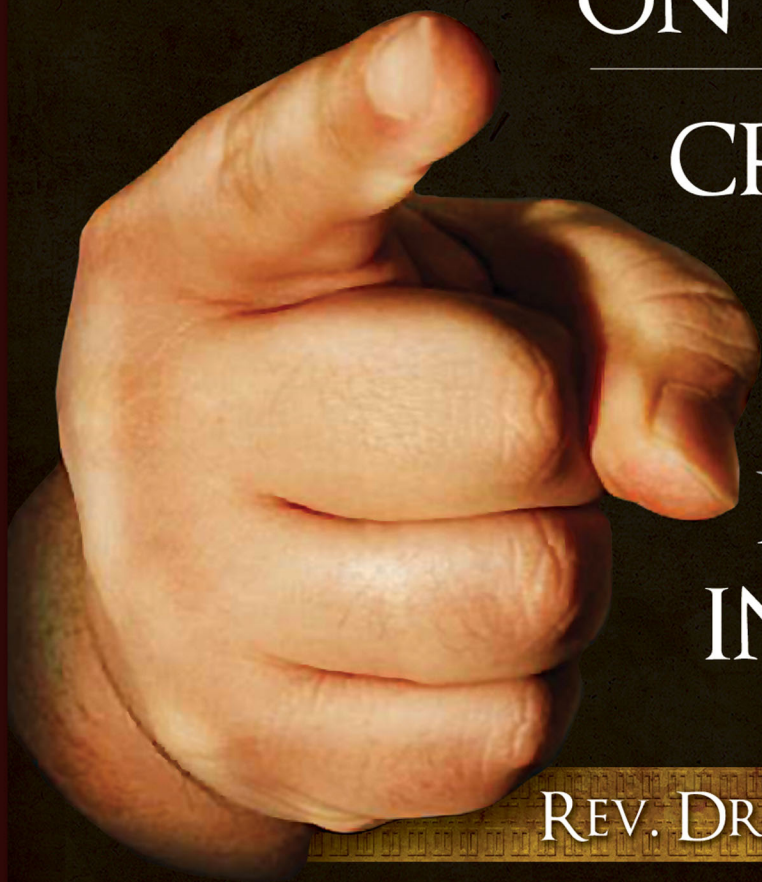


YOU ARE ENOUGH COMPANION

REFLECTIONS
ON YOUR LIFE

CREATE THE
LIFE YOU
WANT
FROM THE
INSIDE OUT



REV. DR. DEE ADIO-MOSES

www.healingcenterofchristinternational.org

Copyright Notice

Copyright © 2010

ISBN 0-9759917-6-0

All rights reserved world wide

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by any information Storage and retrieval system, without express written permission

Please contact us at: Info@Healingcenterofchristinternational.org

Disclaimer: This information is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition. The information provided is for educational purposes only and is not intended as diagnosis, treatment, or prescription of any kind. The decision to use, or not to use, any information is the sole responsibility of the reader. The information is the sole information program designed by Healingcenterofchristinternational.com and Rev. Dr. Dee Adio-Moses

Our company reserves all rights not expressly granted here.

© 2010 Healing Center of Christ International.



Publishers: ENDEE PUBLISHING

www.endeepublishing.com

Cover design and Layout by Tudor Maier

*B*eloved,



Glad you came to claim your free companion book “You Are Enough Companion”. This is the continuation of the spiritual journey. I am excited that you are taking the bull by the horns and taking charge of your life. The companion allows you to have a more focused attention on many important parts of the book. Some of the things you need to know and reflect on. I have also added some effective exercises, try and do all of them, they are very helpful in your quest for answers and resolutions. At the end of this book are affirmations that you can continue to use on a daily basis. Thank you for being a part of our Spiritual Family.

By His Grace

Rev Dee

1

SELF-CARE QUIZ

Let us start with a Self -Care Quiz, this is important because loving yourself has a bearing on how good you are to yourself. Loving yourself is also the pathway to loving God.

How good are you to yourself?

There are no right or wrong answers, just answer however seems appropriate for you right now - and see what you learn about yourself!

Score 2 points for each Yes, 1 point for each Sometimes and 0 points for No's

		Yes	Some times	No
1.	I am up-to-date with my optician, dentist and other health check-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I am happy with my physical fitness & energy levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I eat well nutritionally most of the time and do not abuse my body with caffeine, alcohol or similar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I have plenty of sleep so I always feel well rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I take regular breaks from my work during the day, at weekends and use my holidays for enjoyment & relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- | | | | | |
|-----|--|--------------------------|--------------------------|--------------------------|
| 6. | I like how my hair is at the moment, I am happy with my wardrobe and my 'style' | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | I meditate, journal, quietly relax or have alone-time with myself regularly (where I am not doing anything eg. chores or doing things for others) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | I prioritize how I spend my time and important things always get done in plenty of time | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. | I say "No" to myself and others when I need to | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. | My home is cleaned regularly to a standard I am happy with | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. | My home is organized and tidy and somewhere I love to be | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. | My home is a calm haven (or has a place within it) that takes me away from the stresses of the world | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. | I recognize my stress signals and know when to take a break | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. | I have enough people in my life who love and support me | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. | Apart from exceptional situations, I only spend time with people who support, energize and inspire me | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. | I listen to and trust my intuition when it comes to looking after me | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. | I have a mentor/s that support and encourage me in life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. | I have no regrets and have forgiven myself my past mistakes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. | I have let go of any past resentments towards others | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. | I have reserves of things that are important to me or help my life run smoothly (anything from contact lens solution to pens, paper, vitamins or bathroom tissue!) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. | I have things to look forward to in my life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TOTAL NUMBER of Yes's, Sometimes, and No's.

The maximum possible total is 42. Write your score here _____

What did you learn about yourself?

MY COMMITMENT TO MYSELF

I choose and make the commitment to work seriously on my spiritual growth.

I accept full responsibility for myself. I realize that my ability to enjoy the best life has to offer largely depends on how I conduct my life – how I think, how I feel, and what I do. I know that my full commitment to better myself is necessary to make changes.

I am determined to improve my life and that means I may need to change how I feel and think, as well as how I treat myself – whatever it takes for me to realize my highest potential as an individual.

I realize that personal development and spiritual growth is challenging; unrecognized thoughts, feelings and desires learned since childhood can profoundly influence my life.

I know that it is God's will that I live a healthy, happy and prosperous life, and that the way to its attainment is the realization that the Kingdom of God is within me... waiting for me to bring it into expression.

IT IS UP TO ME. I CAN. I WILL.

I hereby agree to all of the above.

Your Signature _____

Date _____

2

REFLECTIONS

THE PLACE TO BE

“There is no permanent or real external way of escape from challenges or circumstances; all help must come from within”. Dr. Dee

KNOW:

“The secret place of the Most high”, (Ps. 91:1) where you may dwell and be safe from all harm or fear of evil, is the point of spiritual union between you and Spirit (or God in you), wherein you no longer believe, but know, that God in Christ abides always at the center of your being as your perfect health, deliverance, prosperity, power; ready to come forth into manifestation at any moment you claim it. You know it. You feel your oneness with the Father, and you manifest this oneness.

