***BIBLIOGRAPHY***

Emile Coue “**SELF” – MASTERY  
 EVERY DAY IN EVERY WAY….  
 I AM GETTING BETTER AND BETTER  
 *AUTOSUGGESTION*—IS—*SELF-HYNPOSIS***

**THE USE OF – AUTOSUGGESTION**

Let us now return to the point - where I said that –   
 ***WE CAN CONTROL* - and - LEAD OUR IMAGINATION**,   
 **just as an unbroken horse can be controlled.**

**THIS MEANS IS - *AUTOSUGGESTION.***

**Whereas - we constantly give ourselves** –   
 **unconscious - *autosuggestions****,* all we have to do -  
 ***IS TO GIVE OURSELVES* - *CONSCIOUS ONES*;**

***IF THE UNCONSCIOUS - ACCEPTS THIS SUGGESTION -   
AND TRANSFORMS IT - INTO AN AUTOSUGGESTION*,   
 *THE THING OR THINGS* - ARE REALIZED.**

***THUS UNDERSTOOD*,** – ***AUTOSUGGESTION* -  
 IS NOTHING BUT HYPNOTISM**;  
***and I would define it in these simple words***:   
**THE INFLUENCE OF - THE IMAGINATION** -   
 **upon the moral and physical being of mankind**.

***NOW THIS INFLUENCE IS UNDENIABLE,***   
***IF YOU PERSUADE YOURSELF*** -   
***that you can do a certain thing***, ***provided this thing be possible***,   
**YOU WILL DO IT** – **HOWEVER DIFFICULT IT MAY BE**.

**If on the contrary - YOU IMAGINE THAT YOU CANNOT** -   
do the simplest thing in the world, ***it is impossible for you to do it,***   
 **and molehills** – **become for you unscalable mountains**.

Mozumdar **MASTER WISDOM  
 CONFESSION and FORGIVENESS  
 *UNBURDENING THE MIND***

**THERE MUST BE SOME -   
DEEPER MEANING - IN THE - ACT OF CONFESSION,   
or all of the masters and sages of the past -   
 would never have recommended it**.

**Now let us see what - THE PURPOSE OF - CONFESSION IS:**   
***THE PURPOSE - IS - TO UNBURDEN ONE’S MIND*** –   
**OF ONE’S SHORT-COMINGS AND MISTAKES.**

**THIS UNBURDENING** **– *lightens one’s mind*** *– and -* ***gives one - a fresh start - from encumbrances*.**

The reason that the majority of the people -  
 ***cannot make headway in life*** - *is because –* ***THEY ARE HAMPERED*** *-* ***with the idea of their -   
PAST SHORT-COMINGS AND MISTAKES****.*

**THEIR MINDS - NOT BEING FREE**,  
***THEY SEE - THE VISION - OF THE GHOST OF THEIR PAST*** –   
 **and cannot - realize God’s exuberant free life**.

**SCIENCE TELLS US THAT -   
WHEN OUR BODY BECOMES CLOGGED WITH IMPURITIES** -  
**IT BECOMES DISEASED - AND THE REMEDY OF THIS DISEASE -   
 *IS THE PURIFICATION OF CLEANSING - OF THE BODY*.**

Since we know that -   
***THE CAUSE OF ALL DISEASE – IS IN THE MIND***,  
does it not stand to reason - that -   
***THE CLEANSING or - THE UNBURDENING OF THE MIND*** -   
**IS THE SURE REMEDY –  
for the disease - as well as for misery, - misfortune – and - lack?**

**Sin – means darkness**.   
**The moment your mind comes nearer to God – it becomes lighted. *That is what is called – THE – FORGIVING - OF SIN*.**

***WITH THAT CONSCIOUSNESS, when you -   
OPEN YOUR HEART – and - confess to - YOUR GOD,*YOUR SINS - are forgiven - YOU *-* and -  
YOU HAVE - A NEW START*,*FREE FROM ALL - past – mistakes - and shortcomings*.***

