

Spiritual Mind Science *of* Christ

REUNITING WITH THE PRESENCE AFFIRMATIONS

BY DR. PAUL LEON MASTERS

"HOLISTICALLY RETAINING YOUTHFULNESS"

...**HOLISTIC SELF IMAGE**... "DAILY I maintain an IMAGE of MYSELF as a TOTAL... HOLISTIC BEING comprised of a SYNTHESIS OF BODY, MIND and SPIRIT or GOD PRESENCE."

...**ETERNAL IDENTIFICATION**... "I IDENTIFY my SPIRITUAL BEINGNESS as ONE WITH the ETERNAL PART of ME or the GOD PRESENCE of CONSCIOUSNESS within MY MIND."

...**ETERNAL YOUTHFULNESS**... "I RECOGNIZE that the ETERNAL PART or GOD PART of ME is UNCHANGING and I IDENTIFY with the IDEA ENERGY of YOUTHFULNESS contained within and as part of my ETERNAL SELFHOOD."

...**ETERNAL MOMENT**... "I RECOGNIZE that ULTIMATELY ALL EXISTS as ONE ETERNAL MOMENT of TIME and that I CHOOSE to EXIST in the YOUTHFULNESS PART of the ONE ETERNAL MOMENT."

...**ATTITUDE**... "MY DAILY ATTITUDE reflects my UNCHANGING RECOGNITION of the YOUTHFULNESS contained in the ETERNAL GOD PART of ME."

...**MEDITATION**... "Through my DAILY practice of MEDITATION, I ESTABLISH and MAINTAIN 24/7 CONTACT with the IDEA ENERGY contained in GOD'S ETERNAL PRESENCE at the CENTER of CONSCIOUSNESS within me."

...**VISUALIZATION**... "I VISUALIZE or IMAGINE GOD'S ETERNAL LIGHT PRESENCE containing the IDEA ENERGY of YOUTHFULNESS filling the INTERIOR of my BODY FIRST a SPIRITUAL LEVEL; SECOND a MIND LEVEL; and then into the CENTER of EVERY CELL of MY BODY on a PHYSICAL LEVEL."

...**HUMOR**... "I RECOGNIZE that HUMOR has a positive affect on the HEALTH of MY BODY, MIND and SOUL and thus YOUTHFULNESS and GOD INTUITIVELY DIRECTS ME to see the HUMOR in many of life's experiences."

...**LOVE**... "I RECOGNIZE that LOVE is the GREATEST HEALING ENERGY of all because it is the ESSENCE of GOD'S NATURE and so I OPEN MYSELF to be a CHANNEL of LOVE to others and in so doing affects the HEALTH of MY BODY MIND and SOUL which in turn helps me to maintain YOUTHFULNESS."

...**CELL RENEWAL**... "Through the POWER of GOD'S PRESENCE within me old cells are constantly being replaced with NEW CELLS throughout my body helping me to RETAIN YOUTHFULNESS by AFFIRMING this RENEWING PROCESS DAILY."

...**INTUITIVE GUIDANCE**... "Through GOD'S PRESENCE at the CENTER of MY MIND I AM INTUITIVELY GUIDED as to what I should EAT, what SUPPLEMENTS to take, what EXERCISE to engage in and how to KEEP my MIND ENERGIZED with NEW LEARNING -- all adding to my RETAINING YOUTHFULNESS."