

Healing and Wholeness Words For Our 2nd Gathering - March 27th, 2024

Host - Cee Driskell Unity Ottawa Spiritual Leader

Prayers by Co-Host - Ann Therriault Unity Ottawa Teaching Student

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 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.

Please say the statements below out loud over the next couple of weeks.

So let us begin!

PART ONE (please make these statements deeply personal)

As I breathe here now, gently, and slowly together, there is a deepening of my connection to my inner source of health and wholeness.

I can imagine this a bright light around the area of my heart.

Simply by reminding myself that this is within me, whether I see the light or not, I am already connecting more profoundly, and my words are actualizing my healing, now!

I know the source of my divinity is here. NOW! I feel a deepening of connection and this conscious awareness will continue to guide me in what I can do to open more and more fully to my greatest health potential.

And so it is!

Accepting Change

Today is a time for change! I have reflected on what is no longer working. I now know that I am able to bring my life back to flow. I am so grateful for this awareness. I am capable of working through all that I need to with my heart open and a choice to clear my mind of that which no longer serves me.

When I look in the mirror in the days ahead, I will remind myself that every thought I carry can be about natural order and wonderful experiences. I see

my life as happiness. I feel my life in flow. I am grateful for all that I can accept and all that is now changing to provide me the best possible outcomes. I can make one conscious, higher awareness thought each moment to excel in the NEWNESS, the new healthiness, having accepted that change is inevitable and a great opportunity.

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 my 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!

PART TWO - Grounding

I am connecting with my body.

I am seeing roots coming from the bottoms of my feet, and they are heading down into the earth to ground me. I am at peace in my connection to Mother Earth, while also feeling at peace with the spiritual light that surrounds me and pours through me.

Part THREE

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

I give no power to old beliefs or wounds, and I activate the light of love and compassion for myself!

Please Repeat this again: I give no power to old beliefs or wounds, and I activate the light of love and compassion for myself!

I truly love myself now, as I am, fully alive and naturally healthy.

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 fully alive!

My blood is filled with the light of loving healthiness.

I am filled with 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 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.

Part Four

In this moment I feel so powerful!

I know that my body is fully healthy.

I am a child of the Oneness, therefore I am inherently healthy!

I am a child of the Oneness, therefore I am inherently healthy!

Thank you loving Oneness for this reminder of my excellent health.

I just need to call on this Oneness, this great source, God, to remember in each moment to bring through the strength of my healthiness.

Healing energy moves in and through me! I am an expression of perfect life.

Each day I can again remember this indwelling source that is fully alive and in perfect flow of health and abundance for my highest good!

I am in perfect flow of health and abundance for my greatest good!

This inner wealth of health is my greatest gift and each day its magnificent supply ensures my ongoing health and happiness.

Today, I will get out of the way and allow through my greatest health!

I am ready for this to occur! Yes, I AM!

I am welcoming the source of profound power and presence to allow this to my greatest health to happen now! YES, I AM!

I am secure in knowing that I am pure love, pure flow of life-giving consciousness and energy, that awakens and invigorates my whole being!

YES, I AM!

I am whole, perfect, and healed! In this moment I am fully alive and well.
YES, I AM!

I am good! YES, I AM

At my core, I know and trust that I am GOOD. YES, I AM!

I am gracious! YES, I AM

I am good! YES, I AM

I am living in divine flow! YES, I AM

I am good! YES, I AM

I am good! YES, I AM

I am living in divine flow!

These statements activate my awareness of my deserving full health and happiness, in flow with my divine being, divine life, divine health!

Renewal is taking place within me now. I am living in complete health and wholeness.

I AM GOOD! YES, I AM TRULY GOOD and DIVINE IN HEALTHY FLOW!

Let's just take all this in right now.

I am so grateful for all the health and happiness that I am.

_____Breathing in gently and slowly! Repeat _____

Part FIVE

Affirmative PRAYER

I willingly and lovingly release all the thoughts and stuck energies that no longer serve me. I completely accept and love myself for who I am, now! I am so happy and grateful for my internal and external balance. I AM whole, and at peace. I have Divine Joy, which makes me stronger and stronger each day. I give no power to the thoughts and fears that have created imbalances in my mind and body. The Living and Loving Source's healing life flows through me now, restoring me to wholeness and perfection. I AM peaceful in my mind and in my 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.

(written by Ann Therriault)

To Complete

Each day I go back to the area of my body that requires my ongoing love for it, and I remind it that I love it so much and that it is more and more in harmony with my natural state of health and wholeness.

I bring forth my profound love! I continue to repeat to this area of my body how much I love it! How happy I am because of its excellence and its full presence!

I am happier in each moment and so grateful.

I look at my 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!

I Breathe love, I breathe health, I breathe joy! I breathe revitalization and rejuvenation into each cell.

I am so happy to be alive and well here on earth. Thank-you, thank-you, thank-you.

Final Section

TAPPING and SWEEPING