R.E. Davis **THREE ROLES -- IN PRAYER  
 *SUGGESTION – AUTOSUGGESTION – IMAGINATION***

John 4:  **50 “Go,” Jesus replied, “YOUR SON - WILL LIVE.”   
THE MAN - TOOK JESUS AT HIS WORD - and departed.**

**THE FIRST ROLE**

**Jesus performed – THE FIRST ROLE - in this -“miracle.”   
The message here – to you** is:   
***THE PSYCHOLOGICAL TRANSFORMATION* – that took place -  
IN the - FATHER’S MIND** – at the - **SUGGESTION** - **of Jesus** –   
**was the – FIRST PART – OF - THE CAUSE** -   
 of the – “**MIRACLE” (healing)** – of the Father’s son.

***THE SECOND ROLE***

***THE FATHER PERFORMED – THE SECOND ROLE -   
in this healing. The – MOMENT -*** the Father -   
***AGREED*** – with the - ***SUGGESTION – of Jesus – was the -   
CREATION OF BELIEF – WHICH IS – MENTAL CONCEPTION.   
  
CONCEIVE = “TO TAKE INTO MIND***.   
***CONCEIVE = SUGGESTS*** -the idea of grasping something, as a thought.   
 **To apprehend - by reason or - *IMAGINATION*.”  
 E. Holmes**

Matt: 18:19 Again I say unto you,   
***That if - TWO OF YOU - shall agree*** -   
on earth - as touching anything - that they shall ask,   
 **It shall be done for them – OF -  
 MY FATHER - WHICH IS IN HEAVEN.**

***The - TWO IN AGREEMENT – must be the –   
CONSCIOUS - and the – SUBCONSCIOUS – aspects of the mind.***

***THE THIRD ROLE***

***THE SUBCONSCIOUS MIND – plays – THE THIRD ROLE –   
 IN EVERY – HEALING - and/or – DEMONSTRATION -  
 WHICH IS THE – SPIRITUAL TRANSFORMATION – of the –  
 SUGGESTION ACCEPTED - by the Father –  
 INTO - AUTOSUGGESTION.***

Neville **IMAGINATION — IS — *GOD* – *IN MAN*   
 FEELING” — IS — THE SECRET**

**EVERYONE IS AMENABLE** -   
to the same psychological laws which govern the ordinary hypnotic subject.   
***HE IS AMENABLE TO CONTROL BY SUGGESTION.***

**In hypnosis**, **the objective senses are partly or totally- suspended.   
The hypnotic state - IS SIMPLY BEING UNAWARE, - OBJECTIVELY.**

**In hypnotism**,   
**the conscious mind is put to sleep** - and - **the subconscious powers** -   
**ARE EXPOSED - AS TO BE DIRECTLY REACHED BY SUGGESTION**.

**NO ONE NEED BE ENTRANCED, in the ordinary manner, to be helped.**   
***IF THE SUGGESTION IS GIVEN WITH CONVICTION -  
AND CONFIDENTLY ACCEPTED BY THE OPERATOR AS TRUE,   
THEN YOU HAVE THE IDEAL SETTING FOR A SUCCESSFUL PRAYER.***

Taniguichi **ATOMIC TRANSFORMATION  
 Emotional Healing — Letting Go of the Past  
 *LET GO*—*TO*—*LET GOD* Spiritual Atomic Transformation**  
**THE CRAB** – **MAKES ITS SHELL"A certain crab** which is noted for its **periodically** – **loses this shell** – **and becomes a small, fleshly lump. In that condition**, it can be eaten if found by fish; **SO IT HIDES - IN THE SPACES - BETWEEN THE ROCKS.   
*IN A FEW DAY***,– **IT REAPPEARS** –

**WITH AN EVEN BETTER AND LARGER SHELL THAN BEFORE.**

Theshell of the crab – ***is mostly made up of calcium,*** **but the calcium needed – to create the shell** – could hardly exist in the small flesh of the crab.

