

May 8th 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 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 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.

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 next three sessions, including today.

He said:

I have seen people healed through prayer. The first time I ever saw this was at a prayer meeting. When the meeting was over, a woman came forward, holding out her hands. 'Look,' she said.

She was weeping. She held out her hands and slowly opened and closed them. 'This is the first time in five years,' she said, 'I have been able to move my fingers.'

Since then I have seen many people healed through prayer...

If one person is healed through prayer, we can all be healed through prayer. If one person changes their life by changing their thinking, we can all change our thinking to change our life. We have only to learn the conditions of success.

Cee - So, let us begin with the one key in the blueprint of healthiness which is to affirm over and over,

I am aspect of God, therefore inherently healthy!

I am aspect of God, therefore inherently happy!

I am aspect of God, therefore inherently abundance!

I am aspect of God, therefore inherently and fully ALIVE!

PART FIVE

PROSPERITY

I am now allowing a time of accepting the prosperity that is always with me and through me.

At first I may not see all the prosperity that I am given, but it flows to me and through me in countless ways.

Like waves of water that I can enjoy and enter as deep as I want, my prosperity sits in quiet abundance welcoming my inner awareness to enter it more and more deeply so its activity can be manifest.

So, as I look at this abundance like a wave, I am choosing to allow this abundance wash over and touch me at my ankles. I feel this sensation and call it abundance.

I also name the abundance I am choosing right now. I am welcoming the abundance of what? Of love, of safety and security, of property, of laughter, of education, of endurance, of energy, of a full healthy life, of financial prosperity and on... I choose what is mine to have, here and now.

I am now able to continue to welcome the wave of abundance, and this time it is coming further up my body to my hips. I am immersed in this abundance, and it feels all well. I am so grateful for this abundance that I have chosen and will name again. I am welcoming the abundance of what? It may be the same as before or now something different.

This time I am going to allow myself to walk into the waves of abundance and maybe I will enter abundance up to my belly, or shoulders and maybe I will slowly walk right into this abundance and let its loving source wash over my whole being, allow me to FEEL completely immersed in the greatest of felt prosperity, felt love, and even joy!

Here I am able to float in abundance and I am no longer resistant to any abundance.

I am fully engaged with abundance, and I can ask for it at any moment to be turned on and turned up in this moment, today and in the days and years ahead. It is up to you. It is always up to you how much you absorb and share.

And so it is!

PART SEVEN

I CHOOSE SECTION

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 most affirming intention!

I CHOOSE HEALTHINESS.

I AM HEALTHY.

I CHOOSE HAPPINESS.

I AM HAPPY.

I CHOOSE PROSPERITY.

I AM PROSPEROUS.

I CHOOSE ENDURANCE.

I CHOOSE STRENGTH

I CHOOSE KIND FRIENDS

And on...

I can even take this CHOOSING idea further.

My decision is very clear, and I say that I CHOOSE it! In this way I am most decisive.

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

I also choose to feel healthier overall.

I am resting with ease and feeling healthier and healthier.

BUT CHOICE makes an impact underneath the will to be one way or another.

As I plan the rest of my spring adventures, I CHOOSE to manifest many joy-filled 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 adventures, I CHOOSE to manifest many joy-filled 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!