

Treatment for Health

I use "I", so it is unnecessary for you so you can take this treatment for your own work.

And sit back and relax and take a deep breath and know:

Right here in this now moment, as I feel the air course in and out, I know. I know this air is the breath of God, closer than the beating of my heart. I know the in-breath is life itself, entering me as the God-self which is in, of, through and around my body. On the out-breath we mingle, we commune feeling our unity, our oneness, in the moment. It is always so, but right now I put my thought on it and there is nothing else. God Is. I am. I feel my breath and hear it, in and out. I rest in this thought for a moment.

As I feel this warmth of Spirit overtake me, I know that unity with the Divine is good, and it is mine. I feel my heart beating and know it is the Love of God speaking within me telling me I am whole. It says, "Beloved, we are One. We are the same. We are by the Source of all that is, and we are Perfect." And by this I know the hand of God is on me and supports me from within on all matters of health. It says, "Just as I am Perfect, so have I made you, my child." And I know there are no mistakes. There are no errors upon which my health could be compromised. I am complete, just as I am.

There is no thing in my past, in any moment leading to this, which has any effect on me. There is no dis-ease, no unrighteous thought, no physical reality which cannot be changed, which cannot be erased from my subconscious by way of my conscious communion with Spirit. I have the Power of my Father, which indwells me to see beyond all appearances and know perfect me, perfect health. There is no healing to be done, for it is already done in Mind.

In this moment I know the Truth. I am a perfect, whole and complete spiritual being residing on this plane in perfect health and ever-increasing good is mine, now and always. I can be no less, as I open to this greater awareness of my being. Thank you, God.

As I open to this awareness, to the realization of the powerful being I am, and of my Divine connection to the Creator, I am exceedingly grateful for the Love which abounds in me, to Spirit. And, I release this treatment to the Laws of the Universe, knowing it is always done as I truly believe. And I leave it to Spirit, this manifestation, knowing it a done deed.

And so it is.

jim starke

