

Ministers / Bachelor's Degree Course Study Modules

VOLUME 1

Modules: Introductory - 12



Table of Contents

Modules

No. Title

	Practical Mysticism – An Introduction	1
1	Attracting and Maintaining Prosperity	11
2	Conscious Spiritual Self-Realization for Success	17
3	How to Put Action Behind Your Meditations for Success and Happiness	22
4	Mastering Weakness Through Your Inner God Power	28
5	Establishing and Maintaining a Positive Transcendent Attitude	34
6	Metaphysical Principles of Winning the Game of Life	40
7	Establishing Mystical Self-Direction	46
8	Spiritual Mind Magnetism	52
9	Channeling God-Power Into Your Daily Activities	57
10	Eliminating the Negative – Strengthening the Positive	61
11	Spiritual Mind Treatment	67
12	How to Handle Problems as They Arise.....	72

Eliminating the Negative – Strengthening the Positive

A Lesson in METAPHYSICAL SCIENCE (R)

New Dimensions in Spiritual Understanding and Practice

Negativity is Our Only Obstacle

Negative traits in our personality are what keep us from having the life we desire. If these traits were removed, success and happiness would be automatic.

- Perhaps the influence of others in our early years helped to bring about negative traits that have been holding us back.
- However, at this time in our lives, as students of Metaphysical Science, we must realize that we do have control over our lives. We can remove from our minds, once and for all, the negative thought forces that have been preventing us from obtaining the best that life has to offer.

However, at this time in our lives, as students of Metaphysical Science, we must realize that we do have control over our lives. We can remove from our minds, once and for all, the negative thought forces that have been preventing us from obtaining the best that life has to offer.

Positive Traits Point Out Our Purpose

You have a purpose in life that you may not, as yet, have realized! Positive traits of your personality may be the key to unlocking the mystery of your own personal lifestyle and destiny in this lifetime.

- If nothing negative existed to hold you back, the strong points would automatically become even stronger, as your mind would be more concentrated on good.

- If you also reinforced your positive characteristics with the practice of Metaphysical Science, they would become stronger still, *and your ability to achieve would soar.*
- Your positive traits are the key to your destiny. They point out what nature has best equipped you to do in this life.

Your positive traits are the key to your destiny. They point out what nature has best equipped you to do in this life.

- You must realize at what you excel, around which you can adjust and build an appropriate lifestyle.

Let the Present Be Your Reality

Let the present be the only reality upon which you are building your future.

- ▶ *Fill your mind only with such thoughts and consciousness as will build a better future.*
- ▶ *To do this, remove from your mind all negative traits of the past.*
- ▶ *This can be done by concentrating on, and following, the guideline given below.*

You Are Not Alone in Your Efforts

If you are a new student of Metaphysical Science, having made the decision in your mind that you sincerely wish to be rid of anything negative in your personality in order to release you into a better life, you can have faith that the Power of your Higher God-Mind **WILL SUPPORT YOUR EVERY EFFORT.**

- Whether this is through conditioning the subconscious mind, meditation or another metaphysical method, the support of your Higher God-Mind is yours.
- This truth has been discovered by millions in our country who have turned to metaphysical thinking and living.
- Your Higher God-Mind can help you eliminate the negative traits of your personality and strengthen the already strong ones. The companionship of the Universe and its Creative Power is yours!

Your Higher God-Mind can help you eliminate the negative traits of your personality and strengthen the already strong ones. The companionship of the Universe and its Creative Power is yours!

SELF-QUIZ

- The two lists that follow comprise traits which can hold you back, or help you to achieve success and happiness.
 - ▶ *Check your negative and positive traits.*
 - ▶ *In meditation or a meditative state of mind, give yourself the corresponding affirmations for eliminating your negative traits and strengthening your positive ones.*

NEGATIVE TRAITS

POSITIVE TRAITS

➤ **Lack of Confidence**

Confidence

"Confidence, based on the Power and Presence of God's Universal Mind, exists in me, now and always."

➤ **Too Analytical**

Intuitive

"My mind is an intuitive channel through which God's Presence within me directs me to success and happiness, now and always."

➤ **Negative Attitude**

Positive Attitude

"The positivism of God's Presence within me sublimates all negative thoughts into positive ones, this moment and always."

NEGATIVE TRAITS	POSITIVE TRAITS
➤ Poor Self-Image	Winning Self-Image
<i>"The image I have of myself is a reality of Oneness with the Eternal Presence and Power of God within me, this moment and eternally."</i>	
➤ Lack of Education	Higher Wisdom
<i>"God's Mind and Wisdom direct me, every day in every way, to success and happiness through intuition and creative ideas."</i>	
➤ Difficulty Communicating	Good Communication
<i>"Without thought, but through God's Indwelling Presence, I am always led to say the right thing in the right way, as God puts the words on my lips every day of my life."</i>	
➤ High-Strung, Tense	Relaxed, Poised
<i>"I rely each day on God's Power and Presence, and I am thereby relaxed and poised in all that my life may bring."</i>	
➤ Continual Confusion	Intuitive Self-Direction
<i>"My mind works perfectly as God's Perfect Mind directs me in all that I do, each and every day of my life."</i>	
➤ Time Wasting	Good Use Of Time
<i>"The Mind of God within me makes efficient use of my time for my success and happiness, every moment of every day."</i>	
➤ Humorless	Sense Of Humor
<i>"As I am secure in God's Mind ruling my life, I can enjoy the lighter and more humorous things that happen each day."</i>	
➤ Guilt Feelings	Freedom From Guilt
<i>"As I would forgive a child who has erred, so God has already forgiven me for any time I have erred in the past."</i>	

NEGATIVE TRAITS	POSITIVE TRAITS
➤ Slovenliness	Neatness, Grooming, Good Carriage
<i>"I am a beautiful representation of the Universe individualized, and I express such in the way I look, dress, act and feel."</i>	
➤ Hostility	Pleasant Toward Others
<i>"There is ultimately but One Life in this Universe, and so, by being good to others, I am being good to extensions of myself and the embodiment of God."</i>	
➤ Loneliness	Compassion
<i>"I am sensitive and responsive to the feelings of others, and in so doing I become a friend to others."</i>	
➤ 'Too Old' Feelings	Youthfulness
<i>"As the Universe is constantly giving birth, so through my mind, it constantly gives birth to new ideas, keeping my thoughts youthful, and so, too, my life."</i>	
➤ Procrastination	Self-Starter
<i>"I regard every moment of every day as an opportunity to put my inspirations into action, and thus, realization."</i>	
➤ Introvert, Shyness	Extrovert, Outgoing
<i>"I accept that the beauty, splendor, power and creativity of God's Mind, in mine, express confidently through me at all times."</i>	
➤ Clinging To Negative Past	Moving Into Positive Future
<i>"Through the Power of my God-Mind, I release past negativity and release my mind – God-Directed – into a positive future."</i>	
➤ Negativity Toward Sexuality	Positive Sexual Attitude
<i>"I regard my body as a vehicle of expression to be used in manifesting positive, loving feelings to another, to better express the unity of life."</i>	

Visualization Treatment

- ◇ Enter into a state of meditation.
 - ◇ In your mind, see yourself sitting or reclining.
 - ◇ In your mind, think of any negative traits you possess as a dark shadow in your body.
 - ◇ Now, see this shadow, representing negative traits, leaving your body and being replaced with the Spiritual Light of your True God-Selfhood.
 - ◇ Sit quietly for another five minutes in meditation, after you feel that your visualization has had an effect.
-