

STRESS MANAGEMENT

MEDITATION

Breathing and relaxation technique:

- 1) Touch the tip of your tongue to the inner surface of the upper front teeth, then slide it just above your teeth until it rests on the alveolar ridge (the soft tissue at roof of mouth). Keep it there during the whole exercise.
- 2) Now exhale completely through the mouth making an audible sound (whoosh).
- 3) Then close your mouth and inhale quietly through your nose to a silent count of four.
- 4) Then hold your breath for a count of seven.
- 5) Then exhale audibly through the mouth, to a count of eight.
- 6) Relax the muscles in your body.
- 7) Imagine yourself in one of your favorite places.
- 8) Repeat cycle two times; focus on your breathing.

Eye belly awareness practice

- 1) Sit in a meditation position with your eyes closed.
- 2) Start breathing with your throat friction, building up the vibration between the eyes for two to three minutes (see section on breathing and relaxation below).
- 3) Then practice being aware of the vibration, both between the eyes and the center in the forehead. Maintain your throat friction to enhance the vibration and connection between the two centers.
- 4) As you proceed further, try to anchor the eye into the center of the abdomen (belly). Continue for a few minutes, building up the vibration in the two centers (eye and belly) and connecting them. You may commune with your higher nature, and Christ within.
- 5) Then open your eyes. Start looking at some objects around you, one after another.
- 6) Remain very motionless, aware both in the eye and below the navel. When we practice looking at objects and being aware in the eye, we notice that a certain centeredness would arise spontaneously.

Affirmation

I BELIEVE I RECEIVE THE GREAT POWER OF ALMIGHTY GOD THROUGH THE GIFT OF CHRIST.

I EXERCISE THE ABILITY AND AUTHORITY TO USE THE POWER OF ALMIGHTY GOD.

I LET GO AND LET THE MOSTHIGH GOD WORK IN MY LIFE. I GO FREE

THANK YOU MOSTHIGH GOD.

I FULLY AND FREELY FORGIVE, I LOSE AND LET GO AND CAST ALL JUDGEMENT, RESENTMENT, CRITICIZEM AND UNFORGIVENESS ON THE ALTER OF CHRIST WITHIN TO BE DISOLVED, DISPIATED, MADE NULL AND VOID; I GO FREE TO RECEIVE MY RICH HIGHEST GOOD AND TO SHARE MY GOOD WITH OTHERS.

THANK YOU MOSTHIGH GOD

DEVINE LOVE NOW PRODUCES THE PERFECT RESULTS WITHIN ME TO ALL PEOPLE AND FROM ALL PEOPLE TOWARDS ME.

THANK YOU MOSTHIGH GOD

You have the power to accomplish your goals and dreams. Start affirming out loud, visualizing and meditating on your good results. If you believe, you will have what you say. WHEN YOU CONTINUE TO SAY IT, YOU WILL BELIEVE; THIS IS FAITH.

The gospel of Christ is the power of God unto salvation to every one that believe.
Romans 1:16

Increase Will Power to Accomplish Goals and Dreams

Reconnect to Your Higher Nature of perfect Energy Power

Mankind were created male and female to reproduce and to have relationship with their creator. Your higher nature is you in relationship connection with your creator, the source of your creative soul energy. The greater the worship in relationship with our creator, the greater your daily functioning within your higher nature. Mankind created with free will to choose his path in life, can also choose his relationships. Within a person is the body, soul and spirit. Mankind's' higher nature is within their spirit. Mankind can now choose to have relationship with his creator, even though the relationship connection has been broken. Reconnecting the soul energy with the higher nature allows for a natural flow of energy, and a feeling of PEACE within. Unrestricted and unblocked soul energy allows for a healthy personality, and a healthy emotional nature which resolves conflicts. You are the work of God's own creation. God will perfect that which concerns Him, His mercy for you endures fore ever in the Kingdom of your higher nature. Psalms chapter 38: verse 8 from ancient text, book the Holy Bible.

To start Your Natural Energy Flow connecting to your higher nature is a spirit connection. When you are connected to your higher nature you are connected to God the creator.

