

# CHRISTMIND DYNAMICS®

REUNITING WITH THE PRESENCE AFFIRMATIONS

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Repeat the following Inner Synthesis Affirmations to yourself at least once daily, preferably spoken, if possible. After speaking or thinking each affirmation—close your eyes momentarily and feel that the reality of the Affirmation is traveling into every level of your mind while merging and synthesizing with the center—THE PRESENCE, UNIVERSAL MIND OR GOD WITHIN YOU.

The following Self Programming Universal Mind Synthesis Affirmations

Are Based On A CHRISTMIND Spiritual Psychology Lecture On:

## **"HEALING A DIVIDED MIND"**

**RECOGNITION...** "I RECOGNIZE that to have POWER in my CONSCIOUS SPIRITUAL THINKING, that ALL stored up memories in my subconscious must be POSITIVE in nature."

**CONFLICT...** "I UNDERSTAND that CONFLICT between 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 content."

**SUBLIMATION...** "I UNDERSTAND that I must SPIRITUALLY SUBLIMATE all NEGATIVE THOUGHT ENERGIES in my personal subconscious into a POSITIVE CHRIST-MINDED AWARENESS into the 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 that all negative trauma and karma be SUBLIMATED into LIGHT."

**VISUALIZATION...** "EVERYDAY I take a few moments to VISUALIZE that the ENTIRETY of my INNER SPIRITUAL MIND/BODY is FILLED with CHRIST/GOD LIGHT in which no negativity can live and thus my CONSCIOUSNESS on ALL LEVELS is healed."

**BREATHING...** "Everytime I EXHALE, I EXHALE NEGATIVE THOUGHT ENERGY out of me - and conversely with every inhalation on a spiritual level it STIMULATES the HEALING FLOW of CHRIST/GOD LIGHT into ALL LEVELS of my mind."

**CONSCIOUS THOUGHT CONTROL...** "EVERYTIME a NEGATIVE THOUGHT surfaces from the memory level of my personal subconscious -- I IMMEDIATELY AFFIRM -- I NULLIFY and NEUTRALIZE that thought so that it does not return to my subconscious."

**ULTIMATE POWER...** "Through the ULTIMATE POWER of CHRIST/GOD LIGHT PRESENCE 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."