

Focused Victory OF HOLY SCIENCE

REUNITING WITH THE PRESENCE FOCUSED AFFIRMATIONS

By: Dr. Jasmine Zinck

Repeat the following Inner Synthesis Affirmations to yourself at least once daily, preferably spoken, if possible. After speaking or thinking each affirmation, close your eyes momentarily and feel that the reality of the Affirmation is traveling into every level of your mind while merging and synthesizing with the center of the mind - God's Presence, Universal Mind, Eternal One, or Jesus within you.

The following Re-Focusing Universal Mind Synthesis Affirmations are based on the book *Holy Science* by Swami Sri Yukteswar:

Artha... "My Ultimate Aim of the Heart is to end or have cessation of all suffering, guided intuitively by God's Presence, to find and reawaken to God's Universal Mind/Spirit."

Paramartha... "Through God's Presence within me, I Am Intuitively Guided to the Ultimate Goal of complete extirpation or extinction of all sufferings so that their recurrence is obsolete and can be no more."

Ananada... "Through my Daily Practice of Meditation, I Achieve a State of Real Bliss, being the contentment of heart attained by the ways and means suggested by the Savior (Sat-Guru, Massiah, Yeshua)."

Chit... "Through Deep Meditation Relaxation, I Achieve states of Higher Consciousness or Oneness with God's Mind, therefore all troubles dissolve, and the rise of all Godly Virtues is attained this moment and every moment of every day."

Sat... "I AM One With the Christmind Light of God's Presence, and this existence is attained by realization of the permanency of the soul; therefore, I affectionately follow God's Holy Precepts, directing all my attention / focus inward."

Aum... "Through my daily meditation, the Primal Manifestation, the Word (Amen, Aum), the True Necessities of the human heart, mind, and soul become able to be fixed attention upon: Existence (Sat), Consciousness (Chit), and Bliss (Ananda)."