Know God the creator? By telling you what God has done for me, may help to answer that question. When I was sick, He healed me. When I was without a job, He supplied my needs. There was not a day that I went without food, water, shelter, clothing, clean air or whatever I needed. When I had no money to pay, he canceled my debts. It was as if I had favor with my creditors. Every force that tried to defeat me was made null and void. The miracles that God did for me, when I reached out for Him in prayer are undeniable. I came to know God through this relationship of prayer. Prayer is simply acknowledging God the creator and talking to Him or speaking His words. Let me tell you! My first knowing experience with this awesome power was shocking. I was in church kneeling at the altar, accepting Christ and suddenly I was in another place supernaturally. I saw a large, thick curtain separating from the center. It was pulled back to the far ends, and all I could see was white cloud of light. Then I was back, seeing the church in which I was still praying on my knees at the altar. I gave my life to God that day. I was fourteen years old. I tell you, I was afraid to pray after that experience. I still continued to kneel and pray but looking above my head with wide open eyes the whole time. I came to know this supernatural power outside of myself and within me. I came to understand that I had a vision. Thus, was born my relationship with God and a supernatural, natural flow of energy power within me. I later read about David in the Bible speaking: God covered Himself with light and stretched out that curtain. I then realized that I was not the first to have that experience of the curtain. Psalms chapter 104:2

God is the creator. God is not created. Before the mountains, the earth and the world were formed, God is from everlasting to everlasting. Psalms chapter 90: 2 The Lord is spirit. Our minds were blind until the veil was taken away by Christ. Now we are changed to be like Christ by the spirit of the Lord within us. Where the spirit of the Lord is, there is liberty (freedom). Second Corinthians chapter 2:14-18

As many as are led by the Spirit of God can call God father. We are God's children and heirs to the kingdom of God in our higher nature. Romans 8:14 – 17

No stress, you can know God. God gives us His Spirit, and we are taught by God to love one another. 1Thessalonians 4: 8,9

God is light. 1 John 1:5 God is love. 1 John 4:7 Perceive we the love of God, because He laid down his life for us. 1 john 3;16 God is the first and the last. He that live, was dead, and alive forever and have the keys of hell and of death. Revelation 1:18

The salvation of God gives mankind sabbath (rest) in which mankind can take hold of the covenant between God and mankind. In this covenant of salvation, man is covered with the righteousness of God. Blessed is the person who takes hold of it. Isaiah 56:1,2

In this sabbath (rest) of salvation there is a place for you in Gods' house (kingdom). You now are of the royal family of God. You now have access to all His Kingdom, made joyful in prayer, and led with peace. It is your choice. Isaiah 56: 4, 5, 7

What Are the Attributes of God?

God is Infinite, omnipresent, truth, omniscient, righteous, God of wrath, Judge, to be worshiped, a rewarder and Infinite. God is endless, and vast. God is from everlasting to everlasting. Psalms 90:2 Omnipresent. God is everywhere. If I go to the uttermost parts of the sea, if I ascend into the heaven, God is there. Where can you go that God does not know? For there are no language that He does not know. God knows us in our mother's womb. God knows it all. Psalms 139: 4 – 14

Grace and truth came by way of Christ. The lamb of God that take away the sins of the world is Jesus Christ. We now can choose to be no longer trapped by negative experiences, but free to have access to God and His goodness. Your belief can give you access. St. John chapter 1

Omniscient God knows all things. Righteous God is virtuous, morally right. Wrath of God is when you are in disconnect from your higher nature, where there is no inheritance. This is a real relationship experience. To be joyful in your daily life and partake of the fruits (benefits) of your spirit connection is a choice. It is like the process of walking. You first choose where you want to go. Step by step you move toward your goal. The mind is transformed where the walk becomes effortless. You will know what to do and you will do it.

what is practiced you then do without thinking about the process. So it is in your daily living. You will turn away from things of the lower nature like covetousness, and then walk continually in daily practice of being in your higher nature, where you can partake of your inheritance of abundant good life. Ephesians 5: 1-9

The soul that sin shall die. Choosing the higher nature rather than the lower nature is a choice between life and death. With every choice, comes benefits or consequences. If the choice produces consequence this is the judgment, but if the choice produces benefit there is no need for consequence of judgment. Ezekiel 18:4, 31, 32

Worshiped is reverence, service, intense love, and admiration in prayer. God is a rewarder of those who diligently seek Him. Revelation 22:12

How to seek God

Just give Him your attention for a few minutes. Set aside some time just to get to know God.

