

## Spiritual Mind Treatment Guide: Self

<b>Condition</b>	<p>What old pattern is expressing? What am I experiencing that is not God? What's not working in my life?</p> <p><i>Example: My spouse has asked for a divorce and my team at work is going through major conflict too.</i></p>	
<b>Purpose</b>	<p>What new possibility do I want to experience? What spiritual principle would provide healing? What quality of God would be the opposite of the condition?</p> <p><i>Example: I want to save my marriage and have less stress at work. I want love to prevail. I desire peace and harmony.</i></p>	

<b>Recognition</b>	<p><i>I know that God is all there is. God is the perfect example of Harmony and Love. There is no peace greater than the Peace of Spirit.</i></p>	
<b>Unification</b>	<p><i>There is no separation between me and Spirit. Divine Love is expressed from my essential nature and creates harmony in all my relationships.</i></p>	
<b>Realization</b>	<p><i>I choose to experience harmony and love in my relationships at home and at work. I am an example of peace in all my conversations. I call forth my essential nature of love as the solution for every thing I see as a problem. Beginning now, I easily express love and I am an example of harmony in action.</i></p>	
<b>Thanksgiving</b>	<p><i>I am deeply grateful for my understanding of the way the Creative Process works. As I speak this Word I know it is done and I am thankful.</i></p>	
<b>Release</b>	<p><i>I let go. I let God manifest this in my life.</i></p>	