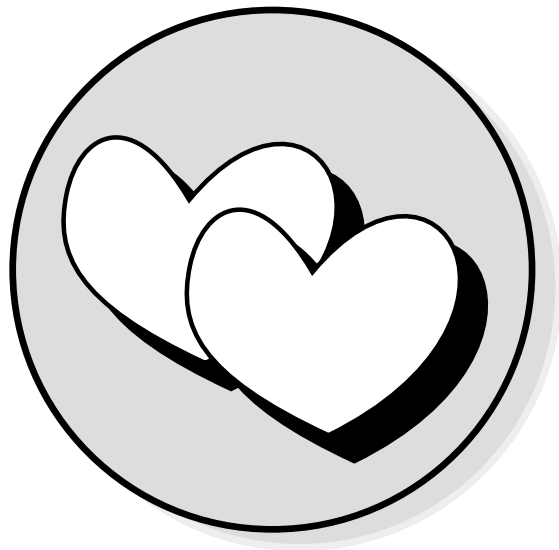


*Conducting a Sacred*  
**HEALING  
SERVICE**



**Revealing Newness  
Through Group Healing**

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Rev. Marcia Sutton**

[www.SacredDays.org](http://www.SacredDays.org)  
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This packet contains all of the materials necessary to conduct a two hour 'Sacred Healing Service.' The various practices, meditations and worksheets have been developed over a number of years, and have proven to be highly effective in producing a deep healing effect in the spirit, mind and body of those who use them correctly. A unique aspect of the practices contained in this Healing Service are that they use a "whole mind/whole body" approach to changing the consciousness of those who use them.

*An underlying motivation in creating this Healing Service was to provide a useful tool for spiritual leaders to deal with the fear, anger and sorrow that is arising from a wide variety of upsetting conditions in the world today. From international terrorism, to corporate financial scandals, to personal tragedies, many people in our modern culture are feeling an excessive amount of stress. Fortunately, the materials contained herein are of such a universal nature that this Healing Service can be conducted on an ongoing basis to serve a wide variety of personal needs that the participants might have.*

## Table of Contents

### Facilitator's Reference Materials (RM)

The "Facilitator's Reference Materials," are to be used by you to conduct the Healing Service. These sheets all have gray bands with black lettering across the top of each page.

1. How To Conduct a Healing Service (2p)
2. Healing Service Agenda
3. Using the Meditations
4. Fear to Faith Meditation (6p)
5. What Happened Meditation (2p)
6. Easy Prayer Meditation (3p)
7. Thanksgiving Tree Meditation (2p)
8. Conducting a Releasing Prayer (2p)
9. Personal Counseling Agenda
10. NovaTech Materials Policy
11. Sample Flyer

### Participant's Worksheet Handouts (WS)

The "Participant's Worksheet Handout" section contains "master copies" of the worksheets that you will need to reproduce and distribute to Participants in the Service. These sheets all have black bands with white lettering across the top of each page.

1. Healing Service Un-Hidden Agenda
2. Fear to Faith Worksheet
3. What Happened Wisdom Tree
4. Fear to Faith Easy Prayer
5. Thanksgiving Tree

#### Optional Handouts:

These are some additional items that you may wish to include in the handout packet. Or, you may simply want to have them available for those who might want them.

6. My Lord's Prayer
7. Performing a Fear to Faith Communion
8. Fear to Faith Communion Prayer
9. The 70x7 Forgiveness Process
10. Notable Quotes About Faith

Following are instructions for conducting a successful Healing Service. If these materials are completely new to you it is highly recommended that you review this section thoroughly before attempting to conduct a Healing Service.

## Purpose

The purpose of this Healing Service is reveal a greater state of Wholeness in the minds, the hearts and the flesh of the participants. For a more complete description of the Purpose, Vision and Intentions of this Healing Service, see the “Un-Hidden Agenda” contained in the handout section of the materials.

## Principle

The underlying principle that supports this entire Healing Service is the scriptural wisdom, “...as you have believed, so it is done unto you” ...Matthew 8:13. All human pain and suffering is the ultimate result of having believed something untrue about ourselves and/or the nature of our lives. Unfortunately, these errors in our thinking are most often hidden from us, and we only become aware of them when they manifest as some disturbing condition in our lives. Every aspect of this Healing Service is designed to identify, clarify and dispel the “errors of the flesh” that we hold within our souls. The result of such purification is the revelation of Wholeness within every aspect of our being.

## Preparing Yourself

It is important to thoroughly prepare yourself to facilitate this Healing Service. The two most important aspects of this preparation are:

1. It is essential that before you attempt to take any group through the guided meditations that you have been taken through them yourself. Find a friend or associate to do this for you. Additionally, you should rehearse the meditations by taking at least one other person through them before you use them in the Healing Service. **Remember:** “You cannot take another where you have not been yourself.”
2. Prior to the Healing Service, be sure to pray with at least one other person for divine guidance and the successful outcome of the Service. **Remember:** “Again I say to you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them by my Father which is in heaven.” ...Matt. 18:19
3. Be sure to do your own work first. Do not attempt to conduct this Healing Service if you are deeply troubled or in a state of agitation. If necessary, seek your own spiritual counsel to insure that you are calm and fully present whenever you attempt to facilitate this Service.

## Prayer Presence

It is highly recommended that every Healing Service have a “Prayer Presence” in the room. This would be one or more individuals of high spiritual consciousness who are capable of maintaining a “silent prayer vigil” during the entire course of the Service. It is important that they not be involved with the Service as an active participant. These same individuals should also be able to provide specialized care to any member of the group who has such a need.

Continued...

## Group Size

This Healing Service can be performed with a group of almost any size. It is especially effective with groups of about 5 to 20 people. However, with some minor modifications it can also be effective with much larger group. Use your own best judgment in making such modifications. With the exception of the “*Easy Prayer*,” all of the meditations can be effectively used without the distribution of worksheets. Simply allow people the time to jot down notes in whatever form is meaningful and useful to them.

## Ambiance

The Healing Service should be conducted in a sacred space conducive to doing deep inner work. Consequently, it should take place in a location where there is a minimal amount of distractions for the senses. This means that all disturbing sights, sounds, smells and bodily sensations should be identified and removed. It is highly advised that telephones, cell phones, answering machines, pets and children be attended to in a way that will not disturb the Healing Service once it is underway.

## Handouts

Master copies for creating handout worksheets are included as part of this packet. They are the sheets that have a black banner with white lettering across the top. There are 5 basic pages that are part of the agendized activities of the Healing Service. Additionally, there are 3 more pages that you may wish to incorporate into the handout packet depending on the spiritual orientation of your group. As an alternative, the optional materials could be printed up and distributed after the Service only to those who have an interest in using them.

## GodSong

One of the important activities of this Healing Service is an ‘*opening chant*.’ This practice is instrumental in creating a unified field of consciousness in which to conduct the Service. Any form of sacred chanting will work provided it is short, simple, easy to sing and at least 5 minutes in duration. An excellent choice is the ‘GodSong’ chant, because of its universal and unitive lyrics, “*God’s the Love that I Am*.” This chant can be downloaded from our website in ‘mp3’ format, or a free eight minute tape of the chant is available by writing to the following address:

**GodSong** • PO Box 71138 • Reno, NV 89570-1138 (Also check our website for a sample.)

## Activities Agenda

The easiest way to conduct this Healing Service is to simply work from the “*Activities Agenda*” on the next page. Each item on the Agenda program contains references to the appropriate support materials and worksheets. The times suggested for each item are approximate only. Use your own best judgment in adjusting them. However, be sure to honor the starting and ending times for the Service.