KNOW:

To possess the secret of anything gives one power over it. This personal, conscious knowledge of the Father in you is the secret that is the key to all power. What you want is the revelation to you of this marvelous “secret.” What will give it to us; who can give it to us except Him, the *“Spirit of truth, which proceeds from the Father?”* (John. 15:26) Surely none other. That which God would say to you and do through you is a great secret that no man on the face of the earth knows, or ever will know, except yourself as it is revealed to you by the Spirit that is in you. The secret that He tells me is not revealed to you, nor yours to me; each man must, after all is said and done, deal directly with the Father through the Son within himself.

KNOW:

Secrets are not told upon the housetop; nor is it possible to pass this, the greatest of secrets, from one to another. God, the Creator of your being, must Himself whisper it to you in the very innermost of your Being. *“To him that overcome (or is consciously in process of overcoming), to him will I give the hidden manna, and I will give him a white stone (or a mind like a clean white tablet), and upon the stone a new name written, which no one knows but he that receives it.”* (Rev. 2:17) It is so secret that it cannot even be put into human language or repeated by human lips.

KNOW:

You talk to God--that is prayer; God talks to you--that is inspiration. Go apart to get still, that new life, new inspiration, new power of thought, new supply from the God may flow in; and then you come forth to spread it on those around you, that they, too, may be lifted up. Discord cannot remain in any home where even one member of the family daily practices this hour of the presence of God, so surely does the renewed infilling of the heart by peace and harmony result in the continual outgoing of peace and harmony into the entire household.

QUESTIONS:

1. What part of your life do you need to move away from? The areas that bring chaos, sadness, anger and so forth. List them.

2. What steps do you need to take so as to spend more time with God and hear Him?

3

PRAYER AND MEDITATION

KNOW:

You must take time daily for quiet and meditation. In daily meditation lies the secret of power. No one can grow in either spiritual knowledge or power without it. Practice the presence of God just as you would practice music. No one would ever dream of becoming a master in music except by spending some time daily alone with music. Daily meditation alone with God focuses the divine presence within you and brings it to your consciousness.

KNOW:

You may be so busy with the doing, the outgoing of love to help others (which is unselfish and Godlike as far as it goes), that you find no time to go apart. But the command, or rather the invitation, is “Come ye yourselves apart . . . and rest a while” (Mk. 6:31). And it is the only way in which you will ever gain definite knowledge, true wisdom, newness of experience, steadiness of purpose, or power to meet the unknown, which must come in all daily life. Doing is secondary to being. When you consciously live the Truth, it will radiate from you and accomplish the works without your ever running to and fro. If you have no time for this quiet meditation, make time, take time. Watch carefully, and you will find that there are some things, even in the active unselfish doing, which would better be left undone than that you should neglect regular meditation.

KNOW:

When you withdraw from the world for meditation, let it not be to think of yourself

or your failures, but invariably to get all your thoughts centered on God and on your relation to the Creator and Upholder of the universe. Let all the little annoying cares and anxieties go for a while, and by effort, if need be, turn your thoughts away from them to some of the simple words of Jesus Christ, or of the Psalmist. Think of some Truth statement, be it ever so simple.

KNOW:

You do not have to beg God any more than you have to beg the sun to shine. The sun shines because it is a law of its being to shine, and it cannot help it. No more can God help pouring into you unlimited wisdom, life, power, all good, because to give is a law of His being. Nothing can hinder Him except your own lack of understanding. The sun may shine ever so brightly, but if you have through ignorance, put yourself, or have been placed in the far corner of a damp, dark cellar, you get neither joy nor comfort from its shining; then to you the sun never shines. God is All-Good--always good, always love. He never changes, no matter what you do or may have done. He is always trying to pour more of Himself through you into visibility so as to make you grander, larger, fuller, freer individual

QUESTIONS:

- What do you need to put in place for your prayer and meditation lifestyle?

- How do you consciously live the Truth?

4

LIVING THE LIFE OF SPIRIT

KNOW:

Living the life of Spirit instead of the old self, you need to seek always to have more and more of the Christ Spirit of meekness and love incorporated into your daily life. Meekness does not mean servility, but it means a spirit that could stand before a Pilate of false accusation and say nothing. No one else is so grand, so godlike as he who, because he knows the Truth of Being, can stand meekly and unperturbed before the false accusations of the human mind. “Thy gentleness hath made me great” (2 Sam. 2:36).

Your ultimate aim is to come into the consciousness of an indwelling God, and then in all external matters, to affirm deliverance through and by this divine One. There should not be a running to and fro, making human efforts to aid the Divine, but a calm, restful, unwavering trust in All-Wisdom and All-Power within you as able to accomplish the thing desired.

KNOW:

The spirit inside of you is the Christ; this spirit is the image and likeness of God. When you are then referred to as the manifest man, you should be as the ideal man, made perfect in the image and likeness of God. This knowledge of the Christ in you is manifested when you as an individual identify yourself with the Christ; this is utmost perfection. When you are identified with anything less than perfection, you manifest some degree of imperfection. Realize that you make your world through the activity of ideas in your consciousness; because of the Christ in you, you are the embodiment of God. All the God-substance and the power to make it active are inherent within you.

KNOW:

You are made up of Spirit, soul, and body. Spirit is the central unchanging “I” of you, the part that since infancy has never changed, and to all eternity never will change. That which some people call “mortal minds” is the region of the intellect where you do conscious thinking and have free will. This part of your being is in constant process of changing.

In your outspringing from God into the human world, Spirit is inner—one with God; soul is the clothing, as it were, of Spirit; body is the external clothing of the soul. Yet all are in reality one, the composite man—as steam, water, and ice are one, only in different degrees of condensation. In thinking of yourself, you must not separate Spirit, soul, and body, but rather hold all as one, if you would be strong and powerful.

KNOW:

The Spirit within you is Divine Mind, the real mind. Without it human mind would disappear, just as a shadow disappears when the real thing that casts it is removed.

QUESTIONS:

- How do you live in Spirit?

- What does “Thy gentleness has made me great” mean?

A decorative header featuring a large, stylized number '5' inside a gold-bordered frame on the left. A gold ribbon-like banner extends from the frame to the right, containing the title 'THE DARKNESS' in a serif font.

“Nothing real can be threatened. Nothing unreal exists”. A Course in Miracles

KNOW:

When light came in and the darkness disappeared, the answer to the question: where did the darkness go? Is that it did not go anywhere because it was not; it had not existed. It was simply the lack of something, and when the lack was filled, there was no longer any lack. So it is with all negation, with all that is not good, not light, not love, not health, not wholeness. They are each and every one, the absence of the “real”, and they are all annihilated or healed by letting in a something, a real substance that fills the vacuum.

KNOW:

The darkness is not an entity having a reality of its own. It is no thing. It is simply the absence of a positive, real something. And a way is made for the something to rush in and fill to fullness the empty space, the no thing then is the nothing, the darkness eradicated, destroyed, healed; all that is left is the something—the light.

