

The 5 Steps of Spiritual Mind Treatment

“It has taken humanity thousands of years to learn that it has the power to control its own destiny.” Ernest Holmes

“We have within us a power that is greater than anything that we shall ever contact in the outer, a power that can overcome every obstacle in our life and set us safe, satisfied and at peace, healed and prosperous, in a new light, and in a new life.”

“Treatment is the science of inducing within Mind, concepts, acceptances and realizations of peace, poise, power, plenty-health, happiness and success-or whatever the particular need may be.” **Ernest Holmes**

1. RECOGNITION

In this step we turn our attention entirely away from the "problem" by turning within to the recognition of the inner presence of the infinite God. Recognition is "to know again": an awareness of an inner reality and Truth that we've always known, but perhaps have not been conscious of. **"God is..."**

2. UNIFICATION

The recognition of an infinite God is the basis of our awareness of "oneness" with God. This infinite universal God must be individualized within me, as me. "If you have seen me, you have seen God, for I and the Father are one".

"I am..."

3. REALIZATION

From the consciousness established in these first two steps arises the realization of Truth, the embodiment of the presence of God, an inner truth and a spiritual reality. This realization is the perception or conception of the individual as a spiritual being through whom the works of God are made manifest.

"I know..." "I see..." "I feel..."

4. THANKSGIVING

Thanksgiving occurs in the moment that we realize that we have received a great blessing. It is the acceptance of our Realization as the mental equivalent of a sure and certain demonstration and manifestation. In this step we acknowledge the infinite God as the inner source of all good.

"I gratefully accept and give thanks for..."

5. RELEASE

In this step we release ourselves from any sense of responsibility for the results of this creative process even as we release the seed unto the soil. At this point, our work in the creative process is complete. We have conceived of our good, and now release this concept as a seed of thought. We achieve this sense of completion by knowing that our work is done, and God's work has begun. It is necessary that we shift our attention at this point, getting on with our Life and living. This is the point at which we "move our feet".

"So it is, and so I let it be".

Now you can use the Mind Treatment Cards and Magic Wand Video Message Pen to help you remember to practice Mind Treatment every day!

There is a Creative Power for Good and I use it!

Recognition, there is One Power
Unification, I am this Power
Realization, it is already so
Thanksgiving, I feel grateful
Release, I let go and so it is.
Using Creative Power for Good!

The set of index cards, book mark and video message pens are available for only \$14.95 plus \$4.95 Shipping and Handling. To order, please call, write or email. CENTER SPACE, PO Box 1655, Vista, CA 92085.

Phone: 888-2 DREAM4 * Email: centerspace@aol.com

Wholesale discounts and customization of the cards and Video Message Pen with your Center's phone number and web site are available.

www.MindTreatmentResources.com