"It might be argued that the crab absorbs the calcium - from the ocean water,

**but it is not possible** - **for it – to accumulate so much calcium - from the ocean water**.

However, there is plenty of common salt – (sodium chloride) in ocean water. **The atomic weight** – **of sodium** is **23.** If this is combined with – **hydrogen** **(atomic weight** **1**), the result is – **magnesium** – **with an atomic weight of** **24**. If **oxygen**  (**atomic weight** **16**) – is absorbed from the air and added, **calcium with an atomic weight of** **40** – **is readily formed.**

In short, **THE CRAB** - **ABSORBS - THE OXYGEN** - **FROM THE AIR** – and -

**COMBINES IT WITH MAGNESIUM -** **TO MANUFACTURE THE SHELL -   
 whose main component is calcium.**

**LIFE** – **ENGAGES - *IN ATOMIC TRANSFORMATIONS* -   
 WITHIN THE BODY - *AND ENSURES ITS VITALITY*.**

**The process** of – **ATOMIC TRANSFORMATION,** however,   
 is not one whereby **something** – **is created from out of nothing.**

**LIFE *- CREATES - THE ATOMS – NECESSARY - FOR ITS - VITALITY -  
 through - ATOMIC TRANSFORMATIONS,***

**PROVIDED *CERTAIN CONDITIONS, NECESSARY COMPONENTS,   
 or DESIRABLE CIRCUMSTANCES - ARE PRESENT.***

**Since elements** – **like**– **sodium, magnesium and oxygen -  
EXIST IN OCEAN WATER,   
THE CRAB** – **IS ABLE TO MAKE ITS SHELL -   
 WHICH IS RICH IN** – **CALCIUM.**

Joel S. Goldsmith **THE THUNDER OF SILENCE  
 *UNCONDITIONED MIND*  
 *DE-CONDITIONING***

***GOD IS*—*THE—ONLY*—*POWER*   
 THERE IS *– NO GOOD* —and— THERE IS *– NO EVIL***

***FOR MIND – IS* – *UNCONDITIONED***.

**FURTHERMORE,   
*MIND* – *FORMING ITSELF* – *AS BODY* – *IS UNCONDITIONED*;**

**AND THEREFORE – BODY – IS NEITHER –  
WELL – NOR SICK, TALL – NOR SHORT, THIN – NOR FAT.   
  
BODY IS UNCONDITIONED – AS THE MIND –   
 *WHICH IS* – *THE ESSENCE* – *OF ITS FORM*.**

***MIND*** – ***AND*** – ***BODY* *–* BEING UNCONDITIONED, ARE A STATE OF *–* ABSOLUTE BEING *–* AND PERFECTION;**

***UNTIL* – *THE BELIEF* – *OF GOOD AND EVIL* *–   
 IS ACCEPTED* – *INTO THOUGHT*.**

(74)   
***HUMAN EXPERIENCE* *– IS* – *IN REALITY*** ***– THE PERFECT MIND*;   
 *YOUR MIND AND MY MIND***,   
 ***WHICH MANIFESTS AS*** ***– PERFECT BEING AND BODY***,   
***BUT WHICH –   
IS INFLUENCED BY – THIS KNOWLEDGE OF* – *GOOD AND EVIL.***

**THIS BELIEF IN – TWO POWERS –   
*IS THE ESSENCE – OF WHAT IS CALLED – (THE CARNAL MIND)*.**

**SUMMARY**

**“NOTHING REAL CAN BE THREATENED**

***NOTHING*—*UNREAL*—*EXISTS***

**HEREIN LIES—THE PEACE OF GOD”  
(acim)**

***NEW FORMAT***

**Part One LESSON  
 (30-40 minutes)**

**Part Two GUIDED HEALING MEDITATION  
 *THREE ROLES -- IN PRAYER* (20-30 minutes)**

* ***SUGGESTION* Sheri  
   Conscious Mind / Spirit**
* ***AUTOSUGGESTION* Ahman  
   Sub-Conscious Mind / Soul**
* **IMAGINATION You   
   REALIZATION — DEMONSTRATION**

**Guided Healing Meditation**  
**DISAPPEARING — PROBLEM**

***SHERI SPEAKS*:**

**In this – GUIDED HEALING MEDITATION –**

**You will experience the:**

**THREE ROLES**

**In Healing and Demonstration:**

**SUGGESTION — AUTOSUGESSTION — IMAGINATION**

**IT IS VERY IMPORTANT –   
 THAT EVERYBODY – MUTE YOURSELF – PLEASE.**

YOU ARE NOW AT REST **–** IN A COMFORTABLE POSITION FOR – MEDITATION.

