

Hosts Tonight Are:

Cee Driskell Unity Ottawa Spiritual Leader
Prayers by Ann Therriault Unity Ottawa LUT in training
Unity Member Carrie Hartwick -Quotes

Hello, I am Cee Driskell and I welcome, welcome, welcome you here today for this 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 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 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 that 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, which is in perfect order and flow, therefore enabling you to live more fully in your complete health and wholeness.

It can also be said that by opening your heart here today, you are activating a consciousness of pure health within you that will support and uplift you in each moment. We are also creating a space of higher energy and with a group, the power is even greater in uplifting us to enter great flow.

The process is this, please listen to and repeat within yourself, the statements I am making. If I am going too fast for you, please listen and acknowledge them as with a

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

At the very end, you can ask questions, one per person. 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.

So let us begin!

Cee – Connecting to Earth and Body

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!

I am connecting with my body.

I am placing my feet on the ground or from where I am I am connecting my feet visually to the earth, through strong roots that come from the centre of each foot and go down into the earth for our stability and rootedness.

I am noticing my toes, my legs, my buttocks, my torso, my arms and hands, my shoulders, neck and head. I notice all of my body and I am able to get more and more comfortable where I am seated.

I am now taking long slow deep breaths and opening to the one loving power and presence within me. (Place hand on your heart.) Breathing slowly and deeply, I am more and more aware of the one light, awareness, power and presence, that is ever present and ever guiding within me.

Breathing in slowly and now, on the out breath I say Ahhhhhh.... x 3

Breathing in deeply I know I am full health and as I breathe out I know I am fully alive!

All of this is you helping ME!

I AM here because of an inner cry or need to break free of old belief systems, and release old wounds that I no longer need to carry.

Please Repeat: I give no power to out of flow old belief systems and old wounds that I no longer need to carry!

I AM NOW IN FLOW.

I AM IN NATURAL FLOW.

IN this moment I am free!

IN this moment I am health!

IN this moment I am fully alive!

My blood is filled with the light of loving healthiness.

I am full healthiness and I am so very happy to be breathing alive today!

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

I am breathing in and out slowly and gently.

I am noticing my body.

I am happy to have a magnificent body.

I am so grateful for my body.

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 now welcome Ann Therriault for an **Affirmative PRAYER.**

By lovingly and joyfully letting go of that which I no longer need to hold onto, I increase my inner health and well-being. I am so happy and grateful to create joy in my heart and let the Light shine in and through me. I give no power to the thoughts and fears that have created imbalances in my mind. The Living Source's healing life flows through me now, restoring me to wholeness and perfection. I AM peaceful in mind and heart. I am entitled to the fullness of life. I AM Divine Life. I am whole, right now and right here. I am whole, full of life and health, wherever I am and whatever the conditions of my mind or body. I am in flow and I am Happiness and Gratefulness. And so it is, amen.

Thank you Ann!

Carrie Hartwick – to share some quotes for discussion

Unity Scripture – so to speak!

The first two books essential to unfold the Unity philosophy

Emily Cady - Lessons in Truth

Read Lessons in Truth Chapter Two pg. 17 in the 1962 edition.

Statement of Being

Christian Healing – Charles Fillmore – the science of being (sub-title)

P R E F A C E

These are not simply lectures, but lessons to be applied as one applies mathematical rules— not to be merely read, but studied. When a suggestion is made to “ a thought,” or affirm or deny a certain situation, the student should stop reading and, both audibly and mentally, do as bid. This will set up new thought-currents in mind and the body, and make way for the spiritual illumination which will follow in all who are c faithful. The Statements following each lesson should be used for mental discipline. Write these Statements down, and apply them daily . while studying the lesson to which they correspond. Anyone can do mind healing who will use the simple rules of denials and affirmations here set forth. If you wish to heal another, hold him in mind and mentally repeat the denials and affirmations, which will raise the consciousness to Spiritual Reality, where all healing power originates. If you wish to heal yourself, talk to your mentality and body as you would to a patient.

T H E T R U E C H A R A C T E R O F B E I N G

Lesson O n e

“There is a spirit in man: and the inspiration of the Almighty giveth him understanding.”

The Science which is here set forth is founded upon Spirit, but it is none the less scientific because it does not conform to intellectual standards. The facts of Spirit are of a spiritual character, and, when understood in their right relation, are orderly—this is the test of true science. The lawful truths of Spirit are more scientific than the constantly shifting intellectual standards. The only real science is the Science of Spirit. It never changes.

Completion Tonight

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 become more alive, more healthy, 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!

Please be sure to go back to any area of your body that requires your ongoing love for it to now remind it each day that you love it so much and that it is more and more in harmony with your natural state of health and wholeness.

Bring forth your love, so profoundly! Continue to repeat to this area of your body how much you love it! How happy you are because of its excellence and full presence! You are happier in each moment and so grateful.
Look to your body each day and remind it:

I love you so much, I love you, I love you, I love you!
Remember to bring love to your body and your specific areas each day!

Then I smile! Know and trust that I am well and in excellent flow!

There is one power and one presence pouring through me in each moment!

Everything is working for my body's health and my overall happiness!

The Joy of Divine Source Uplifts and Blesses Me all day long!

Breathe love, breathe health, breathe joy! I am that.

We are now going to take a few questions only.

Thank you for joining us today!

We invite you to come again if you are ready to leave in your naturally heightened state.

Please be sure to download the affirmative path for the next two weeks.