

Healing and Wholeness Gatherings
April 24th, 2024
Unity Spiritual Centre of Ottawa in Ottawa, Canada

Please note that this is not a full script. Please review this each day for the next two weeks. We will have another one for you then. We encourage you to join us for our in person sessions where you can FEEL the group energy that supports the positive outcomes for the group.
unityottawa.org/healingandwholeness

We have also now created an MP3 you can download in the same section that this was shared. The April 24th MP3 is a full script. We encourage people who wish to live fully healthy, happy, and abundant lives to work each day with these scripts. They might make a significant positive difference in your life.
Blessings and Light, Cee 😊

OPENING

Hello, I am Cee Driskell and I am here with Ann Therriault today!

Welcome, welcome, welcome! You are you here today for a wonderful Healing and Wholeness Gathering!

I will now provide the statement of 'what we are' and what 'we are not' along with what we are offering you here today.

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 long periods of chat. 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 are spiritual leaders in our community, and we believe that there is one power and one presence through everything everywhere that is divine and that is good, and that it also comes THROUGH EACH OF US as an expression of our inner divinity and goodness.

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, that rich healthy state, which is in perfect order and flow, thereby enabling you to live more fully in your complete health and wholeness.

The process is this, please listen to and repeat within yourself or out loud while muted, the statements I am making. If I am going too fast for you, please listen and acknowledge them with a YES, I agree. I am that! That might keep things more simple for you!

You might not have the time to repeat the whole sentence but you can acknowledge that you are in agreement with the statements. YES, I AGREE, I AM THIS!

At the very end, you can ask questions and share your thoughts and feelings. The idea is that we don't repeat our discomforts or fears, we only open to the love and healthiness.

Please note that in the chat room, you can download our daily affirmative statements to be used over the next two weeks before we meet again. And you can always find them on our website at unityottawa.org on the Healing and Wholeness Page.

So let us begin!

Theoretical/Narrative Section

James Dillet Freeman – the Poet Laureate of Unity wrote an article many years ago named: The FOUR CAUSES of HEALTH

We will be extrapolating supportive material from this for our next four sessions, including today.

He said:

“The Most Alive Person I know is a woman. I cannot tell you her age, she refuses to accept age. But you might easily take her for half her age. She works diligently every day. She writes. She goes on strenuous lecture tours. She maintains a large house and does a great deal of the work around it – outside and in – herself. She has an active social life. Her idea of a vacation is a wilderness packtrip. She just came back from a world tour and a friend who accompanied her half bitterly said: She was the only person on the tour who did not get sick.’ She never had a toothache, headache or stomachache in her life. It may be just a coincidence, but it happens that this person how is the healthiest person I know is also the person who works hardest, has worked all her life, at developing what we in Unity call a consciousness of Health. She sees herself as healthy, young, vigorous. To her health is important. She is always affirming health. She thinks health, talks health, refuses to let thoughts of ill-health lodge in her mind. Be around her awhile and she may have you singing with her a little Unity health song like this:

I am the radiant life of God, I am, I am, I am. (please repeat with me)

I am the radiant life of God, I am, I am, I am.

The Health of God, the strength of God, Vitality, vigor, and vim of God.

I am the radiant life of God, I am, I am, I am.

Like her, we must keep the form, the shape, the vision of health before us if we would bring health forth!! We must feel life surging through our thoughts, flowing through our veins. We must, as Myrtle Fillmore wrote, actually talk to the cells of our body and tell them how healthy they are! And we must do this not occasionally but all the time.

And so let us do this now!

PRAYER

I know that the One Power/One Presence/God is in everything, everywhere; therefore, It is in me. I AM Divine. I believe!

I give no power to beliefs and fears of illness and lack in my life. I open and give daily praise to the infinite invisible good that fuels my life and gives me prosperity in all. I am open and receptive to the streams of healing life.

I have the assurance and inner conviction that the Truth in me is that I Am whole, healthy and well, in body, mind, spirit and heart.

I am so happy and grateful, for I have Faith and I trust the One Power, the Loving Source, to protect me, provide for me, and bring my entire being into Divine Order.

And so it is. Amen.

Gratitude Section

As I sit now, breathing gently and slowing, affirming the grace of this great gift of air/oxygen, surrounding the earth and engaging with my every cell in each moment, I am reminded to be grateful for this magnificent treasure.

My lungs and heart respond to this effervescent light immediately, and I am renewed with each breath.

As I am healthy and whole I am able to present my gratitude to the world. I am able to say, thank you more often to those around me, who love and support me, and those in the stores I shop. I am able to express my inner wholeness with ease by noticing others with love and wanting to share with them the great gift I feel inside by acknowledging their presence, their worth. I know to remember that each being is rich with potential, as am I, and I can be an instrument of support and nurturance for my community, my family and my Unity.

My gratitude resonates within me and uplifts me.

It confirms my life has profound value and it also secures my healthiness by keeping me in flow with resonance that is higher and lighter. In this way I know I am the goodness that I have inherited as an aspect of the Divine Loving Source.

I can now remember that I am GOOD!

I can now hold myself in this state of GOODNESS and notice how I feel as I recall the grace of being GOOD.

I am good in the light of God.

I am good in the moment of each breath.

I am good as I surrender to my own excellence and inner peace.

I am just GOOD, and I am grateful to be reminded today, of my nature divine state.

And so it is!