

# Awakening Presence

A collection of spiritual treatments  
by the Spiritual Living Center of Atlanta Practitioners  
and Practitioner Interns. Each treatment is about  
**AWAKENING PRESENCE** within,  
the theme of this year's SLCA Fall Mountain Retreat.



Spiritual Mind Treatment,  
Affirmative Prayer,  
Scientific Prayer,  
Positive Affirmations . . .  
Whatever you call it,

**TREATMENT WORKS!**

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# AWAKENING PRESENCE

In science, “presence” refers to the entirety of something being present in any of its parts. As a spiritual term, it implies conscious realization and recognition of Divine presence in ourselves and others. Focusing on our ability to be present, or know our true identity, expands our ability to do so and allows us to express Oneness more fully.

# TREATMENT WORKS

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We are a Divine outlet of the mind of God. And it takes absolutely no practice to be so; it only takes a willingness to get out of our own way. To stop trying to convince ourselves that we are less than, when our souls have been whispering to us for our whole lives that we are great, that we are divine.

When I first came to Science of Mind, I had been steeped in generations of poverty and victim mentality. When I heard the common sense of this teaching it dispelled the confusion of my race consciousness like a light house beacon cuts through the darkness of night. The reason, I think it did, was that my soul was recognizing the Truth of my being. It did not matter that life times and generations had been spent practicing self-despair and delusion.

Dr. Holmes wrote, "If we could stand aside and let the One Perfect Life flow through us, we could not help healing people; we could not help having a perfect realization of perfection."

We think our fears and doubts have power, but they only have that power which we give them. In fact, they are only shadows of the truth and they will flee our right knowing like the shadows disappear in the morning sun.

My goal today is not to beat myself up because my life doesn't allow me the time to sit on an organic pillow or even for the fact that I don't own Tibetan chimes. Now I take my victories in smaller measure. Even when I catch myself yelling obscenities on 285, I know that within a breath or two, I will remind myself of the truth of my life.

Awakening to the presence of God is nothing more than falling in love with the Spiritual Being that I am. Celebrating the beauty that I find around me. Sharing the Love I feel flowing from my soul; and witnessing the miracle of my life unfolding with joy, ease and abundance.

And so it is.

**Rev. Ken Wilcox**  
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*Within me now is the power of God fulfilling all my desires. Within me now is Divine love making lovely and gracious my way. Within me now is God's intelligence making every right decision. I lack for nothing, for the Mind which created me is in me and working through me.*

Ernest Holmes

## Practicing the Presence

When I began ministerial classes, I envisioned that by the end of my training my Spiritual practice would have developed into hours of meditation seated on an organic cotton pillow interrupted only by the soft ringing of Tibetan chimes.

What was I thinking?

The reality is that I count my practice a success if I can go a week without yelling obscenities at morning traffic or gnawing on the steering wheel after listening to talk radio.

Modern life is stressful and fast paced. While many of us love the idea of waking up before the birds for hours of contemplation, the truth is that most of us are struggling with sleep deprivation just keeping up with our present demands.

Now, a year after my ministerial training, I have begun to wonder if I didn't make the idea of a Spiritual Practice too hard and demanding. After all, we are never closer to God than when we are laughing and having a good time -- when we are with loved ones and friends enjoying great food and music.

I am convinced that the only reason we are here in the physical plane at all, is to witness God manifesting as our dreams and desires. It should be fun -- not hard work.

Dr. Holmes wrote, "We should turn to that Living Presence within, Which is the Father in Heaven, recognize It as the One and Only Power in the Universe, unify with It; declare our word to be the presence, power and activity of that One, and speak the word as if we believed it, because the Law is the servant of the Spirit."

And we can do this at any place or circumstance in our lives. It doesn't take hard work or long hours of practice. It takes a knowing -- a knowing of what we are and why we're here in the world.

*We are probably on the verge of a great spiritual awakening. People are so tired of looking for things where they do not exist, that they are going to more and more completely open their thought to the realization that Spirit is an active Presence.*

Ernest Holmes, *The Science of Mind*

## This is Your Wake-Up Call . . .

This latest collection of affirmative prayers and spiritual mind treatments focuses on the theme of "awakening to the presence of God." Every mystic who ever lived became a mystic when they did this. When they finally opened their "inner eye," their divine consciousness, and saw the universe as it really is, they were transformed.

