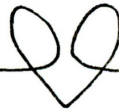


Visualization



“For man/woman is spirit. The elements are eternal, and spirit and element, INSEPARABLY CONNECTED, receive a fulness of joy; and when separated, man/woman cannot receive a fullness of joy.”

Doctrine and Covenants 93:33-34

-repeat this daily-

I am a perfect expression of God.

I am a spiritual being first; a reflection of God; limitless.

My spirit and body are tethered to my Heavenly Parents.

I am a receiver of Their love & light, truth & knowledge daily.

Create an image of this in your mind.

See yourself in partnership with Them.

- Visualize an invisible tether connecting your Heavenly Parents to you, much like the umbilical cord that once connected you to your earthly mother.

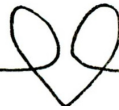


- Visualize Christ as your friend; constant, near, beside you. See the prints in His hands, and say a prayer as if you are kneeling at His feet.

Hold onto these images.

It is only when YOU forget this connection that YOU separate yourself from the Divine, and lose your spiritual nourishment and ability to receive.

Meditation



It takes effort to stay connected.

Being made in the image of God, male & female, YOU should be able to see a reflection of Heavenly Mother & Heavenly Father in YOU just like you are a reflection of both of your earthly parents here.

Remember, there is no limitation to what YOU can become there are only misunderstandings & limitations that YOU put on yourself that separates YOU from oneness with the Divine.

Sit quietly and ponder each statement, repeat as often as needed.

- Think of your body as being capable of radiant health, youthful vitality, enormous energy, an intelligent mind ready to receive more knowledge, peacefulness amongst the chaos of the world, full of abundance, and acquiring a multitude of blessings that bring joy.
- YOU were born for this time! Think of your birthright. Imagine yourself as a child of God, a priest or priestess, a king or queen, and all the accompanying blessings of your heavenly heritage. YOU are capable of so much more, you are limitless! YOU are patterned after greatness.
- Imagine yourself as one with God, knowing YOU are a reflection of your Heavenly Parents, both Mother and Father. The more YOU align with God, the more YOU become One with God. Ponder godlike qualities, see them in YOU as you close your eyes.

Begin each day with a practice to draw nearer to Christ and your Heavenly Parents. Trust in this partnership.