



Aging with *Spirit*

This study was a landmark in proving that so-called irreversible signs of aging could be reversed using psychological intervention. By increasing someone's awareness, bringing it into a new focus and breaking out of old patterns, you can alter aging.

Deepak Chopra – *Ageless Body, Timeless Mind*

The outer life is but the outflowing of the inner life; and that inner life is fed from the fountain of life moment by moment through the Christ at the center of our being. God gives His own life freely to all who can receive it.

Emilie Cady – God a Present Help

**In God,
I live
and move
and have my being.**

YOGA...the joining together of the individual's consciousness with the Infinite Consciousness.

Fix your undivided attention upon the inner Divine pattern of perfection. Bring all the mental attitudes and centers of consciousness and even the physical structures to this high place in mind where we see as God sees. We prayerfully consider all our living habits to better understand whether we are chording with the Divine law of health...or if we are worrying or fearing anything.

Myrtle Fillmore – *Healing Letters*

**Come to me, all of you who are weary
and carry heavy burdens,
and you'll recover your life.**

**Walk with me and work with me –
watch how I do it.**

Learn the unforced rhythms of grace.

**I won't lay anything heavy
or ill-fitting on you.**

**Keep company with me and
you'll learn to live freely and lightly.**

Matt. 11.28-30

Aligning with Spirit

In God, I live and move and have my being.

I behold Divine Life in me.

I allow my Spiritual Body to empower me.

I make healthy choices today.

I love you body and I'm grateful for you.

I fairly sizzle with zeal and enthusiasm and

**I spring forth with a mighty faith to do
the things that ought to be done by me.**

Aging with Spirit...

is to CHORD your being in harmony with Spirit.

Chord your...

- *Thoughts* with ideas of Life.
- *Imagination* with Well-being.
- *Feelings* with Divine Love.
- *Words* with Spiritual Truth.
- *Actions* with Divine Light.