Many religious stories talk about how these people saw sacred beings, or a bright light, or a vision, like Saul on the road to Damascus. In other stories, they simply saw more clearly what was already there. In one single talk, without uttering a word while holding up a single lotus blossom, the Buddha brought many students to enlightenment. Those who were open to being awakened suddenly saw the miracle of the universe in that one blossom. In that moment they realized that there was a similar beauty in every person, place and thing. That beauty was God, and their awareness of it was the Presence of Spirit recognizing itself in all things.

What I don't understand is why some people want to make this kind of awakening into a big deal, when it should be the simplest, most natural thing on earth. We don't need magic words, or secret rituals, or the blessing of someone else. We should all be awakening to the Presence of God as easily as we awaken to the world every morning.

The reason this is so is because what we call "the Presence" is not something special that hides within the world at large, deciding who should or shouldn't be allowed to see it. This Presence is the world itself, and every person and animal and plant and rock and molecule that makes up the world. It's ALL "the Presence."

So we are not awakened to "a thing"; we are awakening to an awareness. When we begin to see clearly, we are no longer blinded by the drama and fear that is so often interjected into

our experience by ignorance and tradition. We see beyond those things. We see the spiritual presence within the angry neighbor. We see the spiritual presence behind the act of violence. We see the spiritual presence behind our own problems and challenges. And our natural, spiritual response is love and compassion, both for others and for our self.

Is this easy? Yes and No. It depends upon the order in which our consciousness evolves. If we try to ignore the suffering before we see the "Presence of Life" behind it, it's very difficult. But if we awaken to the truth that it's ALL God, and that all is Good, then the unhappy or unfortunate conditions no longer have any power over our thoughts and emotions. We see the Truth, and it sets us free. That's when things start to change for the better.

It's important for us to realize that this is true at every level of life, not just for the major events. Every moment of every day we must feel this Presence and live it. Dr. Holmes writes, "To bring a realization of the Presence of the Spirit into all our acts is to prove that God is all --- even in the slightest things which we undertake." That's what the prayers in this booklet are for. They have no more power than the thoughts and feelings that arise in your consciousness when you read them or say them aloud. Then again, that's all the power you need.



**Rev. Paul Gonyea**  
Senior Minister  
Spiritual Living Center of Atlanta

*Imagination is more important than knowledge.*

**Albert Einstein**

## **Imagining the Presence**

God is all that is, was, or ever will be. This Intelligence originates and sustains all creation. There is no place where God is not. The essence of all existence, and who I am, is Spirit, so I am always in the presence of the Divine.

I choose to experience God in everything. I walk in God, I sleep in God, and I accept that all creation, without exception, is God. Therefore, there can be no separation, for Spirit can not be divided against itself.

Simply by living, I practice the presence with every thought, breath, action and emotion. By consciously contemplating universal presence and principles, my life transforms gracefully.

Feelings of separation have no power, because something within always knows the seamless nature of reality. When doubt announces itself, I visualize my divine connection. This focus realigns my thoughts, releasing the need to believe any condition or fact greater than God. Nothing is greater than God.

Illuminated with truth, doubt and indecision fade like morning fog. Experiencing this shift, I understand the creative abilities of my mind, knowing there is nothing to fear.

I rejoice and release these words, gratefully knowing it is already so.

And, so it is.



**Rev. Susan Zoller**  
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*Ask, then with gratitude and absolute faith, let go and let God.*

Rev. Terry Cole-Whitaker, July 2009 SOM Magazine

## Expanded Consciousness, Expanded Faith

God is the magnificence that is seen everywhere and beyond. God is the expression of abundance occurring in infinite forms and in infinite ways. God is the energy that flows through all.

I am in the midst of the allness and therefore I am an expression of God's magnificence and abundance. The energy of God flows through me, therefore I reflect the good that God is. In being an expression of abundance I co-create my world with authority, intention, and certainty. In being an expression of good I draw good to me. In being a consciousness of creativity, I allow prosperity to appear in my life in infinite forms and infinite ways.

