

Prayer & Meditation

It is good to have a specific time & place to meet with God, but eventually we see that each day is holy & all God's Universe, His Temple. We then realize that our every thought, word, & act, is a prayer; & by receiving God's thoughts, we remain in constant meditation regardless of where we are or what we may be doing. (Know thyself).

Each of us is a child of God, perfect in every way, able to do all things. We have within us the Christ Spirit that Jesus had, & we also can learn to express this Spirit. This is the purpose of our prayers: To express the Christ Spirit, the Christ Power, the Christ Perfection; to put on Christ. ("Follow Me" - Jesus)

True prayer is to be aware @ all times of the presence of God, no matter what you may be doing outwardly. When you are aware of the presence of God, the Christ Power to claim & decree good is yours. (Know Thyself)

By keeping constantly aware of the presence of God working through us, by being faithful in prayer, & by being obedient to the teachings of Jesus the Christ (Mathew 5, 6, 7); we can become channels through which God's love is constantly poured out.

Whenever we recognize that whatever we need is within us, with the Christ, & when we turn here for our need to be fulfilled, the outer will take form according to the perfect pattern that the Christ holds. (KNOW Thyself) The Father & I are ONE!

The 'I AM', or Christ, within each of us, is the Truth; & if we just turn within to this law of our being, & make complete union with IT, nothing more is needed. For in IT, we will find the fulfillment of all our needs, the consummation of all our desires, the righting of all our wrongs.

"Turn to me & be saved..." "Be still, & know..." TRINITY – God is in Christ; Christ is in me. God, Christ; Me!

A Daily Affirmation

I shall know the **Truth** & the **Truth** shall make me free. God is Spirit. **I AM** a child of God, created in his image & likeness. **I AM** a Spiritual Being, & the Spirit of God (Christ) dwells in me. I have faith in God, I have faith in myself, & I have faith in my ability through Christ to do all things. I will allow on one to or nothing to separate me from the Love of God through Christ. I love him, I love myself, & I love all others. I will **think, believe, imagine, praise, & pray** for the best, & what is good, acceptable, & perfect. I will have health, happiness, prosperity, peace, success, wisdom, & love. Thank You, Father.

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