What Is the Character of Almighty God? The character of God is love, word of truth, and joy.
John Chapter 17

Love is of God. The spirit of God is love. If we love one another, God dwells in us and his love is perfect in us. God give us His Spirit. God love us. God so love us that he gave us a pathway back to Himself, which is Christ. Now we can be connected to God. When love is made perfect in us, there is no fear in love. Perfect love cast out fear. Our love is made perfect, so we can have boldness and confidence that we know Him.
1 John chapter 4

Word is power. In this confidence we declare our petitions which we desire. If we ask anything according to His will, He hear us, and we have the petition which we desire. Start affirming those petitions out loud into the atmosphere, 7 time in the morning and 7 times before bed. It is the spirit of perfect love that bear witness that we know God, and the witness of Gods perfect love for us is Christ (1 John chapter 5). You must believe that God exist and that He is a rewarder of those who diligently seek Him. This is faith. When connected to God, build your relationship. The more you build your relationship, the reward of your hearts' desire will flow like a flood unblocked and unrestricted. God is rich. It is a heart connection. With the heart you trust, you believe. Believe on All Mighty God; you won't be disappointed (Romans chapter 10 verse 10 – 1).

Joy is celebrating. Celebrate your love connection. Give thanks for your affirmation, visualize it. Day dream about it. Call it out loud to come to you. Let your ears hear it. Let your spiritual eye of your imagination see it. Diligently seek Gods flow of energy and share your affirmation with God. The joy of the Lord is your strength. Your past experiences that make you sad sometimes can be rooted out. When any trouble come against you to steal your faith and confidence in God, stay the same in joy and let perfect patience work. Don't let your feelings lead, stay focused on the word. To have continual joy, be filled with the Spirit of God by speaking out psalms and songs, singing and making melody in your heart to the Lord. Also, when you are giving thanks to Almighty God always for all things, this allow joy to flow (Ephesians 5:18, 19, 20).

Make use of your authority to affirm what you need, knowing that you have all things through Christ your connection. You have access to the kingdom. If you need wisdom, petition God in confidence (faith) and believe you have already received it in the kingdom of God. Pray as Jesus taught "thy Kingdom come" call what you need to come, manifest here on earth as it is in the heavenly kingdom of God. God has an abundant supply of good gifts. Stay connected patiently in joy; soon your affirmation will manifest. Feelings may sometimes want to keep you separated from God, press through into your joy with thanks giving and song of praise to God. Get happy. Once connected to God, through the acceptance of Christs' love, you are now a part of the kingdom. You are royalty, so with everything by prayer and thanksgiving let your request be made known unto God the Father. Affirm it. God is rich and can supply all your needs through Christ. (Philippians chapter 4).

Born again into The Kingdom of the Higher Nature

Born again into the new nature connected to God is not a flesh birth, but a spirit birth. Except a man be born again, he cannot see the kingdom of God. For God so love the world that He made a way for us to be connected to Him by way of Jesus Christ, so that the world through Him can be saved (John chapter 3). There is a place for you in Gods' house (kingdom), if you so choose to have it (Isaiah 56:5).

Rest To enter into rest within your higher nature is a process of believing and receiving. Four key points are addressed in the sinners' prayer, after which the feelings of the heart are transformed, and rest begins. 1) Tell God you are a sinner. 2) Tell God you hate your sin (all the wrong and shameful things you have ever done). 3) Tell God you believe the record that He became a man, a perfect man, died for your sin and was raised up on the third day. He became the perfect lamb of God, so you can look on the cross and rely on that blood to show that the penalty for your sin was satisfied. 4) Invite God into your heart to be your personal savior. After this, God's righteousness is now yours and you are made just. You are now connected to eternal life.

