

Conducting a Sacred
**HEALING
SERVICE**



**Revealing Newness
Through Group Healing**

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www.SacredDays.org

Introduction ●

This packet contains all of the materials necessary to conduct a two hour spiritual Healing Service. The various practices, meditations and worksheets have been developed over a number of years, and have proven to be highly effective in producing a deep healing effect in the spirit, mind and body of those who use them correctly. A unique aspect of the practices contained in this Healing Service are that they use a “whole mind/whole body” approach to changing the consciousness of those who use them.

The underlying motivation in producing this packet was to provide a useful tool for spiritual leaders to deal with the fear and upset that has been arising as the result of current world conditions provoked by the September 11, 2001 terrorist attack on the the World Trade Center and the Pentagon. However, the materials contained herein are of such a universal nature that this Healing Service could be conducted on an ongoing basis to serve a wide variety of personal needs that the participants might have.

This packet is broken up into two sections. The first is the “Facilitator’s Materials,” which will be used by you to conduct the healing service. The second section contains “master copies” of worksheets that you will need to reproduce and distributed to participants in the service.

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Following are instructions for conducting a successful Healing Service. If these materials are completely new to you it is highly recommended that you review this section thoroughly before attempting to conduct a Healing Service.

Purpose

The purpose of this Healing Service is reveal a greater state of Wholeness in the minds, the hearts and the flesh of the participants. For a more complete description of the Purpose, Vision and Intentions of this Healing Service, see the “Un-Hidden Agenda” contained in the handout section of the materials.

Principle

The underlying principle that supports this entire Healing Service is the scriptural wisdom, “...as you have believed, so it is done unto you” ...Matthew 8:13. All human pain and suffering is the ultimate result of having believed something untrue about ourselves and/or the nature of our lives. Unfortunately, these errors in our thinking are most often hidden from us, and we only become aware of them when they manifest as some disturbing condition in our lives. Every aspect of this Healing Service is designed to identify, clarify and dispel the “errors of the flesh” that we hold within our souls. The result of such purification is the revelation of Wholeness within every aspect of our being.

Preparing Yourself

It is important to thoroughly prepare yourself to facilitate this Healing Service. The two most important aspects of this preparation are:

1. It is essential that before you attempt to take any group through the guided meditations that you have been taken through them yourself. Find a friend or associate to do this for you. Additionally, you should rehearse the meditations by taking at least one other person through them before you use them in the Healing Service. **Remember:** “You cannot take another where you have not been yourself.”
2. Prior to the Healing Service be sure to pray with at least one other person for divine guidance and the successful outcome of the Service. **Remember:** “Again I say to you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them by my Father which is in heaven.” ...Mat. 18:19
3. Be sure to do your own work first. Do not attempt to conduct this Healing Service if you are deeply troubled or in a state of agitation. If necessary, seek your own spiritual counsel to insure that you are calm and fully present whenever you attempt to facilitate this Service.

Prayer Presence

It is highly recommended that every Healing Service have a “Prayer Presence” in the room. This would be one or more individuals of high spiritual consciousness who are capable of maintaining a “silent prayer vigil” during the entire course of the Service. It is important that they not be involved with the Service as an active participant. These same individuals should also be able to provide specialized care to any member of the group who has such a need.

Continued...

Group Size

This Healing Service can be performed with a group of almost any size. It is especially effective with groups of about 5 to 20 people. However, with some minor modifications it can also be effective with much larger group. Use your own best judgment in making such modifications. With the exception of the “*Easy Prayer*,” all of the meditations can be effectively used without the distribution of worksheets. Simply allow people the time to jot down notes in whatever form is meaningful and useful to them.

Ambiance

The Healing Service should be conducted in a sacred space conducive to doing deep inner work. Consequently, it should take place in a location where there is a minimal amount of distractions for the senses. This means that all disturbing sights, sounds, smells and bodily sensations should be identified and removed. It is highly advised that telephones, cell phones, answering machines, pets and children be attended to in a way that will not disturb the Healing Service once it is underway.

Handouts

Master copies for creating handout worksheets are included as part of this packet. They are the sheets that have a black banner with white lettering across the top. There are 5 basic pages that are part of agendized activities of the Healing Service. Additionally, there are 3 more pages that you may wish to incorporate into the handout packet depending on the spiritual orientation of your group. As an alternative, the optional materials could be printed up and distributed after the Service only to those who have an interest in using them.

GodSong

One of the important activities of this Healing Service is an “*opening chant*.” This practice is instrumental in creating a unified field of consciousness in which to conduct the Service. Any form of sacred chanting will work provided it is short, simple, easy to sing and at least 5 minutes in duration. An excellent choice is the “GodSong” chant. Because of its universal and unitive lyrics, “*God’s the Love that I Am*,” it is especially effective in raising the consciousness of any spiritually oriented group. A free eight minute tape of this chant is available by writing to the following address:

GodSong • PO Box 71138 • Reno, NV 89570-1138 (Also check our website for a sample)

Activities Agenda

The easiest way to conduct this Healing Service is to simply work from the “*Activities Agenda*” on the next page. Each item on the Agenda program contains references to the appropriate support materials and worksheets. The times suggested for each item are approximate only. Use your own best judgment in adjusting them. However, be sure to honor the starting and ending times for the Service.

For additional support and instruction check out our Sacred Days website located at: www.SacredDays.org

... End of Section

Healing Service Agenda

2

Time: _____ to _____ Date: _____ M T W T F S S Session No: 1 of 1

Description: This is a suggested agenda for a generalized group healing service that could be offered as a special event, or on a regular monthly basis. An "Appreciation Offering" is optional.

