



Myrtle's Metaphysics



A metaphysician studies the fundamental nature of existence and how to change *physical* reality by working with the principles, powers and 'things' that *underlie* it, especially the mind or psyche.

CatherineCoullatt.com

**Prayer is to affirm the Truth about
God, heightening our connection to
Divine Mind.**

Unity's Fourth Principle

Reasons for Prayer

- 1. Discipline the mind**
- 2. Develop Intuition**
- 3. Manifest Christ Consciousness**

Through prayer we can all free ourselves from the mental prisons that bind us in conditions of ignorance, sickness, sin, or poverty. Prayer is not for the purpose of petitioning God to heal you, but for making you receptive to the good that you are asking. The idea is to get the new thought forces working positively and constantly in you. Begin at once to declare that you are the strong, healthy, free, wise, powerful, beautiful, successful child of God.

Myrtle Fillmore

Prayers aren't sent out at all! Where would we send our prayers? We should direct them to our minds and hearts and affairs. Sometimes we pray to a God outside of ourselves. It is the God in the midst of us that frees and heals.

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What do we pray?

1. God is Life

2. God is Substance

Divine substance is forever waiting for man to form it because it is the unformed Mind essence out of which every material thing is formed.

Emilie Cady - How I Used Truth

What do we pray?

- 1. God is Life**
- 2. God is Substance**
- 3. God is Intelligence**
- 4. God is Love**

As you change your thinking and bring it into line with Truth principles, a transformation will take place in your consciousness. Your mind will become keen, awake, alert, and illumined, and your body temple will be filled with new life. You will be inspired with practical ideas that will enable you to succeed in a larger way.

Myrtle Fillmore

Almost immediately after praying, we think and say that which is not in accord with the prayers we've made. We go into the silence and declare statements of prosperity. Then in writing a letter we speak of lack and failure which proves we have lack in our hearts and are dwelling on them more strongly than we are on the Truth. When we show that we have old mental habits in the subconscious mind, we get those old negative results – even when we are praying daily and when others are praying for us.

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Affirmations are just the right arrangements of words to train the thoughts into harmonious ways. Get the affirmations fixed in the mind, so that they will automatically discipline any negative or undesirable thoughts or habits that might spring up.

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We sometimes use denials of an error before proceeding with the quickening, awakening, regenerating Truth. We don't tell you to deny the existence of seeming problems, or shortcomings. Admit them but don't identify yourself with them. Deny out of both your consciousness and your subconscious, all thought of fear.

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God has not given us a spirit of fear, but of power and love and self discipline.

I am not limited by my past. I can do all things through the Christ within.

The more you think about the Christ within, the stronger will grow your consciousness of the divine presence and your oneness with Him, until you can still all the outer thoughts and meditate upon “Christ in you, the hope of glory.”

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We have the mind of Christ and it is for us to make conscious union in the silence with the all-providing Mind, lifting our thoughts to its standard of Truth and holding them in this Truth as we go about our duties of living.

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