Sinner's Prayer

(Bow your head in prayer to show honor to God. Speak earnestly from your heart to God.)

“Dear Lord Jesus, I am a sinner and I hate my sins. I believe that you as God became a man, a perfect man, so you can be the lamb of God, you went to the cross willingly to die for my sins and was raised up on the third day. I open the doors of my heart. Please come into my heart, save my soul from my sins. Thank you, Lord God. In Jesus name.

Whosoever shall call upon the name of the Lord shall be saved. As many that receive Him to them He give power, to them that believe on His name. John 1:12

Baptize To be baptized means to wash away the lower nature and be made whole within your higher nature. When you go beneath the water, it is symbolic of a berried old nature. When you rise from the water, it is symbolic of your new birth into your higher nature, now one with God. Now live each day connected, not lacking any good thing. All good is now accessible within the higher nature. When you are connected to Gods' spirit of love, the love inside of you is a witness that you know God. Within the higher nature of your spirit, you will know Gods' will, and hear His voice as you develop your relationship (Acts chapter 22: 15, 16). It does not yet appear what we shall be. Because, when we hope in God, we purify ourselves. As God is pure, we know that we shall be like Him. The world does not know us in our higher nature, because they do not know God. Your identity is not defined by the world, but now by God. When you are connected in your higher nature, you can't be in the lower nature at the same time, but a renewal of the minds' way of thinking is necessary. Through spending time in building your relationship with God,

using His word, and utilizing your affirmations, the minds' way of thinking is also renewed. The old way of thinking in the lower nature is destroyed. As you use the power within you, wait patiently in your hope for your affirmation to materialize, relax, and let go of the old way of thinking. When the old thoughts try to come into your mind. Do not think on them. Speak your affirmation. To truly let go of the past it is important to forgive. The following affirmation may be helpful in this process:

FORGIVENESS AFFIRMATION

I fully and freely forgive. I lose and let go all ill feelings, all dissatisfied relationship of the past, all unsatisfactory ways of living and I go free. Divine love produces the perfect result now from me to all people and from all people towards me. I joyously make way for my new good, which now appear quickly, easily and in Gods' most wonderful way. I welcome my new good now. Thank You God.

To be patient is to stay the same. Faith is hope in God to see your good results. This starts the process of materialization. So, wait patiently in hope expecting and preparing to receive. Diligently reach for your higher nature, by keeping your mind stayed on good thoughts. God is reaching also for you, holding you up and keeping you strong. Here we perceive the love of God, in that God laid down His life as Christ for us, creating the way of reconnecting Himself to us. The new abundant life through Christ is now available for us to live in our prosperous kingdom. Now we can be made pure, as He is pure (1 John chapter 3). Straight is the way and narrow the gate that lead to abundant life. As you are connected, you are like a tree planted by a river of water bringing forth good fruits (benefits). It is very straight forward. Stay connected in your higher nature, and you will see the good results manifest in your life. Christ made things right for us. Through Christ we are made righteous; we can now access the perfect will of God for our life. Now we can access all perfect things in God, within the spirit of our higher nature. Seeking first thing in the morning to be connected in your higher nature, there is the kingdom of God, His righteousness through Christ, and access to all good things (Matthew chapter 7: 33).

See the Fruits of your love connection

Love, joy, peace, meekness, faith, temperance, gentleness, goodness, are fruits of the spirit and everything pertaining to life and Godliness. There are good benefits of being connected to God. We will examine some of these fruits of being connected to the Spirit of God. You will know the tree by its fruit; so it is evident who is living in the higher nature and who is not (Galatians chapter 5: 22,23)

Love, this character of God is also a fruit of our spirit when connection to God. Here we know that God is in us, by His Spirit He has given us. What is love? God showed us by example how to love. For God so love, that He gave by sacrifice to save the whole world (John chapter 3:16). Love is evident by sacrifice as a deed done in truth. In this connection to God through Christ, we can love one another without ulterior

motive. If you have goods, and another persons' need move your compassion to do a good deed in truth, this is the heart of love (1 John chapter 3: 17, 18, 24).

