



A Six-Day

Healing Practice

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TRUTHS OF BEING

The Basis of Life and Manifestation

A six day healing practice. In the beginning was the Logos and the Logos was with God and the Logos was God. This was in the Beginning with God. Through it. Everything was done and without it not even one thing was done, which has been done. John 1:1, 2,3 (Emphatic Diaglott.)

Your mental attitude, thoughts and words are the creative or destructive influences in the world in which you live. If you continually say, "I can't," "I'm sick," "I'm poor" you deny away power, health, and prosperity.

You do not stand alone as a special and independent creation but, with all manifested life, you float in and draw every breath of your existence from a universal substance that to your physical eye is invisible, but which in reality is the only light life and intelligence.

That substance is the Father. Many of us have long been used to naming it. Mind, Spirit, Creator, or God Almighty. It is impersonal, universal and absolutely perfect in its nature, and is the supreme cause and only moving power of the universe.

It is not material, nor is it limited to any physical law. It stands always as Cause, and never becomes involved in efforts, hence it cannot be known from the standpoint of matter.

The supreme cause being mind or spirit, you can come into conscious relation with it only through your mind or spirit.

Spiritually you live, move, and have your being in this universal element; you have an

embryo, its attributes, for as an individual, you are its thought or idea.

Your individuality is your consciousness of yourself - your power to say, "I AM."

This conscious "I" of man is the wonder of existence, and it is involved the "mystery of godliness." "Ye are gods," is a startling statement, but one becomes conscious of the glories of right thinking and the heaven that it discloses, the meaning is plain.

You think, and your thoughts take form as environment. All your bodily conditions, your health, your finances, your intelligence, your energy, your



domestic and social relations, and, in fact, all things connected with your life are the results of your own thought or of the race thought.

The perfectly pure and undefiled life essence in which you live always takes form according to your consciousness. You have the power of coming into harmony with its glorious peace, life, and purity by holding in thought the attributes that are inherent.

When you know this, you have the key to the mystery of the ages. The "philosopher's stone", the "divine elixir," the "universal solvent," and the "fount of eternal youth," are yours. You have found the elixir of life for which the wise and mighty have sought since the world began. This is a stupendous claim, but it is strictly true, and you yourself can prove it true by a faithful application of the law. Thousands all over the land are now doing so, and are rewarded with health, peace, and plenty, just in proportion to their faithfulness.

Your mental attitude, thoughts and words are the creative or destructive influences in the world in which you live.

If you continually say, "I can't," "I'm sick," "I'm poor," you deny away power, health, and prosperity.

If you hold thoughts of envy, malice, jealousy, lust, anger, pride, hypocrisy, hate or fear, your body will show forth in harmony and disease, and you will be subject to accidents and all the destructive agencies which such thoughts call about you.

If you continually think and say "I am well," "I have plenty," "I am at peace with all men," health, success, and happiness will come to you.

If you are loving and kind, if you treat all men and women honestly, justly, charitably, and really make your profession of good a practical, living reality, you will soon find yourself in the kingdom of God.

In consciousness, man has strayed away from the universal principle of good, and he must find his way back. When we say man we mean the whole race, for we are mentally bound together. The dominant thoughts that sweep through the world roll high in their wake the unstable opinions of man as the myriad drops that form the ocean roll with the tide.

Having so long looked to matter and material ways as the standard and guide for the regulation of our lives, we have drifted away from the realm of pure mind or spirit where all harmony has its source.

We have, in consciousness, strayed so far from the divine center that we wobble in our course and are attracted here, there, and everywhere like erratic meteorites.

All of these things have been brought about by a misuse of thought. We have our command and resources through which we can satisfy every desire. The Father created us in His image and likeness, and we therefore have power to form our individual worlds by our word or thought - our application of agency through which He creates.