For additional support and instruction check out our Sacred Days website located at: [www.SacredDays.org](http://www.SacredDays.org)

... End of Section

# Healing Service Agenda

2

Time: \_\_\_\_\_ to \_\_\_\_\_ Date: \_\_\_\_\_ M T W T F S S Session No:  1  of  1

**Description:** This is a suggested agenda for a generalized group healing service that could be offered as a special event, or on a regular monthly basis. An "Appreciation Offering" is optional.

| Activity Items                                   | Time | Ref. | Wksht. |
|--|------|------|--------|
| <input type="checkbox"/> Welcome / Introductions | 3    |      |        |
| GodSong Chant / Opening Prayer                   | 10   | RM-1 |        |
| Review Un-Hidden Agenda <sup>1</sup>             | 5    |      | WS-1   |
| Sharing Intentions/Agreement Prayer <sup>2</sup> | 10   |      |        |
| Fear to Faith Process                            | 5    | RM-4 | WS-2   |
| Fear to Faith Sharing                            | 10   |      |        |
| Releasing Prayer Practice                        | 10   | RM-8 |        |
| <input type="checkbox"/> 10 Min. Break .....     | 15   |      |        |
| What Happened Wisdom Tree (w/ "word of error")   | 5    | RM-5 | WS-3   |
| Wisdom Tree Process Sharing                      | 10   |      |        |
| Easy Prayer Process                              | 15   | RM-6 | WS-4   |
| Appreciation Offering (Optional)                 | 5    |      |        |
| Thanksgiving Tree                                | 5    | RM-7 | WS-5   |
| Thanksgiving Tree Sharing <sup>3</sup>           | 5    |      |        |
| Completion Process                               | 5    |      |        |
| Closing Prayer                                   | 2    |      |        |

**Notes:** **Total Time: 120 Min. (2 Hrs.)**

- It is highly recommended that a 'Prayer Presence' be in attendance. (RM-1)
- 1. After reviewing the Purpose, Vision and Intentions have the participants identify and claim two personal intentions, one for themselves and one for others.
- 2. One at a time, invite a few people to stand, say their name and then share their personal intentions. As each of them finishes, have the group chant in unison the Agreement Prayer:

\_\_\_\_\_ (Person's Name) **I hear you. I see you. I agree with you.**  
**And the living Spirit within me, supports your intentions with Love.**

- 3. This item can be expanded or eliminated as time allows.

Legend: Healing    Revelation     Other  
**Healing Service : Agenda**

The following meditations are designed to elicit “Self-Knowledge” within your students or clients. They are to be used in conjunction with the appropriate worksheets contained in the ‘**Handout**’ section of this packet.

### Descriptions of Prompts:

A number of prompts are contained within the “meditation scripts” provided in this Section. They will assist you in the timing and pace of guiding the meditation experiences. Following is a list of these prompts and their meanings:

| Prompt                | Description   |
|-----------------------|---|
| ...                   | A very short pause. About <u>1-2 seconds</u> .  |
| ... (Pause)           | A slightly longer pause. About <u>2-3 seconds</u> .   |
| ... (Long Pause)      | A pause of about <u>3-5 seconds</u> .   |
| ... (Intuitive Pause) | A pause of <u>undetermined length</u> . Usually about 10 to 20 seconds. Whenever these pauses are called for, “go within” and ask your own “Higher Wisdom Self” to prompt you as to when you should resume the process of the Meditation.<br><br>When you are working with a single individual, simply ask them to prompt you by nodding their head or saying, “Okay” when they are ready to move on. |
| ... (Writing Pause)   | When the process requires the students to write something down, you may need to pause for a <u>minute or two</u> .<br><br><b>Pay attention to the activity of the students.</b> When about half of them seem to be finished, announce that they will have about one more minute to complete their assignment.   |

### How To Use the Scripts:

#### 1. With a Client, Class, Group or Gathering

- Read the scripts verbatim with all the prompts and pauses.
- When you are working with a single individual, simply ask them to prompt you by nodding their head or saying, “Okay” when they are ready to move on.
- Or, get familiar with the Process and then write your own script, in your own words.
- Or, get familiar with the Process and then improvise the meditation in your own words.

#### 2. By Yourself

- Tape record the script and play it back to yourself.
- Or, get familiar with the Process and then silently take yourself through it in your mind.
- Or, get familiar with the Process and then verbally take yourself through it, pausing as necessary to do silent inner work.
- Or, have a friend take you through the process.

 **Purpose:** To deepen Faith by affirming the Truth, and releasing 'errors' from our belief systems.

 **Instruction:** Prior to beginning this exercise, provide each of your students or clients with a 'Fear to Faith Worksheet.'

 **Take the students or client through the following guided process:**

Find a place where you are comfortable and feeling fully supported by your chair. ...(Pause)

Next, bring your awareness to your breathing... Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...(Pause) The breath is the eternal cycle of reception and release within our physical bodies... It is the eternal activity of 'God in us.' ...Pause) With every breath, you now become more aware and more conscious of the indwelling Presence of God... Which is your 'Higher Wisdom Self.' ...(Pause)

Now, let your breath serve as a pathway to your heart ...(Pause) Allow your awareness to move into your heart... For it is here that you begin to see with the 'Eye of the Heart'... Which is the 'Eye of Wisdom'... The 'Eye of Love.' ...(Pause)

And now, in the silence of your heart, ask your 'Higher Wisdom Self' to guide you through this process... Ask to have revealed to you, everything that you need to know for your highest good and healing...Right here and right now. ....(Long Pause)

## Step I. - Original Condition

In Box No. 1, in the lower right-hand corner of your worksheet, write a brief description of some troubling condition that you are currently experiencing that you would like to heal. ...(Pause) Jot down just enough information so that you could look at this worksheet a month from now and say '*Oh yeah, I remember that situation.*' ...(Intuitive Pause)

With one or two words also identify how you feel about this condition. ...(Intuitive Pause)

When you are done, write down today's date in the lower left-hand corner of Box No. 1. Today's date is: < Give students today's date. >

...(Writing Pause)

**Step 2. - Highest Hope**

Now, I would like to direct your attention to **Box No. 2** in the middle of the worksheet, on the left hand side under the word 'Hope.' ...(Pause)

In this **Box**, I would invite you to write down what you 'hope' will happen as the ultimate outcome of the condition that you described in **Box No. 1**. ...(Writing Pause)

**Step 3. - Word of God**

Now I would like to have you take a moment to close your eyes and go within. ....(Long Pause) Bring your awareness to your breathing and allow yourself to relax completely into the presence of the 'Divinity that is within you.' ....(Long Pause)

As you enter into an expanded awareness of your inner Self, use the power of your mind to imagine that what you 'hope will happen' has already happened. ....(Long Pause)

Notice where you are... Who you are with... What you are doing... Notice how you are feeling about the situation. ...(Intuitive Pause) Continued...

Now, let your Higher Wisdom Self magnify the feelings of this experience so that it becomes completely real for you. ....(Long Pause)

In the felt reality of this experience see if you can identify the **ONE** quality of God that seems to be most in expression. ...(Pause) It might be Love, or Peace, or Wisdom, or Beauty, or Joy, or Wholeness. ...(Pause) Simply identify that one single Word of God that seems to best describe the quality of the situation that you have imagined. ...(Pause)

If you are having difficulty identifying this Word, ask your Higher Wisdom Self to reveal It to you... Or you may wish to open your eyes and refer to the God qualities listed across the top of the sheet. ...(Intuitive Pause)

Once you know what your Word is, open your eyes and write it down on **Line No. 3** in the little cloud at the top of the worksheet. ...(Writing Pause)



**Working With Icons: (Optional)**

As a way to invite your 'whole brain' into this process, draw a simple little symbol, image or icon that best represents your 'Word of Faith' in space provided in the upper left hand corner of your worksheet, just to the left of the 'cloud.' When you are finished, circle this icon to indicate that you are accepting it.

...(Writing Pause)

**Step 4. - Hidden Fear**

Now we come to the challenging part of this process. We must face our fears simply so we can explain why they are not so.

...(Pause) We are going to use the energy of our Word of God to provide the light that will dispel the darkness of our hidden fears.