Activity Items	Time	Ref.	Wksht.
<input type="checkbox"/> Welcome / Introductions	3		
GodSong Chant / Opening Prayer	10	RM-1	
Review Un-Hidden Agenda ¹	5		WS-1
Sharing Intentions/Agreement Prayer ²	10		
Fear to Faith Process	5	RM-4	WS-2
Fear to Faith Sharing	10		
Releasing Prayer Practice	10	RM-8	
<input type="checkbox"/> 10 Min. Break	15		
What Happened Wisdom Tree (w/ "word of error")	5	RM-5	WS-3
Wisdom Tree Process Sharing	10		
Easy Prayer Process	15	RM-6	WS-4
Appreciation Offering (Optional)	5		
Thanksgiving Tree	5	RM-7	WS-5
Thanksgiving Tree Sharing ³	5		
Completion Process	5		
Closing Prayer	2		

Notes: **Total Time: 120 Min. (2 Hrs.)**

- It is highly recommended that a "Prayer Presence" in attendance. (RM-1)
- 1. After reviewing the Purpose, Vision and Intentions have the participants claim two personal intentions that they want to claim for themselves and for others.
- 2. Invite a few people stand, say their name and then share their personal intentions. As each of them finishes, have the group chant in unison the Agreement Prayer:
(Persons Name) I hear you. I see you. I agree with you. And I support your intentions with Love.
- 3. This item can be expanded or eliminated as time allows.

Legend: Healing Revelation Other

The following meditations are designed to elicit “Self-Knowledge” within your students or clients. They are to be used in conjunction with the appropriate worksheets contained in the **“Toolbox”** section of your manual.

Descriptions of Prompts:

A number of prompts are contained within the “meditation scripts” provided in this Section. They will assist you in the timing and pace of guiding the meditation experiences. Following is a list of these prompts and their meanings:

Prompt	Description
...	A very short pause. About <u>1-2 seconds</u> .
... (Pause)	A slightly longer pause. About <u>2-3 seconds</u> .
... (Long Pause)	A pause of about <u>3-5 seconds</u> .
... (Intuitive Pause)	A pause of <u>undetermined length</u> . Usually about 10 to 20 seconds. Whenever these pauses are called for, “go within” and ask your own “Higher Wisdom Self” to prompt you as to when you should resume the process of the Meditation. When you are working with a single individual, simply ask them to prompt you by nodding their head or saying, “Okay” when they are ready to move on.
... (Writing Pause)	When the process requires the students to write something down, you may need to pause for a <u>minute or two</u> . Pay attention to the activity of the students. When about half of them seem to be finished, announce that they will have about one more minute to complete their assignment.

How To Use the Scripts:

1. With a Client, Class, Group or Gathering

- Read the scripts verbatim with all the prompts and pauses.
- When you are working with a single individual, simply ask them to prompt you by nodding their head or saying, “Okay” when they are ready to move on.
- Or, get familiar with the Process and then write your own script, in your own words.
- Or, get familiar with the Process and then improvise the meditation in your own words.

2. By Yourself

- Tape record the script and play it back to yourself.
- Or, get familiar with the Process and then silently take yourself through it in your mind.

 **Purpose:** To deepen Faith by affirming the Truth, and releasing "errors" from our belief systems.

 **Instruction:** Prior to beginning this exercise, provide each of your students or clients with a "Fear to Faith Worksheet."

 **Take the students or client through the following guided process:**

Step 1. - Original Condition

In Box No. 1, in the lower right-hand corner of your worksheet, write a brief description of some troubling condition that you are currently experiencing that you would like to heal.

...(Pause) Jot down just enough information so that you could look at this worksheet a month from now and say "Oh yeah, I remember that situation." ...(Intuitive Pause)

With one or two words also identify how you feel about this condition. ...(Intuitive Pause)

When you are done, write down today's date in the lower left-hand corner of Box No. 1.

Today's date is: < Give students today's date. > ...(Writing Pause)

Step 2. - Highest Hope

Now, I would like to direct your attention to Box No. 2 in the middle of the worksheet, on the left hand side under the word "Hope." ...(Pause)

In this Box, I would invite you to write down what you "hope" will happen as the ultimate outcome of the condition that you described in Box No. 1. ...(Writing Pause)

Step 3. - Word of God

Now I would like to have you take a moment to close your eyes and go within. ...(Long Pause) Bring your awareness to your breathing and allow yourself to relax completely into the presence of the "Divinity that is within you." ...(Long Pause)

As you enter into an expanded awareness of your inner Self, use the power of your mind to imagine that what you "hope will happen" has already happened. ...(Long Pause)

Notice where you are . . . Who you are with . . . What you are doing . . . Notice how you are feeling about the situation. ...(Intuitive Pause)

Now, let your Higher Wisdom Self magnify the feelings of this experience so that it becomes completely real for you. ...(Long Pause)

In the felt reality of this experience see if you can identify the ONE quality of God that seems to be most in expression. ...(Pause) It might be Love, or Peace, or Wisdom, or Beauty, or Joy, or Wholeness. ...(Pause) Simply identify that one single Word of God that seems to best describe the quality of the situation that you have imagined. ...(Pause)

If you are having difficulty identifying this Word, ask your Higher Wisdom Self to reveal It to you . . . Or you may wish to open your eyes and refer to the God qualities listed across the top of the sheet. ...(Intuitive Pause)

Once you know what your Word is, open your eyes and write it down on Line No. 3 in the little cloud at the top of the worksheet. ...(Writing Pause)

Continued ►

Working With Icons: (Optional)

As a way to invite your “whole brain” into this process, draw a simple little symbol, image or icon that best represents your “Word of Faith” in space provided in the upper left hand corner of your worksheet, just to the left of the “cloud.” When you are finished, circle this icon to indicate that you are accepting it. **...(Writing Pause)**

Step 4. - Hidden Fear

Now we come to the challenging part of this process. We must face our fears simply so we can explain why they are not so. **...(Pause)** We are going to use the energy of our Word of God to provide the light that will dispel the darkness of our hidden fears. **...(Pause)**

So go now to Box No. 4, in the middle of the worksheet, on the right-hand side under the word “Fear.” **...(Pause)** Take a moment to look within and see if you can connect with the fear that you have about the condition that you described in Box #1, at the beginning of this process. **...(Long Pause)**

