**Mental Fast**

**I PRAY and I FAST  
I DON’T STOP! I DON’T GIVE UP! I DON’T QUIT!  
WHAT IS IMPOSSIBLE FOR MEN – IS POSSIBLE WITH GOD.  
“This kind goeth not out (except) by PRAYER and FASTING”**

**And so, LIKE THIS – I FAST:  
I *resist*** the habit of living in feelings from the past,   
I live only in the present;   
**I *refrain*** from talking about the past,   
realizing that my every word is creative now;   
**I *refuse*** to allow the talk of others -  
to cause me to see what does not exist;  
**I *dismiss*** all negative, silent chatter in my mind –   
and I give it no time to take root;   
**I *stop*** my mind from seeing the glass half empty,   
but I see the glass always half-full instead;   
**I *avoid*** places, situations and things -  
that create negative energy in my space;  
**I *eliminate*** people from my life -  
who knowingly hurt me physically or mentally;  
**I *terminate*** conversations with others quickly –  
who speak despairingly of others;   
**I *wipe*** my slate clean as I forgive and release -  
the bitter deeds and words of others;  
**I *purge*** my mind of guilt and memories –   
of words or deeds that may have hurt others.  
**I *rebuff*** any and all thoughts -  
that I know hinder my spiritual unfoldment;   
**I *pluck*** out of my own eye and heart -  
the desire or need to judge any person at all;

**I *negate*** ideas I hear from the *media* -  
and from any source that I know are not true;  
**I *cancel*** spoken words and statements -  
that I know are not nice, kind, loving and true;  
**I *reject*** all foods, drugs and substances-  
that I know are detrimental in any way;   
**I *deny*** myself of immoral, unethical and unhealthy indulgences -  
and behaviors that may give me pleasure, excitement -  
or sensational fulfillment, but at the same time -  
leave me feeling embarrassed, shamed,   
unclean or guilty after the experience;  
**I *clean*** my environment of all images -  
that tempt me - to make wrong choices -  
which could sabotage my dream,   
success or prayer demonstration;  
**I *expunge*** immediately any thought that may represent:   
cynicism, downheartedness, despondency, pessimism,   
bleakness, gloominess, desperation or hopelessness.

**I AM A CHILD OF GOD.I KNOW THIS.**

**And That Is All That Matters.**

**I train my mind to think only on God.**

**To know only God as Cause.**

**For God is all there is.**

**All there is, is God.**

***And so, like this, I fast.***

**And So It Is*. Amen.***

(From the book, SPIRITUAL MIND TREATMENT, by Ahman)