...(Pause)

So go now to Box No. 4, in the middle of the worksheet, on the right-hand side under the word 'Fear.' ...(Pause) Take a moment to look within and see if you can connect with the fear that you have about the condition that you described in Box #1, at the beginning of this process. ....(Long Pause)

See if you can identify what it is that you fear might happen as the ultimate outcome of the situation... One common fear is that condition or situation will never change... Another one is that it will become even worse. ...(Intuitive Pause) Write down what you fear might happen in Box No 4. ...(Writing Pause)

**Step 5. - Word of Error**

Now I would like to have you take a moment to close your eyes and go within. ....(Long Pause) Bring your awareness to your breathing and allow yourself to relax completely into the presence of the 'Divinity that is within you.' ....(Long Pause)

As you enter into an expanded awareness of your inner Self, use the power of your mind to imagine that what you 'fear might happen' is happening in your awareness right now. ...(Pause) Remember that your feelings can't hurt you and that God is with you, now! ....(Long Pause)

Notice where you are... Who you are with... What you are doing... Notice how you are feeling. ... (Intuitive Pause)

Now, let your Higher Wisdom Self magnify the feelings of this experience so that it becomes completely real for you. ....(Long Pause)

In the felt reality of this experience, see if you can identify the ONE single 'word of error' that best describes the fear that you are feeling. ...(Pause) It might be a word like poverty, or disease, or rejection, or maybe even death. ...(Pause)

Simply identify this one single word, that when you hear IT, it brings up the feelings that you are feeling right now. ...(Pause)

If you are having difficulty identifying this word, ask your Higher Wisdom Self to reveal the Word to you. ...(Intuitive Pause)

Once you know what your 'Word of Error' is, open your eyes and write it down on Line No. 5, next to the little gray 'Mental Block.' ...(Writing Pause)

### **Working With Icons: (Optional)**

As a way to invite your 'whole brain' into this process, draw a simple little symbol, image or icon that best represents your 'word of error' in the little gray 'circle and slash' in the upper right corner of your worksheet. ...After you have drawn your 'word of error' icon, trace over the gray 'circle and slash' to indicate that you are releasing this belief from your consciousness. ...(Writing Pause)

### **Step 6. - Word of Resistance**

Now take a moment and go within and remember back to the last time that you experienced fear about the 'word of error' that you have just identified. ...(Pause)

Allow your Higher Wisdom Self to draw into your awareness an image that best represents what you normally do in reaction to experiencing your 'word of error.' ...(Pause) Simply notice where you are, and what you are doing. ...(Intuitive Pause)

Now ask your Higher Wisdom Self to provide you with a single word that best captures the essence of what you usually do to keep your 'word of error' from happening. ...(Pause) It may be an outer behavior such as 'control.' ...Or, it may be an inner activity

such as 'worry.' ...Simply allow your Higher Wisdom Self to reveal this word to you. ...(Intuitive Pause)

Once you know what your 'Word of Resistance' is, open your eyes and write it down on Line No. 6, next to the little 'Clenched Fist.' ...(Writing Pause)

### Step 7. - Forgiveness

The most effective way to bring 'Newness' into our lives is by releasing what is 'old,' and no longer serves us. We can do this now by engaging the healing power of 'Forgiveness,' which is the perfected Love of God. Furthermore, when we are willing to *express God's Love*, we become worthy to *accept God's Love* into our lives. Consequently, when we forgive others, we are forgiving ourselves as well. ...(Pause)

So close your eyes and go within once again. ...(Pause) Bring your awareness to your breathing, and allow yourself to surrender completely into the presence of the 'Divinity that is within you.' .....(Long Pause)

Now, allow your Higher Wisdom Self to draw into your awareness the image, name or felt presence of someone, or something in your life that you need to forgive in order to reveal the manifestation of the Word of God that is already within you. ...(Pause)

It might be a friend or a family member, against whom you are harboring a hidden resentment ...(Pause) Or, it might be an acquaintance or public figure whose presence you cannot stand. ...(Pause) Perhaps it is even an organization or institution whose actions you deplore. ...(Pause) Simply let your Higher Wisdom Self reveal to you the name of who you must forgive. ...(Intuitive Pause)

Once you know the name of who you must forgive, open your eyes and write their name on each of the blanks of the '**Love Prayer**' in Box No. 7, on the lower left hand side of your worksheet. ...(Writing Pause)

Once you have finished writing down the name of who you must forgive on your worksheet, then close your eyes, go within, and

begin to practice your '**Love Prayer.**' Do this by silently saying '**I Accept You**' as you inhale, and '**I Bless You**' as you exhale. ...(Pause)  
Be sure to personalize your '**Love Prayer**' by using the actual name of the person you must forgive. ...(Intuitive Pause)

### Step 8. - Newness

The final step of the process cannot be completed at this time. We do not yet know what the final outcome will be. It may look like what we 'hope will happen.' Or, it may be an even better outcome that we cannot even conceive of at this time. **Box No. 8**, in the very lower left corner of the worksheet, must be filled out in the future, once the original troubling condition has been resolved.

### Completion - Releasing Prayer

Go to the '**Releasing Prayer**' section at the bottom of the worksheet. ...(Pause)

In the blank space of the first line, write in the '**Word of Error**' that you previously identified on **Line #5** next to the little '**Mental Block.**' ...(Writing Pause)

In the blank space of the second or middle line, write in the '**Word of Resistance**' that you previously identified on **Line #6** next to the little '**Clenched Fist.**' ...(Writing Pause)

In the blank space of the bottom line, write in the '**Word of Faith**' that you previously identified on **Line #3** in the cloud at the top of the page. ...(Writing Pause)

### Followup Coloring

1. Point out the '**color code**' on the worksheet just above the Releasing Prayer section. Indicate that coloring the worksheet according to this *code* can enhance the healing power of this process by identifying how each aspect of the process corresponds to an aspect of our overall being.
2. Suggest that they color this, and the other worksheets according to the *code* when they get home. Also inform them that '**highlighter markers**' work very well for doing this, and that all the coloring can be done with just three markers, *pink, yellow & blue*. The other colors of *violet, green and orange* can be created by mixing the three primary colors as indicated in the color code.
3. Inform them that if they want a more detailed explanation of the coloring system that can visit the '**Coach to Everywhere**' lesson on the Sacred Days website. The web address is in the lower right hand corner of their worksheets.

To discover deeply held core beliefs that were established in early childhood.



**Instruction:** Prior to beginning this exercise provide each of the participants with a **'What Happened Wisdom Tree'** worksheet.

Take the participants through the following guided process:

Find a place where you are comfortable and feeling fully supported by your chair...(Pause)

Next, bring your awareness to your breathing... Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...(Pause) The breath is the eternal cycle of reception and release within our physical bodies... It is the eternal activity of 'God in us.' ...(Pause) With every breath, you now become more aware and more conscious of the indwelling Presence of God... Which is your 'Higher Wisdom Self.' ...(Pause)

Now, let your breath serve as a pathway to your heart ...(Pause) Allow your awareness to move into your heart... For it is here that you begin to see with the 'Eye of the Heart'... Which is the 'Eye of Wisdom'... The 'Eye of Love.' ...(Pause)

And now, in the silence of your heart, ask your 'Higher Wisdom Self' to guide you through this process... Ask to have revealed to you, everything that you need to know for your highest good and healing...Right here and right now...(Long Pause)

## I. Going Back

Now, ask your Higher Wisdom Self to scroll back into time... and to draw up into your awareness one of your very first or most formative experiences with your 'Word of Error.' ...(Pause) Allow your Higher Wisdom Self to draw into your awareness a significant experience with your 'Word of Error' that occurred early in your life. ...(Pause) It could be either a positive or negative experience. Either way, it created deeply held beliefs in you that are operating in your life today. ...(Long Pause)

Now, look around you and notice what's happening... Notice where you are... Who you are with... What you are doing... How you are feeling... and perhaps, notice how old you are. ...(Intuitive Pause)

Now, let your Higher Wisdom Self magnify the feelings of this experience, so that they become completely real for you. ...(Long Pause)

Now, ask your Higher Wisdom Self to show you what you came to believe about your 'Word of Error' as the result of what you felt in this experience. Out of this experience, what did you come to believe about yourself and your relationship with your 'Word of Error?' ...**(Intuitive Pause)**

### **2. The Greater Truth**

And now, ask your Higher Wisdom Self to bring you forward into the present time and show you how these deeply held beliefs are being expressed in your life today. ... **(Pause)** Observe what is happening in your current life experience that expresses the beliefs that were created so very long ago. ... **(Pause)** Can you see the same feelings and emotional reactions being played out in your life again today? ...**(Intuitive Pause)**

Now, in this present moment, allow your Higher Wisdom Self to reveal to you some greater Truth that will set you free from the limiting beliefs that you have held from the past. ... **(Pause)** What is the greater Truth that will set you free this day? ...**(Intuitive Pause)**

Have your Higher Wisdom Self show you some place in your life today where this greater Truth is already being expressed. ...**(Intuitive Pause)**

### **3. Giving Thanks**


Now, thank your 'Higher Wisdom Self' for the guidance, direction and protection that has been given throughout this entire process. ...**(Pause)** Most especially, give thanks for the Wisdom and the understanding that has been revealed to you. ...**(Pause)**

Now, bring your awareness back to your breathing... Feel the movement of the breath in your body. ...**(Pause)** Feel the presence of your body in the room... Feel your feet on the floor and your body in your chair. ...**(Pause)**

And now, when you're ready, open your eyes and allow your awareness to come gently back into the room. ...**(Long Pause)**

...**End of Meditation**

 **Purpose:** To reveal the 'divinity within us' by creating a 'Productive Prayer.'

 **Instruction:** Prior to beginning this exercise provide each of the participants with an 'Easy Prayer' worksheet. Before you start, make sure they have the 'Fear to Faith Worksheet' which they have previously completed.