1. List the things that frighten you (the darkness that are no things)

6

INDIVIDUALITY AND PERSONALITY

KNOW:

The Spirit in you is the “I AM”, the individuality. The individuality is the true self; that which is undivided from God; your spiritual identity; the God part of you. It is that which characterizes you as a distinct entity or particular manifestation of the Divine. The Spirit is the seat of power. Its abode is on the invisible side of your nature. The “I AM” is the name of the spiritual self. I AM is your self-identity, the center around which your system revolves. It is established in Principle. It is divinely guided in its acts and they are in harmony with divine law. Spirit is the same in character as God. The Spirit is the divine center

KNOW:

Personality applies to the human part of you—the person, the external. Your personality may be agreeable or disagreeable to others. When you say that you dislike anyone, you mean that you dislike his personality—that exterior something that presents itself from the outside. It is the outer, changeable man, in contradiction to the inner, or real, man.

KNOW:

Individuality is the term used to denote the real man. The more God comes into visibility through a person, the more individualized he becomes. By this I do not mean that one’s individuality is greater when one is more religious. Remember: God is wisdom, intelligence, love, power. The more pronounced the manner in which any one of these qualities—or all of them—comes forth into visibility through a man, the greater his individuality.

KNOW:

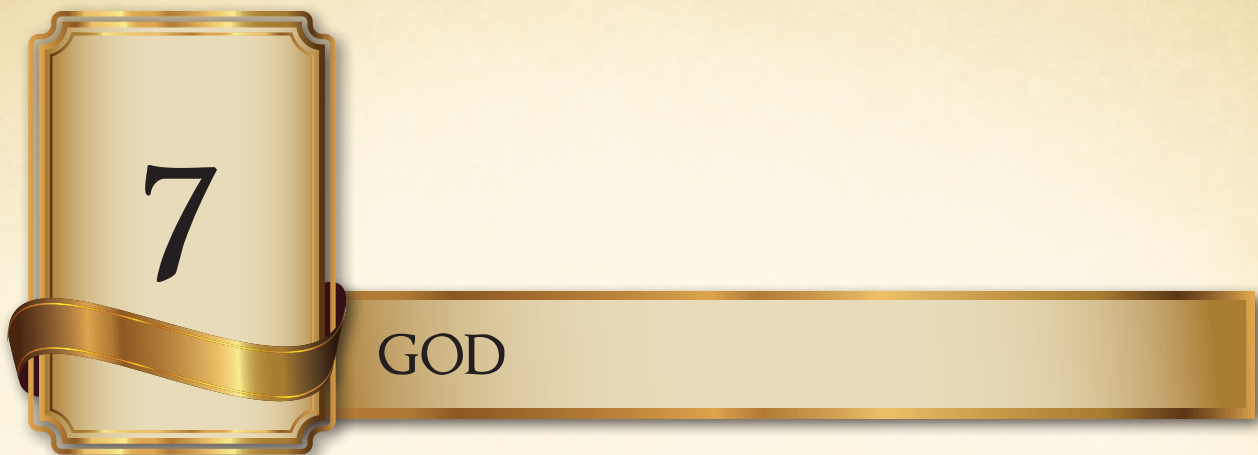
You cultivate individuality by listening to the “*still small voice*” (1 Kings 19:12) down deep within you, and boldly following it, even if it does make you different from others, as it surely will. You cultivate personality (in which live pride, fear of criticism, and all manner of selfishness), by listening to the voices outside of yourself and by being governed by selfish motives, instead of by the highest within you. Seek always to cultivate, or bring into visibility, individuality, not personality. In proportion, as one increase, the other must decrease.

QUESTION:

1. What is the percentage of your personality versus your individuality

2. What areas of your life are you going to work on so that your individuality can increase and your personality decrease?

3. What steps are you taking to realize this?

A decorative header featuring a gold-colored frame with a ribbon-like element. Inside the frame, the number '7' is prominently displayed in a large, black, serif font. To the right of the frame, the word 'GOD' is written in a smaller, black, serif font, positioned above a horizontal gold bar that extends across the width of the page.

7 GOD

KNOW:

God is the substance, the real thing standing under every visible form of life, love, intelligence, or power. Each rock, tree, animal, every visible thing, is a manifestation of the one Spirit—God—differing only in degree of manifestation; and each of the numberless modes of manifestation or individualities, however insignificant, contains the whole. God does not exercise power. God is that all-present and all-quiet powerlessness from which man “generates” that which he calls power. In other words, all the power that exists, to do anything, is God. God, the source of our existence every moment, is not simply omnipotent (all-powerful); He is omnipotence (all power). He is not alone omniscient (all-knowing); He is omniscience (all knowledge). He is not only omnipresent, but more—omnipresence. God is not a being having qualities, but He is the good itself. Everything that you can think of that is good, when in its absolute perfection, goes to make up that invisible Being we call God.

KNOW:

God is the “still small voice” in every soul that heals and blesses and uplifts, and it is only through the soul that He is made manifest as perfect wholeness. Drop from your mind that God is a magnified man, a bigger version of yourself. If man thinks of God as a bigger, better version, with more wisdom, more of everything, it is the same way an insect thinks of humans as being only better and bigger than themselves. Drop from your mind the idea that God is a being of majesty and power in the sense that you humanly interpret majesty and power. Drop from your mind the belief that God is in any way separated from you or that He can be manifested to you in any way except through your own consciousness

KNOW:

The mere opinion belief prevails that God is somewhat inaccessible; that He can be approached only through certain religious ordinances; that is, a man must profess religion, pray in a formal way, and attend church in order to know God. These are mere opinions that have been taught and accepted by those who perceive the letter instead of the spirit. For if God is Spirit, the principle of intelligence and life, everywhere present at all times, He must be just as accessible as a principle of mathematics and fully as free from formalism.

You cannot use God too often. He loves to be used, and the more you use Him, the easier it becomes to use Him, and the more pleasant His help is. If you want a dress, a car, or a house; if you are thinking of driving a sharp bargain with your neighbor, going on a journey, giving a friend a present, running for office, or reforming a nation; ask God for guidance, in a moment of silent soul desire.

KNOW:

God does not want you to reverence Him with fear. God certainly never can get your confidence if you constantly stand in quaking fear of Him. He will do you a favor just as quickly if you ask in a jolly, laughing way as He would if you made your request in a long, melancholy prayer. God is natural, and He loves the freedom of the little child. When you find yourself in His kingdom it will be “as a little child.” *“I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven.” (Matthew 18:3)*

KNOW:

God, the one creative cause of all things, is Spirit, and visible to spiritual consciousness, as you have learned. God is the sum total of all good. There is no good that you can desire in your life which, at its center, is not God. God is the substance of all things—the real thing within every visible form of good. This God, the invisible substance out of which all visible things are formed, is all around you, waiting to come forth into manifestation. This good substance all about you is unlimited, and is itself the supply of every demand that can be made, of every need that exists in the visible or natural world.

KNOW:

God as Spirit is “the invisible life and intelligence underlying all physical things”. God is planning, making, packaging and expressing everything you see with your human eyes. God is Spirit. You cannot see Spirit with these human eyes; but when you look with your spiritual eyes through your spiritual body, then Spirit is visible or manifest and you recognize it.

