

**MERRY
CHRISTMAS**

The image features the words "MERRY CHRISTMAS" in a bold, bubbly, red font with a thick white outline. The text is arranged in two lines: "MERRY" on top and "CHRISTMAS" below it. A small, white snowflake icon is positioned between the two lines, centered over the letter 'I' in "CHRISTMAS". The background is a smooth gradient from light green on the left to bright red on the right.

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

М-П-Г

И-Т-А-П

QZ-DZD-HW PMPDZC

РМΣΟΡ

ZO--H>Z-0>Z-

И-И0ZПP-И0

ΣOΠS-W

П<OΓ

Г-Г-П-П

ΠS>ΠΓMΠ

РМDPO

NEAL

Power of Life!

HO
HO
HO



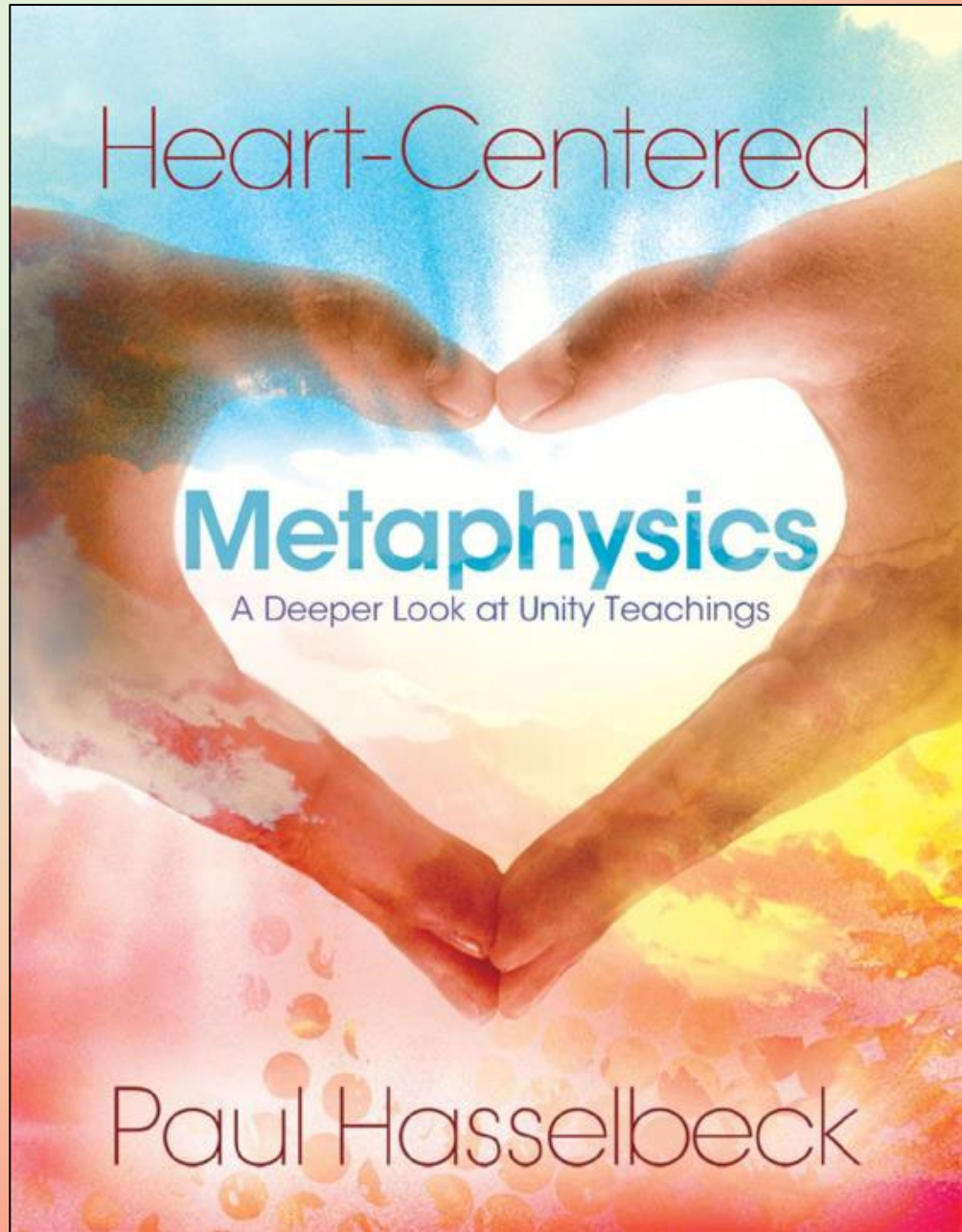
John 10:10

“I am come that they might have life, and that they might have it more abundantly.”