 **Take the participants through the following written process:**

Begin by placing your 'Easy Prayer' worksheet before you.

**First** write in the 'Name of the Prayer' in the blank at the top of the form. ...(Writing Pause)

**Next**, write in the 'Word of God' that was revealed in the 'Fear to Faith' worksheet into the blank within the first paragraph where it says: 'Word of God.' ...(Writing Pause)

**Then**, write in your 'word of error' that was revealed to you on your 'Fear to Faith Worksheet.' This is to be placed in the blank about midway through the page where it says: 'word of error.' ...(Writing Pause)

**Finally**, write in the 'word of resistance,' that was also revealed to you on your 'Fear to Faith Worksheet.' This is to be placed in the blank about midway through the page just below your 'word of error,' where it says: 'word of resistance.' Notice that you have the option of preceding your 'word of resistance' with either the word **TO** or with the word **FOR.** Use the one that makes the most sense with your own 'word of resistance.' ...(Writing Pause)

And now, set things down and prepare to go within. ...(Writing Pause)

 **Take the participants through the following guided meditation:**

## Going Within

Find a place where you are comfortable and feeling fully supported by your chair. ...(Pause)

Next, bring your awareness to your breathing... Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...(Pause) The breath is the eternal cycle of reception and release within our physical bodies... It is the eternal activity of 'God in us.' ...(Pause) With every breath, you now become more aware and more conscious of the indwelling Presence of God... Which is your 'Higher Wisdom Self.' ...(Pause)

Now, let your breath serve as a pathway to your heart ...(Pause) Allow your awareness to move into your heart... For it is here that you begin to see with the 'Eye of the Heart'... Which is the 'Eye of Wisdom'... The 'Eye of Love.' ...(Pause)

And now, in the silence of your heart, ask your *Higher Wisdom Self* to guide you through this process... Ask to have revealed to you, everything that you need to know for your highest good and healing...Right here and right now ...(Long Pause)

### **Back to the Future**

Now, allow your *Higher Wisdom Self* to scroll back through time and draw up into your awareness, the remembrance of a time when you were in the highest realization of the 'Word of God' that you have selected, ...(Pause)

It might have been in recent times... or very long ago ...(Pause)  
Simply allow a remembered inner experience of your 'Word of God' to emerge into your awareness...

Notice where you were... Who you were with... What you were doing... And most especially, how you were feeling. ...(Intuitive Pause)

Now, let your Higher Wisdom Self magnify the feelings of this experience, so that it becomes completely *real* for you. ...(Long Pause)

Out of the felt reality of this inner experience, allow your *Higher Wisdom Self* to reveal to you, exactly how It would like to express through you a greater abundance of the 'Word of God' you have selected, in order to serve the highest and greatest good of all concerned. This direction may come as an image, or an internal verbal direction. It might just be the silent voice of intuition. Simply accept the Wisdom that is given now, in whatever form is right for you. ...(Intuitive Pause)

Now, thank your *Higher Wisdom Self* for the guidance and direction that has been given throughout this entire process. ...(Pause) Most especially, give thanks for the Wisdom and insight that has been revealed to you. ...(Pause)

Now, bring your awareness back to your breathing... Feel the movement of your breath in your body. ...(Pause) Feel the presence of your body in the room...Feel your feet on the floor and your body in your chair. ...(Pause)

And now, when you're ready, open your eyes and allow your awareness to come gently back into the room. ...(Intuitive Pause)




**Finishing Up**

Now take this opportunity to finish filling out your 'Easy Prayer' worksheet. At the bottom of the sheet, briefly record your previous experience with your 'Word of God.' Jot down just enough of a description to remind you of the experience. ...(Writing Pause)

Finally, in the middle of the page, write out a description of how the Holy Spirit wants to express Itself through you. Try to do this in the form of a clear affirmation that starts with the word '**I Am...**' ...(Writing Pause)

 **Follow-up Instructions:**

1. Instruct the group to find a scriptural verse, or quote from some authentic spiritual source that will support their prayer with Truth, and write it in the blanks provided on the prayer worksheet.
2. Once the group has completed their 'Easy Prayer,' then briefly review the 'Instructions' at the bottom of their worksheets.

 **Recommended Completion:** Once the group has fully completed their "Easy Prayers," have them take a moment to go within and remember back to the time when they had previously experienced their Word of God. Then, have them all read their prayers aloud simultaneously. Tell them to disregard that they will all be saying something different as they read the 'fill in' blanks. **Also, have them pause after reading their personal affirmation until the whole group is finished.** Then prompt them to begin again and finish reading the remainder of their prayers aloud.

End of Process ◀



To create a greater awareness of the activity of God in our lives through a conscious expression of gratitude.



**Instruction:** Prior to beginning this exercise provide each member of the group with a 'Thanksgiving Tree' worksheet.



Take the students or client through the following guided process:

Find a place where you are comfortable and feeling fully supported by your chair...(Pause)

Next, bring your awareness to your breathing... Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...(Pause) The breath is the eternal cycle of reception and release within our physical bodies... It is the eternal activity of 'God in us.' ...(Pause) With every breath you now become more aware and more conscious of the indwelling Presence of God... Which is your 'Higher Wisdom Self.' ...(Pause)

Now, let your breath serve as a pathway to your heart ...(Pause) Allow your awareness to move into your heart... For it is here that you begin to see with the 'Eye of the Heart'... Which is the 'Eye of Wisdom'... The 'Eye of Love.' ...(Pause)

And now, in the silence of your heart, ask your 'Higher Wisdom Self' to guide you through this process... Ask to have revealed to you, everything that you need to know for your highest good and healing...Right here and right now...(Long Pause)

## 1. Going Back

Let us begin by asking your Higher Wisdom Self to scroll back through time... and to draw up into your awareness one of the more memorable moments of this Healing Service for which you are most grateful. ...(Pause) Allow your Higher Wisdom Self to draw into your awareness a significant experience that occurred some time during the Process ...(Pause) It may have been either a positive or a negative experience at the time. But, either way, it now creates a deeply felt sense of gratitude in you. ...(Long Pause)

Now, in your 'mind's eye,' notice where you where... Who you where with... What you where doing... And how you where feeling ...(Intuitive Pause)

## 2. How It Felt

Now, let your Higher Wisdom Self magnify the feelings of this experience, so that they become completely real for you. ...(Long Pause)

Continued...

### **3. What Was Learned**

Now, ask your Higher Wisdom Self to show you what you came to learn about yourself and your relationship with Life out of this experience. Perhaps it was some skill ...or perhaps some Wisdom ...or perhaps just some self-knowledge. ...(Intuitive Pause)

### **4. The Word of God**

Now, in this present moment, allow your Higher Wisdom Self to reveal to you the 'Word of God' that came into your awareness during this experience. What was the Quality of the Divine that you experienced. Was it Love ...or Wisdom? ...Was it Peace ...or Beauty ...or Joy? Perhaps it was Freedom. Simply notice what life positive quality you experienced for which you are now grateful. ...(Intuitive Pause)

### **5. Giving Thanks**

Now, thank your 'Higher Wisdom Self' for the guidance and direction that has been given through this process. ...(Pause) Most especially, give thanks for the Wisdom and the understanding that has been revealed to you. ...(Pause)

Now, bring your awareness back to your breathing... Feel the movement of the breath in your body. ...(Pause) Feel the presence of your body in the room...Feel your feet on the floor and your body in your chair. ...(Pause)

And now, when you're ready, open your eyes and allow your awareness to come gently back into the room. ...(Long Pause)

### **Finishing Up**

Now take this opportunity to finish filling out your 'Thanksgiving Tree' worksheet. Jot down just enough information in each of the spaces provided to remind you of the experience. ...(Writing Pause)

End of Process...

