

Just Relax ...Trust Me





Mental resistance excites your nerves, makes them tense, burns them out; you become irritable, apprehensive. It saps the fluids of your body, and makes your flesh sensitive. Your life takes on two interests: defense of what you call your rights, and defense of your body.

Imelda Shanklin – *What Are You?*

I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

Matt. 16.19

Let it be done to you as you believe.

Matt. 9.29

Nonresistance is the essence of God.

Imelda Shanklin – *What Are You?*

**...so all the world from east to west
will know, there is no one besides me;
I am the Lord, and there is no other.**

Isaiah 45.6

**Nothing real can be threatened,
nothing unreal exists. Herein lies the
peace of God.**

A Course in Miracles

**Nonresistance
commands
Omnipotence.**

Imelda Shanklin – *What Are You?*

So long as you treat poverty as an unavoidable experience, poverty will thrust its gaunt form before your eyes and will snivel in rags by your side. If you ask how you can become nonresistant to supply, the answer is:

Supply is a part of the universe; you are a part of the universe. The unity that prevails in the universe makes YOU and SUPPLY to be ONE.

**The unity that prevails in the universe
makes ME and SUPPLY
to be ONE.**

**The unity that prevails in the universe
makes ME and LIFE
to be ONE.**

**The unity that prevails in the universe
makes ME and INTELLIGENCE
to be ONE.**

**The unity that prevails in the universe
makes ME and LOVE
to be ONE.**

Before we call, God has answered.

God knows our need before we ask.

It's God's good pleasure to
give us the Kingdom.

There's only one Presence and one Power
in the universe and in our lives,
the all-loving goodness of God.


Trust me, just relax.

In my defenselessness lies my security.

I and the Father are one.

If we would have the same faith in spiritual laws that we have in physical ones, our faith would be complete and miracles would happen everyday because divine law is acting upon our beliefs.

Ernest Holmes – A New Design for Living

A serene ocean scene with a clear blue sky and calm water reflecting the sky and clouds. The water is a deep turquoise color, and the sky is a lighter, clear blue. A few small, white clouds are visible on the horizon, and their reflection is clearly visible in the water. The overall atmosphere is peaceful and calm.

**I relax and trust...
there is only Good.
There is only God.**