Denials and Affirmations





*Heart-
Centered
Metaphysics*
by Rev. Dr.
Paul
Hasselbeck

Metaphysics

- Beyond the physical
- Unity word for theology
- Explore big questions such as: What is:
 - God?
 - Humanity?
 - Our relationship?

Heart-Centered Metaphysics

- Love
- Compassion
- Courage
- Oneness
- More than a mental exercise!



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Defining Denials & Affirmations



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Denials are not...



Charles Fillmore: Denials:



From *The Revealing Word* :

- A relinquishment... (letting go)
- The mental process of erasing from consciousness the false beliefs of the sense mind.
- Clears away belief in evil as reality and makes room for the establishing of Truth.

Creating Denials:

- Use words that focus on the present moment.
- Use words of letting go.
- May be general or specific.

Examples:

- I gently let go of any thoughts of limitation.
- I now release all that doesn't serve me.
- All fears now melt away.

Follow with an affirmation to fill the space left behind!

Charles Fillmore: Affirmations



From *The Revealing Word*:

- A positive statement of Truth, to claim and appropriate what is already ours in Truth.
- The mental movement that asserts confidently and persistently the Truth of Being in the face of all appearances to the contrary.
- Lifts us out of false thinking into the consciousness of Spirit.

Creating Affirmations:

- Use words that focus on the present moment.
- Use I Am or other present-tense verb statements (vs. I will/should)
- May be general or specific.

Examples:

- One with God, I am Divine Power expressing.
- I claim my good as a child of the Most High.
- Prosperity abounds, and I swim in a sea of supply and blessings.
- I express Divine Life itself, and every cell in my body is in perfect working order.

Denials – Updated!



Charles Fillmore:

- A relinquishment, and it should not be made with too much vehemence.
- Let us make our denials as though we were gently sweeping away cobwebs, and our affirmations in a strong, bold, positive attitude of mind.

What we know today:

- The brain may skip over “not” and “don’t” words!

Other Denial Options:

- Skip and go straight to affirmations.
- Generic release statement: Cancel cancel!
- Generic denial: I now release all that no longer serves me.
- Physical action: Relaxing hands, turning
- Imagery: I now envision that old idea:
 - Returning to the nothingness from which it came.
 - Breaking apart like fallen leaves composting the earth to feed Divine Life.
 - Melting like an ice cube on the sidewalk to hydrate new healthy thoughts.

Affirmations – Updated!



Charles Fillmore:

- To establish in consciousness a broad understanding of the divine principles on which all life and existence depend.
- When we poise ourselves in Divine Mind our affirmations and denials will be made in right relation. We will know just when to let go of a thought and when to lay hold of another.

What we know today:

- Value of repetition.
- Going up the ladder can help!
- Power of emotions!

Other Affirmation Options:

- Act as if/repetition
- Go up the ladder. If challenges believing, try:
 - I am willing to claim my good as a child of the Most High
 - I am becoming one who recognizes herself as a child of the Most High
- Seek out affirmations that touch your emotions.
(Okay to copy!)

Remember: Power of Life!



Our Spiritual Power of Life

- The faculty of movement, vitality, wholeness, and creativity.
- The expression of the pure, eternal life of God within us.
- The ability to energize, enliven, and make whole.
- The power of animation and presence.

I AM Life.

A label, diagnosis or condition is not the truth of who I am. I am vibrantly alive with God. Every cell of my body radiates Divine Love and Light. I celebrate life in abundance!

I AM Life.



[This Photo](#) by Unknown Author is licensed under [CC BY](#)