

# CHRISTMIND DYNAMICS®

REUNITING WITH THE PRESENCE AFFIRMATIONS

BY DR. PAUL LEON MASTERS

## **"ELIMINATING SELF-DESTRUCTIVENESS"**

**RECOGNITION...** "I RECOGNIZE that the greatest obstacle to my SUCCESS, HEALTH and HAPPINESS in my life is the PERSONAL EGO part of my mind, from which SELF-DESTRUCTIVENESS ORIGINATES."

**SUB-CONSCIOUS INFLUENCE...** "I RECOGNIZE that NEGATIVE KARMA, TRAUMA and any SELF-DEFLATING EXPERIENCE stored as MEMORIES in my SUB-CONSCIOUS MIND stimulates SELF-DESTRUCTIVE THINKING and ACTIONS and MUST be ELIMINATED."

**WHY...** "I AM DIVINELY GUIDED through the CHRIST PART of MY MIND, ONE WITH GOD, as to specific SUB-CONSCIOUS, SELF-DESTRUCTIVE STIMULATING EXPERIENCES that MUST be ELIMINATED."

**GUILT...** "I ACKNOWLEDGE at ALL LEVELS of my MIND that GOD FORGIVES me for anytime I have ERRORED and that I don't have to destroy my life to make amends."

**WORTHINESS...** "Through the POWER of the CHRIST PART of my mind -- ONE WITH GOD -- I ELIMINATE any and ALL sense of unworthiness from all levels of my mind that could be causing self-destructiveness."

**FAMILY HISTORY...** "GOD'S PRESENCE within me, working through the CHRIST PART of my MIND, HEALS any FAMILY KARMA CONSCIOUSNESS in ALL LEVELS of my mind that could stimulate self-destructiveness."

**VICTIMHOOD...** "Through the GOD POWER within me, working through my CHRIST MIND, I ELIMINATE ALL SENSE of VICTIMHOOD in ALL AREAS of my LIFE and DECLARE my SELF a GOD-CREATED VICTOR."

**ESCAPISM...** "I FIND the ANSWERS I NEED in GOD'S PRESENCE and need not, therefore, ESCAPE into SELF-DESTRUCTIVE ESCAPISMS which only prolong my achieving SUCCESS and HAPPINESS in life."

**OTHERS...** "Through the GOD PRESENCE within me I have the POWER not to succumb to being a part of self-destructive behavior of others whose paths cross mine."

**NON-DEFEATIST...** "Through the CHRIST-MIND GOD POWER within me, my ATTITUDE is at all times NON-DEFEATIST."

**MEDITATION...** "Through my DAILY practice of MEDITATION, whatever is NECESSARY to my ELIMINATING SELF-DESTRUCTIVENESS surfaces to my CONSCIOUS MIND'S AWARENESS while being INTERNALLY HEALED by GOD'S PRESENCE within me."