I have absolute faith in the greater Source and absolute faith that my desire for expanded prosperity is occurring in ideal ways and in the ideal time. My beliefs, my thoughts, and my behaviors are in alignment with this intention as I let God's good flow through me. I expand with joy and gratitude knowing God expresses through me and as me. I release these words and let God be the infinite doer in my life as God is the infinite doer in all of life!

And so it is!



Vanecia Wils-Leufroy, R.Sc.P.  
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## Awakening

Dr. Holmes speaks about a Power for Good greater than we are and how we can use It. I would suggest to you that there is a deeper way to explore this statement.

What if this Power/Presence is what we are? How can we experience It more fully in our moment-to-moment reality? Can That which is "Wholeness Itself" awaken within us?

Courting the question takes us into a direct experience. This enhances the "unfolding" of Essence within. Dr. Holmes speaks of the Law of Unfoldment.

This is Awakening Presence. The irony is that we as personalities don't wake up, rather it is the Presence that is within us that awakens. Emerson whimsically described this process, "Be and not seem. Let us acquiesce. Get our bloated nothingness out of the way and connect with the Divine Circuits."

This is asking us to "be" who we are. The invitation is to acquiesce or surrender, letting the moment unfold willingly. Getting the "bloated nothingness" out of the way is the fun part. When we have the courage to be fully present as who we really are, we connect with Essence, Presence, the Divine Circuits, etc.

This retreat experience is about a willingness to have an open mind, an open heart, and an open will as we explore "Presence" as it awakens. Old patterns of belief will be shed as awareness of possibilities emerges. Shifts await the one who is ready.

ICSL has as its vision AWAKENING HUMANITY TO ITS SPIRITUAL MAGNIFICENCE. The sweet thing about that exalted awareness is that it is happening within us and all around us already.

Coming together in community with an intention to experience the Awakened Presence potentiates the Field of Essence. It is the saying of Jesus, "When two or more are gathered in my name, I am there." We hear people in India bow and say, "Namaste." They are bowing to the Presence in the other from the same Presence within themselves.

At this retreat we will be exploring the organic nature of the Awakening Presence as together we unfold gloriously. When mind and heart come together with a willingness to embrace the Power of Now, the Presence awakens uniquely for everyone.



Rev. David Leonard  
Senior Minister  
Huntsville Alabama Church

*Everything that is human is spiritual; everything that is human is divine.*

Ernest Holmes, *Love and Law*

## I Grow in My Awareness of the Divine

I recognize that God is all there is. Everything that I see, touch and feel is an expression of the Divine. I know I am a perfect opportunity for the ever expanding presence of the Divine in the world. As I grow in my awareness of the Divine, this presence is awakened in me at a new and deeper level. I know I am filled with divine wisdom and new ideas. I express love in every moment. I bring a new level of presence and awareness to every situation in my life. The Divine expresses through me in ways that are unique and perfect for me. There is no other one like me in the world. I take time to be quiet and to listen to the Divine within me. As I do this, my awareness deepens and grows. There is nothing that can stop my growing awareness of the divine presence in me. I move through life with a deep sense of awareness of the presence of the Divine in every part of my life. I am grateful for my growing awareness of the Divine in my life. It was there all the time.

And so it is.



Judy Aehle, R.Sc.P.  
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*The Source of all things forever reveals Itself as Good. God is not only within me, It is also around me and is my experience at all times.*

Ernest Holmes

## Calling Forth My Good

I know that the Truth of my life is Good. That my source is God. That I am a divine outlet of this loving energy in my life.

This day, I place my attention on those things that work in my life, those things which bring me joy and which make my life more loving. For I know in my love and in my joy is the Presence of God.

So today, I make a promise to myself that I will turn away from those ideas which are false. Ideas that tell me that I am less than. That my dreams are too hard, my goals too lofty, my ambitions too grand.

