

Yoga of the Mind of Christ in You

REUNITING WITH THE PRESENCE AFFIRMATIONS

BY DR. PAUL LEON MASTERS

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 Spiritual Science Lecture On:

"SPIRITUALLY MAINTAINING OR RESTORING HEALTH"

...**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**... "In matters of HEALTH, it begins 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 I and GOD 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 the 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 OUTER MENTAL/PHYSICAL MANIFESTATION."

...**LISTENING**... "I AM CONSTANTLY ALERT to LISTENING to what my BODY is trying to tell me in regards to any and all thing 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."

Copyright © 2006 By Dr. Paul Leon Masters