## Purpose

The purpose of the '*Releasing Prayer Practice*' is to embody the wisdom that was revealed through the '*Fear to Faith Process*.' Secondly, by providing your group with a *participatory* experience of the *Releasing Prayer* they are far more likely to continue with the practice on an ongoing basis until they have experienced a full healing of whatever issue they may have been working with.

## Principle

The *Releasing Prayer* is based on an ancient metaphysical principle which goes: '*What the body does the soul remembers, and what the soul remembers it does to the body.*' This includes not only our '*physical flesh body,*' but also the '*body of our affairs.*' The power of the *Releasing Prayer* is that it allows us to use our bodies to transform our beliefs by creating new experiences for our souls based on Principles of Truth. This ultimately results in the soul producing *new* experiences that express the qualities of God into our lives in wondrous ways beyond what we can even conceive.

**Remember:** Just as our minds cannot distinguish the difference between a *real* and an *imaginary* experience, our flesh bodies cannot distinguish the difference between a real *physical* experience and a '*symbolic gesture.*'

## Prerequisite

Prior to performing a *Releasing Prayer Practice* all the members of the group should have first completed filling out a '*Fear to Faith Worksheet,*' including the *Releasing Prayer* section at the bottom of the worksheet.

## Instruction

**If you are working with a Group that is unfamiliar with the *Releasing Prayer* you will have to go through this Instruction phase before beginning the actual Practice.**

**First,** review with the Group the *Purpose* and *Principles* given above.

**Next,** review with the Group the *Postures* and *Prayer* shown on the bottom of their '*Fear to Faith Worksheets.*'

**Then,** have the Group stand up, and ask for a Volunteer who is willing to share their *Releasing Prayer* by leading the Group in performing it.

**Next,** have your first Volunteer come up in front, and stand with their back to the Group. (*This will eliminate the confusion between left and right movements that normally arises whenever a Leader faces the Group. In other words, it is much easier for the Group to follow the Leader when the Leader's left is on the Group's left and the Leader's right is on the Group's right.*)

**Next,** assist the Leader in very slowly moving through the postures of the *Releasing Prayer* as they recite the verses they have created with their own personal *Words of Error, Resistance and Faith.* Have the Group simply watch as you assist the Leader. (*You may have to do it more than once before they 'catch on' as to how to do it correctly.*)

Continued >

...Continued

**Next**, assist the Group in slowly following the Leader in performing the *Releasing Prayer*. You may have to do this a couple of times until it seems that everyone in the Group can perform the *Releasing Prayer* correctly.

**Finally**, you are now ready to have the Leader take the Group through the *Releasing Prayer Practice*.

## Practice

Once it appears that everyone knows how to perform the *Releasing Prayer* correctly, you are ready to proceed with the Group Practice.

**First**, with everyone standing, have the Volunteer face the Group.

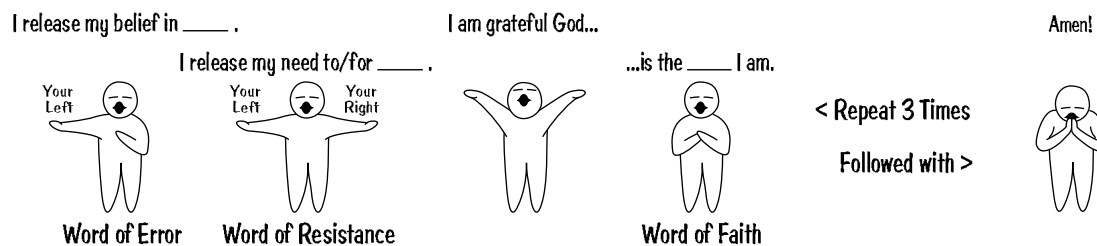
**Next**, have them state their Name, and then share with the Group their 'Word of Error,' their 'Word of Resistance' and their 'Word of Faith.'

**Next**, have them turn around and with their back to the Group, lead them in three (3) continuous repetitions of their own personal *Releasing Prayer*. Have them conclude the Practice by saying 'Amen' with their hands in a *Prayer Position*. (See *Postures* below.)

**Finally**, ask for another Volunteer, and repeat this *Practice* with two or three more individuals, as time allows.

## Postures

Following is a 'mirror image' illustration of the Releasing Prayer Postures:



An 'animated example' of the Releasing Prayer is available for viewing at the following location: [www.SacredDays.org](http://www.SacredDays.org) (Click the 'Healing Service' link on the Home Page.)

## FAQ - Is it okay for me to do the Releasing Prayer with another person's words?













Yes. Even though another person's words may not have the same emotional impact as your own, it will certainly do no harm to *release* their *Words of Error and Resistance*, and to *accept* their *Word of Faith*. Additionally, by using the other person's Words you are setting yourself into agreement with them. This will assist them in deepening their faith according to this promise from God:

*'Again I say to you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them by my Father which is in heaven.'* ...Matthew 18:19

# Personal Counseling Agenda

9

**Description:** This is a suggested agenda for using the tools from the Sacred Healing Service to conduct a one hour personal counseling session with another person.

| Activity Items  | Time | Ref. | Wksht. |
|---|------|------|--------|
|  Silent Focusing Meditation <sup>1</sup>           | 1    |      |        |
|  Invocation  | 2    |      |        |
|  Sharing of Desired Outcome <sup>2</sup>           | 2    |      |        |
|  Clearing/Sharing of Issue                         | 10   |      |        |
|  Fear to Faith Process <sup>3</sup>                | 5    | RM-4 | WS-2   |
|  Fear to Faith Sharing                             | 10   |      |        |
|  Create Releasing Prayer <sup>4</sup>              | 5    |      |        |
|  What Happened Wisdom Tree Process <sup>3</sup>    | 5    | RM-5 | WS-3   |
|  What Happened Wisdom Tree Sharing                 | 10   |      |        |
|  Completion  | 5    |      |        |
|  Healing Prayer <u>for</u> the Client              | 3    |      |        |
|  Acceptance Prayer <u>by</u> Client <sup>5</sup> | 2    |      |        |

**Notes:**

**Total Time: 60 Min.**

- This personal counseling session can be conducted over the phone without worksheets, as well as in person. (See Note 3 below.)
  - Another option would be to work with a partner and take turns facilitating the Session process for each other. This will take approximately two hours.
  - If time allows, this session can be expanded to include an 'Easy Prayer.' However, a worksheet would be necessary. (RM-6 / WS-4)
1. Have the client go within and focus on what they want as a desired outcome of their session. Tell them to make it the 'one thing' that they want the most.
  2. Have the client share their vision of a desired outcome of the session. Coach them to express this revelation in the form that describes 'Qualities of God.'
  3. Although desirable, a worksheet is not required to conduct this process.
  4. It is not practical to perform this process if you are working on the phone, unless the other person is already familiar with the procedure of a 'Releasing Prayer.'
  5. The 'Acceptance Prayer' can be as simple as having the client say:  
**"I hear you, I see you. I agree with you, and I accept your prayer for me with love."**  
 You might want to have this written out on a separate sheet or little card that the client can read from when it is time for them to perform the 'Acceptance Prayer.'

Legend:  Teaching     Healing     Revelation     Other

Healing Service : Applications

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January 2010

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**Rev. Marcia Sutton** • 541/563-2901 • RevMarcia@SacredDays.org

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If these Healing Service materials are of value to you, it would be appropriate to support their source by sending an 'Appreciation Offering.' Tax deductible gifts can be made out and sent to the following location:

**CCC/Sacred Days** • 10824 SE Oak St. #327 • Portland, OR



# A Sacred Healing Service

"For where two or three are gathered together in my name, there am I in the midst of them." ...Matthew 18:20

## Revealing Wholeness Through Group Healing

*The purpose of this Sacred Healing Service is to reveal a greater state of Wholeness in the hearts, minds and flesh of all participants. It is a full two hour program of group spiritual practice designed to deepen your faith and reveal greater Wholeness within every area of your life.*

### The specific intentions of the Service are:

- ☪ To gather with others in order to invoke the Presence of Spirit for the purpose of personal and collective healing.
- ☪ To deepen your faith through real spiritual practice as a means of revealing greater wholeness in your life.
- ☪ To experience the power of group spiritual practice as an effective way to change conditions in the world.