Today, I remind myself of the Truth of my life. That I am a Divine Idea in the Mind of God. That I am here to live a life of joy, ease and abundance. That I am here to express myself in love. To have work which I find meaningful and to know that I am supplied and supported by Infinite Love. I am here to know that my life has meaning, my desires have purpose. This is a great knowing. I celebrate it and release it into consciousness.

And so it is.



Rev. Ken Wilcox  
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*God is the highest and best in you.*

Joseph Murphy

## **The Presence of God's Love**

There is one infinite source of life and creation and that is God. The magnificence and creativity of this spirit is expressed in every aspect of creation continuously unfolding.

As I look at myself, at others, and the bounty of the world, I see this principle being made manifest. I know that the boundless love of our spiritual source is contained in all the diversity and beauty that is this world and the universe.

As I understand that I am God's presence, whole and complete at this time and place, I know there is no limit to what I can obtain and accomplish. Just as there are no boundaries to the power of creation, I am a pathway to the expression of God's love.

As I connect my thoughts and feeling to this power all good things become possible and all hate, negativity and failure are exposed for the frauds that they have always been.

In joy and thanksgiving I accept this knowledge as the key to creating a better life and a better world. In love I release this prayer into creation as I embrace God as the one power and principle in my life.

And, so it is and shall always be.



**Randy Southerland, Intern**  
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*The Four-Fold Way uses four main principles that emphasize and are based upon ancient cultural wisdoms that we can apply to our daily living.*

*"Walk The Mystical Path with Practical Feet."*

- 1. Show up or choose to be present.*
- 2. Pay attention to what has heart and meaning.*
- 3. Tell the truth without blame or judgment.*
- 4. Be open to outcome, not attached to outcome.*

*Angeles Arrien, The Four-Fold Way™: Walking the Paths of the Warrior, Teacher, Healer, and Visionary*

## **Mindfulness and The Four-Fold Way**

Right here, right now is God.

Right here, right now I am awake.

Right here, right now I believe that all is well. With each breath (invigorating, healing, sustaining) there is God.

Right here, right now with each thought I am using the mind of God.

Right here, right now I deny access to any thoughts of lack, limitation, dis-ease. Emotions of frustration, blame, worry, anxiety, fear, doubt, anger cannot take root in my mind and heart.

Right here, right now I accept the God presence in all situations. I live in harmony with all that is good, loving and encouraging to health and well-being

Right here, right now, I have and share peace, joy and abundance.

Gratitude flows through me as radiant bliss. I recognize the wonder of living in the divine now.

Right here, right now and forevermore it is so.



**Rev. Ruth Beard**  
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*Presence is the state of being consciously aware.*  
Sheik Kabir Helminski, *The Living Presence*

## **I Am Presence**

Presence is all there is, all that I am. Presence is the breath, the stillness, the essence of knowing that lives between the inward and outward breath.

In the moment I observe the breath, an awareness of wonder and awe unfold within and without. Grace abides. Love is all there is.

Whatever illusion of uncertainty felt a moment before dissolves into the nothingness from which it came.

Gratitude flows to me and through me, wells up within me and pools around me as I witness the beauty in all there is, in all I am.

Grace, Love and Beauty abide in the Presence I am, the Presence of all there is.

And so it is.



**Rev. Kimberly Brown**  
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*Feel the Godness in each place, Feel it wherever you are.*  
*The rest will follow. The way is easy.*  
Sargolais's & Andrew Ramer, Angel

## **Walking in my Godness!**

In this Wonderful Life, I know that Great Spirit is all there is. This All Powerful Essence is the Orchestrator of all that is seen and unseen.

I take time daily to be still and to plug into this Universal Battery. Knowing that as I go within that I never go without, I am at the center of a Loving Mind and It surrounds me. I awaken to this Presence in newer and more beautiful ways, allowing Spirit to move in, through, and as me.

As I move through my daily activities I walk in my Godness. I show up as a loving, living expression of It to all that I encounter. I denounce anything in my consciousness that looks like fear or the illusion of separation.

For where I am, Spirit is present and where Love is, fear cannot exist. For this truth, I am eternally grateful.

I know that I am forever planted and thriving in the Garden of God, my word is creative and I am one with the Creative Force which makes my word true and complete.