See if you can identify what it is that you fear might happen as the ultimate outcome of the situation. . . . One common fear is that condition or situation will never change. . . . Another one is that it will become even worse. **...(Intuitive Pause)** Write down what you fear might happen in Box No 4. **...(Writing Pause)**

Step 5. - Word of Error

Now I would like to have you take a moment to close your eyes and go within. **...(Long Pause)** Bring your awareness to your breathing and allow yourself to relax completely into the presence of the “Divinity that is within you.” **...(Long Pause)**

As you enter into an expanded awareness of your inner Self, use the power of your mind to imagine that what you “fear might happen” is happening in your awareness right now. **...(Pause)** Remember that your feelings can’t hurt you and that God is with you, now! **...(Long Pause)**

Notice where you are. . . . Who you are with. . . . What you are doing. . . . Notice how you are feeling. **...(Intuitive Pause)**

Now, let your Higher Wisdom Self magnify the feelings of this experience so that it becomes completely real for you. **...(Long Pause)**

In the felt reality of this experience, see if you can identify the ONE single “word of error” that best describes the fear that you are feeling. **...(Pause)** It might be a word like poverty, or disease, or rejection, or maybe even death. **...(Pause)**

Simply identify this one single word, that when you hear IT, it brings up the feelings that you are feeling right now. **...(Pause)**

If you are having difficulty identifying this word, ask your Higher Wisdom Self to reveal the Word to you. **...(Intuitive Pause)**

Once you know what your “Word of Error” is, open your eyes and write it down on Line No. 5, next to the little gray “Mental Block.” **...(Writing Pause)**

Continued ►

Working With Icons: (Optional)

As a way to invite your “whole brain” into this process, draw a simple little symbol, image or icon that best represents your “word of error” in the little gray “circle and slash” in the upper right corner of your worksheet. . . . After you have drawn your “word of error” icon, trace over the gray “circle and slash” to indicate that you are releasing this belief from your consciousness. ...**(Writing Pause)**

Step 6. - Word of Resistance

Now take a moment and go within and remember back to the last time that you experienced fear about the “word of error” that you have just identified. ...**(Pause)**

Allow your Higher Wisdom Self to draw into your awareness an image that best represents what you normally do in reaction to experiencing your “word of error.”

...**(Pause)** Simply notice where you are, and what you are doing. ...**(Intuitive Pause)**

Now ask your Higher Wisdom Self to provide you with a single word that best captures the essence of what you usually do to keep your “word of error” from happening. ...**(Pause)** It may be an outer behavior such as “control.” . . . Or, it may be an inner activity such as “worry.” . . . Simply allow your Higher Wisdom Self to reveal this word to you. ...**(Intuitive Pause)**

Once you know what your “Word of Resistance” is, open your eyes and write it down on Line No. 6, next to the little “Clenched Fist.” ...**(Writing Pause)**

Step 7. - Newness

Newness begins with the releasing of what is “old” and no longer serves us. There is no more powerful way release what is old and bring in what is new, than to confess our “errors” and affirm our aspirations to another human being. This is simply because this simple act “humbles” us and “opens” us up to the grace of God. ...**(Pause)**

So close your eyes and go within once again. ...**(Pause)** Bring your awareness to your breathing and allow yourself to relax completely into the presence of the “Divinity that is within you.” ...**(Long Pause)**

Allow your Higher Wisdom Self to draw into your awareness an image or felt presence of someone in your life with whom you would be willing to share the contents of this worksheet. ...**(Pause)**

It might be your Prayer Partner, a family member or friend. ...**(Pause)** There is nothing that they need to do except to listen to your confession of error, and to agree with your intention for a greater expression of your life. ...**(Intuitive Pause)**

Once you know who this individual is, open your eyes and write their name next to the little “Mind’s Eye” icon in the upper portion of Box No. 7 in the lower left hand side of the worksheet. ...**(Writing Pause)**

Continued ►

The final step of the process cannot be completed at this time. We do not yet know what the final outcome will be. It may look like what we “hope will happen.” Or, it may be an even better outcome that we cannot even conceive of at this time. Box No. 7 in the lower left corner of the worksheet must be filled out in the future, once the original troubling condition has been resolved.

Step 8. - Releasing Prayer

Go to the “Releasing Prayer” section at the bottom of the worksheet. ...(Pause)

In the blank space of the first line, write in the “Word of Error” that you previously identified on Line #5 next to the little “Mental Block.” ...(Writing Pause)

In the blank space of the second or middle line, write in the “Word of Resistance” that you previously identified on Line #6 next to the little “Clenched Fist.” ...(Writing Pause)

In the blank space of the bottom line, write in the “Word of Faith” that you previously identified on Line #3 in the cloud at the top of the page. ...(Writing Pause)

End of Process ◀

 **To discover deeply held core beliefs that were established in early childhood.**

 **Instruction:** Prior to beginning this exercise provide each of the participants with a **"The What Happened Wisdom Tree"** worksheet.

 **Take the participants through the following guided process:**

Find a place where you are comfortable and feeling fully supported by your chair....(Pause)

Next, bring your awareness to your breathing... Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...**(Pause)** The breath is the eternal cycle of reception and release within our physical bodies... It is the eternal activity of "God in us."