Joy is also another character of God, which brings fruit in our spirit. Knowing God is knowing the path to life. In the presence of God is the fullness of joy, and pleasures forever. Rest in hope, knowing that you have a good heritage. Let your heart be glad, because the Lord God is our inheritance and our maintenance. The Spirit of God gives birth to your spirit into the kingdom of God (Psalms chapter 16: 5 – 11). Be filled with joy as you are filled with the Holy Spirit of God (Acts13:52). At times you may not feel like being joyful at this time offer the sacrifice of praise to neutralize sadness. God has brought us into a wealthy place. Let us thank God for what we have now, and honor Him with our praise for the wealth and riches which shall be in our house. Stay in joy and thanksgiving trusting God, even when problem come. Let your heart be fixed in joy, thanking God for your affirmation until you see your desire materialize (Psalm 112).

Peace in a quiet resting, a result of being right with God. We are made righteous, through Christ. When the Spirit is poured out on us from the Most high God, we become as a fruitful field (Isaiah chapter 32: 15-18). Forgive all and let go of past hurts, so you can receive peace within. Fret not (Psalms chapter 37:8). In everything pray, implore God with thanks giving and let your request be made known. Then the peace of God, which pass all understanding, shall keep your heart and mind. Whatever things are true, honest, just, pure, lovely, good report, virtue, praise, think on these things. The God of peace shall be with you. Rejoice in God. Speak out loud: MY GOD SUPPLY ALL MY NEEDS ACCORDING TO HIS RICHES IN GLORY BY CHRIST JESUS (Philippians 4:19).

Meekness is patience to humble yourself to Gods' will; empowered to turn away from the temptation of pride. To believe your old way of thinking in the lower nature will give you a better result, this is pride. The creation is not greater than the creator. Are you humbling yourself in prayer to God, casting all your cares on God? Do you need God or are you living life without God? God resist the proud but gives grace (connection) to the humble (1 Peter chapter 5: 5-10) Pride comes before the fall into the lower nature. Your good results will not last, if your mind dwells on the things of pride. When you stay focused on relationship connection with God, you will be able to resist pride as your wealth and gifts are manifested in your life. Give all glory and thanks to God. Be mindful of pride and get into the habit of keeping your mind on thing of the higher nature. Reminding yourself, it is God who works within me to do the good pleasures of higher nature. As you walk, step by step daily, practice redirecting the thoughts of your mind. When the thought of pride comes, redirecting your mind to your affirmation will destroy the thought of pride. You have the power within you to think the right thoughts and to do the right things. God showed us how to be humble by the example in Christ; who, being in the form of God made himself like a man. Being fashion as a man, he humbled himself and was obedient even to the blood of the cross. Look for the good in all things. Avoid murmurings and complaining, when you are focusing on your higher nature. (Philippians chapter 2). Honor God with your substance (10%) and with the first fruits of your increase. This will keep your heart free from being entrapped spiritually by the love of money. Once connected to your higher nature you will see fruit. Claim it, call it into your material world. Remember to honor God, the giver of all good gifts. Thus, your fruits will continue to fill your life to an overflow (Proverbs chapter 3: 9 and 10).

Faith is the substance of the things you hope for, the evidence of the things not seen yet with the natural eyes (Hebrews chap 11:1). The fact that you hope for a thing is evidence that it already exist in the kingdom of God in your higher nature. What you believe in your mind affects you physically, even your emotions,

behavior and the words you speak. Without faith it is impossible to please God; you first must believe that He is, before you can receive what He is giving you. Grace has been offered to every human. Christ is the grace of God. God the Father gave His body (Christ who is the body of God; first born of God into the earth) to deliver mankind from the fallen nature. This is the price that had to be paid for humanity. Now we who are born into our higher nature are called children of God and body of Christ. This is grace. We can now enter the presence of God, have relationship with Him, and live connected continually to Him in our higher nature through the gift of Christ. We are the children of God by faith in Christ and grace. We are all as one in our Higher nature. Of the same Spirit of God as Christ. The just (righteous) shall live by faith. Christ has redeemed mankind from the grip of the lower nature. This is a gift given to each person, waiting for you to accept and receive. Now through the gift of Christ we are of one Spirit calling God Father (Galatians chapter 3). Our behavior is according to our nature. Within your new nature you are one with God. You will always triumph, if you give Almighty God thanks for all the gifts given to us.