And so it is.



**David-Michael Searcy, Intern**  
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*The content of your vibration equals how you feel right now. And whether you're thinking about the past, the present, or the future, how you feel right now -- as you think about the past, the present, or the future -- is your life. And it's a precious, fabulous, creative life that you are not wanting to squander in a place of resistance. Your life is right now.*

Abraham

## Awakening Presence

The Presence of God is all there is. I am the way God works in the world, therefore I am Divine Presence in action. I awaken to the Presence within and, in doing so, every thought, word or deed becomes an expression of the Divine.

With conscious action my steps are deliberate and guided. I am patient and reflective, assessing the potential of every situation. As a clear instrument of perfect love I connect deeply with all that is right here, right now. I welcome every opportunity to let God be God in me. I release anything that separates me from this truth.

I acknowledge my divinity and take conscious action towards effortless joy, unconditional love, accepting every aspect of my being. This Power and Presence accompanies me eternally. I am grateful for this knowing and I release these words knowing it is so.

And so it is.



Jan Rush R.Sc.P.  
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*Only that day dawns to which we are awake.*

Henry David Thoreau

## I am on Purpose

God is here. God is now. God is everywhere. I am One with GOD. Where ever I am, I know that God is always flowing effortlessly through me, in me, as me.

All of who I am is GOD, meaning I too am a perfect being and conscious creator of life. I recognize and accept that every aspect of my life as just a perfect reflection of my thoughts, beliefs and expectations and NOTHING else.

Knowing this and without fear or hesitation, I consciously release the past and go forward with open arms and embrace today with enthusiasm and excitement.

Here I am, wide awake and on purpose.

I greet the world each and every day glowing with love, joy and happiness to all, always radiating an aura of warmth, compassion and openness. My mind is calm, relaxed and centered as I consciously surround myself with a constant stream of great health, increasing prosperity, unconditional love and limitless creativity.

With a deep appreciation and gratitude and knowing that this is the truth of who I am, I now go out with confidence to celebrate my new life.

Perfect, complete and whole I am.

And so it is.



Keith D. Childers, R.Sc.P.  
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*Many of us incorrectly assume that a spiritual life begins when we change what we normally do in our daily life. Instead, it is not the act but the awareness, and the kindness we bring to our daily life that allows it to become sacred.*

Wayne Muller

## **God's Presence is Always with Me**

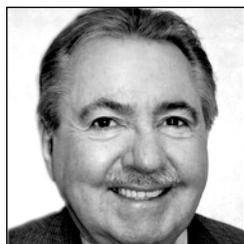
I know that God is all there is. God is everywhere present in everything I see, hear, feel, and sense in my life experience.

Since God is all there is, and I am here, it follows logically that I am 100 % God stuff. I could not be anything other than God, because God is all there is. I live and move and have my being in God. I am as spiritual as the Father that created me out of Its Self.

I praise and thank God that Its presence is always with me. I need not change anything in my life experience to become one with God's presence. I am already one with God, and I relax in the knowingness that I simply must be quiet and aware of God's presence to experience positive changes in my life, world and affairs.

I praise God for Its presence in my life experience; I release my words into Spiritual Law, knowing that it is done as I believe.

And so it is.



**Scotchie Cochran, R.Sc.P.**  
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*As long as you are in a state of intense presence, you are free of thought. You are still, yet highly alert.*

Eckhart Tolle, *The Power of Now*

## **More Today than Yesterday**

I know there is one infinite Spirit that is everything, including you and me.

As I move through each day I am more and more aware of the presence of Spirit as my life. It is the Best of all. I am continually awakened to a greater idea of my self.

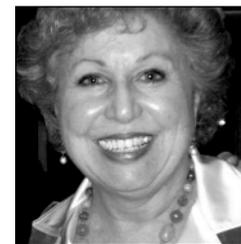
As I become more aware of its powerful presence, it becomes easier for me to use it -- as easily as I breathe in and out, all day -- every day.

My life is my prayer of thanksgiving, and everything I do supports the Spirit that is me. I feel the presence of Spirit; I close my eyes and see; I stop looking for it and find it was there all along. I smile, and confidently say to myself, "Be here now. Relax. Be here now."