... **(Pause)** With every breath you now become more aware and more conscious of the indwelling Presence of God... Which is your "Higher Wisdom Self." ...**(Pause)**

Now, let your breath serve as a pathway to your heart ...**(Pause)** Allow your awareness to move into your heart... For it is here that you begin to see with the "Eye of the Heart"... Which is the "Eye of Wisdom"... The "Eye of Love." ...**(Pause)**

And now, in the silence of your heart, ask your "Higher Wisdom Self" to guide you through this process... Ask to have revealed to you, everything that you need to know for your highest good and healing... Right here and right now...**(Long Pause)**

1. Going Back

Now, ask your Higher Wisdom Self to scroll back into time... and to draw up into your awareness one of your very first or most formative experiences with your "Word of Error." ...**(Pause)** Allow your Higher Wisdom Self to draw into your awareness a significant experience with your "Word of Error" that occurred early in your life. ...**(Pause)** It could be either a positive or negative experience. Either way, it created deeply held beliefs in you that are operating in your life today. ...**(Long Pause)**

Now, look around you and notice what's happening... Notice where you are... Who you are with... What you are doing... How you are feeling... and perhaps, notice how old you are. ...**(Intuitive Pause)**

Now, let your Higher Wisdom Self magnify the feelings of this experience, so that it becomes completely real for you. ...**(Long Pause)**

Now, ask your Higher Wisdom Self to show you what you came to believe about your "Word of Error" as the result of what you felt in this experience. Out of this experience, what did you come to believe about yourself and your relationship with your "Word of Error?" ...**(Intuitive Pause)**

2. The Greater Truth

And now, ask your Higher Wisdom Self to bring you forward into the present time and show you how these deeply held beliefs are being expressed in your life today. ... **(Pause)**

Observe what is happening in your current life experience that expresses the beliefs that were created so very long ago. ... **(Pause)** Can you see the same feelings and emotional reactions being played out in your life again today? ...**(Intuitive Pause)**

Continued ►

First Experience With "Word of Error" 5 (2 /2)

Now, in this present moment, allow your Higher Wisdom Self to reveal to you some greater Truth that will set you free from the limiting beliefs that you have held from the past.

... **(Pause)** What is the greater Truth that will set you free this day? ...**(Intuitive Pause)**

Have your Higher Wisdom Self show you some place in your life today where this greater Truth is already being expressed. ...**(Intuitive Pause)**

3. Giving Thanks


Now, thank your "Higher Wisdom Self" for the guidance, direction and protection that has been given throughout this entire process. ...**(Pause)** Most especially, give thanks for the Wisdom and the understanding that has been revealed to you. ...**(Pause)**

Now, bring your awareness back to your breathing . . . Feel the movement of the breath in your body. ...**(Pause)** Feel the presence of your body in the room . . . Feel your feet on the floor and your body in your chair. ...**(Pause)**

And now, when you're ready, open your eyes and allow your awareness to come gently back into the room. ...**(Long Pause)**

End of Process ◀

 **Purpose:** To reveal the "divinity within us" by creating a "Productive Prayer."

 **Instruction:** Prior to beginning this exercise provide each of the participants with an "Easy Prayer" worksheet. Before you start, make sure they have the "Fear to Faith Worksheet" which they have previously completed.

 **Take the participants through the following written process:**

Begin by placing your "Easy Prayer" worksheet before you.

First write in the "Name of the Project" in the blank at the top of the form. ...(Writing Pause)

Next, write in the word (Insert the "Word of God" the group selected) in the blank within the first paragraph where it says: "Word of God." ...(Writing Pause)

Then, write in your own personal "word of error" that was revealed to you on your "Fear to Faith Worksheet." This is to be placed in the blank about midway through the page where it says: "word of error." ...(Writing Pause)

Finally, write in your own personal "word of resistance," that was also revealed to you on your "Fear to Faith Worksheet." This is to be placed in the blank about midway through the page just below your "word of error," where it says: "word of resistance." Notice that you have the option of preceding your "word of resistance" with either the word "TO" or with the word "FOR." Use which ever one works best with your "word of resistance," and makes the most sense to you. ...(Writing Pause)

And now, set everything down and prepare to go within. ...(Writing Pause)

 **Take the participants through the following guided meditation:**

Going Within

Find a place where you are comfortable and feeling fully supported by your chair. ...(Pause)

Next, bring your awareness to your breathing. . . Notice as you watch your breath that it becomes deeper and fuller and more balanced. ...(Pause) The breath is the eternal cycle of reception and release within our physical bodies. . . It is the eternal activity of "God in us."

...(Pause) With every breath you now become more aware and more conscious of the indwelling Presence of God. . . Which is your "Higher Wisdom Self." ...(Pause)

Now, let your breath serve as a pathway to your heart. . . (Pause) Allow your awareness to move into your heart. . . For it is here that you begin to see with the "Eye of the Heart" . . .

Which is the "Eye of Wisdom" . . . The "Eye of Love." ...(Pause)

And now, in the silence of your heart, ask your *Higher Wisdom Self* to guide you through this process. . . Ask to have revealed to you, everything that you need to know for your highest good and healing. . . Right here and right now ...(Long Pause)

Continued ►

Back to the Future

Now, allow your *Higher Wisdom Self* to scroll back through time and draw up into your awareness, the remembrance of a time when you were in the highest realization of

____ (Insert the "Word of God") ____ ...**(Pause)**

It might have been in recent times . . . or very long ago ...**(Pause)** Simply allow a remembered inner experience of ____ (Insert the "Word of God") ____ to emerge into your awareness . . .

Notice where you were . . . Who you were with . . . What you were doing . . . And most especially, how you were feeling. ...**(Intuitive Pause)**

Now, let your *Higher Wisdom Self* magnify the feelings of this experience, so that it becomes completely *real* for you. ...**(Long Pause)**

Out of the felt reality of this inner experience, allow your *Higher Wisdom Self* to reveal to you, exactly how It would like to express a greater abundance of ____ (Insert the "Word of God") ____ through you, in order to serve the highest and greatest good of the Project that is before you, and the group that is now around you. This direction may come as an image, or an internal verbal direction. It might just be the silent voice of intuition. Simply accept the Wisdom that is given now, in whatever form is right for you. ...**(Intuitive Pause)**

Now, thank your *Higher Wisdom Self* for the guidance and direction that has been given throughout this entire process. ...**(Pause)** Most especially, give thanks for the Wisdom and insight that has been revealed to you. ...**(Pause)**

Now, bring your awareness back to your breathing . . . Feel the movement of your breath in your body. ...**(Pause)** Feel the presence of your body in the room . . . Feel your feet on the floor and your body in your chair. ...**(Pause)**

And now, when you're ready, open your eyes and allow your awareness to come gently back into the room. ...**(Intuitive Pause)**

Finishing Up

Now take this opportunity to finish filling out your "Easy Prayer" worksheet. At the bottom of the sheet, briefly record your previous experience with ____ (Insert the "Word of God") ____, In the middle of the page write out a description of how the Holy Spirit wants to express Itself through you. Try to do this in the form of an intention starting with the word "To."

