



## Practical Application:

### ***Myrtle Fillmore's Spiritual Practice***

#### **To Contemplate:**

Listen to the talk in your head. What are you saying to and about your body? Do you observe *body-talk* that is not aligned with Truth? Are you willing to change this body-talk?

#### **To Practice:**

Myrtle Fillmore spoke words of Truth to her body centers and was healed; so too, must we speak words of Truth to our body centers if we are to be healed.

### ***Talk Words of Truth to Your Body Centers***

1. **Faith** (Body center located at the center of the brain.)  
*"I have faith that God's indwelling power is healing me now."*
2. **Strength** (Body center located in the lower back.)  
*"I am strong in the Lord and in the strength of his might. My yoke is easy and my burden is light. I face the world strong, free and unafraid."*
3. **Judgment/Wisdom** (Body center located at the pit of the stomach.)  
*"I use my judgment powers rightly; things are justly working together for my good, and I am working with them in a spirit of love and justice."*
4. **Love** (Body center located in the heart.)  
*"There is only love in my heart for everyone. I pour out my love to all humankind. I will let God love through me now and always."*
5. **Power** (Body center located in the throat.)  
*"I speak only good, for I know the power of my words to create whatever I decree."*
6. **Imagination** (Body center located between the eyes.)  
*"I see only the best for myself and others."*

7. **Understanding** (Body center located in the front brain.)  
*"I am intuitive understanding. Within me is the wisdom of the ages showing me what to do under all circumstances. Thank you, God."*
8. **Order** (Body center located behind the naval.)  
*"Divine order is now established in me by the power of the indwelling Christ."*
9. **Will** (Body center located in the front brain.)  
*"God's will for me is supreme good. God's will for me is health, wealth and happiness. I am willing to do the good will of God!"*
10. **Zeal** (Body center located at the base of the brain at the back of the neck.)  
*"I fairly sizzle with zeal and enthusiasm and I go forth to do the things that need to be done by me!"*
11. **Elimination** (Body center located in organs of elimination.)  
*"I am blessed with perfect elimination in mind, body and affairs."*
12. **Life** (Body center located in the generative organs.)  
*"I am alive, alert, awake, joyous and enthusiastic about my life today."*

\* This is a flyer from *Lesson One – The Story of Unity; Myrtle Fillmore's Spiritual Practice*. The series has four lessons and accompanying handouts for use by our Unity ministers. Please contact me for additional information.

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