

Wednesday Night Study Series – “You Can Heal Your Life”

Prayer of Surrender: Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

What You Put Your Attention on Grows

I don't want to be fat.

I don't want to live here.

I don't want to be like my mother/father.

I don't want to be sick.

I don't want to be broke.

I don't want to be in this relationship.

I don't want to be unhappy.

The above shows how we are culturally taught to fight the negative mentally – thinking that if we do so, the positive will automatically come to us. It doesn't work that way. How often have you lamented what you didn't want? Did it ever bring you what you really wanted? Fighting the negative is a total waste of time if you really want to make changes in your life. The more you dwell on what you don't want, the more of it you create.

What you put your attention on grows and becomes permanent in your life. Move away from the negative, and put your attention on what it is that you really do want to be or to have. Let's turn the above negative affirmations into positive ones.

I am slender.

I now move to a better place.

I am my own person.

I am totally healthy.

I am prosperous.

I have a wonderful new relationship.

I am joyous, happy and free.

Learn to think in positive affirmations. Affirmations can be any statement you make. Too often we think in negative affirmations. Saying “I hate my job,” will get you nowhere. Declaring, “I now accept a wonderful new job,” will open the channels in your consciousness to create that.

Always make your statement in the PRESENT TENSE, such as “I am” or “I have.” Your subconscious mind is such an obedient servant that if you declare in the future tense, “I want,” or “I will have,” then that is where your idea will always stay – just out of your reach in the future.

As I have said before, no matter what the problem, the main issue to work on is LOVING THE SELF. This is the “magic wand” that dissolves problems. Remember the times when you have felt good about yourself and how well your life was going? During those periods you seemed to have no problems. Loving yourself makes you feel good. It is impossible to really love yourself unless you

have self-approval and self-acceptance. This means no criticism whatsoever. I can hear all your objections now.

“But I have always criticized myself.”

“How can I possibly like that about myself?”

“My parents/teachers/friends always criticized me.”

“How else will I be motivated?”

“But it is wrong for me to do those things.”

“How am I going to change if I don’t criticize myself?”

Self-criticism such as illustrated above is just the mind going on with old chatter. See how you have trained your mind to berate yourself and to be resistant to change? Ignore those thoughts and get on with the important work at hand!

Let’s think back to an exercise we did earlier. Look into the mirror again and say, “I love and approve of myself exactly as I am.” How does that feel now? Is it a little easier after the forgiveness work we have done? This is still the main issue. Self-approval and self-acceptance are the keys to positive changes.

All good begins with accepting that which is within one’s self, and loving that self which is you. It took quite a while for me to develop a peaceful, loving relationship with myself. Good health begins with loving the self. So do prosperity and love and creative self-expression.

I have given this exercise to hundreds of people, and the results are phenomenal. For the next month, say over and over to yourself, “I APPROVE OF MYSELF.” Do this 300-400 times a day if necessary. No...it’s not too many times. When you are worrying, you go over your problems mentally at least that many times a day. Let “I approve of myself” become a walking mantra, something you say over and over and over to yourself almost non-stop.

Saying “I approve of myself” is a guaranteed way to bring up everything buried in your consciousness that is in opposition. When negative thoughts come us, such as “How can I approve of myself when I am still fat?” or “It’s silly to think this can do any good.” or “I am no good,” or whatever your negative babble will be, this is the time to take mental control.

Give these thoughts no importance. Just see them for what they are – another way to keep you stuck in the past. Gently say to these thoughts, “I let you go; I approve of myself.”

Thoughts have no power over us unless we give in to them. Thoughts are only words strung together. They have no meaning whatsoever. Only we give meaning to them. Let us choose to think thoughts that nourish and support us.