...**(Writing Pause)**



Follow-up Instructions: Once the group has completed their "Easy Prayer," briefly review the "Instructions" at the bottom of their worksheets.

End of Process ◀



To create a greater awareness of the activity of God in our lives through a conscious expression of gratitude.



Instruction: Prior to beginning this exercise provide each member of the group with a **"Thanksgiving Tree"** worksheet.



Take the students or client through the following guided process:

Find a place where you are comfortable and feeling fully supported by your chair....(Pause)

Next, bring your awareness to your breathing. . . Notice as you watch your breath that it becomes deeper and fuller and more balanced. **...(Pause)** The breath is the eternal cycle of reception and release within our physical bodies. . . It is the eternal activity of "God in us."

... (Pause) With every breath you now become more aware and more conscious of the indwelling Presence of God. . . Which is your "Higher Wisdom Self. " **...(Pause)**

Now, let your breath serve as a pathway to your heart **...(Pause)** Allow your awareness to move into your heart. . . For it is here that you begin to see with the "Eye of the Heart" . . . Which is the "Eye of Wisdom" . . . The "Eye of Love." **...(Pause)**

And now, in the silence of your heart, ask your "Higher Wisdom Self" to guide you through this process. . . Ask to have revealed to you, everything that you need to know for your highest good and healing. . . Right here and right now...**(Long Pause)**

1. Going Back

Let us begin by asking your Higher Wisdom Self to scroll back through time. . . and to draw up into your awareness one of the more memorable moments of this Co-Creation Process for which you are most grateful. . . (Pause) Allow your Higher Wisdom Self to draw into your awareness a significant experience that occurred some time during the Process . . . (Pause) It may have been either a positive or a negative experience at the time. But, either way, it now creates a deeply felt sense of gratitude in you. . . (Long Pause)

Now, in your "mind's eye," notice where you where. . . Who you where with. . . What you where doing. . . And how you where feeling **...(Intuitive Pause)**

2. How It Felt

Now, let your Higher Wisdom Self magnify the feelings of this experience, so that it becomes completely real for you. **...(Long Pause)**

3. What Was Learned

Now, ask your Higher Wisdom Self to show you what you came to learn about yourself and your relationship with Life out of this experience. Perhaps it was some skill . . . or perhaps some Wisdom . . . or perhaps just some self-knowledge. **...(Intuitive Pause)**

4. The Word of God

Now, in this present moment, allow your Higher Wisdom Self to reveal to you the "Word of God" that came into your awareness during this experience. What was the Quality of the Divine that you experienced. Was it Love . . . or Wisdom? . . . Was it Peace . . . or Beauty . . . or Joy? Perhaps it was Freedom. Simply notice what life positive quality you experienced for which you are now grateful. **...(Intuitive Pause)**

Continued...

5. Giving Thanks

Now, thank your “Higher Wisdom Self” for the guidance and direction that has been given through this process. **...(Pause)** Most especially, give thanks for the Wisdom and the understanding that has been revealed to you. **...(Pause)**

Now, bring your awareness back to your breathing . . . Feel the movement of the breath in your body. **...(Pause)** Feel the presence of your body in the room . . . Feel your feet on the floor and your body in your chair. **...(Pause)**

And now, when you’re ready, open your eyes and allow your awareness to come gently back into the room. **...(Long Pause)**

End of Process...

Instructions:

1. Complete a "Fear to Faith" worksheet to identify the "Word of Error" and the "Quality of God" that you will be working with.
2. Using the template below, write in your "Word of Error" on **Line #1**.
3. On **Line #2** write in a word that best describes what you are doing to keep your "Word of Error" from happening, and/or what you are doing to make what you "Hope Will Happen" come about. The very process of finding this word will produce healing. Here's an example. A person with a strong belief in "Rejection" will often feel the need "to Appease" in order to have a successful relationship.
4. On **Line #3** write in the "Quality of God" you have identified as your "Greater Truth."
5. This prayer should be performed for several repetitions on a daily basis until a healing has occurred. It should also be used whenever fear around your "Word of Error" arises. Simply perform the prayer until the fear goes away.

Comments:

The "fill in the blank" wording of this worksheet is only the beginning of an effective "Releasing Prayer." Every condition is unique and you are encouraged to play with the wording until you find the right combination of words that brings about an experience of "release." You will know that you have developed an effective prayer if performing the first three postures activates your fears, and if performing the last two postures activates your "Faith" and dispels the fear. Remember, you are not releasing your good. You are releasing the "need" for your good. Ultimately, your good is God, eternally present, and hidden in time by your *belief* in that which is not True.

I Release My Belief in _____ 1

...I Release My Need to/for _____ 2



(Beginning Posture)

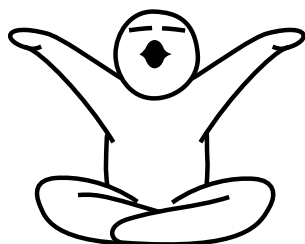


(Releasing Your Current Belief Based on the Past Experiences)



(Releasing Your Future Need Based Upon Your Current Belief)

I Am Grateful God ...is the _____ 3 I Am



(Returning Past & Future to the Universal and Invoking the Eternal Presence of God)



(Accepting the Manifestation of the Nature of the Divine in the Present Moment)

A Few Examples:

I release my belief in **Lack** ...I release my **All of My Needs** ...I am grateful God ...is the **Wealth** I am.

I release my belief in **Disease** ...I release my need to be Healed ...I am grateful God ...is the **Health** I am.

I release my belief in **Guilt** ...I release my need for Shame...I am grateful God ...is the **Love** I am.