KNOW:

Spirit is not matter, and Spirit is not person. In order to perceive the essence of Being, you must drop from your mind the idea that God is restricted in any way or has any of the limitations usually ascribed to persons, things, or anything having form or shape. *“Thou shalt not make unto thee a graven image, nor any likeness of anything that is in heaven above, or that is in the earth beneath.”* Thinking of God as a human being is making a graven image of Him. You must focus on Spirit. Your human thoughts transmit their own images, and form their offspring after human illusions. God, Spirit, works spiritually, not materially. Ideas—pure, perfect, and enduring—are transmitted by the divine Mind.

KNOW:

Spirit is that which cannot be damaged or destroyed. Matter is always damaged or destroyed, but not Spirit. The world is being constantly renewed; you and I change our skin over a period of time; old things go and new things take over. Spirit never changes; it is the same today, tomorrow and for infinity.

The knowledge of you being a spiritual being brings about the knowledge of being made in the image of God, if you can hear God as He says to you:

*“I am Spirit. You, my child with your spiritual senses are my likeness.
That means you reflect the infinite understanding,
That means you have my wisdom, the beauty of my holiness, the all encompassing love,
All that I am you are. I give life for I am Life. I am the substance of all.
I AM THAT I AM”.*

PROJECT

Write a personal letter to God expressing how He is to you and how you know you are to Him. Pour your heart and emotion into it.

8

DIVINE LOVE

LOVE NOTES TO REMEMBER

1. There is but one love: that God is love and that all love is from Him, hence that all love is God's love.
2. Love is a divine principle and you can know this love by connecting with it at its source. Where it is not contaminated with any of our thoughts, but flows forth a pure, pellucid stream of infinite ecstasy. It has no consciousness of good or evil, pure or impure, but pours itself out in great oceans of living magnetic power, to be used by whosoever wants it.
3. Your heart is the channel through which you receive love from God.

"Whoever does not love does not know God, because God is Love". (1John 4:8)

"God is Love and he that dwells in Love dwells in God, and God in him." (John 4:16)

4. We cannot see love or grasp any comprehension of what love is, except as love is clothed with a form.
5. All the love in the universe is God. The love between husband and wife, or between parents and children, is just the least little bit of God, pushed forth in visible form into manifestation. A mother's love, so infinitely tender, so unfailing, is God's love, only manifested in another degree by the mother.

6. God is love; God is not the love that loves a particular child more than the other children, or that loves some particular father or mother more than the other fathers and mothers, or that loves one person greater than some other person, or that has a chosen people whom He loves more than other people who are not chosen.
7. God is not “loving”; man is loving, while God is love—the great heart of the universe from which is drawn forth all feeling, sympathy, emotion, and all that goes to make up the joys of existence.
8. God is the love in everybody and everything. God is love; man becomes loving by permitting that which God is to find expression in word and act.
9. Love is the great magnet of God. It is, of itself, neither good nor evil. These are qualities given to it by the thinking faculty in man. Whatever you see for your love, that, it will draw to you, because as a magnet, it attracts whatever you set your desire upon.
10. To focus your love upon anything less than All-Good will eventually cause you to fall short of your highest aspiration, and will keep you outside the Kingdom of Heaven.

QUESTIONS:

1. What is Love? What is meant by “the power of love”?

2. How is love to you? How may you feel and know the love of God?

3. What is the relationship of God and Love ?

4. How can we change into good that which seems evil?

5. Explain love as the great magnet of God. What is the result of focusing one's love upon anything less than the All-Good?

6. Is anything too hard for love when it is put to practical test? Explain some of the things that love will do for you.

9

BE STRONG AND CONFIDENT

1. **Do not be anxious**

Do not be anxious or in a hurry for God to manifest. Do not lose sight of the fact that your desire, great as it is, is only God's desire in you. *"No man can come to me, except the Father that sent me draw him."* (John. 6:44) The Father in you desires to reveal to you the secret of His presence; or else you will not know have any hunger for the secret, or for Truth.

"You did not choose me, but I chose you, and appointed you, that you should go and bear fruit." (John. 15:16)

Know once and forever that you are not seeking God, but God is seeking you. Your longing for greater manifestation is the eternal energy that holds the worlds in their orbits, out-pushing through you to get into fuller manifestation. You need not worry. You need not be anxious. You need not strive. Only allow it. Learn how to allow it.

2. **Come right to the Lord**

The light that you want is not something that God has to give; it is God Himself.

After all our beating about the bush, seeking here and there for our heart's desire, you must come right to Him who is the fulfillment of every desire; who waits to manifest more of Himself to you and through you.

God does not give you life or love as a thing. God is life and light and love. More of Himself in your consciousness is what you want. Your gift of power must come from "on high," from a higher region within yourself, higher than your present conscious mind. It must be a descent of the Holy (whole, entire, complete) Spirit at the center of your being into your conscious mind. The illumination you want can never come

in any other way; nor can the power to make good manifest.

3. **Wait on the Lord**

“Sitting in the silence” is not merely a sort of lazy drifting. It is a passive, but a definite, waiting upon God. When you want to do this, take a time when you can, for a little while, to lay off all care. Begin your silence by lifting up your heart in prayer to the Father of your being. Do not be afraid that, if you begin to pray, you will be too “traditional.” You are not going to beg God, who has already given you “*whatsoever you desire.*” (Mark 11:24) You have already learned that before you call He has sent that which you desire; otherwise you would not desire it.

4. **Pray**

Of course there is to be no set form of words used. But sometimes using words similar to the first few verses of your favorite Psalm, in the beginning of the silent communion, makes it a matter of face-to-face speaking: “*You who forgives all my sins and heals all my diseases, who redeems my life from the pit and crowns me with love and compassion, who satisfies my desires with good things so that my youth is renewed like the eagle’s.*” (Ps. 103) Also, sometimes you may enter into the inner chamber with the words of a familiar hymn. Repeat the words many times, not anxiously or with strained effort, not reaching out and up and away to an outside God; but let the petition be the quiet, earnest uplifting of the heart to a higher something right within yourself, even to “*the Father in me.*” (John. 14:11) Let it be made with the quietness and assurance of a child speaking to his loving father.

5. **Know God is right there with you**

God is right here within you, do not look for Him anywhere else.

Pray

“You abide within me; You are alive there now; You have all power; You are the answer to all I desire; You do radiate Yourself from the center of my being to the circumference, and out into the visible world as the fullness of my desire.”

Then be still, absolutely still. Relax every part of your being, and believe that it is being done. The divine substance does flow in at the center and out into the visible world every moment you wait; for it is an immutable law that “*every one that asks, receives.*” (Matthew.7:8) And substance will come forth as the fulfillment of your desire if you expect it to. “*According to your faith be it done unto you.*” (Matthew. 9:29)

If you find your mind wandering, bring it right back by saying again: “It is being done; You are working in me; I am receiving that which I desire,” and so forth. Do not look for signs and wonders, but just be still and know that the very thing you

want is flowing in and will come forth into manifestation either at once or a little latter on.

