

Spiritual Psychology of Christ Mind Dynamics

REUNITING WITH THE PRESENCE AFFIRMATIONS

BY DR. PAUL LEON MASTERS

"LIVING YOUR DAILY LIFE IN CHRIST MIND AWARENESS"

AWAKENING... "Upon AWAKENING from sleep each day I take a few moments to DEDICATE the day to GOD'S PRESENCE, WILL and CONSCIOUSNESS that DIRECTS 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 days 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 each day -- 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 that 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 RE-ESTABLISHES 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 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 through personal selfhood."