I rejoice in awakening to my deepest, greatest and highest self in Spirit. Its good and perfect work unfolds wondrously, day by day.

I release this idea of awakening presence, knowing as soon as I let it go, my old idea is replaced by something even greater, ever awakening!

And so it is.



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*Shifting from a goal-orientated practice to a practice of choiceless awareness – seeing things for what they are –*  
Ajahn Thanasanti, Buddhist Nun

## I Am Choosing the Easy Way for a Change

The universe is alive. Wherever I look, everything is in action. Every cell, every thought, it all vibrates, that's the action. God is in action.

Awakening is its own action to know my own Divinity in a greater way. Awakening is simply increasing my awareness of who I am expressing. As I get out of the way, I allow the presence of Spirit to express. As I wake up and totally let go of all agenda, I get to know Divine Presence and creation comes from there. I choose a greater idea than my ego alone can provide. I choose trust of my Self. These are the only choices I make, the rest is made for me.

I am so grateful (yes), to express my own Divinity by simply becoming aware of who I am. I am. I own the feeling of ease and convenience as I move through life. I am okay and pleased with knowing I am. I am enough.

These ideas and feelings come from the laws, therefore manifestation of my awakening is surely supported and created abundantly. I expect terrific results!

So BE it.



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*If we have no peace, it is because we have forgotten that we belong to each other.*

Mother Teresa

## Divine Presence

God is all there is. This fundamental truth is the beginning and end of everything I need to know. Accepting this, I acknowledge God's presence in and through all creation. What a glorious gift! All knowing, all caring, all loving is my God. This is your God too. There's only one.

Each person is a unique individuation of that which created us. Each person expresses some aspect of the Divine. Maybe it's expressed through a smile, a tender word, a good deed, or a selfless act of courage. As I begin to see anew, I see divinity manifesting itself everywhere – even when I look in the mirror.

Knowing this, I begin right where I am, affirming with absolute certainty, that life is good and very good. I participate fully and joyfully, giving and receiving the best from myself and others. I enjoy letting God express Itself through me. With an attitude of gratitude, I greet each day and each person who comes onto my path as a special gift.

I give thanks for this exciting adventure called life. I remain gratefully open to experience it.

Into the flow of spiritual law, I release these words. And so it is.

P e a c e



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*Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.*

A Bible quotation

## **My Consciousness is Always Awake to the Presence of God in Me**

God is present everywhere and in everything all the time. It is infinite and always has been.

When we are born, the presence of God is visible to everyone who looks upon the newborn. Yet sometimes we find that we have gone to sleep and forgotten this presence. But the Presence of God is in us still and always has been.

I remember the Presence of God and re-awaken to it daily in my life. It is part of everything I think, say and do. I feel alive and I feel the Light of God coming from me shining forth to all I meet. It is a light of love, of creation, of life. I know and live in the Divine Presence, the God in me, with every breath I take.

I deny sleeping through this presence. I deny not being awake.

I am fully awake. God has always been present and always will be present. I affirm that I live in every way awakened with the presence of God manifesting through me.

I am very grateful for this knowing. I release these simple words to be.

And so it is.



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*The Word of God means the power of spirit to declare Itself into manifestation, into form. The Word of God means the Self-Contemplation of Spirit,*

Ernest Homes

## **Waking Up**

When I am inattentive, random things happen, some of which I don't like. On the other hand when I remember the power of my expectations and begin to expect what I prefer, I am pleasantly surprised. My objective is to live intentionally and not to be surprised at the pleasant outcomes. I say "Thank you, God", and realize my awareness is God, as me, paying attention and being thankful for the good results.

There is nothing standing in the way of my awareness. Apparent obstacles were my lack of confidence and understanding - opportunities for me to learn and grow.

I have no limitations. Whatever I decide to do, I speak my intention and a pathway forms before me. I have a corresponding obligation to do much for myself and for those I care for. My family, friends and loved ones are safe, healthy, happy and prosperous.

I am awake. I appreciate the power that comes through my spoken intention. I am grateful for my perfect health, my loving relationships, interesting work and abundant prosperity.