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# A Sacred Healing Service

"For where two or three are gathered together in my name, there am I in the midst of them." ...Matthew 18:20

Purpose:

**Wholeness**

Vision: **Revealing Wholeness Through Group Healing**

My *intentions* for being here are:

1. To gather with others in order to invoke the Presence of Spirit for the purpose of personal and collective healing.
2. To deepen my faith through real spiritual practice as a means of revealing greater wholeness in my life.
3. To experience the power of group spiritual practice as an effective way to change conditions in the world.

4. To \_\_\_\_\_

Myself

5. To \_\_\_\_\_

Others

### Clearing:

I presently feel: \_\_\_\_\_ I intend to leave feeling: \_\_\_\_\_

Signed

Date

### The GodSong Project

The transformational chanting hymn 'God's the Love that I Am' is available for downloading in mp3 format at: [www.SacredDays.org](http://www.SacredDays.org)

### Sacred Healing Service

All of the worksheets in this packet are part of the **Sacred Healing Service** created by Rev's. Lloyd Strom and Marcia Sutton. The materials, along with full instructions, are available for download from our website at: [www.SacredDays.org](http://www.SacredDays.org) Tax deductible contributions are graciously accepted through the website to support the continued gift distribution of these materials.

# The Fear to Faith Worksheet 2

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Word of God on which I build my Faith is: \_\_\_\_\_

W B 3

Draw a symbol of the Word of God:

The 'word of resistance' that I react with is:



6

Control • Hide • Anger • Attachment • Flee • Appear • Whine  
Depression • Confusion • Lose • Withdraw • Rebel • Confront

Draw a symbol of the false belief:

The 'word of error' that I have falsely believed in is:

5

Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death  
Chaos • Judgment • Dependency • Duality • Disease • Poverty



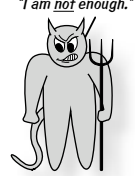
**HOPE**

'The Universal Hope'

What I hope will happen is:

2

Y



**FEAR**

'The Universal Doubt'

What I fear will happen is:

4

O

**NEWNESS**

The person I must forgive is: \_\_\_\_\_

7

**The Love** I Accept You \_\_\_\_\_ (Name) (Inhale)  
**Prayer** I Bless You \_\_\_\_\_ (Name) (Exhale)

I am grateful God is gracious; I am grateful God is:

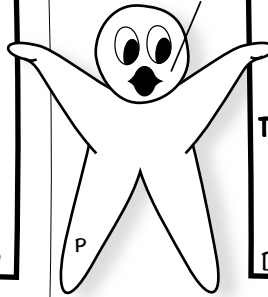
Date: \_\_\_\_\_

V

8

**FLESH**

"I am enough!"



'The Universal Truth'

**OLDNESS**

The current situation or condition is:

This is how I am feeling:

Date: \_\_\_\_\_

P

Color Code:

Pink-Physical Orange-Emotion (P+Y) Yellow-Mind Green-Intuition (Y+B) Blue-Spirit Violet-Unity (P+B) White-Wholeness -Subconscious -Mystery

## The Releasing Prayer



I release my belief in \_\_\_\_\_

5



(Word of Error)



I release my need to \_\_\_\_\_

6



(Word of Resistance)



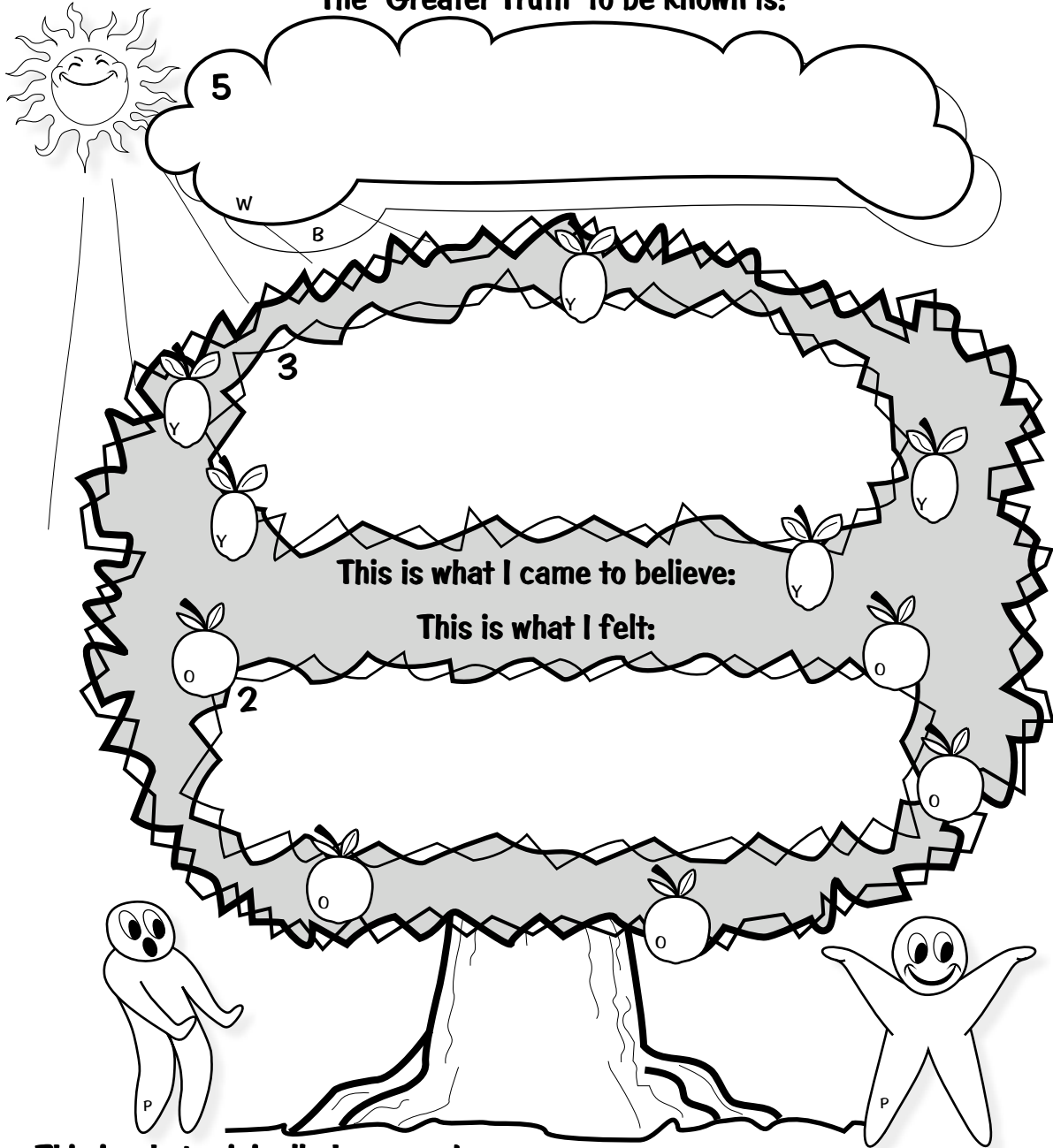
I am grateful God ...is the \_\_\_\_\_

3 I am!



(Word of Faith)

The "Greater Truth" to be known is:



This is what originally happened:

1

This was my first experience with: \_\_\_\_\_ My Age: \_\_\_\_\_

This is what's happening today as a result of my belief:

4

Date: \_\_\_\_\_

P

P

My Prayer for: \_\_\_\_\_

**T**here is only one Life. This Life is good, this Life is God, this Life is my Life now! I know that I am one with this great and wondrous Life.

Therefore, I know that I am one with all that this Life is. And, because I know that this Life is a source of infinite \_\_\_\_\_, I therefore know that this divine and sacred quality is also an expression of my very own being as Spirit.

My Word of God

**S**o here and now, I declare my intention to express this Word of God into my own experience of life in order to affirm that:

**I Am** \_\_\_\_\_

My Intention

**A**dditionally, I am willing to fully release my belief in \_\_\_\_\_, as I also release whatever *need* that I may have \_\_\_\_\_.

