

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:

“SPIRITUAL KEYS TO A QUALITY LONGER LIFE”

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 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 _____ years YOUNG -- rather than _____ 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 hidden often times 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 have leisure activities I enjoy with friends who can laugh, have fun, and be supportive of me -- and I of them."