

HEALING PRACTICES

1 – FOCUSED
THOUGHT

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Romans 8.6

God has given us the power to think and our thoughts can either hinder or put us on the forward path. Let go of anxious, fearful thoughts. Center your thought on God, think about God's healing, cleansing, vitalizing life flowing in and through you.

Foundations of Unity – Heart-Centered Metaphysics

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect.

Romans 12.2

HEALING PRACTICES

1 – FOCUSED THOUGHT

2 – VIBRATION / LIGHT

Light is one of the most powerful forces in the universe. You might think of light as a living presence that can be anywhere or everywhere at once. As you think of light you begin to vibrate with your Higher Self. Light responds to your thought of it and is immediately drawn to you. As you think of light more often, you will become charged with it, building a radiant body of light all around you. The more light your body can hold, the higher your vibration and the greater your ability to transform the energy around you into a higher order.

Sanaya Roman – *Spiritual Growth*

HEALING PRACTICES

1 – FOCUSED THOUGHT

2 – VIBRATION / LIGHT

3 – FEELINGS / IMAGINATION

We sometimes think one thing and manifest another because the conscious thought of the moment has not yet worked itself into the subconscious phase of mind – it has not been felt or realized. Until thoughts become a part of the feeling nature they do not produce results in our bodies and affairs.

Richard & Mary Alice Jafolla – *The Quest*

FEELINGS ON THE RISE

PEACE – Relax, breathe – let Spirit work

HOPEFUL – looking forward to feeling better

NEUTRAL – Let the body sort it out

FRUSTRATION – I'm tired of this holding me back, but it's not forever.

DOUBT – it “might” be serious

WORRY – Dr. bills, can't work, life threatening

I believe that there's an intelligence, an invisible consciousness, within each of us that's the giver of life. It supports, maintains, protects, and heals us every moment. First, every day I would put all of my conscious attention on this intelligence within me and give it a plan, a template, a vision, with very specific orders, and then I would surrender my healing to this greater mind that has unlimited power, allowing it to do the healing for me. And second, I wouldn't let any thought slip by my awareness that I didn't want to experience.

Dr. Joe Dispenza – *healyourlife.com*

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1 – FOCUSED THOUGHT

2 – VIBRATION / LIGHT

3 – FEELINGS / IMAGINATION

4 – WORDS / AFFIRMATIONS

Life and death are in the power of the tongue.

Prov. 18.21

It's not what goes into the mouth that defiles,
but what comes out of it.

Matt. 15.11

The daily repetition of prayers is not necessary to reach God, but rather to hold your own minds and hearts steady, until the thing you require is more real to you than the appearance to the contrary.

Myrtle Fillmore –
Mother of Unity by Thomas Witherspoon

We don't need to ask or plead for help or pray in a supplicatory tone, but to add firmness. This is what the affirmation does. It adds firmness to our consciousness of oneness. You're not making it happen, but you're waking up to the realization of the divine happening, which is always the reality of you.

Eric Butterworth – *Practical Metaphysics*

If you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you.

HEALING WORDS

Infinite Love pours through my being
as a life-giving stream of light.

It flows freely through every nerve
and cell of my body...

cleansing and clearing,

calming and soothing,

balancing and strengthening,

renewing and revitalizing,

revealing my natural well-being.

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