Connected to God. You are born again into the kingdom of God. Joint heir with Christ, heir to all that is in the kingdom. Thus, you will see the fruits of the Spirit in your behavior. Things which are impossible with mankind are possible with God (Luke chapter 18). Now that God lives in you, is there anything impossible to you? As a child of God, you have access to the things of God. You can use faith and say your affirmation and picture the good result. The power of God is in the spoken word. Start speaking. Faith (hope) in God is so powerful. If you have faith as a grain of mustard seed, you can say to the sycamore tree, be plucked up by the root, and be planted in the sea and it should obey you (Luke chapter 17:6).

Temperance is self-restraint. Within your higher nature you have access to strength for resisting any negative situation. Use your affirmation to access your strength and stay in hope. Speak in agreement with your affirmation, not with what you see with your natural eye. Self-control will increase as you build your relationship with God in prayer. Thank God for the manifestation of your affirmation. Make time on your calendar to spend time with God. Go to your quiet place and commune with God in prayer and thanks giving. Lift your arms open to receive. The God of all grace call us into His eternal glory by way of Christ who make you perfect and established in strength (First Peter chapter 5:10).

Gentleness is one of the benefits of being connected to God. He is gentle with us. With His loving kindness and tender mercies, He forgive all the wrongs that we have ever done. He redeems our life from the destruction of our lower nature and put a crown on our heads within His kingdom of our higher nature.

Goodness of God. He satisfies our mouths with good things, so that our youthfulness is renewed. Don't be surprised; connecting regularly within the kingdom of your higher nature will keep you healed, looking young, and strong (Psalms chapter 103:2 -6). Your glorified spirit quickens your mortal flesh and manifest what you speak.

Your fruits of the Spirit. Affirm love, joy, peace, meekness, faith, temperance, gentleness, goodness, and have what you say. You are blessed. Are you replenishing others with these fruits? Your mouth is a tool to be used to build up yourself and others. Speak the affirmations for you and your children, family, and all people in the earth. You have the power to affect change both in yourself, in others, and the whole earth. Affirm your MIND POWER located at the root of the tongue. Just think of when someone complements you how it lifts your joy. Not only do we have power to get food, but also industries to harvest seed for food. In the kingdom of God is unlimited supply, so if we are living in our inheritance and claiming our abundant blessing from Gods' store house of the higher nature, we are living according to

Gods' word and will. When we are living according to Gods' will, we can expect His host of angels to help us. Here we see miracles. Expect to see the good results of your words manifest in your fruitful life. What are you speaking and expecting to see?

Claim Your Inheritance. You Have Inherited the blessing when you are born again in to your higher nature. There is God's army of angels, very strong, waiting to do and carry out the word of God which are spoken by you. Do you know what good words of God the angels are waiting to hear you voice? (Psalms 103:20) Let's start at the beginning. When God created humanity, he blessed them, and said, "be fruitful, multiply, and replenish the earth; have power over the fish, fowl of the air, and every living thing that move upon the earth. Seed, herb, fruit tree for food time and harvest." (Genesis chapter 1:27 – 29) This is now your responsibility.

Grounding *what is this ground?* Grounding is compared to a seed that is planted in the ground. It must have water, depth, and light to grow fruit. So are the grounds of our heart. Out of the heart the mouth speaks. With the heart you understand words which are personal to you. Considering the heart in this case as the ground and the spoken word as a seed. A good heart brings forth good things like joy, confidence and so on. The grounds of your heart can be fertile or waxed gross. The heart can be converted and healed, so with the heart you can understand (Mathew 13:15) Pray by thanking God for what He has made available to you declaring your affirmation.

