



The Master Psychiatrist



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Remember that although God's word created your spirit, your own words are creating your soul. You are adding something to your soul every day by your words and thoughts, making it worse or better, weaker or stronger, more fearful or more courageous, more ignorant or wiser, more common or more beautiful, more hateful or more loving, more deceitful or more honest and true.

Your spirit was created in God's own image and likeness by His word, but He has left the job of forming your soul to you. You must mold it according to your own words and thoughts.

The individual I in you speaks and your soul receives its words and thoughts and these become part of it. Your individual I usually speaks in terms of its own human experience, but it has the privilege of inviting its divine spiritual self to speak words of wisdom through it. When the divine I is invited to speak through your individual I the result is inspiration from on high.

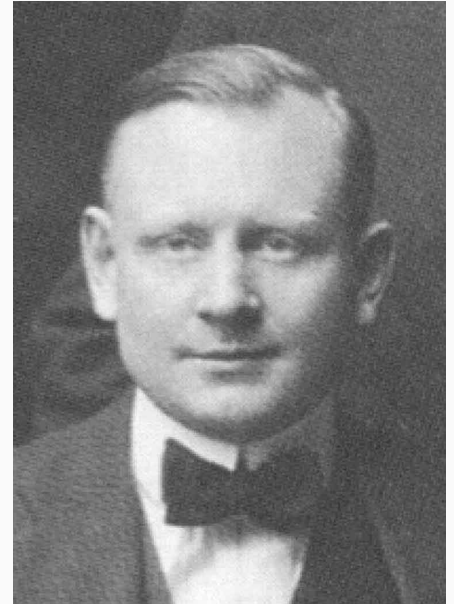
Jesus always opened His soul to the Father. He acknowledged freely that the Father working in Him did the mighty works. The individual I, when it speaks in terms of its worldly experience, is not always reliable. Its words then are often negative, and they weaken the character of the soul.

The soul is continually changing and adjusting itself to the thinker's new ideas. By the soul I mean the consciousness of the individual man, which includes all his conscious and subconscious thoughts as well as the stored record of his past thoughts and experiences, which his conscious mind has forgotten.

Psychiatrists tell us that the memory of certain unfortunate past experiences buried deep in the sub-consciousness has power to torment the body with sickness. Psychiatrists are able to dig out these hidden troublemakers by various methods of questioning and then to dispel them by throwing the light of reason upon them.

It seems that a large percentage of the people who are suffering from what they think are physical ailments are really being made ill by certain misunderstood experiences that happened in the forgotten past. It is therefore very important that your individual I be taught to build a strong and healthy soul by wisely selecting its creative words. Since your soul is continually being remolded by your words expressed either in thought or audible form, it is important that you scientifically choose words that will build and produce health and happiness in your mind and body.

Your bodily health is greatly influenced by the character of your soul. In the 107th Psalm we read: "He sendeth his word, and healeth



them.” When your words are backed up by the Son of God in you the good words you send out will heal your own body and the bodies of others.

Every individual has the potential power to heal by his words when he speaks them in the name of Jesus Christ. The words of the perfect spiritual man, the Son of God within you, are powerful to save, to heal, and to bless you. “Thou shalt also decree a thing, and it shall be established unto thee.”

The psychiatrist often finds the source of a man’s trouble in some past experience, and then heals the physical ill by uncovering and exposing the fallacy of a hidden complex. This method is excellent as far as it goes, but the approach is negative while the method of Jesus Christ is positive and comprehensive. Jesus Christ calls on the power of God’s spirit in the individual to come forth and manifest its perfection and glory in the body and soul, clearing out all secret sins. The psychiatrist hunts for a single mistake and roots it out. It seems to me that the method of Jesus is far more effective because it is complete, not partial.

Jesus healed the sick by calling forth into manifestation the glory of the Father in them, not by concentrating upon their weaknesses. After Jesus had healed the man born blind He was asked, you remember, who was the sinner in the case, the man or his parents; and He replied by saying: “Neither did this man sin, nor his parents: but that the works of God should be made manifest in him.”

When the likeness of the Spirit of God becomes manifest in a person it glorifies his soul. Thus Jesus Christ calls out the original perfect man instead of hunting for little imperfections to cast out. The quick, sure way of healing is to let the mind that was in Christ Jesus be made manifest in you.

The affirmative prayers that Unity students speak are words that help the individual I to call out the power of the spiritual I within himself to strengthen his soul. When a man opens his soul toward God’s help by affirmations and prayers he accepts God’s perfect plan, which heals ills that may have been caused by past mistakes stored up in his soul. If a man lacks health he should affirm God’s strength in the name of Jesus Christ. He should rise up in the power of his spiritual nature and speak creative words of strength for his soul and body. Let him say: “God is my strength,” which is the truth concerning the real man in him, the one that God created in His own image and likeness. You can bring this true man into his rightful place of dominion in your soul by training it through the use of affirmations calculated to bring it under the guidance of God’s perfect will. Such affirmations help you to renew your soul by renewing your thoughts.

“And be not fashioned according to this world: but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.”

SUGGESTIONS FOR DAILY MEDITATION

- ☑ SUNDAY: Because I am a spiritual being created in the image and likeness of my Father-God, I am not subject to the ills of the flesh.
- ☑ MONDAY: “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.”
- ☑ TUESDAY: Christ’s words are Spirit, and they give life to my soul.
- ☑ WEDNESDAY: “Heaven and earth shall pass away, but my words shall not pass away.”
- ☑ THURSDAY: I take good words with me and return unto Jehovah.
- ☑ FRIDAY: Good is established unto me in all my ways, because I continually decree good in the name of Jesus Christ.
- ☑ SATURDAY: God is my inner strength. Therefore I am strong and fearless in mind and body.



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