

Tab 1

HEAL, EMPOWER, AND THRIVE

Class one

Affirmation: God is my source of all supply and answers my every need.

Within me I joyously relax, release, laugh and love.

Within me I move and grow and find my perfect space

It is with a great dance of life that I move forward

I know that I will have all that I need in every form,

For I am about my Creator's work

I am a beautiful spirit with the courage to be.

So be it.

Ending Affirmation: I am Love and I am Light. I am the universe and I flow.

So Be It!

Class Two

Affirmation: God is my source of all supply

And answers my every need.

Ahead of me rests a new road.

I joyfully enter it.

I know that it will give me all that I need to know,

All that I need to share,

And all that I can be.

So Be It.

Ending Affirmation

Father and Mother of all creation,

Help my preconceived ideas to dissolve

That I may accept the good in all things

And have a perfect day

So Be It

Class 3

Affirmation: God is my source of all supply and answers my every need
Within me is a freedom i never knew. A boundless joy.
My potential excels and i rejoice in it. The wholeness within manifests without,
And there is total balance within me and around me
As i accept my rightful gifts
Of happiness and health and security. Thank you, Father.
Julian

Ending Affirmation

Where the thought is, is where the energy is.
Where the energy is, is where the manifestation is.

Class 4

Affirmation: God is my source of all supply and answers my every need.
I accept totally the new potential within myself.
I free it to be used in a progressive and advancing manner for myself and for mankind
I will know joy and peace as I exhibit this new potential of myself.
Thank you Creator, that this is so.
Julian

Ending Affirmation

God is my source of all supply and answers my every need
Each new day brings forth serenity and peace,
As all my potential is brought to the surface and used.
I am an instrument of the Divine Power, And i am fulfilled.
Thank you, Creator, that this is so.
Julian

Class 5

Affirmation

God is my source of all supply and answers my every need
In this point and time,
A accept the charge of my true destiny. I accept the opening to the future,
To its creation and to its maintenance.
I accept the growth of my own power,
And my discernment in using it
For these are the gifts of God to me,
And I rejoice in receiving and using them.
So Be It
Julian

Ending Affirmation

God is my source of all supply and answers my every need.
I transform as all the universe transforms.
I become as all the universe becomes.
I am the power; I am the light; I am the love
So Be It

Class 6

Affirmation God is my source of all supply and answers my every need
With joy i release to the movement of this point in time
I am light that cannot be dimmed.
Therefore, I will **bring** that light wherever it is needed; whenever it is needed.
I accept health, happiness and security as my Divine gifts
They are already mine and will continue to be mine from sources seen and unseen for all my
days
I know that i will have all i need in every form, for i am about my creator's work
I am a beautiful spirit, with the courage to Be.
So Be It!

Ending Affirmation

I am Love
I am lovable
The universe loves me. I love the universe. We are One,
One in the element of Water
One in the element of Air
One in the element of Fire,

One in the element of Earth.

Love. Love. Love. Love (to the rhythm of your heartbeat)

Safe in Light and Love.

Tab 2

