

Online Download from the Healing and Wholeness Gathering for April 10th, 2024

Hosted by:

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Prayers by Ann Therriault Unity Ottawa

A partial script is offered for those who could not attend our gathering.

OPENING

We are not doctors nor are we acting here today as health care practitioners of any kind. We encourage each of you to ensure that you have an integrative support health team to ensure your overall wellness and good health. This is not a support group, nor a 12-step group, neither is it a time for talking. It is a time for evolving your greatest healthy potential by repeating healthy affirmative statements as natural guides to unfold your greatest health potential. (And that is our disclaimer)

Ann and I are here today as Unity practitioners, which is a global, inclusive Spiritual Community, and we are coming to you as representatives of Unity Ottawa in Ontario, Canada.

We welcome you to join us in some of the healing awareness that was first brought to Unity through its founders, Myrtle, and Charles Fillmore, who started using affirmative prayer for their own healing.

The concept is 'Ideas in Mind, Create after their Kind.' AND also because you are DIVINE you do not Inherit any sickness. We are going to help all of us to come back to that divine state today, which is in perfect order and flow, therefore enabling you to live more fully in your complete health and wholeness.

PART ONE

Today, as we open to allowing our Healing and Wholeness to occur, we will take a moment to catch our breath and connect to the amazing body we have that is welcoming its natural order to be in healthy flow.

Throughout our time together I welcome you to turn my words into your words.

I will use the first person so that you can believe, fully, that this is all for you!

Please be sure that your feet are connected to the earth for grounding!

When we are grounded, our capacity to healing increases because it means we are actually connecting with the body that we so need to get our energies moving well through.

Breathing in gently and slowly, I can see my roots going down into the earth from the centers of my feet.

They are going down with ease, keeping me solid on the earth, and more and more connected to my body.

The loving white light of earth intelligence is now coming up my roots and revitalizing each cell of my body.

All the light is now coming up to my crown and flowing down over my body clearing away any stuck energies I no longer need to carry

Part Three

Prosperity Is Mine!

As I sit within my indwelling source, I know that I am in a state of pure love.

This love is a great support and guide for my prosperity to unfold.

I see now that I can intend that all my needs are met with ease.

I see my greatest need before me being met. I am taking a moment to visualize from that space of indwelling support and abundance, the very thing I need and want to manifest the most.

I see it now, whether it is me walking or talking with ease, or speaking to groups of people and on... I am going to take a moment to see this event and tell myself over and over that I am filled with impeccable consciousness that is now manifesting my great desire.

I am manifesting my great desire.

As I see this I am becoming more and more at peace, more and more filled with love and the details of my great prosperity are unfolding in front of me. I am deeply grateful for this amazing prosperity. What I have so needed and desired is now being manifest.

The greatest of gifts is that I am capable of manifesting all that I decide to create. I am about opening the greatest light into my fields to uplift my awareness to continue bringing this great prosperity to me.

Thank you God, for this amazing openness to my prosperity.

There are so many wonderful experiences unfolding for me.

I am going to continue to direct my inner seeing and knowing to unfolding the greatest gift that I am seeking.

I am grateful that my indwelling source is both the supply for this and the ongoing guide that encourages this activity. Thank you thank you thank you and so it is!

Part Four

Now in the modified words of Lowell Fillmore on Affirmation:

An affirmation acknowledges God's supreme, omnipresent love and power as already in operation for our good. It is a statement of what is true in the kingdom of the ONENESS and implies, if it does not express it in words, thankfulness for these rich blessings received. It proves faith because it acknowledges that the substance of God's kingdom is abundantly manifesting itself in your world. It acknowledges all gifts as being already abundantly received. It fulfills the admonition of our Wayshower: "All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them." And: "Your indwelling source knows what things you have need of, before you ask your indwelling source."

Take the following example of a Truth affirmation: "My indwelling source is my health, I can't be sick." This affirmation is a definite statement of what is true of the source's creation. We were created and pronounced good. That is the only human idea that God entertains, and it is the true self of every one of us. When I say, "The source is my health, I can't be sick," I am calling my attention to the fact that the loving source can create only perfect things, a healthy body being included. As I affirm I accept my body from the Oneness. As I repeat such an affirmation I should do so in the spirit of thanksgiving.

The perfect-human idea that the Oneness created is the foundation of every person's being. This perfect idea is present with everyone trying to keep each person's mind and body in perfect repair, but we may not have fully co-operated with their Maker in maintaining this perfect idea. Like the prodigal son, they have gone into a far country, where want and trouble are experienced.

By returning to my indwelling source I can find that it is waiting to meet me again and give me all the good things that are intended for me.

Part Five Self-Celebration

I am so happy to take the time now to celebrate me!

I am beautiful, I am magnificent.

I am so beautiful at magnificent at my core.

I am taking care of my beauty by recognizing it.

In my beauty I can affirm that I am alive and well and that I glow into the world with love and positive expansion.

All that I am and all that I carry is in natural order and gentle loving flow.

I truly love my inner beauty and I am fully and naturally well in my body, mind and heart.

I AM NOW IN FLOW with the Loving Source, The One Power and Presence Through Everything Everywhere.

I AM IN NATURAL FLOW.

IN this moment I am free to be me!

IN this moment I am living in excellent health!

IN this moment I am wholly well!

My blood is filled with the light of loving healthiness.

I am filled with healthiness, and I am so very happy to be breathing well and in flow today!

The light of the one source is awakening within me and around me.

I celebrate me!

I am breathing in and out slowly and gently.

I am noticing my strong revitalized body.

I am happy to have a magnificent body.

I am so grateful for my body and my healthy energy fields.

I am so very grateful for my body.

My body is a temple of divine life and light.

I am so very grateful for my body, my divine life and light.

I celebrate me!

I am feeling this fabulous healthiness arising.

I am beautiful and magnificent.

I am more and more healthy and strong. Thank you, thank you, loving earth light and spiritual light for your support and care.

Part NINE

Join me again in remembering that I am an expression of perfect life.

Feeling healthy and healing from the inside out, feels like a profound loving current that flows easily through my energy fields and my body!

I am a profound being and when I am in divine flow, I am healthy!
I am abundant and alive!

Today I am recognizing and remembering that every day, I know that there is a power so strong and awake within me, that knows what to do! It knows what to do! I am trusting this. When I surrender to the ONE power and presence through everything everywhere, there is a power within me that KNOWS WHAT TO DO. Just acknowledging this power and presence within, the work is activated, my perfect health and wholeness is in full flow.

It inspires and heals me when I welcome it! This power and presence is abundant and the MINUTE I remember it, it activates healing for my greatest good!

I AM prepared to recognize this power and presence today! YES, I AM!

As I look at the area of my heart, I let this inner power know that I am aware of its presence. I am aware of its blessings of light! Each cell in my body is now becoming more alive and health is my natural state.

Each cell is being filled with the light of this amazing power and my cells are becoming more alive, healthier, in flow with my natural way of being, they are revitalized and I am feeling more and more alive, more and more healthy!

I can feel each cell lighting up with full health! This is an amazing experience. I can feel each cell lighting up with full health! I am fully alive. I am fully alive.

Great health is being realized in this moment.
My mind, body, and spirit are in harmony.
Great health is being realized in this moment.
I am in natural flow with divine Health.

All my cells are revitalized with pure health. I am happy, I am awake, I am more and more at peace and my well-being is shining through!