God said, "Let the earth bring forth;" and man says, "Let the earth bring forth." Some Bible scholars tell us where it is written in the English version "In the beginning, God created." It should have been translated, "In divine wisdom. God created." All of God's creations are in perfect harmony with the ideals that supreme intelligence knows will work out perfection. But man loses sight of the divine ideals at the center of his being; he runs after the shadows that he evolves through the power of thought, calls them real and a source of knowledge. He ultimately learns that this course is a mistake, and in looking for wisdom to guide him on his way, he finds it at the innermost of his being.

When he makes this discovery, and applies the law of thinking in harmony with divine ideals, he is astonished at the remarkable results that manifest in his environment. He gets a conception of the grand and glorious conditions possible to the race when all men train their thoughts to flow and channels of love and peace. He then sees with the prophet "the new heavens" and "the new earth" where "the tabernacle of God is with men, and he shall dwell with them, and they shall with his peoples and God himself shall be with them, and be their God, and he shall wipe away every tear from their eyes; and death shall be no more; neither shall there be mourning, nor crying, nor pain anymore: the first things are passed away."



Thinking at random by the light of the intellect has brought about the inharmonious conditions in which we find men today; but the law of thinking is operative for good when directed by divine wisdom, and will always bring us into joy and peace, glorious beyond conception.

Knowing that all good things are in the one great mind and that we can come into a consciousness therefore through thought only, we use in a systematized way, the "no" and the "yes" action of mind to bring about any desired change in our condition. We group under the head of "Denials" those false appearances of which we wish to be rid; and under "Affirmations," those desired qualities with we know to be inherent in the infinite mind.

Never to be discouraged because the evidence of your words does not show forth quickly. You may have been saying for years, "I'm sick" or "I can't;" therefore, a change of thought is necessary before you can reasonably expect a recovery. Radical changes for the better are the rule, and perfect health and satisfaction are always the reward of those who persist.

Let no man or woman doubt the efficacy of this method. It will accomplish the desired end, and it is the only way by which the ills in errors of humanity can be permanently overcome. By pursuing this course persistently, and by looking only to the Father for guidance day by day, you will ere long come into a consciousness of the indwelling presence of God, and His Spirit will so bear witness with yours, that you will absolutely feel divine substance, thrilling your nerves.

There are the days promised in which the bodies of men are to be transformed and to the imperishable dwelling places of the Most High.

If you are faithful in your worship of the true God, the God whose Spirit is active in all the affairs of our lives, as purity, peace, justice, love, gentleness and power, you will in time arrive at such unity with the Holy Spirit that all denials will be unnecessary. The Comforter of the Mother-Father will then flow into your consciousness as a great river of sweetness and light, cleansing your whole being every moment, and it will talk to you as it did to Moses, mouth to mouth."

MENTAL TRAINING

A course of mind treatment that has proved the truth of this teaching.

Make your denials in a quiet, indifferent way, and your affirmations in a strong, bold, vehement, positive mind.

Each day's treatment or the whole course. If necessary, is to be repeated over and over until it manifests it's living presence and potency and consciousness.

If you desire to help another who will not try to, or cannot himself successfully bring his mind into harmonious relations with Principle, think of that one. When you hold the daily thought, and spirit will cause your word to manifest, both in you and your "patient."

INVOCATION

(To proceed each day's treatment.)

I am now in the presence of pure Being, and immersed in the Holy Spirit of life, love and wisdom.

I acknowledge Thy presence and power, O blessed Spirit; and thy divine wisdom now erase my mortal limitations, from Thy pure substance of love bring into manifestation my world, according to Thy perfect law .

Monday

Deny

I deny the belief that I am a child of flesh or I must suffer for the sins of my forefathers "upon the third and fourth generation." Perish all such ignorant claims!

I deny that I inherited from my ancestors lustful passions and sensual appetites.

I deny the belief that the race can reflect upon me lustful passions and sensual appetite. I deny the belief that those with whom I associate can reflect upon me lustful passions or sensual appetites. I deny my own ignorant belief in such erroneous ideas.

