



Spiritual Mind Treatment Worksheet

SAMPLE TREATMENT FOR PEACE OF MIND

1. Recognition (God Is)

- a. I know that God is all there is, and God is perfect peace.

2. Unification (I Am)

- a. Because I am a manifestation of God, all that God is, I am; therefore, I am that perfect peace of God.

3. Realization (the Truth is...)

- a. I now declare that this peace, as me, now manifests in all my affairs. I let go of any fear, concern, worry, and turn to that power and presence that knows what to do, when to do it, and how to do it... and is working on my behalf right here and right now.

4. Thanksgiving

- a. I give thanks for the peace that now resides in my heart, my mind, and all my affairs.

5. Release

- a. I now release these words into the Law of Mind, knowing that all is well in my life right now. And so it is.



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Recognition: We recognize God as the only power and the only source there is. We consider the infinite aspects of God: Love, truth, beauty, harmony, peace, abundance, etc.

Unification: Because God is infinite, we must be a part of this power; therefore, all aspects of God are ours by Divine inheritance.

Realization: After we have considered the infinite power of God and our relationship as God in expression, we state, in present tense, the exact outcome or result we are desiring.

Thanksgiving: When we come to a place where we feel that our words are true and the results are forthcoming, we give thanks for the desired outcome, even though it has not yet happened. (If Aunt Tilly told us she was putting theater tickets in the mail for us, we would thank Aunt Tilly, even though we don't have the tickets in our hand.)

Release: We have done all the work we need to do. Now, we simply need to let it go and let the Law of Mind do its perfect work.

A Hint to Remember The Steps of Treatment:





*Spiritual Mind Treatment
Worksheet*

My Spiritual Mind Treatment

Recognition: God is...

Unification: I am... (what I say of God must be true of me)

Realization: (present-tense affirmation of desired outcome)

Thanksgiving: (give thanks as if your treatment has already produced results)

Release: (Your part is done. We release it and let the Law of Mind to its perfect work.)

And So It Is!