



A Six Day Healing Practice

**Reprinted from a 1962 booklet by Charles Fillmore
Originally called Directions for Beginners**

Six Day Healing Practice helps us to change and realize we are separate from all manifested life, we float in and draw every breath of existence from a universal substance that to your physical eye is invisible, but which in reality is the only life, life, and intelligence. This substance is called many names Father, Mother, Mind, Spirit, Creator, or God. It is impersonal, universal, and perfect in its nature. Spiritually we move, live, and have our being in this universal element.

Our individuality is our consciousness of ourselves – your power to say, “I AM”. We think and all our thoughts take the form of the environment. Bodily conditions, health, finances, intelligence, energy, domestic and social relations, all things are connected with life as a result of our thoughts or of race thoughts.

MENTAL TRAINING

A course of mind treatment that has proved the truth of this teaching. Make your denials in a quiet, indifferent way, and affirmations in a strong, bold, vehement, positive mind. Each day's treatment or the whole course. Repeat daily until it manifests its living presence, potency, and consciousness. If you desire to help another who will not try to or cannot, successfully bring them to mind, into harmonious relations with Principle. When you hold the daily thought spirit will cause your word to manifest, both in you and your "patient".

INVOCATION

(To proceed with each day's treatment.)

I am now in the presence of pure Being and immersed in the Holy Spirit of life, love, and wisdom. I acknowledge Thy presence and power, O blessed Spirit; and thy divine wisdom now erases my mortal limitations, from Thy pure substance of love bring into manifestation my world, according to Thy perfect law.

Monday

Deny

I deny the belief that I am a child of flesh or I must suffer for the sins of my forefathers "upon the third and fourth generation." Perish all such ignorant claims!

I deny that I inherited from my ancestors lustful passions and sensual appetites.

I deny the belief that race consciousness can reflect upon a lustful passion and sensual appetite, in my life. I deny the belief that those with whom I associate can reflect upon me lustful passions or sensual appetites. I deny my own ignorant belief in such erroneous ideas.

Affirm

God is Spirit and I - the divine image- am Spirit. I am born of God. God is too pure to behold iniquity and I am, therefore, pure Being, without a tinge of lust or passion.

Tuesday

Deny

I deny the belief that I have inherited diseases, sickness, ignorance, or any mental limitation whatsoever. I deny all belief in evil, for God made all that is, and pronounced it good. Therefore, no such deception as a belief in evil can darken my clear understanding of Truth. Those with whom I associate can no longer deceive me with their words of consideration and sympathy. I can no longer deceive myself with such weakness.

Perish from my world these silly beliefs of darkness and ignorance. I am now free from them all, and by my powerful word, I hear by destroying them entirely.

Affirm

God's life is my life, and I vibrate with harmony and wholeness. I am free, with the knowledge that all is good; I am, therefore, perfectly whole and well.



Wednesday

Deny

I deny that the sins and omissions of my ancestors can reflect upon me in any way. Selfishness, envy, malice, jealousy, pride, avarice, arrogance, cruelty, hypocrisy, obstinacy, and revenge are no part of my present understanding, and I deny all such beliefs in the race and those with whom I associate, and in my mind.

Affirm

God's life is my life, and I vibrate with harmony and wholeness. I am free, with the knowledge that all is good; I am, therefore, perfectly whole and well. I love my neighbor as myself, and I will do to others as I would have them do to me.

Thursday

Deny

I deny that I have inherited the consequences of fear from my ancestors or that the race can reflect its fears upon me. The fears of those with whom I associate can no longer hold me in sickness or want, and my understanding is now fully rid of this illusion. There is not, and cannot hereafter be, any fear in or about my bold world.

Affirm

I am brave and bold with the knowledge that I am Spirit, and therefore not subject to any opposing power. Plenty and prosperity are mine by inheritance from God, and I now, by my steady, persistent word, bring them into manifestation.



Friday

Deny

I am no longer foolish or ignorant, and the foolishness and ignorance of ancestry can no longer be visited upon me. I am free from the foolishness and ignorance of the race. The foolishness and ignorance which may have been treasured by my own belief are now erased.

Affirm

I am wise with the wisdom of an infinite mind, and I have knowledge of all things. I know I am pure intelligence, and I hereby claim, my divine right to light, love and purity.

Saturday

Deny

I deny that I inherit any belief that in any way limits me in health, virtue, intelligence, or power to do good.

Those with whom I associate can no longer make me believe that I am a 'poor worm of the dust'. The race belief that "nature dominates man" no longer holds me in bondage, and I am now free from every belief that might in any way interfere with my perfect expression of health, wealth, peace, prosperity, and perfect satisfaction in every department of life. I now in the sight and presence of Almighty God, unformulate and dissolve, by my all-powerful word, every foolish and ignorant assumption that may impede my march to perfection. My word is the measure of my power. I have spoken, and it shall be so.

Affirm

I am unlimited in my power, and I have increasing health, strength, life, love, wisdom, boldness, freedom, charity and meekness, now and forever.

I am now in harmony with the Father, and stronger than any mortal law. I know that my birthright is pure Being, and I boldly assert my perfect freedom. I am enduring pure, peaceful and happy.

I am dignified and definite, yet meek and lowly, in all that I think and do. I am at one with vigorous life, wisdom and spiritual understanding and I now fully manifest them.

I am at one with love, charity, justice, kindness, and generosity, and I now fully manifest them. I am at one with infinite goodness and mercy, and I

now fully manifest them. Peace flows like a river through my mind and I thank Thee, O God, that I am one with Three.

Sunday

“Be still, and know that I am God.”