**YOU HAVE PLANNED – THIS SPECIAL TIME**….   
 ***WITH THE HOLY SPIRIT*** –   
SO THAT – THERE WILL BE –   
 **NO INTERRUPTIONS OR DISTRACTIONS.**

**IN A MOMENT –**

**AHMAN WILL – SPEAK—SUGGESTIONS ….. *INTO*…..  
 *YOUR SUBCONSCIOUS MIND*.**

**YOUR RECEPTIVE – SUBCONSCIOUS MIND…..   
 BY ….. AGREEMENT…..**

***WILL TRANSFORM* …. *THESE WORDS*…..   
 *INTO*….. AUTOSUGGESTION —**

***BECOMING* …..  *GOD’S POWER*….   
 OF YOUR….. IMAGINATION.**

***IMAGINE* –   
THAT GOD – *IS NOW -- USING* – AHMAN’S VOICE –  
 *AS HIS OWN VOICE* –   
*SPEAKING INTO YOUR SOUL* –  
*GOD’S WORDS -- OF POWER* – *WISDOM* – AND – *TRUTH*.**

**BEFORE YOU …. IS YOUR – (CUP OF ICE).**

***IN YOUR IMAGINATION* –**

***THIS ICE*…. *IS BUT – A SYMBOL* – *OF YOUR… PROBLEM*.**

***SOON* – *THIS ICE* – *WILL BE MELTED AWAY* –  
 *DISSOLVED* – *DISAPPEARED* – *GONE* –**

***THIS DISAPPEARING WILL HAPPEN* – *BECAUSE* –   
 *THE CONDITIONS THAT SUPPORT* –  
 *THE FORM OF ICE* – *WILL CHANGE*.**

**LIKEWISE:**

***AS YOUR*** – ***SUBCONSCIOUS MIND*** –

***RECEIVES GOD’S WORDS*** – ***SPOKEN BY AHMAN*** –

**YOUR ACCEPTANCE AND AGREEMENT** **–**

***TRANSFORMS* – *INTO* – *AUTOSUGGESTION* –**

***BECOMING – GOD’S POWER* –**

***CAUSING ALL NEGATIVITY* – *TO SPIRITUALLY*….**

***MELT AWAY*….. *DISSOLVE*… *AND DISAPPEAR*….**

***LIKE THE ICE IN YOUR CUP*.**

***YOU SHALL KNOW THE TRUTH*…**

***AND* – *THIS TRUTH* – *WILL— MAKE YOU FREE*.**

***AS THE HOLY SPIRIT*… *NOW* –   
 *SPEAKS THROUGH AHMAN*…**

***INTO YOUR RECEPTIVE*… *SUBCONSCIOUS MIND* –  
 *YOU WILL ACCEPT* – AND – *AGREE* –**

***AND THE POWER OF* – *AUTOSUGESTION – ITSELF* –  
*WILL DO* – *THE REST OF THE WORK* –   
 *IN MELTING AWAY* – *THE BELIEF* –   
 *IN WHAT IS -- NOT REAL* – *IN YOUR LIFE*.**

**Bowls…. Sounds….. (about 60 seconds)**

***AHMAN SPEAKS:***

**LET US BREATHE. INHALE AND EXHALE.**

**(margin setting problem here)**

**INHALE … SLOWLY**….   
feel YOUR abdominal region… expanding….   
 AND HOLD – that **– BREATH** –   
 for as long as it is comfortable to do so.

Each time you do… **YOU FEEL RE-INVIGORATED…**

**AND EMPOWERED – BY THE SPIRIT OF GOD.**  
**THERE IS ONLY ONE – BREATH….**

**and that – BREATH … is – SPIRIT – AS YOUR LIFE NOW.**

**EXHALE … SLOWLY**

Feel that abdominal region….   
 Collapsing… as you exhale…. slowly… Each you do.. you feel revived… and renewed….

