



Unity Spiritual Healing Series

Week 1 – The Healing Power Within: Awakening the Christ Spirit

The healing presence of Christ lives in me, restoring me to wholeness

Practice: Spend 5 minutes each morning placing your hand on your heart, breathing deeply, and silently affirming: “Christ in me is my life, my strength, and my healing.”

Week 2 – Wholeness Beyond the Body: Healing Mind, Heart and Spirit

I am whole, balanced, and at peace in body, mind, and spirit.

Practice: Each evening, reflect on your day. Ask yourself: Where did I nurture my body? Where did I uplift my mind? Where did I open my heart? Write a short note

Week 4 – Speaking the Word: Affirmations That Restore and Renew

My words create healing, peace, and renewal in my life.

Practice: Write three healing affirmations (e.g., “Every cell in my body is filled with light and health.”). Repeat them aloud three times each morning and each evening.

Week 5 – Let Go and Let God: Surrender as a Path to Healing

I release all struggle and allow God’s perfect healing power to flow through me.

Practice: I choose faith over fear. Divine light dissolves all shadows within me. When fear arises, pause and breathe deeply. Visualize light filling your body and mind. then speak: “I choose faith. I am safe. I am whole.”

Week 6 – Living in Wholeness: Embracing Unity’s Healing Principles

Wholeness is my way of life, I live in health, joy, and spiritual freedom.

Practice: Create a “Wholeness Plan” for daily living – choose one practice for your body (movement, nutrition), one for your mind (affirmation, journaling), and one for your spirit (prayer, meditation). Commit to practicing them this week.

