

We are designed to create.



**"Whether you think you can, or you think you can't
– you're right."**

HENRY FORD

Creating Your Power Statement*

1. **Visualize exactly what you want and the completion of it.**

2. **See yourself having the thing of your desire, create a mental picture.**
3. **Write a statement that emphasizes the feeling of completion.**

4. **Limit the statement to one sentence.**

5. **The sentence cannot include any negative words.**
6. **The statement cannot include any unfinished, open-ended, or to-do actions.**
7. **Begin with the word, "Know." This is what I Know... and end with "I am grateful."**

8. **State it aloud when any appearance of lack or resistance appears throughout the day.**
9. **Know it is done. Stand in the knowing of completion.**
10. **Post your Power Statement to your mirror to remind you each morning.**

For more information:

Christopher J. Miller
Artistic and spiritual coaching available
www.SpiritualArtistToday.com
214.395.8002

Wilene Dunn
Power Statement coaching available
www.wcdenterprises.com
* "Power Statement" is trademarked by Wilene Dunn

Other Resources:

Florence Scovel Shinn

Check out Florence Scovel Shinn's book, "The Game of Life and How to Play it."

"Your word is your wand "man's word is his wand filled with magic and power" Jesus said, by thy words you will be justified or condemned. Death and life are in the power of the tongue. A man has power to change an unhappy condition by waiving over it the wand of his word. When money goes out, money comes in under grace in perfect ways.

Also, Your Word is Your Wand https://youtu.be/oap1ypi_9e0 and the Power of the Spoken Word <https://youtu.be/HZqJX4KWSqc>.

I found the Game of Life on YouTube free <https://youtu.be/wJa5Ch004BI> (it has commercials)

Dr Joseph Murphy

Check out his video on YouTube. The Master Key to Wealth https://youtu.be/b52Aqj6_QIQ says repeat this every night before going to sleep and every morning before getting up for 5 minutes.

"I am now writing on my subconscious mind the power of God's wealth, God is the source of my supply and the life principle with me and I know I am alive and all my needs are meet in every moment of time and point of space. God's wealth flows to me endlessly and ceaselessly and I give thanks that God's wealth is forever circulating in my experience."

There is a principle of circulation, we breathe in and we breathe out. Everything has that principle of in and out, giving and receiving. If circumstances cause us to be unbalanced in either we become unhealthy. So, give good and receiving your good. If something or someone is not reciprocal release it because it is not in circulation. Everything must have circulation or it becomes stagnate.

The Baudoin Technique

Charles Baudoin was a professor at the Rousseau Institute in France. He was a brilliant psychotherapist and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or state akin to sleep in which all effort was reduced to a minimum. Then in the quiet, passive, receptive way, by reflection, he would convey the idea to the subconscious. The follow is his formula: "A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby."

Some years ago, a young lady in Los Angeles was engage in a prolonger bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters by a previous marriage were bitterly fighting to break the will. The Baudoin technique was outlined to her and this what she did: She relaxed her body in an armchair, entered into the sleepy state and as suggested condensed the idea of her need into a phrase consisting of six words easily graven on the memory. "It is finished in Divine Order."

The significance to her of these words meant that Infinite Intelligence operating through the laws of her subconscious mind would bring about a harmonious adjustment through the principle of harmony. She continued this procedure every night for about ten nights. After she got into sleepy state, she would affirm slowly, quietly and feelingly that statement: "It is finished in Diving Order over and over again, feeling a sense of inner peace and all=pervading tranquility; then she went off into her deep, normal sleep. On the morning of the eleventh day, following the use of the above technique, she awakened with a sense of well-being, a conviction that is was finished. Her attorney called her the same day, saying that the opposing attorney and his clients were willing to settle. A harmonious agreement was signed and the lawsuit concluded in her favor.