

May 22nd, Script Healing and Wholeness

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!

PART ONE

Today we join together in LOVE

Indeed, we are LOVE.

Our indwelling source is LOVE and we are feeling its divine giving, its grace.

At the center of this LOVE is the light, also called God's indwelling source light, the light of the CHRIST or our enlightenment, the light of healthiness and wholeness, you might also have a loving name for this center, usually perceived in or near the heart area.

As I breathe in deeply, I feel this center of LOVE light up more and more.

I am able to feel its abundance pouring through like an amazing waterfall, turning into a rushing river of light!

I feel more and more in alignment with this LOVE and its great abundance for me.

From this central source I am able to draw through me excellent health, excellent inner peace, great happiness and daily experiences of feeling in flow with life's grace and goodness. I AM WHOLE!

I AM WHOLE.

With my indwelling SOURCE I feel more and more whole and healthy!

Now as I breath in, I carry the words of Unity's Eric Butterworth, who noted that GOD IS, or I might say, the ONENESS IS....

And on the out-breath, I say, I AM.

Breathing in I say, the Oneness God is!

On the out-breath I say, I AM.

I am continuing to say.

The Oneness God is!

And I AM.

Breathing in, the Oneness God is!

On the out-breath, I AM.

I am continuing to take a moment to do this now, with full love.

PAUSE

Thank you, thank you, thank you loving source as you continue to guide me with your magnificence and your complete abundance.

AND SO IT IS!

PART TWO GROUNDING

Grounding

I am now sure that my feet are connected to the earth for grounding!

When I am grounded, my capacity to heal increases exponentially because it means I am actually connecting my body with Mother Earth, upon which I commit to living, fully and wholeheartedly, and will gather my Chi from.

In this way my biochemical and meridian energies become more in flow with my wholeness and the loving guidance of my indwelling source.

My energetic thoughts arise as guidance as well and those thoughts that I express are positive and uplifting.

Now, 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 roots are also drawing the loving white light of earth intelligence up my roots and revitalizing each cell of my body.

Breathing in gently and slowly, this process will continue throughout my time of grounding and awareness in our group today and beyond.

The light continues to revitalize each cell as the light also travels over my crown and flows down over my body clearing away any stuck energies I no longer need to carry. I can see this process occurring. I can feel it, as I become more and more energized and yet peaceful and alert!

I notice that I do feel more and more connected to mother earth. For this I am so grateful.

I am loving and nurturing, seated in my own body, with my well lit brain, within my healthy and clear mind, and the joys of being centered in my heart, where I am happy to be seated each day.

Thank you loving source.

And so it is.

PART THREE

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 session today.

He noted something Aristotle, the Greek Philosopher said:

‘If we get sick, we get sick for a reason, just as we build a house for a reason. We may not know the reason, but the reason is there. And if we are well, we are well for a reason. We are well because health is serving the purposes of our soul. We are well because the deep springs of our nature are pouring forth life and health.

Sickness and health are a response to life.

When we feel faith and love, when we feel victorious and productive, our body is healthy. When we feel frustrated, filled with uncertainty about ourself and life, unloved or unworthy or inadequate, we may react with sickness.

I say ‘may’ because we may also react in many other ways.

... We do not have to react to a setback or frustration by getting sick.

We react in different ways. Some of these are unprofitable, like sickness. But some are profitable. Faced with having to clear a field of stones, one man may gie up in exhaustion. Another may invent a machine that will help all men for all time clear the fields of stones.

This of course is what prayer is for:

To help us eliminate mental and emotional factors that tend to defeat us and to build in mental and emotional factors that bring victory.

Whatever the final cause of sickness may be, the final cause of health is certain.

The final cause of health is our ONENESS with the One Loving Source.”

Cee - So, let us move into unfolding our connection with the one loving source by using the words coming from one of the world’s great teachers.

‘I AM THE LIGHT OF THE WORLD!’

‘I AM THE LIGHT OF THE WORLD!’

My eyes are closed and I am knowing, feeling and seeing that I AM LIGHT.

In this light I feel abundantly safe.

In this light I feel so much more in flow with my divinity which is always in a state of natural order in flow with the Oneness – pure health.

‘I AM THE LIGHT OF THE WORLD!’

I am more and more aware that I AM the Light of the World!

This feels great!

I am surrendering more and more in feeling and awareness of being the Light of the World.