6. Give thanks

Go even beyond this and speak words of thanksgiving to this innermost Presence that it has heard and answered, that it does now come forth into visibility. There is something about the mental act of thanksgiving that seems to carry the human mind far beyond the region of doubt into the clear atmosphere of faith and trust, where *“all things are possible”*. (Matthew. 19:26)

Even if at first you are not conscious of having received anything from God, do not worry or stop from your thanksgiving. Do not go back again to the asking, but continue giving thanks that while you waited you did receive, and that what you received is now manifest Believe me, you will soon rejoice and give thanks, not rigidly from a sense of duty, but because of the sure manifested fulfillment of your desire.

7. Allow more God

As you grow in spiritual understanding and desire, you very soon come to the place where you want more than anything else that the desires of infinite wisdom and love be fulfilled in you. *“For my thoughts are not your thoughts, neither are your ways my ways,”* declares the LORD, *“as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”* (Isaiah. 55:8-9)

Your desires are God’s desires, but in a limited degree. You soon throw aside your limitations, your circumscribed desires (as soon, at least, as you see that more of God means more of good and joy and happiness), and with all your hearts you cry out in the silent sitting: *“Fulfill your highest thought in me now!”* You make yourself as clay in the potter’s hands, willing to be molded anew, to be *“transformed into the same image,”* (2 Cor. 3:18) to be made after the mind of the indwelling Christ.

You repeat from time to time, while waiting, words something like these: *“You are now renewing me according to Your highest thought for me; You are radiating Your very Self throughout my entire being, making me like Yourself—for there is nothing else but You. Father, I thank You, I thank You.”*

Be still; be still while He works. *“Not by might nor by power, but by my Spirit,”* says the LORD Almighty. (Zechariah. 4:6)

While you therefore wait, and let Him, He will work marvelous changes in you. You will have a strange new consciousness of serenity and quiet, a feeling that something has been done, that some new power to overcome has come to you. You will be able to say, *“I and the Father are one,”* (John. 10:30) with a new meaning, a new sense of reality and awe that will make you feel very still. Oh! How one conscious touch of

the Great One makes all life seem different! All the hard things become easy; the troublesome things no longer have power to worry; the rough people and things of the world lose all power to annoy. Why? Because, for a time, you see as He sees. You do not have to deny evil; you know in that moment that it is nothing at all. You no longer rigidly affirm the good from sense of duty, but with delight and spontaneity, because you cannot help it. It is revealed to you as good. Faith has become reality.

Do not be discouraged if you do not at once get conscious results in this silent sitting. Every moment that you wait, Spirit is working to make you a new creature in Christ—a creature possessing consciously His very own qualities and powers. There may be a working for days before you see any change; but it will surely come. You will be ready, so that you can go into the silence, into conscious communion with your Lord, at a moment's notice, at any time, in any place.

8. **Speak the word**

There is no conflict or inconsistency between this waiting upon God to be made perfect, and the way of “speaking the word” out toward the external to make perfection visible. Waiting upon and consciously receiving from the Source only make the out-speaking (holding of right thoughts and words) easy, instead of laborious. Try it and see.

Clear revelation—the word made alive as Truth to the consciousness—must come to every man who continues to wait upon God. But remember, there are two conditions imposed. You are to wait upon God, not simply to run in and out, but to abide, to dwell “*in the secret place of the Most High.*” (*Psalms. 91:1*)

Of course I do not mean that you are to give all the time to sitting alone in meditation and silence, but that your mind shall be continually in an attitude of waiting upon God; not an attitude of clamoring for things, but of listening for the Father's voice and expecting a manifestation of the Father to your consciousness.

9. **Freely receive, freely give**

Jesus, our Master in spiritual knowledge and power, had many hours of lone communion with the Father, and His greatest works were done after these. So may we, so must we, commune alone with the Father if we would manifest the Christ. But Jesus did not spend all His time in receiving. He poured forth into everyday use, among the people in the ordinary day to day of life, that which He received of the Father. His knowledge of spiritual things was used constantly to uplift and to help other persons. We must do likewise; for newness of life and of revelation flows in the faster as we give out that which we have to help others. “*Go, preach... Heal the sick... freely you received, freely give.*” (*Matt. 10:7, 8*) Go, manifest the Christ within you, which you have received of the Father. God works in us to will and to do, but we

must work out our own salvation.

10. **Your expectation must be from God**

“My soul, wait silently for God alone, for my expectation is from Him.” Ps. 62:5)

“Truly, in vain is salvation hoped for from the hills, And from the multitude of mountains; Truly, in the LORD our God Is the salvation of Israel.” (Jer. 3:23) It is good that a man should both hope and quietly wait for the salvation of the Lord.

Is your expectation from Him, or is it from books, or teachers, or friends, or meetings, or societies? *“The King of Israel, even Jehovah God is in the midst of you.” (Zeph. 3:15)* Think of it: in the midst of you—at the center of your being this moment while you read these words. Say it, say it, think it, dwell on it; whoever you are, wherever you are! In the midst of you! What need for all this running around? What need for all this strained outreaching after Him?

“God is in the midst of you (not God in the midst of another, but in the midst of you, standing right where you are), a mighty one who will save; He will rejoice over you with singing.” (Zeph. 3:17) You are His love. It is you that He will rejoice in with singing if you will turn away from people to Him within you. His singing and joy will so fill you that your life will be a great thanksgiving.

Your Lord is not my Lord, nor is my Lord your Lord. Your Lord is the Christ within your own being. My Lord is the Christ within my own being.

There is one Spirit, one Father of all, in us all, but there are different manifestations or individualities. Your Lord is He who will deliver you out of all your troubles. Your Lord has no other business but to manifest Himself to you and through you, and so make you mighty with His own mightiness made visible; whole with His health; perfect by showing forth the Christ perfection. Let all your expectation be from your Lord. Let your communion be with Him. Wait upon the inner abiding Christ often, just as you would wait upon any visible teacher.

When you are sick, do whatever external human things you need to do but *“wait in silence for God,” (Psalm. 62:5)* as the Most High; do not depend on healers only, depend on God. He is the Healer. When you lack wisdom in small or large matters, *“wait thou in silence for God only,”* and see what marvelous wisdom for action will be given you. When desiring to speak the word that will deliver another from the bondage of sickness or sin or sorrow, *“wait thou in silence for God only,”* and exactly the right word will be given you, and power will go with it, for it will be alive with the power of Spirit.

10

DENIAL AND AFFIRMATION

KNOW:

There is no evil.

There is no absence of life, substance, or intelligence anywhere. Pain, sickness, poverty, old age, and death cannot master you, for they are not real.

KNOW:

There is nothing in all the universe for you to fear, *“for greater is He that is within me than he that is in the world”* Anger and fears come up in your life. Meet each one with a denial. Calmly and coolly say within yourself, “That’s nothing at all. It cannot harm or disturb me or make me unhappy.” Do not fight it vigorously, but let your denial be the denial of any thought of its superiority over you, as you would deny the power of ants on their little hill to disturb you. If you are angry, stand still, and silently deny it. Say that you are not angry; that you are love made manifest, and cannot be angry and the anger will leave you.

