***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.**

(margin setting problem here….. couldn’t be resolved)

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**