I am now going to repeat that I am the light of the world as I feel my body taking on this awareness more and more, allowing me to enter my natural healthy flow.

I am the light of the world!

Please breathe this in and out slowly now for a few minutes.

PART FOUR

PRAYER

I now welcome Dr. Ann Therriault to offer the prayer for today.

PART FIVE

I am now going to share a very interesting quote with you from the Buddhist Nun – Jetsunma Tenzin Palmo, author of the HEROIC HEART.

She said:

If we sincerely practice from our heart, we will be able to cope with even the most awful thing that could happen to us. In fact, it might be the opening that we have all been looking for. The Buddha himself is not going to appear waving a sword to defeat all our enemies, but if we ourselves transform our mind from within, we won't have any enemies, and in that way, we will be protected. Repeat.

PART SIX

I Love My Body Section

Using your imagination is a wonderful tool for keeping healthy! So when you visualize the parts of the body we are going to be speaking to ourselves about next, really seeing that part will help. Also, if you have a pencil or pen you can move in your hand, or a little ball you can squeeze, that will help your brain to remember this more fully and recall it when you need it. It is a surprising scientific fact that kinesthetic movement helps us to deepen our understanding and retain it.

So, we shall begin!

As I begin to love my body, I also note that I AM in alignment with the ONE POWER and ONE PRESENCE that pours through everything, everyone and everywhere! THIS IS POWER! THIS IS LIFE! I ACCEPT! I ACCEPT!

Now I am going to take some time to fully engage by loving every cell and every part of my body. So here I go!

Breathing deeply in and out, I am fully alive.

I am so grateful for my whole being, my energy fields, and my magnificent body.

I love my body so much.

I love you body. I love you so very much, from the top of my head to the tips of my toes and I am so grateful for you. I am so very grateful for you body!

Body, you are filled with life and love and profound 'In flow' energy and aliveness.

Every cell in my body is filled with the light of the one source, and as such each cell has excellent health.

I am experiencing excellent health in this powerful light that is perfectly ordered and has created my body energies to flow naturally and healthfully.

As I look at my heart now, I know that it is awakening with light and is feeling so strong, so in natural order and flow.

It beats with excellence and my whole body is benefitting from its amazing presence. I love you heart. I completely love you! You are amazing and you are the special gift I have been given to realize my health and happiness. Thank you, thank you, thank you for your presence, your endurance and your strength.

Lungs! I love you so much!

I am amazed at your magnificence!

You are filled with the most amazing white light. You are doing so well, expanding and contracting in perfect divine order. You are filled with the light of divine source and as such are so healthy and alive. I am so very grateful for you and your glory, the way you have taken such good care of me and are continuing to do so now. Each of you are working so well with such ease and love.

Ahhhh, as I breathe in, I can feel the cool breeze of breath that sustains me because of you, thank you, thank you, thank you for activating your best beingness, your greatest ease of expansiveness. I love you so much! I am so grateful, so grateful, thank you!

My digestive system is in fabulous order!

Stomach, you are so amazing! You are breaking down foods with ease and gentleness. You are working so well, I love you deeply!

I love you pancreas so very much! All that you provide me is amazing!

You are filled with full health and each of your cells is revitalizing. With your great and easy processing I am able to keep my moods in excellent loving flow.

Small intestine, you are so loved, I am amazed at the wonderful treasure you are to my digestive system. I love you, love you. Replenishment is being gathered with ease through your millions of little nerves.

Large intestine, I am overjoyed at the easy flow you offer my life and how magnificent you are. Thank you for your ongoing natural flow and the gentleness that is arising to ensure your fabulous healthiness. I love you very very much!

My liver is wonderful, your cleansing capacity for my blood is in perfect order. You are so loved and appreciated in each moment. I love you liver and thank you for your great work in each moment, as you ensure that I am in flow with my emotions as well and feel lighter and brighter each day.

Blood! You are filled with divine healing energy and support my whole body with such powerful love!
I love you so much, thank you, thank you for your wonderful giving.

Kidneys and adrenal glands! Wow! Kidneys you are the well of life and you are doing so beautifully, you are magnificent. As I look at each of you with love, I know I am secure in maintaining great strength and enthusiasm for my life.

Andrenals, you are fully alive, fully well! You work with such precision and offer me the very best of care and healthiness. I love you so very much. You are both profound treasures for me. I feel alive and well with you. I love you kidneys and I love you adrenals, thank you, thank you.

Female or male glands, I love you so very much!