KNOW:

If someone is nasty to you, silently deny his power to hurt you or to make you unhappy. Should you find yourself feeling jealous or envious toward anyone, instantly turn the heel of denial on the monsters. Declare that you are not jealous or envious; that you are an expression of perfect love (an expression which is God pressed out into visibility) and cannot feel negation. There is really no reason for jealousy or envy, for all persons are one and the same spirit. “And there are diversities of operations [or manifestations], but it is the same God which worketh all in all” (1 Cor. 12:6),

says Paul. How can you be envious of a part of yourself that seems to you better looking?

Shall the foot be envious of the hand, or the ear of the eye? Are not the seemingly feeble members of the body as important to the perfection of the whole as the others? Do you seem to be less, or to have less, than some others? Remember that all envy and all jealousy are in the error consciousness and that in reality you, however insignificant, are an absolute necessity to God in order to make the perfect whole.

If you find yourself dreading to meet anyone, or afraid to step out and do what you want or ought to do, immediately begin to say, "It is not true; I am not afraid; I am perfect love, and can know no fear. No one, nothing in all the universe, can hurt me." You will find after a little that all the fear has disappeared, all trepidation has gone.

Denial brings freedom from bondage, and happiness comes when we effectually deny the power of anything to touch or trouble us.

KNOW:

If you have been living in negation for years, denying your ability to succeed, denying your health, denying your Godhood, denying your power to accomplish anything, by feeling yourself a child of the Devil or of weakness? If so, this constant negation has paralyzed you and weakened your power.

KNOW:

All your happiness, all your health and power, come from God. They flow in an unbroken stream from the fountainhead into the very center of your being and radiate from center to circumference. When you acknowledge this constantly and deny that outside things can hinder your happiness or health or power, it helps you to realize health and power and happiness.

No person or thing in the universe, no chain of circumstances, can by any possibility interpose itself between you and all joy--all good. You may think that something stands between you and your heart's desire, and so live with that desire unfulfilled; but it is not true. This "thing" is the bugaboo under the bed that has no reality. Deny it, deny it, and you will find yourself free, and you will realize that this seeming was all false. Then you will see the good flowing into you, and you will see clearly that nothing can stand between you and your own.

Denials may be spoken silently or audibly, but not in a manner to call forth antagonism and discussion.

KNOW:

To some, all this sort of mechanical working will seem a strange way of entering into a more spiritual life. There are those who easily and naturally glide out of the old material life into a deeper spiritual one without any external help; but there are thousands of others who are seeking primarily the loaves and fishes of bodily health and financial success, but who really are seeking a higher way of life, who must needs take the very first steps. For such, the practicing of these mechanical steps in a wholehearted way, without prejudice, is doing the very best thing possible toward attaining purity of heart and life, toward growth in divine knowledge and fullness of joy in all things undertaken.

Your real self is never sick, never afraid, never selfish. It is the part of you that “seeketh not her own, is not easily provoked, thinketh no evil” (1 Cor. 13:5). It is always seeking to give to others, while the human self is always seeking its own. Heretofore we have lived more in the human region. We have believed all that the carnal mind has told us, and the consequence is that we have been overwhelmed with all kinds of privation and suffering.

11

WHAT ARE YOU MANIFESTING?

And what to add to your healing

IF YOU MANIFEST SICKNESS

1. You are to ignore the obvious, focus your attention on health instead of sickness and affirm:

“This body is the temple of the living God; the Lord is now in His holy temple; Christ in me is my life; Christ is my health; Christ is my strength; Christ is perfect. Therefore, I am now perfect, because He dwells in me as perfect life, health, strength.”

Say these words with all earnestness, believing, for Jesus said *“All things are possible to him that believes”* (Mark. 9:23). realize that God is the one doing all the works and almost immediately the perennial fountain of life at the center of your being will begin to bubble up and continue with rapidly increasing activity, until new life will radiate through pain, sickness, sores, all diseases, to the surface, and your body will show forth the perfect life of Christ.

Stop looking to any material source and believing any negative information (and this is not always easy to do) and declare the Christ in you to be the only life of the body and always perfect life—it needs. Hold to that steadfastly, without wavering, to the thought, in order to become well.

IF YOU ARE MANIFESTING LACK OF MONEY

Take the thought:

“Christ is my abundant supply. He is here within me now, and greatly desires to manifest Himself as my supply. His desires are fulfilled now.”

Do not let your thoughts run off into wondering how He is going to do it; just hold steadily to the thought of supply here and now, taking your eyes off all other sources. Do whatever you need to do on the physical side and then wait for God to manifest. He will surely honor your faith by manifesting Himself as your supply a hundredfold more abundantly than you have asked or thought; so also with “*whatsoever things ye pray and ask for.*”

But remember the earnest words of James the apostle: “*He that doubts is like the surge of the sea driven by the wind and tossed. For let not that man think that he shall receive anything of the Lord.*” (James 1:6)

KNOW:

God, your Creator and Father, longs with yearnings unutterable to be to you, through the Christ, the abundance of all things that you need or desire. Your part is to choose to have Him and then follow His warning to “*hold fast till I come*”—not until He comes after death, but to hold steadily to your faith until He manifests Himself.

KNOW:

When once you have put any matter into the hands of the indwelling, ever-present Christ—in whom there is at all times an irrepressible desire to spring to your rescue and to do all things for you—do not dare take it back into your human hands again to work out for yourself. By so doing you would simply put off the time of His bringing it to pass. All you have to do in the matter is to hold to the thought: “It is done. It is manifest now.” This divine Presence is my sufficiency in all things, and will materialize itself as such in whatever I need or desire, if I but trustingly expect it.

TRUST THE CHRIST

This matter of trusting the Christ within to do all things for you—realizing that you are one with Him, and that to Him is given all power—is not something that comes to any of us spontaneously. It comes by persistent effort on our part. You begin by determining that you will trust Him as your present deliverance, as your health, your riches, your wisdom, your all; you keep on by a labored effort until you form a spiritual habit. No habit bursts full-grown into your life, but every one comes from a succession of little acts.

KEEP YOURSELF OPEN

You can only be the inlet and the outlet by consciously keeping yourself in open communication with God without the intervention of any other person between

Him and you. You have His direct telephone number; you do not need to go through any secretary or assistant.

“But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.” (1John 2:27)

“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.” (John 14:26)

“However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come” (John 16:13)

It needs but the one other little word now, firmly and persistently held in the mind, to bring into manifestation through you the highest ideal that you are capable of forming; yes, far higher, for does it not say, *“As the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts”?* (Isaiah 55:9)

This manifestation through you will be the fulfillment of God’s ideal, instead of your limited, human ideal, when you learn to let Spirit lead and to hold your conscious mind to the now.