What are the seeds? Word is the seed. What are you growing? To be rooted and grounded is to have word into your heart, with depth so as not to be tossed about with every wind of crisis and negative word spoken to you. Rebuke negative words both spoken and in thought, don't accept them or consider them. The dept is the conscious or unconscious memory of your word. Memory of your good word is used when crisis tries to disrupt your life. The word of God from the ancient text, in books of the Bible can be personalized and used as affirmations for grounding. For example, the exceeding greatness of His power is given to us who believe (Ephesians 1:19). This is made personalized by saying, I have the exceeding greatness of Gods' power, because I believe. To hear your affirmation words which you speak awakens your faith to access the great power of God within you to manifest that word.

Personalization of words helps to prevent faint of heart and help us resist hurt to the heart. Words can hurt, if you let it. When you use the kind of words that bring forth good things in to your life, you will see the good results (good fruit) of one hundred-fold, sixty-fold, thirty-fold (Mathew 13:4 – 8). How to sow good seed. Choose your words wisely. The words you speak about yourself or others create your reality. Speak well of yourself and others. How do you speak well of a bad situation? By giving thanks in all situation for manifestation of a good result. This gives you the power and not the situation having power over you. Giving thanks puts the situation on the level of the kingdom of God. In the kingdom of God there is good seed which can change your situation for the better. Watch the words you speak manifest. There is effect, good or bad. Every idle word that a person speaks, they shall give account for (Mathew 12:34-37). If words of negative feelings, or thoughts are spoken, destroy it. Say, I bind it and burn it (Mathew 13:30). Before sleep sow your good seed by speaking good words to help your unconscious mind stay focused while you sleep (Mathew 13:25).

Case study: Mr. and Mrs. Smith have four children. Eldest son seventeen years old Jason was considered the problem child from he was a young child. He constantly annoyed his siblings, trashed the house, and stayed out until all hours of the night. His parents constantly complained about how bad he was. The parents were instructed to speak well of Jason for two weeks. After one week of speaking well of him, the family saw a change. Jason came an apologized to his family for taking out his frustrations on them. His

parents took him out to lunch and apologized for speaking so badly about him for so long. That was the beginning of a new relationship with their son. Good words spoken can change your reality.

What is the water? Belief on Christ is your water. Through Christ you are connected to receive. This creates a flow. Speak your daily affirmation with vivid picturesque understanding. See the manifestation in the spiritual eye of your imagination, especially after you have meditated on Christ the person (body) of God). The word of God is the living word that produces life. The body is more than 70% water. There is a flow of electrical activity throughout the body. Electrolyte (smallest element) that dissolved in water to conduct electric current. The electrolyte sodium is essential in maintaining fluid balance. Those who believe on Christ, out of his belly flow rivers of living water (John 7:3).

Where is the light? Electrolyte can conduct electric current. The electrocardiograph (ECG) is a device used for recording the electrical impulse of the heart. Use eye-belly awareness in meditation to increase the flow of light energy into the body.

Meditation (into your higher nature) Any action performed with mindfulness can be meditative. Now it is not only centeredness, but also grounding that can be experienced in positive meditation. The single eye is the gate that opens to the space of consciousness and to the inner world. It is also the main organ through which the body of energy can be awakened and governed. The single eye acts as a “switch” which can activate higher frequencies of the body of energy and thereby lead to a higher state of consciousness. This is a major healing action. The physical vibration of sound and the vibration cultivated in the single eye can be felt in the belly. By connecting both the single eye and the belly, you automatically feel more solid, and dense, less likely to float away with the first puff of crisis. It is as if no one or nothing can move you out of your emotion. If practiced sufficiently, this technique will put you more in touch with your own powers within you. You experience your soul when you are in a state of joy and peace. This joy no one can take from you, rather you affect the people around you to also experience an atmosphere of joy. This is how you know that you are where God is, and you are in your higher nature. If the eye is single, then the whole body is full of light (Matthew chapter 6: 22).

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