My Word of Error

to/for... My Word of Resistance

**A**s I accept this good into my life, I give thanks with a gracious, faithful and loving heart. I know that as I release these sacred words into the Creative Process of Life Itself, then so indeed do I know that they shall be revealed as my experience in the world.

**I** am grateful God is gracious. So be it now! Amen. 🍀

👁️ This is when I previously experienced the Word of God identified above.

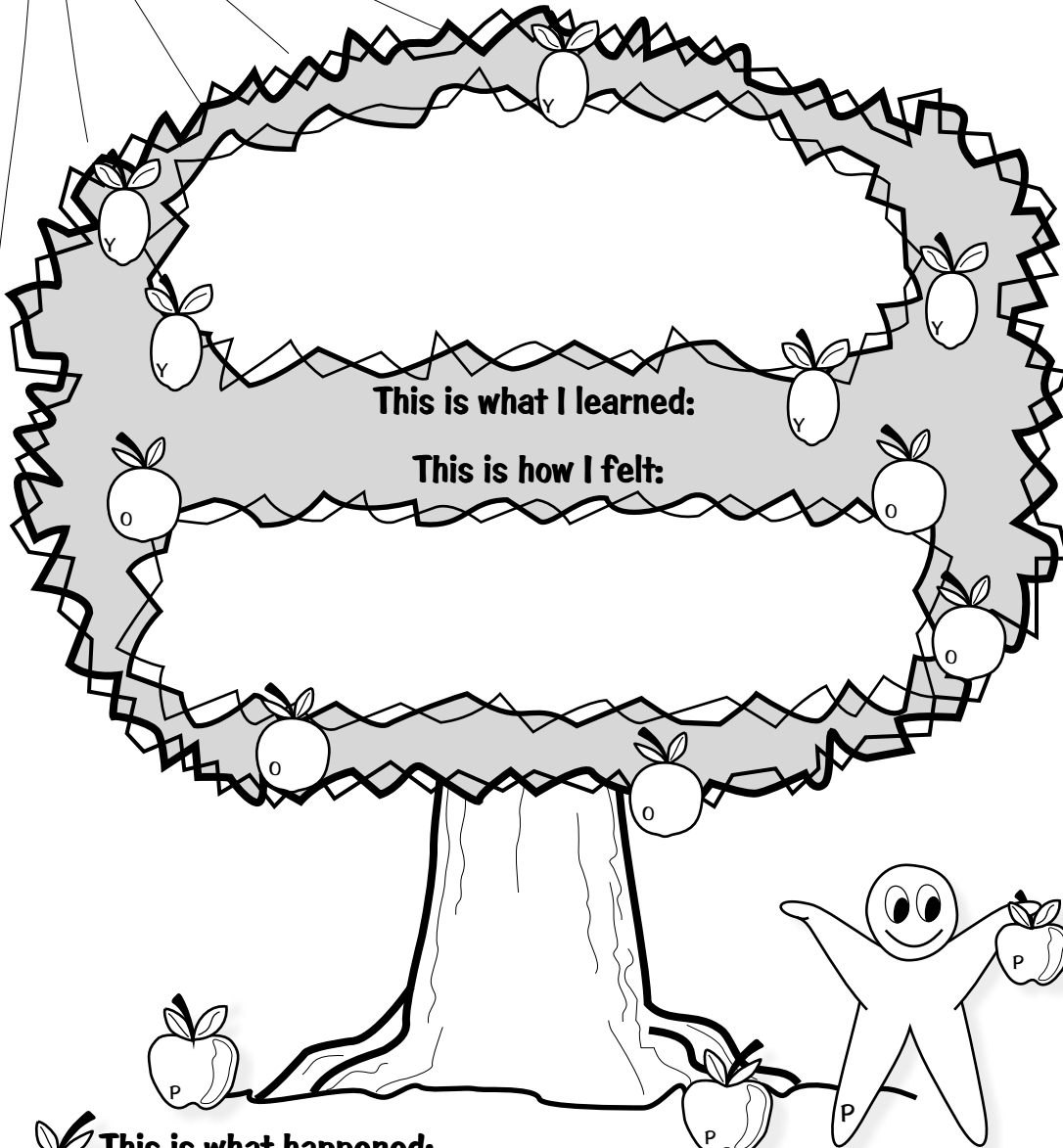
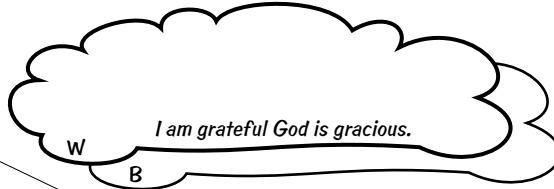
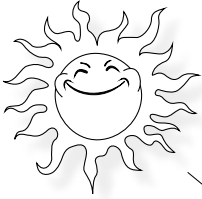
Signed \_\_\_\_\_

Date \_\_\_\_\_

**Instructions:** On a daily basis, remember back to the previous experience that you had with your Word of God. Once you have connected with the *feeling* of that experience, read your prayer aloud.

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Quality of God I came to know was:



This is what happened:

Date: \_\_\_\_\_

V



## My Lord's Prayer

A personalized version of Matthew 6:9-13

*Our Father which art in heaven,  
Hallowed be Thy name.*

*Thy kingdom come, Thy will be done,  
in earth, as it is in heaven.*

*Give me this day my daily bread.*

*And forgive me my debts,  
as I forgive my debtors.*

*And lead me not into \_\_\_\_\_ ,*  
(Word of Resistance)

*but deliver me from \_\_\_\_\_ .*  
(Word of Error)

*For Thine is the kingdom, and the power, and  
the glory of \_\_\_\_\_ forever.*  
(Word of Faith)

*Amen. 🍎*

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

# Performing the Fear to Faith Communion

Following are instructions for performing the Fear to Faith Communion.

## 1. Complete a 'Fear to Faith' Worksheet

The first step of this process is to complete a 'Fear to Faith' worksheet for some issue that you would like to have healed in your life.

## 2. Create a 'Communion Prayer'

Create a Prayer using the 'Communion Prayer' worksheet as a guide. Fill in the blanks with the 'Word of Faith,' the 'Word of Error' and the 'Word of Resistance' that you developed in your 'Fear to Faith' worksheet. You may then use this prayer exactly as it is presented on the worksheet, or you may wish to rewrite it in your own words using the worksheet as a guide.

## 3. Prepare a Communion Space

**First**, identify the place where you will perform this practice. Try to make this space as special and sacred as possible. It should include a burning candle and a picture or symbol of Jesus Christ that is meaningful to you. Both should be visible to you throughout each entire session of practice.

**Next**, prepare the communion materials by placing some red wine or grape juice in a small glass or chalice. Also, prepare a small piece of bread or cracker and place it on a napkin or small plate next to the wine or juice.

## 4. Perform the 'Communion Service'

**First**, perform the 'Surrender Prayer' chanting hymn to establish a mood of surrender and communion. (Available at [www.SacredDays.org](http://www.SacredDays.org))

**Next**, read your 'Communion Prayer' aloud, following the posture prompts provided on the worksheet.

**Complete**, by reciting the 'Lord's Prayer.' As an option, you may wish to recite the prayer three times. First, perform it in your *normal* voice. Then recite it again in a *louder* tone of voice. Finally, repeat the prayer in a *soft* whisper.

**Finally**, it is recommended that this process be repeated once a day for 30 days. Therefore, check off the appropriate number on the 'Repetition Log' at the bottom of the worksheet. Or, make such a notation on any prayer sheet that you may have developed.