THERE IS ONLY NOW

You want to manifest the perfect Christ. Affirm with all your heart and soul and strength that you do so manifest now, that you manifest health and strength and love and Truth and power. Let go of the notion of being or doing anything in the future. God knows no time but the eternal now. You can never know any other time, for there is no other. You cannot live an hour, or even ten minutes, in the future. You cannot live it until you reach it, and then it becomes the now. Saying or believing salvation and deliverance are in the future instead of right now makes them to be something elusive, always ahead of you, something to be reached but never quite realized..

THE HOLY SPIRIT WILL HELP

The Comforter, who is the Helper is the Holy Spirit. Jesus teaches of the Comforter that should be in us, and who should teach us all things, revealing the “deep things of God” (1 Cor. 2:10) to us, showing us things to come. In other words, He teaches us how we may find the kingdom of heaven within ourselves—the kingdom of love, of power, of life. The coming of the Comforter to our hearts and lives—giving us power over every form of sin, sickness, sorrow, and over even death itself—is exactly what understanding or realization is.

Understanding, or realization, of the presence of God within us, is as Peter said, “the

gift of God”. (John. 4:10) It comes to any and all who learn how to seek it aright. Emerson said:

“This energy (consciousness of God in the soul) does not descend into individual life on any other condition than entire possession. It comes to the lowly and simple; it comes to whoever will put off what is foreign and proud; it comes as insight; it comes as serenity and opulence. When we see those whom it inhabits, we are informed of new degrees of greatness. From that consciousness the man comes back with a changed tone. He does not talk with men with an eye to their opinion. He tries them. . . . But the soul that ascends to worship the great God is plain and true; has no rose color, no fine friends. . . no adventures; does not want admiration; dwells in the hour that now is.”

Then why should we fear to wait upon God with a perfect willingness that the Holy Spirit manifest itself through us as it will, knowing that, whatever the manifestation, it will be good—all good to us and to those around us!

FAILURE IS LEARNING

Do not fear failure, but call failure good; for it really is. Spirit, the Holy Spirit—which is God in movement—wants to teach you something, to open a bigger, brighter way to you. This apparent failure is His call to you to arrest your attention and turn you to Him.

Turn to the divine presence within yourself. Seek Him. Be still before Him. Wait upon God quietly, earnestly, but constantly and trustingly, for days—no weeks, if need be! Let Him work in you; sooner or later you will spring up into a resurrected life of newness and power that you never before dreamed of.

When these transition periods—in which God would lead us higher—come, should we get frightened or discouraged, we only miss the lesson that He would teach, and so postpone the day of receiving our own fullest, highest gift. In our ignorance and fear, we are thus hanging on to the old grain of wheat that we can see, not daring to let it go into the ground and die, lest there be no resurrection, no newness of life, nothing bigger and grander to come out of it. Oh, do not let us fear our God any longer; He is all good, and longs only to make us each one a giant instead of a pygmy!

12

WHAT YOU MUST BE CLEAR ABOUT

Belief versus Faith

It is possible to believe in anything. You can believe in poverty, lack and limitation, or you can believe in Health, wealth and abundance; whatever you believe will be drawn to you by that belief.

Belief can be rooted in fear or safety, whereas faith is only of God; it can only draw the good to you. When you draw negative things to yourself, you believe in it; you do not have faith in it, for you can only have faith in the things of God.

The confusion of belief and faith shows why many people do not even use their faith. Their faith is passive, but when they find something to believe in, then the faith becomes activated. Believing that you are capable of achievement will activate the faith that will move it into expression. Faith only responds to what is good for you and will attract the good. Belief can be in anything, and it will act accordingly, even when it is not good for you. So in looking at your life, have faith in God, the all-good God, and know that all the good of God comes to you. Focus on God and not on your beliefs.

Faith versus Fear

To really understand faith, we must also understand fear. Unfortunately for ourselves, many of us relate more to fear than faith; we believe in fear. We use fear as a tool and draw more fear to us; many say that faith is the opposite of fear, but faith has no opposite. Faith is all good, but fear is negative. When you can list what you are afraid of, then you will know what you believe in.

In order to get the most out of our life, change is necessary; many of us know this, but what stops us from change? Fear—fear of the outcome. Change means replacing one
www.healingcenterofchristinternational.org

thing with another, so the fear is in leaving the known for the unknown. This is scary for many, because even though the old ways are not working—the job sucks, the business is not making money, the relationship is awful—fear will immobilize many to stay in this type of life rather than change it and move on faith, move on with God, the good. Being immobilized with fear can and will make us lose opportunities to grow and experience the fullness of life and the fullness of God.

We activate our faith power by saying “Yes” to God.

Jesus said, *“if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible for you.”* (Matthew 17:20)

Asking a mountain to move is really a very powerful project yet here we are told that you do not need much to move mountains, no matter how big.

Faith is the power that moves the mountain...your faith in God.

Mahatma Gandhi said, *“it is faith that steers us through stormy seas, faith that moves mountains and faith that jumps across the ocean. That faith is nothing but a living, wide awake consciousness of God within.”*

Faith is your awakening tool that will allow you to perceive the light and life within you. Faith is the pathway to enlightenment; it is the pathway to all that is good for you in life. *“According to your faith let it be done to you.”* (Matthew 9:29)

Knowing and understanding who God is, is the switch for your faith; it is the catalyst that can detonate the sleeping bomb inside. It is through your relationship with God that you gain the strength that can propel you with confidence to make the changes you need to make. This relationship with God gives you the backbone for which you are searching to trust in what you have not seen and confidently shed what you do not need in your life.

EXERCISES

FIRST EXERCISE BUILD A BRIDGE!

- If you feel stuck or overwhelmed then this exercise is for you!
- Sometimes we get stuck when we focus on everything that could go wrong.
- And sometimes we get overwhelmed by worrying about everything to do on the road ahead.
- This is when we need to Build a Bridge! You don't need to see the other side – you just need to see your first 3 steps.
- Once you've taken those 3 steps, you'll be able to see the next 3 steps. And so on. Simple but very effective!

INSTRUCTIONS

1. Simply answer the questions below, then complete the “no fail” action section to get you moving forwards!
2. Use this exercise weekly to maintain momentum or simply to get you moving whenever you feel overwhelmed or stuck!
3. And don't think too hard, just trust and write down whatever comes into your head.

So, what is your goal or dream?

Where ultimately do you want to get to?

What have you done so far towards your goal or dream?

If you could do ANYTHING with no fear or limits, what would it be?

Now, write down **3 THINGS YOU COULD DO** in the next week **WITHOUT FAIL** that move you closer to your goals. They can be as small or as big as you like, but **MUST BE EASILY DO-ABLE** within the next week.

1st Action

2nd Action

3rd Action

Now copy these onto a *post-it note* or *postcard* and stick them in your car, wallet, locker, fridge door, desk drawer and *any place where you will be reminded often* – until you have done them!