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September 2001

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Rev. Marcia Sutton • 775/857-4534 • RevMarcia@SacredDays.org



A Sacred Healing Service

"For where two or three are gathered together in my name, there am I in the midst of them." ...Matthew 18:20

Purpose:

Wholeness

Vision: **Revealing Wholeness Through Group Healing**

My *intentions* for being here are:

1. To gather with others in order to invoke the Presence of Spirit for the purpose of personal and collective healing.
2. To deepen my faith through real spiritual practice as a means of revealing greater wholeness in my life.
3. To experience the power of group spiritual practice as an effective way to change conditions in the world.

4. To

Myself

5. To

Others

Clearing:

I presently feel: _____ I intend to leave feeling: _____

Signed

Date

Notes:

Fear to Faith Worksheet

2

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Word of God on which I build my Faith is:

_____ 3

W B

Draw a symbol of the Word of God:

The "word of resistance" that I react with is:



6

Control • Hide • Anger • Attachment • Flee • Appease • Whine
Depression • Confusion • Lose • Control • Rebel • Confront

Draw a symbol of the false belief:

The "word of error" that I have falsely believed in is:

5

Lack • Debt • Conflict • Limitation • Ignorance • Rejection • Death
Chaos • Judgment • Dependency • Duality • Disease • Poverty



HOPE

"The Universal Hope"

What I hope will happen is:

_____ 2

Y



FEAR

"The Universal Doubt"

What I fear will happen is:

_____ 4

NEWNESS

The person I choose to be my witness is:



Witness Prayer: "I hear you, I see you, I agree with you. Amen!"

I am grateful God is gracious; I am grateful God is:

_____ 7

Date: _____

V

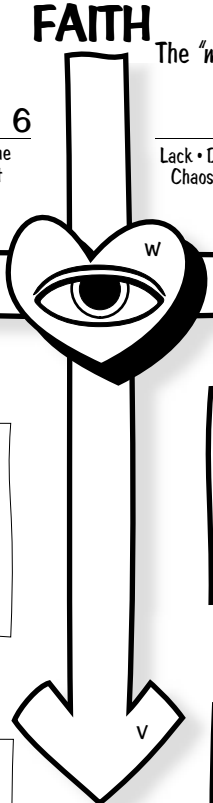
OLDNESS

The current situation or condition is:

_____ 1

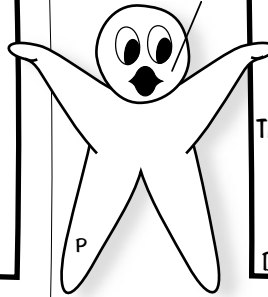
Date: _____

P



FLESH

"I am enough!"



"The Universal Truth"

Color Code: P-Pink:Physical Y-Yellow:Mental B-Blue:Spiritual V-Violet:Heaven on Earth W-White:Absolute [Grey Box]:Subconscious

The Releasing Prayer



I release my belief in _____

(Word of Error)

5



I release my need to _____

(Word of Resistance)

6



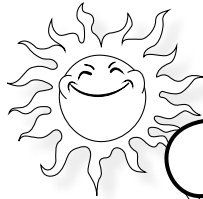
I am grateful God ...is the _____

(Word of Faith)

3 I am!



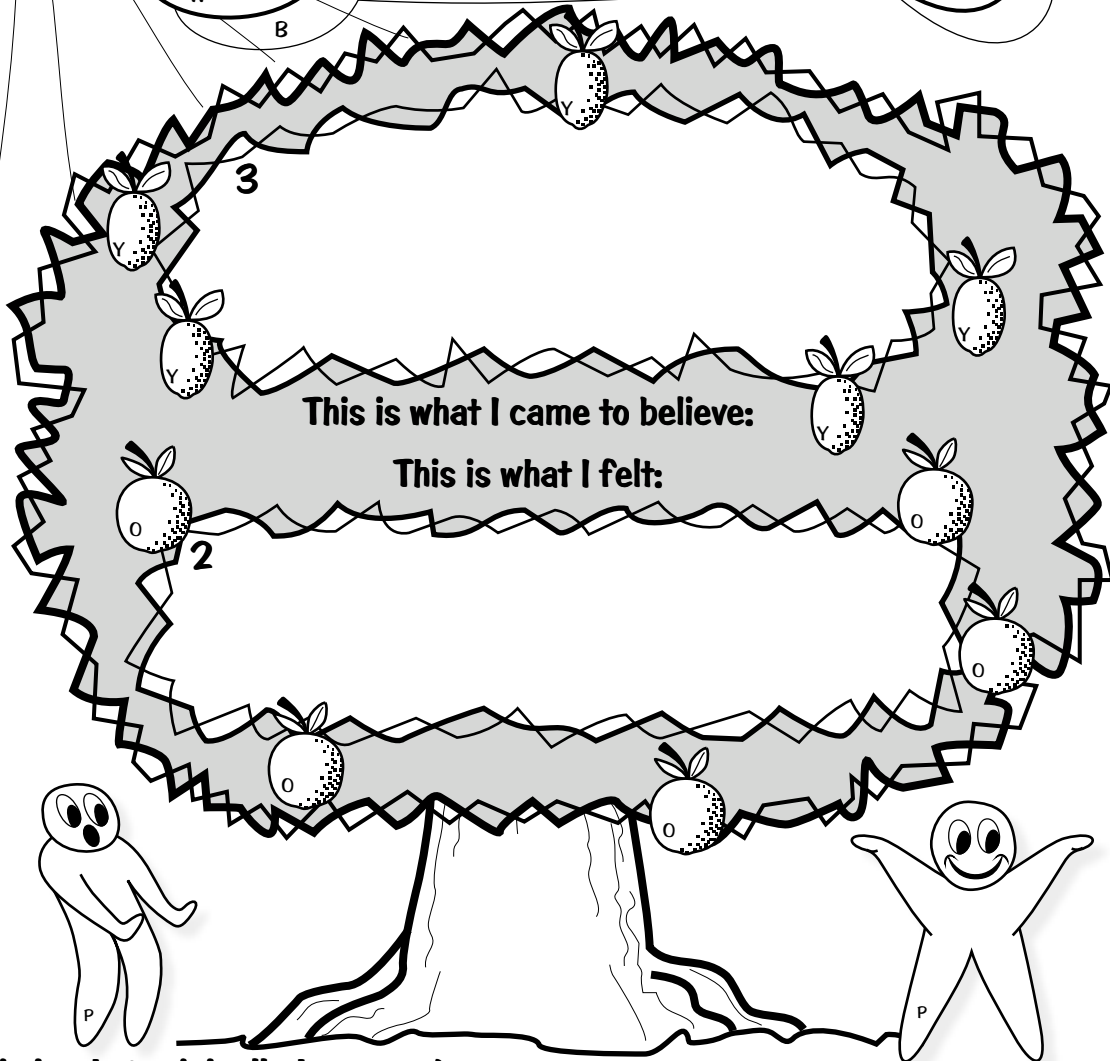
The "Greater Truth" to be known is:



