

CHRISTMIND DYNAMICS®

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 CHRISTMIND Spiritual Psychology Lecture On:

"MEDITATION TO MAINTAIN OR RESTORE HEALTH"

MEDITATION... "EVERYTIME 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 of GOD'S CONSCIOUSNESS within me -- MAINTAIN OR RESTORE a BALANCE, POLARITY and HARMONY between my TOTAL BODY, MIND and SOUL BEINGNESS."