**EVERY PROBLEM … YOU EXPERIENCE IN LIFE –   
 *IS SIMPLY* – *A CRYSTALIZED – BELIEF*….**

**OF WHAT – *YOU THINK OR BELIEVE* –  
 *YOUR PROBLEM IS*.**

**THE PURPOSE OF THIS – HEALING MEDITATION…**

***IS TO CAUSE* – *THE BELIEF -- IN* – *EVERY PROBLEM* –**

***TO DISSOLVE* – *AND - DISSAPPEAR* –**

***BY THE DIVINE RADIANT LIGHT* –   
 *OF* – *THIS TRUTH AND WISDOM*.**

***THIS RADIANT LIGHT OF GOD*…. *WHICH IS TRUTH* –**

***SHINES AWAY -- ALL DARKNESS* – *IN YOUR MIND*….**

**GOD IS – BREATH.   
*BREATH IS* – THE SPIRIT OF GOD – IN YOU – that – GOVERNS and DIRECTS – this – SPIRITUAL MATTER –**

***OR CONSCIOUSNESS* *– WHICH IS ALL AROUND* ….**

***IN….. AND THROUGH YOU*….. *AS MIND*…..**

***MIND* – *IS GOVERNED AND DIRECTED* – *BY*….**

**TRUTH – INTELLIGENCE – WISDOM – KNOWLEDGE.**

**THIS IS – the – KNOWLEDGE and TRUTH –   
 that – WILL – *NOW* – SET YOU – (FREE) –  
*BY* – MELTING AWAY / *DISSOLVING* –   
 *ALL NEGATIVITY* – *ALL BELIEFS* – ALL FEAR –   
 *IN YOUR MIND*.**

**(THINK ON THESE WORDS)….**

***IN A JUST A MOMENT….. I WILL BE SILENT*….…. THEN –**

**YOU WILL SPEAK –**

***AS YOU SPEAK*……. *UNDERSTAND*….. *THAT YOU ARE*….. *AGREEING….. RECEIVING …. AND …..ACCEPTING….   
 THE TRUTH – FOR YOURSELF.***