5

W

B



This is what I came to believe:

This is what I felt:

This is what originally happened:

1

This was my first experience with:

My Age:

This is what's happening today as a result of my belief:

4



P

Date:



P

Name of Project

There is only one Life. This Life is good, this Life is God, this Life is my Life now! I know that I am one, with this great and wondrous Life. Therefore, I know that I am one with all that this Life is. And, because I know that this Life is a source of infinite “Word of God”, I therefore know that this divine and sacred quality is also an expression of my very own being as Spirit.

So here and now, I declare my intention to express this “Word of God” into my experience of life in the following way:

To _____
My Intention

Additionally, I am willing to fully release my belief in “word of error”, as I also release whatever need that I may have to/for “word of resistance”.

As I accept this good into my life, I give thanks with an open, gracious and loving heart. I know that as I release these sacred words into the “Mind of God,” then so indeed shall they return to me fulfilled.

I am grateful God is gracious. So be it now! Amen. 🙏

Signed

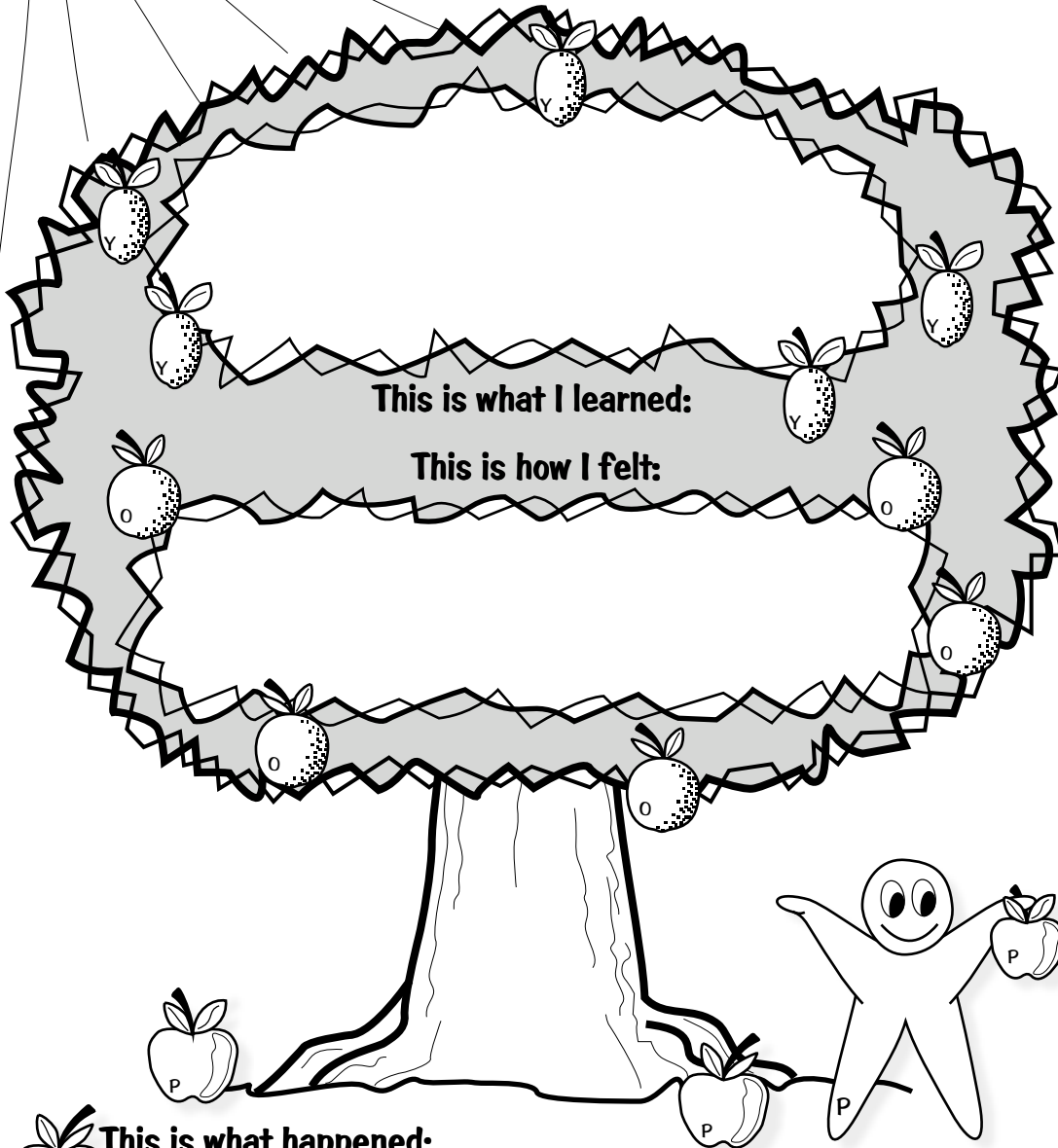
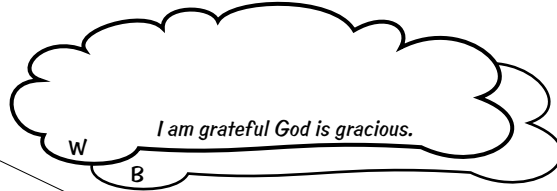
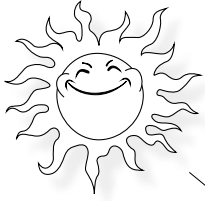
Date

👁️ This is when I previously experienced the “Word of God” identified above.

