

~ July 31 ~

Elevate Your Thinking / Elevate Your Life

We cannot isolate mind. All we know about it is not what it is, but what it does, and the greatest philosopher who ever lived knows no more than this... except that he may tell us more of how it works.

Dr. Jeffrey M. Schwartz, M.D., author of the book, *The Mind & The Brain: Neuroplasticity and the Power of Mental Force*, says, “Cognitive therapy—a form of structured introspection— was already widely used for treating depression. The idea is to help patients more clearly assess the contents of their thought stream, teaching them to note and correct the conceptual errors termed “cognitive distortions” that characterize psychopathological thinking. Someone in the grips of such thinking would, for instance, regard a half-full glass not merely as half-empty but also as fatally flawed, forever useless, constitutionally incapable of ever being full, and fit only to be discarded. By the mid-1980s, cognitive therapy was being used more and more in combination with behavioral therapy for OCD, and it seemed naturally compatible with a mindfulness-based perspective. If I could show that a cognitive-behavioral approach, infused with mindful awareness, could be marshaled against the disease, and if successful therapy were accompanied by changes in brain activity, then it would represent a significant

step toward demonstrating the causal efficacy of mental activity on neural circuits.

Dr. Jim, says, “Affirmative Prayer—a form of spiritual introspection—is widely used for treating all forms of mental stress including depression. The idea is to help the patient clarify their thoughts and feelings and dismiss the thoughts and feelings that limit your life. Then elevate your thinking and get an Affirmative Prayer.

Read this prayer, **written by Dr. Jim Turrell** twice a day.

The presence of the Divine Love of Life knows only oneness and perfection. My life is God’s life expressed and demonstrated through affirmative prayer. Today I speak my word for myself and all of life. The Divine Idea of Love animates all that I am and all that I know. In this moment I speak my word for absolute prosperity. Every thought I have prospers my life and brings joy and understanding to all. I dismiss any negative thoughts and forgive myself for any negative opinions I have about other folks. My life is God’s life made manifest through my subjective mind animated and brought forth by my clear and present conscious mind. Thank you, God, for all the blessings you supply. It’s all good and it’s all God. Released, my word returns to me as a blessing from God. There is no standing down. AND SO IT IS!

Sunday Program

Welcome: Erica Turrell

SOLO

Featured Musician: Phil Carillo

Guitar: Brian Pothier, Drums: George Dum, Bass: Hassan Dahik San Miguel

Backup Vocals: Erica Turrell

Affirmative Prayer & Affirmation

Eve Chauvel, RScP

Affirmation

Undoubtedly, a trained thought is far more powerful than an untrained, and the one who gives conscious power to his or her thought should be more careful what he or she thinks than the one who does not. The more power one gives to their thought the more completely they believe...

— Ernest Holmes

SOLO

Featured Musician

READING

Lee Pound

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OFFERTORY

Affirmation and Solo

Each state of thought taps the same Principle, each uses the same Law, is inspired by the same Spirit, but each draws forth a different result. Here is multiplicity proceeding from Unity. This is what Emerson meant when he said that Unity passes into variety.