Affirm

God is Spirit and I - the divine image- am Spirit. I am born of God. God is too pure to behold iniquity and I am, therefore, pure Being, without tinge of lust or passion.



Tuesday

Deny

I deny the the belief that I have inherited diseases, sickness, ignorance, or any mental limitation whatsoever. I deny all belief in evil, for God made all that really is, and pronounced it good. Therefore, no such deception as a belief in evil can darken my clear understanding of Truth. Those with whom I associate can no longer deceive me with their words of consideration and sympathy. I can no longer deceive myself with such weakness.

Perish from my world these silly beliefs of darkness and ignorance. I am now free from them all, and by my powerful word I hear by destroy them entirely.

Affirm

God's life is my life, and I vibrate with harmony and wholeness. I am free, with the knowledge that all is good; I am, therefore, perfectly whole and well.

Wednesday

Deny

I deny that the sins and omissions of my ancestors can reflect upon me in any way. Selfishness, envy, malice, jealousy, pride, avarice, arrogance, cruelty, hypocrisy, obstinacy, and revenge are no part of my present understanding, and I deny all such beliefs in the race and those with whom I associate, and in my own mind.

Affirm

God's life is my life, and I vibrate with harmony and wholeness. I am free, with the knowledge that all is good; I am, therefore, perfectly whole and well.

I love my neighbor as myself, and I will do to others as I would have them do to me.

Thursday

Deny

I deny that I have inherited the consequences of fear from my ancestors or that the race can reflect its fears upon me. The fears of those with whom I associate can no longer hold me in sickness or want, and my own understanding is now fully rid of this illusion.

There is not, and cannot hereafter be, any fear in or about my bold world.

Affirm

I am brave and bold with the knowledge that I am Spirit, and therefore not subject to any opposing power.

Plenty and prosperity are mine by

inheritance from God, and I now, by my steady, persistent word, bring them into manifestation.

Friday

Deny

I am no longer foolish or ignorant, and the foolishness and ignorance of ancestry can no longer be visited upon me.

I am free from the foolishness and ignorance of the race. The foolishness and ignorance which may have been treasured up by my own belief are now erased.

Affirm

I am wise with the wisdom of infinite mind, and I have knowledge of all things. I

"OUR JOB IS NOT
TO SET THINGS
RIGHT BUT TO SEE
THINGS RIGHT"

Eric Butterworth



know I am pure intelligence, and I hereby claim, my divine right to light, love and liberty and all goodness, wisdom, love and purity.

Saturday

Deny

I deny that I inherit any belief that in any way limits me in health, virtue, intelligence or power to do good.

Those with whom I associate can no longer make me believe that I am a "poor worm of dust." That the race, belief that "nature dominates man" no longer holds me in bondage, I am now free from every belief that might in any way interfere with my perfect expression of health, wealth, peace, prosperity, and perfect satisfaction in every department of life.

I now in the sight and presence of Almighty God, unformulate and dissolve, by my all-powerful word every foolish and ignorant assumption that may impede my march to perfection. My word is the measure of my power. I have spoken, and it shall be so.

Affirm

I am unlimited in my power and I have increasing health, strength, life, love, wisdom, boldness, freedom, charity, and meekness now and forever.

I am in harmony with the Father and stronger than any mortal law. I know that my birthright is pure Being, and I purely assert my perfect freedom. In this knowledge I am enduring, pure, peaceful, and happy.

I am dignified, definite, yet meek and lowly, and all that, I think and do.

I am at one with vigorous life, wisdom and spiritual understanding, and I now fully manifest them.

I am at one with love, charity, justice, kindness, and generosity, and I now fully manifest them.

I am at one with infinite goodness and mercy and I now fully manifest them.

Peace flows like a river through my mind, and I think thee, Oh God, that I am one with Thee.

Sunday

"Be still and know I am God."