



## The Manifesting for Mortals Spiritual Treatment Meditation

There are 10 steps that flow one from the other in the Spiritual Treatment Meditation

1. **Connect** with the Divine
2. **Choose** that which you desire
3. **Accept** the fulfillment of that desire
4. **Recognize** the feeling of having the desire
5. **Visualize** experiencing the thing
6. **Love** what you see
7. **Speak** it into existence
8. **Surrender** this all to the divine
9. **Gratitude** feel gratitude for the fulfillment of your desire
10. **Action** step into action!

## Step 1 Connect

Using the Law of Divine oneness, accept your divinity, accept that you are one with the Divine (GUSS – God Universe Source Spirit). Feel the presence of the Divine inside of you, around you and through you. You are a body of light; accept the feeling of your light-body within, without and around. Let this energy fill your consciousness. Feel the power of this and let this power speak to you now...

I will never leave you

I am with you always and I will never leave you, I am the light

I am the perfect expression of the Divine.

I am all that you can conceive of me to be, your supply, your health, your work, your relationships, your protection, your all. I withhold nothing from you. Now choose that which you desire in my name, in the name of I AM

Say to yourself silently

I am God in expression.

God is as me now and the True Self of me has assumed its rightful position on the throne of my heart.

The feeling of Love tells me so.

I now have the power of dominion.

I am a co-creator with God and the Universe.

I have divine authority over my life and my affairs and I use this authority to manifest the fulfillment of my desires, I use this power rightly and wisely.

## Step 2 Choose

In your mind see a white screen and on this screen write the words “I choose...”

Now fill in the blanks with your own handwriting focus on each word and feel the power and clarity of it

### **Step 3 Accept**

Say to yourself:

I accept the fulfillment of this desire now

With my entire mind, with all my heart, with all my soul, I accept this fulfillment now

I feel the energy of Spirit representing this idea entering into my consciousness

It is the idea of completion, and it has moved into the flow of the Universal Mind

Its vibration is wonderful, it is warm and pleasant and I love this feeling

I accept all of the good that God/Universe/Source/Spirit has for me now

### **Step 4 Recognize**

Continue your internal dialog

Say to yourself:

Because I have accepted the fulfillment of my desire, I now have it!

I no longer need what I formerly desired because I now have it!

And it feels so good!

Through this knowledge of having I know I AM that which I desire

I AM abundance

I AM radiant wholeness

I AM the ideal relationship

I AM the total fulfillment of every desire

### **Step 5 Visualize**

Look at the white screen again and on the screen begin to play your mental movie. Take yourself into the scene and visualize yourself doing, being, having and enjoying your good in overflowing nature.

Add color, sound, and dimension, ask your guides to help you see, use all of your senses to create this visualization and feel the emotions! See it! Feel it! Know it! Let all the love you can muster pour into this vision.

## **Step 6 Love**

Say to yourself

Oh how I love what I see!

I love the joyous expressions and the happy scenes.

I love doing what I love to do. I love being what I want to be.

I love having what I want to have.

I love the pictures of total fulfillment that I am now seeing in my mind and feeling in my heart.

After several moments of viewing and loving this scene allow this presence to flow into your heart

## **Step 7 Speak**

Say to yourself aloud

Nothing is too good for me to have or experience

In the name of the power of my Holy Self, I speak the word.

I let there be total fulfillment now

I let all the good that God Universe Spirit Source has for me to come forth into manifestation here and now

I let Spirit work in and through me to meet every need, solve every problem and fulfill every desire

My faith is mighty; my good now comes forth into visible form and experience

My All good now comes forth by the power of my word

It is done

It is so

## **Step 8 Surrender**

Continue silently

I now totally and completely surrender to the activity of the Universe, the only power at work in my life

I let go and let God be god

I let go and let Spirit do its perfect work in me, through me and as me

My Master self within, the fathering and mothering aspects of my being

I completely surrender now to your good will

I know that even in my highest vision I cannot begin to fathom the greatness and glory that has been planned for me since the beginning

I release my needs, desires, images and will to the Universe

I am willing to accept my highest and greatest good now

I know that by releasing everything to Source energy I have released the mighty currents of creative energy into my life and affairs

I know that only that which is good, beautiful, abundant, peaceful and joyful is now flowing into perfect manifestation in my world

## **Step 9 Gratitude**

Continue silently

Thank you God, Universe, Spirit, Source, my beloved sacredness, for this new life of love and light

Thank you for total fulfillment now

My heart overflows with gratitude and joy

I am so thankful

## **Step 10 Action**

I now move into action in my world as a co-creator with the Universe, always listening to my inner guidance and doing that which is mine to do to the best of my ability

I now release these words into the right and good action of Universal Law, knowing that as they are spoken, they are acted upon,

Knowing this is so, and so it is!