I release this knowing into the universe with the understanding that it is already so.

And so it is.



**Daryl LeCroy, Practitioner Intern**  
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*Inspiration is Evidence of the Divine*

Old Irish Saying

## I Live an Inspired Life

Everywhere I look I see evidence of the Divine at work. I recognize God in the beauty of nature and the fabulous summer landscape. I see God's power in the summer thunderstorms and the swollen rivers that follow. I see abundance in the crops in the fields, the fruit on the trees, and the fish in the waters. I know that I am part of and evidence of God at work. I know that I am created in the image and likeness of God, and that just as God works through nature, God works through me, as me.

I take time every day to be aware of God's presence in my life: in every person I meet, every new idea I realize, and in every situation I experience. I know that God is in every moment, all the time, whether I acknowledge It or not. I give up any ideas of lack or confusion or indecision, instead acknowledging that I am powerful and capable and inspired. I live an inspired life.

With a grateful heart, I go about my day feeling inspired with peace, calm, and joyful anticipation.

I release my Word knowing it is so, now and always.

And so it is.



Mary Rita Kearney, Practitioner Intern  
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*At all times, I am aware of my immediate Oneness with God...I give thanks that I am Divine and that I know my Divinity.*

Ernest Holmes

## God's Presence

God is life ....existing everywhere. God's presence resides in all things, including the spaces between these letters. There is no limit to God's existence, not even the sky, for God is universally present.

I realize that God is with me when I awaken in the morning, when my head rests on the pillow at night, and when I sleep. I rejoice in God's never ending presence.

This knowing fills me with joy, love, and all that is good. I am like a child who gleefully dances in the rain without reserve.....happily, my cup truly runs over, as I recognize God's magnificence in my life.

Nothing can distract me from realizing and accepting God's daily presence in my life and in the lives of others.

Thus, I remain steadfast in what I believe....God is with me always. In all my daily activities the connection and oneness with God brings me the peace and happiness that are delightfully mine.

I am sincerely grateful as the Law continues to work beautifully without fail.

God is here now and always in my life....I truly give thanks that I am Divine and I know my Divinity.

And so it is.



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*To realize one's nature perfectly – that's what each of us  
in here for.*

Oscar Wilde

## **Spirit is the Fabric of the Universe**

God is the Creator of the universe. I know this Spirit is the fabric and soul of the universe in which I live. Therefore I am a living part of the fabric and soul of the universe. My nature is God's nature. God is all there is. God is the air I breathe, the music I hear, and the feeling of love in my heart. The clarity in my mind unfolds each day, each hour of my life. With this awaking I realize my oneness must of necessity include everyone around me. I am created of God to live and learn – and so is everyone around me. I expand my realization of nature to include everyone.

Fear and negativity have no power over me. They are an absence of God. I can never be separated from God or my fellow man. We are all an intricate part of God. Each person I meet is a gift of God to awaken me to a greater realization of my nature.

And so it is.



**Judy Frost, R.Sc.P.**  
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*When the end is held firmly enough in consciousness, the  
means to bring it about has already been set in motion.*

Thich Nhat Hanh

## **I am Aware and Demonstrate Accordingly!**

Universal Power, Absolute Intelligence, is everywhere present, all the time. There is no place that God is not.

I am completely aware of my oneness with God.

In consciousness, I am crystal clear, principle centered and fully present in the moment. I am awake and aware NOW. My creativity flows. Any desires are fulfilled abundantly. I shall not want. I manifest according to my beliefs. I seek within; answers are revealed through Infinite Mind, the center of my being. I have love, because I am love; I have peace, because I am peace; I have abundance in all areas, because I am aware that I live in an abundant Universe. What I focus on demonstrates in my existence.

Fear, doubt, anger, frustration or any negative vibrations do not run my life.

My opulent life already exists in the mind of God. I firmly agree. Spirit always responds. The quality of my existence expands. I share my gifts and talents globally knowing I can never out give a plentiful Universe.

I gratefully release my word to Law to do its awesome, perfect work, and it returns to me multiplied, endlessly.

And so it is.



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