## 5. Additional Comments

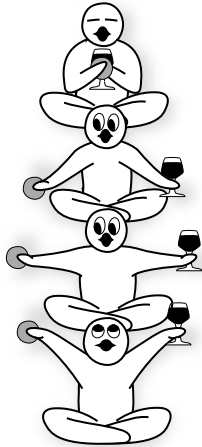
- This Communion practice is a 'Ceremony of Gratitude' which initiates your spiritual growth and unfoldment. Be sure to bring a mood of deeply felt intention and appreciation to each occasion of this practice.
- It is suggested that you keep a journal to record meaningful experiences or insights during the duration of your communion practice. Or, you may wish to use the back of your 'Communion Prayer' worksheet for this purpose.
- As you gain deeper insight into your own nature during the duration of this practice, be prepared for your 'Words of Faith, Error and Resistance' to change. Record any changes that spontaneously arise on your 'Communion Prayer' worksheet.
- Although this communion practice is best performed in solitude, it is advisable that you perform your 'Communion Prayer' before a witness at least once during the duration of the practice. You may also wish to give this person a copy of your 'Communion Prayer' in order for them to support you in prayer.
- The power of this practice is greatly enhanced by performing the 'Releasing Prayer' created at the bottom of your 'Fear to Faith' worksheet. Do this at least once or twice a day during the full 30 day duration of your Communion practice.
- In order to establish the sacredness of this practice you may wish to make up your 'Communion Prayers' on fancy paper available at any stationary store.
- Keep your 'Communion Prayers' in a binder, scrapbook or file folder. They are a record of your spiritual growth and unfoldment.

# Fear to Faith Communion Prayer



In this most holy and sacred moment, I come alone to the high altar of consciousness, to enter into divine communion and supreme identity with the Lord of my life, Jesus Christ.

I begin by first accepting...



And then by blessing...

And then by graciously and completely releasing the 'blood and body' of my ancestors.

I now open my mind, my heart and my flesh to accept the 'Blood and Body of Christ' as the Truth of my being. For I know that the Blood of Christ is Love, the power to change all things for good... and the Body of Christ is Jesus, the template of my own perfection.



I offer this bread and wine to be anointed by the Holy Spirit, so I know that it is potent with the Power of the Resurrection, which is Love. ...I further offer this bread and wine to be anointed by the Holy Ghost, so I know that it is potent with the power to reveal the perfection of the Father into my life this day.



I take this bread into my body in remembrance of beloved Jesus Christ, whose beautiful body was glorified in order to reveal the Presence of \_\_\_\_\_ I as the Truth of my being.



I drink this sacred wine in remembrance of beloved Jesus Christ, whose precious Blood was shed for the complete remission and release of my belief in \_\_\_\_\_ 2 ...a belief that has fulfilled its purpose in me, a belief that no longer serves me, a belief that I am willing to release forevermore.



I now accept the many blessings that flow to me from my communion with beloved Jesus Christ. I accept my freedom from the burden of needing to \_\_\_\_\_ . 3



I praise the Lord for this Anointing which prepares me to be a 'Temple for the Living God.' For by this divine communion, I have yoked myself to the Wholeness, Perfection and Beauty of God, which is the eternal Truth of my being in Christ.



I am Grateful God is Gracious. Amen. 🍷

Signed \_\_\_\_\_

Date \_\_\_\_\_

Fill in the blanks with the following words: 1. Word of Faith 2. Word of Error 3. Word of Resistance

Repetition Log: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



# 7 X 70 Forgiveness Process

## Purpose:

The purpose of the '70 x 7 Forgiveness Process' is to dispel the 'errors of our flesh.'

## Principle:

The first step in the spiritual purification process is to dispel the 'illusions of the mind.' This is accomplished with relative ease simply by 'changing our conscious mind' to bring our thinking into alignment with the Principles of Truth.

The next step is to change the subconscious, or mortal mind that is associated with our flesh. This is a far more difficult process since this aspect of our being is highly resistant to change of any kind. Therefore, it requires great persistence to bring about a meaningful change in the carnal mind. One reason is that our subconscious nature is very clever when it comes to protecting itself from change. Consequently, it will allow you to perform all sorts of spiritual practices right up to the point where change is imminent. Then it sends forth all sorts of very logical reasons to stop. Furthermore, these reasons will also be accompanied by feelings that support the suggestion to stop. Some typical responses are:

*"That should be enough for now." ~ "I'll do some more later." ~ "I better not overdo it."  
"Maybe I'm doing this wrong." ~ "This will never work." ~ "I'm too tired right now."  
"I've got too many other things to do right now."*

The '70 x 7 Forgiveness Process' is intended to help us break through our resistance to change that we normally encounter in our spiritual practices. If you engage the practice described below, you will quickly become aware of places that your mortal mind is resisting change. The practice is based on the following scriptural suggestion:

*Then Peter came to Jesus and said, "Lord, how often should I forgive my brother when he sins against me? Seven times?" Jesus then said, "Not just seven times, but seventy times seven."*

...Matthew 18:21,22

## Practice:

**First**, identify some area of your life where you would like to have a meaningful change or healing take place.

**Then**, select a spiritual practice that you intend to use to bring about this change. Preferably, it should involve some form of bodily movement.

**Finally**, perform 70 repetitions of this practice each day for 7 days. All of the 70 repetitions required for each day should be performed in a single practice session. This practice does not have to be done on seven consecutive days. Simply do it for seven days as nearly consecutive as possible. (The mind's favorite trick is to get you to quit if you miss a consecutive day.)

## A Useful Tool



**'Tally Counter'**

One of the traditional tools for keeping count of repetitions during spiritual practice is the use of a string of beads, such as a 'Rosary' in the west or a 'Mala' in the east. This method becomes somewhat impracticable for any practice that involves the movement of the body, such as 'Posture Prayers.' An excellent modern alternative is a small hand held device called a 'Tally Counter,' as pictured to the left. They are available at almost all Office Supply stores. Other alternative ways to count are to use your fingers, or better yet determining approximately how long it would take you to do 70 repetitions of your practice and then just use a clock, watch or timer.

# Notable Quotes About Faith

Just as a single snapshot could not show you the whole of a house, likewise a single description could hardly capture the whole essence of a Spiritual Truth such as Faith. Therefore, we can only come to understand Faith by looking at it from as many different views as possible. Following is a short collection of notable quotes about Faith. By considering how each one of these individuals "sees" Faith, you will begin to develop a more holistic view, and a "felt sense," of the true nature of Faith.

## **Jesus Christ**

"According to your faith be it unto you."  
...Matthew 9:29

## **Saint Paul**

"Faith is the substance of things hoped for; the evidence of things not seen." ...Hebrews 11:1

## **Ernest Holmes**

"Faith means a belief in the presence of an invisible principle and law which directly and specifically responds to us."

## **Charles Fillmore**

"Faith is a magnetic power that draws to us our heart's desire from invisible spiritual substance. It is a deep inner knowing that that which is sought is already ours."

## **Lloyd Tupper**

"To have the faith of God, as opposed to faith in God, creates the experience of demonstration as opposed to the experience of mere hopeful expectation."

## **Benjamin Franklin**

"The way to see by faith is to shut the eye of reason."

## **Algernon C. Swinburne**

"Faith lives when hope dies dead."

## **Emma Curtis Hopkins**

"Sometimes people have thought they ought to sit down in the midst of dishes needing washing, and account books needing straightening, and refuse to do these tasks, because to do them is a sign of belief in labor. It is not yours to demonstrate the cessation of work. It is yours to settle your faith. Keep at your tasks till your faith is so clear that the free Spirit sifting through it, takes the dishes out of your way and calls another to straighten your accounts while you are being used as a redeemer from death and pain."

## **Blaise Pascal**

"Faith embraces many truths which seem to contradict each other...This then is faith: God felt by the heart, not by the reason."

## **St. Augustine**

"Faith is to believe what you do not see. The reward for this faith is to see what you do believe."

## **Krishna**

"A man consists of the faith that is in him. Whatever his faith is, he is." ...Bhagavad Gita v17

## **Voltaire**

"Faith consists in believing not what seems to be true, but what seems to be false to our understanding."

## **Frederick Bailes**

"Faith naturally follows knowledge. We first get the knowledge, and then we become aware that we already have the faith; that it came of its own accord when it found a substantial enough object of truth upon which to rest."

## **Lloyd Strom**

"Faith is when Truth coincides with our reality in order to reveal the Kingdom of Heaven that is already present in our lives, hidden by the clouds of doubt in our minds."

## **Mohammed**

"Faith is that belief of the heart in that knowledge which comes from the Unseen."

## **Sri Ramakrishna**

"God can be realized by true faith alone."

## **Mother Theresa**

"The fruit of Silence is ...Prayer;  
The fruit of Prayer is ...Faith;  
The fruit of Faith is ...Love;  
The fruit of Love is ...Service;  
The fruit of Service is ...Peace."