***AS YOU SPEAK….***

***IMAGINE – THAT CONSCIOUSNESS HAS SPOKEN….***

***AND NOW…. YOUR VOICE… IS –***

***IS THE SUBCONCONSCIOUS PART – OF THE ONE MIND….***

***AGREEING… RECEIVING… AND …. ACCEPTING…***

***THE TRUTH ABOUT YOUR LIFE….***

***THAT HAS BEEN SPOKEN…..***

**IN JUST A MOMENT….   
 YOU WILL SPEAK….. TO….**

**EXPRESS WORDS OF FORGIVENESS –   
 FOR – ANYONE OR ANYTHING…..   
 THAT MIGHT COME TO YOUR MIND.**

***EXPRESS WORDS OF* *– FORGIVING YOURSELF*…..**

**FOR ANYTHING *–* AND *–* EVERYTHING  
 THAT MIGHT COME TO YOUR MIND.**

***WHILE YOU ARE SPEAKING……   
YOU UNDERSTAND – THE SPIRITUAL LAW OF HEALING*….**

**YOU CANNOT – HEAL YOURSELF –  
 NOTHING – REAL – CAN BE THREATENED –  
 NOTHING – UNREAL – EXISTS –**

**HEREIN LIES – THE PEACE OF GOD *– (acim).***

**Bowls…. Sounds….. (about 60 seconds)**

***YOU SPEAK*: (The group speaks)**

**SPEAK WORDS OF… FORGIVING – OTHERS**

**FORGIVING – YOURSELF**

***THE HEALING…. IS – THE HEALING…   
 OF YOUR BELIEF… IN THE PROBLEM.***

***THE CUP OF ICE – IS A SYMBOL – OF YOUR PROBLEM.***

***THE WARMTH OF THE ROOM – MELTS THE ICE AWAY –  
 AND CHANGES IT’S FORM – INTO WATER;***

***THAT SAME WARMTH – WILL CHANGE THE WATER –  
 INTO A VAPOR – UNTIL IT IS THEN – DRY….***

***AND – THE ICE –   
 EVAPORATES – VANISHES – DISSOLVES –  
 GOES – LEAVES – DEPARTS – DISAPPEARS –***

***THIS IS HOW YOUR MIND* – *NOW HEALS – YOUR PROBLEM*:**

***THE HOLY SPIRIT*…. *SPOKE TRUTH* –   
 INTO – YOUR SUBCONSCIOUS MIND.**

***YOU AGREED*…. *ACCEPTED…. RECEIVED*…   
 THAT TRUTH – THAT WISDOM.**

**YOUR ACCEPTANCE and AGREEMENT –   
 *IS NOW* – *THE AUTOSUGGESTION* –  
  
*AND THAT* *– AUTOSUGGESTION –*  
 IS *–* THE POWER OF GOD *– THAT:***

**IN YOUR IMAGINATION *– HAS ALREADY – DESTROYED:***

***ALL NEGATIVE BELIEFS – AROUND ANY IDEAS –  
 AND – ALL BELIEFS – IN –  
 SICKNESS – DISEASE – TROUBLE – or PROBLEMS.***

***YOUR AGREEMENT – IS NOW – THE AUTOSUGGESTION –  
 THAT IS – THE POWER OF GOD – THAT:***

***RENEWS – REBUILDS – AND – REGENERATES –  
 AND – GIVES NEW LIFE –  
 TO THE CELLS AND ORGANS OF YOUR BODY.***

***AND – THIS POWER OF GOD –  
 RESTORES – SUPPLIES – AND –   
 IT MAKES – ALL THINGS NEW – IN YOUR LIFE.***

***NOW….. THINK ABOUT* *– YOUR HEALING NEED*…...**

***A DESIRE*… *A WANT*… *OR A NEED*……**

**NOW…. *ACCEPT – and – RECEIVE – YOUR ANSWER –***

***BY…. HAVING – GETTING –   
 BY REALIZING*…..**

***THAT .… INDEED*…. *IT IS ALREADY DONE*.**

***UNDERSTAND* – THAT…   
 *SPIRITUAL DEMONSTRATION – IS:***

***THE* – *REALIZATION – THAT* –   
*YOU ALREADY HAVE* – *WHATEVER YOU ASK – OF GOD*.**

**Bowls…. Sounds….. (about 60 seconds)**

***YOU SPEAK*: (The group speaks)**

**SPEAK WORDS OF…   
 ALREADY HAVING … WHAT YOU ASK.**

***AND NOW – THE LAST STEP* –  
 *IN SPIRITUAL DEMONSTRATION* – *IS GRATITUDE*.**

***SO NOW*….. *–* YOU SPEAK….**

***WORDS OF PRAISE TO GOD*….*AND THANKSGIVING*.  
 AS YOU *– FEEL THE JOY*….   
 *OF ALREADY HAVING* *– WHATEVER – YOU DESIRE*.**

***ENTER INTO – THAT STATE*…**

**OF YOUR DESIRE FULFILLED…OR …ANSWERED PRAYER.**

**GIVE GOD …. THE GLORY.   
*GLORIFY GOD*….. *AS THE POWER IN YOU*….   
 *WHO DOES THE WORKS*.**

***YOU SPEAK*: (The group speaks)**

**WORDS OF GRATITUDE…. THANKSGIVING… PRAISE…..**

**AHMAN SPEAKS**

**LET US BREATHE. INHALE AND EXHALE.**

**INHALE … SLOWLY**….   
feel YOUR abdominal region… expanding…. AND HOLD –   
that **– BREATH** – for as long as it is comfortable to do so.

Each time you do… you feel re-invigorated…

and empowered **–** by the Spirit of God.  
**THERE IS ONLY ONE – BREATH….**

**and that – BREATH … is – SPIRIT – AS YOUR LIFE NOW.**

**EXHALE … SLOWLY**

Feel that abdominal region…. Collapsing… as you exhale….

Slowly… Each you do.. you feel revived… and renewed….

**THANK YOU LORD. THANK YOU LORD. THANK YOU LORD.**

**And So It Is**