALIZATION: I daily take a few moments to visualize or imagine that the interior of my body is filled with the Christ-Light Body of my greater self.

MATERIAL NEEDS: My greater Christ-Mind self—one with God—who knows my material needs before I ask, supplies me with all that I truly need for the good of my soul, and therefore my body and mind.

LOVE: I affirm that my greater self is one with God’s Presence of Love, and therefore attracts love into my human life.

HEALTH: I realize that my greater Christ Mind is always aware of the greatest perfection of health, with which the greater Christ part of myself is one.

Happiness: The greater me exists in an ever on-going state of happiness, because of my Christ-Mind oneness with the eternal God part of me.

YOUR FUTURE—CO-CREATING IT WITH GOD

You are here to manifest God's Will. When you let go of your personal will and let God's Presence within you be in charge, you are then co-creating your future with God. And that future will be good, because God knows exactly what is needed for a better future, and will intuitively guide you to create it.

ULTIMATE-SELF REALITY: I recognize that ultimate-self reality—as the absolute life of my body, mind, and soul—is the eternal Mind/Spirit of God's Presence.

WILL: Throughout my body, mind, and soul, I choose to do the Will of God's Presence within me today, which creates what my future will be.

MEDITATION: Through my daily practice of meditation, I open the surface level of my mind to the thought/feeling energy of God's Presence to influence my future.

INTUITION: Through my daily practice of meditation, God's Will is intuitively made known to my conscious thought/feeling nature to guide me in creating a better future.

NEEDS: God's Presence in me knows exactly what I need most to create a better future, and intuitively guides me to create it.

GOD-CHANNELING: God's Will, my needs, and God's needs for creating me are one and the same, and therefore my outer mortal manifestation is a channel for God's Presence.

CO-CREATING: As God's Presence within me is in charge of my mortal manifestation, my mortal manifestation co-creates my future with God's Wisdom, Healing, Love, and Blessings.

ABOUT THE AUTHOR

As far back as he could remember, Paul Leon Masters was drawn to the mysteries of life, the universe, the human mind and soul, and the presence of a Higher Intelligence behind creation.

Dr. Masters spent countless hours with thousands of people conducting higher consciousness research, all of which enormously expanded what he originally learned in the 1950s and early 1960s. He founded the National Metaphysics Institute in 1965, conducting research on the spiritual heights and potentials of mind and spirit, which produced even more information from which he could teach.

Dr. Masters' contributions to the field of mystical psychology were those of a trailblazer. Having founded the University of Metaphysics in 1976, he then founded the International Metaphysical Ministry in 1989 to accommodate the worldwide interest and enrollment in his courses. Fourteen years after that, in 2003, he founded the University of Sedona. He deservedly earned recognition as the world's foremost teacher of metaphysical doctors, teachers, and ministers, offering self-paced, distance-learning degree programs in Holistic, New Thought, Theocentric, Transcendent, and Transpersonal Metaphysics.

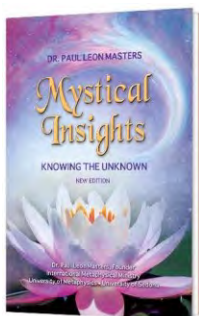
Both universities have a curriculum that is strictly non-secular and theological in nature, and they have become the world's largest schools of their kind, spanning 120 countries.

The education that Dr. Masters has provided through the years has produced an international alumni and student population that reaches out to transform the world. The evolving curriculum, based on decades of consciousness research, offers timeless teachings that connect people to their higher self—their soul—and the Presence of God within.

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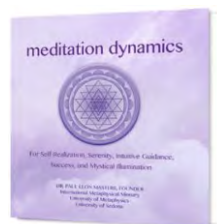


Mystical Insights: Knowing the Unknown

Dr. Masters' soul's fulfillment was to share how Universal Presence and psychic/mystical energy factors influence every aspect of our lives. Dr. Masters explores these important concepts and shares his wisdom in this enlightening book, available in both Paperback and eBook editions. For more information and/or to order your copy, go to the [Mystical Insights Book](#) page at [metaphysics.com](#). Or, contact the University of Metaphysics directly at uom@metaphysics.com.

Meditation Dynamics

This how-to book emphasizes the practice of meditation, self-hypnosis, and related metaphysical disciplines. It includes an abundance of practical exercises to assist you in opening to higher levels of self-realization, inner happiness, and outer success. For more information and/or to order your copy, go to the [Meditation Dynamics](#) page at [metaphysics.com](#). Or, contact the University of Metaphysics directly at uom@metaphysics.com.



AUDIO RECORDINGS



Daily "Improve Your Life" Audio Messages

Dr. Masters' daily audio messages and meditations can help you successfully navigate daily life, and inspire you to rise above any challenges. To listen to these inspiring messages, go to [universityofmetaphysics.com](#), where we post them daily on the [Daily Messages](#) page of our Metaphysical Blogs.

Weekly Mystical Insights

In addition to the 50 mystical insights Dr. Masters shared in his book, *Mystical Insights: Knowing the Unknown*, we publish more of Dr. Masters' mystical insights each and every week at [universityofmetaphysic.com](#). Just go to the [Mystical Insights](#) page of our Metaphysical Blogs, where you will find both written and recorded versions.



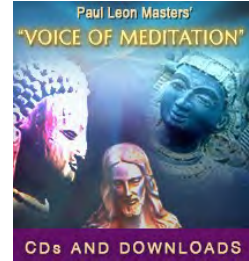


Timeless Wisdom Series

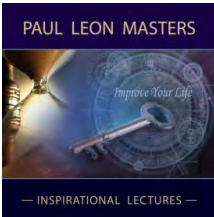
For more than fifty years Dr. Masters researched higher consciousness, synthesizing the results of that research with science, psychology, and the mystical teachings of Christ and others. We are now releasing audio recordings of hundreds of his lectures that haven't been available since they were first recorded. You will find these enlightening lectures on the [Timeless Wisdom](#) page at metaphysics.com.

The Voice of Meditation

Dr. Masters is considered by many to be the foremost practitioner in guiding people into and through meditation. On our [Voice of Meditation](#) website, you will find 31 audio recordings of his higher consciousness meditations, which people all around the world have been benefitting from for decades.



VIDEO RECORDINGS



Inspirational Lectures

To deepen your understanding of a set of affirmations in this book, you may want to watch the lecture Dr. Masters gave that subject. To do that, go to the [All Inspirational Lectures](#) page at metaphysics.com, where all of Dr. Masters' lectures are available to you as a Video Download or DVD, as well as an Audio Download or CD. Or, go to [universityofmetaphysics.com](#), where we feature a different video lecture each and every week on the [Weekly Inspirational Lectures](#) page of our Metaphysical Blogs.

NEWSLETTER

Weekly Newsletter

Delivered by email every Sunday, this free weekly newsletter offers a variety of informative and inspiring material. In addition to a link to one of Dr. Masters' Inspirational Lectures, it includes links to one of his Mystical Insights, his Daily Audio Message, and more. We encourage you to sign up for this wonderful and convenient spiritual resource. Just go to the [Newsletter Sign Up](#) page at [universityofmetaphysics.com](#).



After working with the affirmations in this book, if you feel compelled to take your studies further, we welcome you to join our ever-expanding, international student body. Please visit our website at universityofmetaphysics.com.

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