Instructions: On a daily basis, remember back to the previous experience that you had with your Word of God. Once you have connected with the *feeling* of that experience, read your prayer aloud.

Abundance • Balance • Beauty • Freedom • Joy • Love • Order • Peace • Power • Unity • Wholeness • Wisdom

The Quality of God I came to know was:



This is what I learned:

This is how I felt:

This is what happened:

A large rectangular box for writing, with a 'V' in the top right corner and a 'V' in the bottom left corner. To the left of the box is an apple with a 'P' on it. To the right of the box is an apple with a 'P' on it. Below the box is a line for the date.

Date: _____

My Lord's Prayer

A personalized version of Matthew 6:9-13

Our Father which art in heaven,

Hallowed be thy name.

Thy kingdom come,

Thy will be done in earth,

as it is in heaven.

Give me this day my daily bread.

And forgive me my debts,

as I forgive my debtors.

And lead me not into _____ ,
(Word of Resistance)

but deliver me from _____ .
(Word of Error)

For thine is the kingdom, and the power, and

the glory of _____ forever.
(Word of Faith)

Amen. 🍷

Name

Date

Following are instructions for performing the Fear to Faith Communion.

1. Complete a "Fear to Faith" Worksheet

The first step of this process is complete a "Fear to Faith" worksheet for some issue that you would like to have healed in your life.

2. Create a "Communion Prayer"

Create a Prayer using the "Communion Prayer" worksheet as a guide. Fill in the blanks with the "Word of Faith," the "Word of Error" and the "Word of Resistance" that you developed in your "Fear to Faith" worksheet. You may then use this prayer exactly as it is presented on the worksheet, or you may wish to rewrite it in your own words using the worksheet as a guide.

3. Prepare Communion Space

First, identify the place where you will perform this practice. Try to make this space as special and sacred as possible. It should include a burning candle and a picture or symbol of Jesus Christ that is meaningful to you. Both should be visible to you throughout each entire session of practice.

Next, prepare the communion materials by placing some red wine or grape juice in a small glass or chalice. Also, prepare a small piece of bread or cracker and place it on a napkin or small plate next to the wine or juice.

4. Perform "Communion Service"

First, perform the "Surrender Prayer" chanting hymn to establish a mood of surrender and communion.

Next, read your "Communion Prayer" aloud, following the posture prompts provided on the worksheet.

Complete, by reciting the "Lord's Prayer." As an option, you may wish to recite the prayer three times. First, perform it in your *normal* voice. Then recite it again in a *louder* tone of voice. Finally, repeat the prayer in a *soft* whisper.

Finally, it is recommended that this process be repeated once a day for 30 days. Therefore, check off the appropriate number on the "Repetition Log" at the bottom of the worksheet. Or, make such a notation on any prayer sheet that you may have developed.

5. Additional Comments

- This Communion practice is a "Ceremony of Gratitude" which initiates your spiritual growth and unfoldment. Be sure to bring a mood of deeply felt intention and appreciation to each occasion of this practice.
- It is suggested that you keep a journal to record meaningful experiences or insights during the duration of your communion practice. Or, you may wish to use the back of your "Communion Prayer" worksheet for this purpose.
- As you gain deeper insight into your own nature during the duration of this practice, be prepared for your "Words of Faith, Error and Resistance" to change. Record any changes that spontaneously arise on your "Communion Prayer" Prayer worksheet.
- Although this communion practice is best performed in solitude, it is advisable that you perform your "Communion Prayer" before a witness at least once during the duration of the practice. You may also wish to give this person a copy of your "Communion Prayer" in order for them to support you in prayer.
- The power of this practice is greatly enhanced by performing the "Releasing Prayer" created at the bottom of your "Fear to Faith" worksheet. Do this at least once or twice a day during the full 30 day duration of your Communion practice.
- In order to establish the sacredness of this practice you may wish to make up your "Communion Prayers" on fancy paper available at any stationary store.
- Keep your "Communion Prayers" in a binder, scrapbook or file folder. They are a record of your spiritual growth and unfoldment.



In this most holy and sacred moment, I come alone to the high altar of consciousness to enter into a divine communion with the Living God within me, which is Christ.



I begin by first accepting . . .



And then blessing . . .



And then releasing the “blood and body” of my ancestors.



I now open my mind, my heart and my flesh to accept the “Blood and Body of Christ” as the Truth of my being. For I know that the Blood of Christ is Love and the Body of Christ is the Eternal Light of God.



I offer this bread and wine to be anointed by the Holy Spirit, so that I might partake of the Blessings of God that have been so graciously given through the sacred Presence of Jesus Christ.



I take this bread into my body in remembrance of Jesus Christ, whose beautiful body was broken in order to reveal the Presence of _____ 1 as the Truth of my being.



I drink this sacred wine in remembrance of Jesus Christ, whose precious Blood was shed for the remission of my belief in _____ 2 . . . a belief that no longer serves me. . . a belief that I am willing to release forevermore.



I now accept the many blessings that flow to me from my communion with beloved Jesus Christ. I accept my freedom from the burden of needing to _____ . 3



I praise the Lord for this Anointing which prepares me to be a “Temple for the Living God.” For by this divine communion, I have yoked myself to the Wholeness, Perfection and Beauty of God, which is the eternal Truth of my being in Christ.



I am Grateful God is Gracious. Amen. 🙏

Signed _____

Date _____

Fill in the blanks with the following words: 1. Word of Faith 2. Word of Error 3. Word of Resistance

Repetition Log: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



Quote for the Day

"Christ is the Truth
about ourselves."

... Ernest Holmes

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June 2002

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