You are a treasure for my life.

When I look at each of you now, in this moment, I can feel that you are feeling more and more in natural flow with a healthy life.

I look at you and I fully tell you that I love you deeply, I love you, I love you, I love you and I am so grateful for you.

You are in natural order, in full health!

Especially when I look at my **chest or breasts**, I am noticing how naturally in flow you are and how much I love your presence and always will. I love you, I love you, and you are in great harmony with the rest of my body.

Now for my brain, oh how I love my brain!

You are sparking with the right amount of energy in each moment and offering me complete aliveness.

You trigger my whole body to respond with loving flow and ease. The organization patterns within each cell of my brain are capable of assuring that I walk and talk with ease, I breathe with ease and I think clearly in each moment.

I love you so much my beautiful brain! You are the most amazing centre of my wholeness. You give me courage to carry on with a wonderful life and you are the centre of my wonderful imagination that is now providing me full health and happiness!

I love you so very much! Thank you thank you thank you for your magnificence.

As I go now into my **nervous system** I am amazed at how diligent and wonderfully in divine order you are. You trigger all the correct actions for my highest good. I can see down my **spine** where you send out and carry so many of the messages back and forth to my brain and you are flowing with such ease. You are a great joy for my life nervous system and spine! I love and adore you immensely spine and nervous system.

My veins and arteries, my eyes, ear drums and canals, nose and nasal cavities, my mouth, jaw, gums and teeth, my joints, my sinew, tissue, muscles and bones are all alive and well! I love each of you with great joy! I love you for your excellence and I am forever grateful for your activities and your strengths. I love you and am so grateful for you! Thank you thank you!

Lymphatic system I am amazed at how easily you release the free radicals from my body. You are a continuing strong and able mechanism of natural cleansing. I love and appreciate your work so much. I love you and will continue to observe how easily you enter flow in each milli-second of my life.

Taking long slow deep breaths.

Now I am going back to the area of my body that needs my greatest loving attention to remind it of how much I love it!

While doing so I am continuing to take long slow deep breaths.

Please do so now. PAUSE.

I love you, you are in perfect harmony with divine life and light.
Please take a moment to speak to this area of the body.
.....PAUSE AGAIN....

Now join me in taking some long slow deep breaths!
5 good ones!

PART SEVEN

I CHOOSE SECTION

We have been here before and it is so important that we make this a priority!

May my words be your words!

It is invaluable for me to understand that not only do my thoughts change my experience, but I need to remember that the types of thoughts matter.

I know that Affirmative statements matter!

I can also now know that the CHOICES I make matter.

So, I can literally tell myself the choices I want for my life by stating that I CHOOSE this or that!

CHOICES matter.

Today I am deciding that I CHOOSE HEALTHINESS for my life!

This is my greatest and more affirming intention!

I CHOOSE HEALTHINESS.

I AM HEALTHY.

I CHOOSE HAPPINESS.

I AM HAPPY.

I CHOOSE PROSPERITY.

I AM PROSPEROUS.

I now am creating space for additional choices which I will say to myself now.

I CHOOSE.... (go slow)

I CHOOSE...

I CHOOSE...

I CHOOSE...

I now also CHOOSE that as I rest this evening I will feel more and more at peace and happy.

And I choose to feel healthier overall.

As I plan the rest of my spring and future summer adventures, I CHOOSE to manifest many joyfilled moments, such as: Now make some choices for your spring and say them out loud to yourself!

As I plan the rest of my spring and future summer adventures, I CHOOSE to manifest many joyfilled moments, such as:

And for tomorrow, I CHOOSE a Happy Day filled with....

I am giving myself the positive intentions I deserve for my life.

I am keeping my CHOICES very clear and very positive!

I allow my conscious, my unconscious and subconscious to recognize these choices!

I am abundantly capable of making positive healthy and uplifting choices for my life.

I have the power to CHOOSE the best life possible for me!

Thank you!

And so it is!

IN CLOSING

I would like to say that I hold all the positive loving affirmations of today, lovingly within!

I also note that I am GOOD!

I remember that at my center I AM GOOD!

When I feel this goodness, I know that I deserve full excellent health.

I AM GOOD.

I am so grateful to be good and to be fully healthy as an outpouring of this goodness.

Gratefulness of all that I have been given today is a treasure for my life.

I am so grateful for all that I am, all that I have and all that I am expressing in love and healthiness.

And so it is!

So be it!