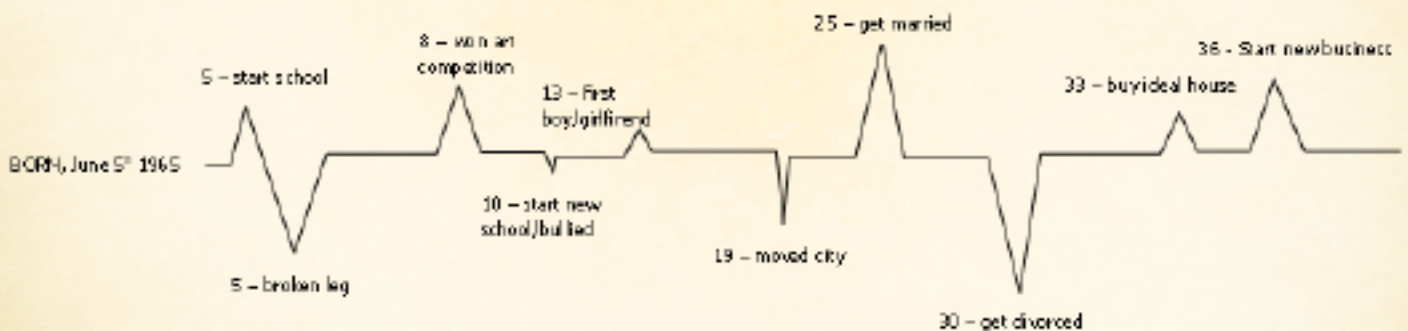
SECOND EXERCISE: **BUILD YOUR LIFE-MAP**

INSTRUCTIONS STEP 1: Note the key events that you feel have shaped your life - both negatively and positively.

- Record your birth on the left-edge of the paper

- Draw a continuous line mapping your life from the past into the future, mapping the high points with peaks and the low points with valleys
- Write a couple of words description and your age at each of the peaks & troughs (eg. moved city, university, graduated, parents divorced etc).
- If it helps, here are some questions you can answer along the way:
- What are the significant milestones/events in your life to date?
- What are your achievements/things you have done and are proud of? (big and small, from childhood onwards)
- What were you interested in as a child/what were your childhood passions?
- What do I need to include to make my life-map more rounded and complete? This can be a large or even a seemingly small event – it's about the impact the event had on you and your life!

NB. This exercise is meant to be completed quickly – just go below, start drawing the line and see where it takes you!



EXAMPLE: YOUR LIFE MAP

Reflections

This is about learning about yourself and noticing what your life-map is telling you.

- Imagine your life-map belongs to someone else. How do you feel about that person when you look at the life-map?

- What values do you notice reflected in the important events?

- When/what risks did you take?

- How did you overcome obstacles?

- When/what were the best decisions for you and why?

- When/what were the worst decisions for you and why?

- What would you change about your life-map if you could?

12

WHAT YOU MUST BE CLEAR ABOUT

INSTRUCTIONS: Allow yourself 20 minutes of quiet time to consider these questions that help you create and shape your vision for your next 3 months. Write your answers in the PRESENT tense.

- How do I want my life to be in 3 months time?

Get **SPECIFIC** and write down what you want the following to look like in 3 months time for:

i) Personal Life, Home and Family

ii) Career, Work and Business Life

iii) Health and Well-being

iv) Finances

v) Community, Friendships

vi) Spiritual and Learning

vii) Write anything else that you perhaps haven't mentioned yet here

- What if there were no obstacles?

- Who do you need to BE to achieve this? I need to be someone who is

If there was one important CHANGE you could make over the next 3 months, what would it be?

My **THEME** for the next 3 months is: _____



SPECIAL INVITATION

**INVITATION TO JOIN OUR LIFE
TRANSFORMING CLASSES**

**It will be our honor to have
you continue this journey with us**

**Please sign up for one of the classes. I think it is
time for you to “Drink the Water”. We are here to
make that happen.**

**Thank you
God be with you.**



DECLARATIONS AND AFFIRMATIONS

- I am quickened to spiritual understanding and I fully realize the true character of God and my own nature as the image, of God.
- I perceive the true character of God and His attributes; I grasp my relationship with Him and I realize that His attributes are my attributes.
- God is my Father; I see God's power as my power. His character as my character. I am not limited in life.
- God is life, love, intelligence, substance, omnipotence, omniscience, omnipresence.
- I am a child or manifestation of God, and every moment His life, love, wisdom, power flow into and through me. I am one with God, and am governed by His law.
- I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick or hurt or afraid. I manifest my real self through this body now.
- God works with me to will and to do whatsoever He wishes me to do, and He cannot fail.
- My mind is Spirit, soul and body, my mind is not separate from God-Mind, but existing in it and making it manifest in an identity peculiar to me as an individual.
- I experience harmony in my consciousness, in my Spirit, in my soul, and in my body.
- I know that when I say "I", I am using God's Spirit, God's soul, and God's body, as His "I" orders. I know they do not belong to me, I do not limit the capacity of God in me. I am the inlet and the outlet of an everywhere-present life, substance, and intelligence.
- I am a part of God in visibility; I am one with the Father; no person has power over me, for I am superior to all personality.
- There is no personality in the universe; there is nothing but God

- All the negative things are, each and every one, the absence of the real thing ; they are all healed by letting in something, a real substance that fills the vacuum.
- There is only God, through and through all things, in my body, in my seemingly empty purses, in all my circumstances, just waiting as invisible Spirit substance, for me to recognize and acknowledge Him, and Him only, in order to become visible. All else is a lie.
- I live confidently each day, knowing that the Source of my prosperity is God working through me and directing me.
- I am at peace and poised every day, in the calm self-assurance that the power of GOD and the Universe prospers me.
- I affirm that in the Presence of God, I already am prosperous and that this prosperity is beginning to materialize around me.
- All channels of my mind are open, so that I may receive intuitive direction from the God of my being, as to where to lay claim to that which brings me prosperity.
- Each day, I share the wealth of God's abundance around me.
- The Christ in me is now manifested, made visible, in my body and all my affairs. All that I need I have in every way because of this manifestation—I am Enough.

"In an age where times are difficult and you may be struggling to find your place or even survive, You Are Enough is the step by step process to lead you through a personal transformation and create Oneness with God. It is through this process and relationship with God that you will develop the confidence and the knowing to lead an extraordinary spirit-filled life."

Debra Thompson Roedl

Wealth Alliance Group and Believers Alliance Group

No person can solve another's problem for them. Each must work out their own salvation. If there is any area of your life that is not the way you want it and you are ready to accept all good as your rightful inheritance then claim what is yours now!. Claim all the fullness of love, of life, of abundance, of power, and much more. *"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows"* James 1:17. God is not where we turn when all fails; He is where we turn to at the beginning. God is your Father and He wants to manifest Himself through you in His own way.

Dr. Dee is the Founder and Spiritual Director of Healing Center of Christ International and of Life Empowerment, Inc., a non-profit organization. A dedicated, passionate and sought after international motivational speaker, Dr. Dee is an ordained minister and trained metaphysician with a PhD in Psychology specializing in Holistic Life and Spiritual Counseling.



As someone who has overcome many tragedies in her own life, and a modern day proponent of Oneness Consciousness as a healing strategy, she is uniquely qualified to share her proven fresh approach to attaining wealth, health, love and happiness. ***Countless people have benefited from using these steps; this book will do the same for you. START TODAY!***

Rev. Dr. Dee Adio-Moses

