

Lesson III

AFFIRMATIONS AND DENIALS

1 Affirmations and Denials are the means by
which healing is effected. Affirmations per-
tain to the "Yes" of consciousness, denials to
4 the "No." "Let your speech be, Yea, yea; Nay,
nay: and whatsoever is more than these is of
the evil one." This is to say, let the ego receive
or reject all phases of forces. Affirmation is
8 the receiving, denial is the rejecting. The
former is the positive, the receptive; the
latter is the negative, the repulsive.

Affirmations and denials are modes of dis-
12 cipline. They are the means by which the
two poles of consciousness, male and female,
are properly balanced. Through balancing
the outer positive and negative forces the
16 inner qualities are also established in balance.
This permits the Principles of Harmony to
express from the inner domains to the con-
sciousness. Healing is the objectification to
20 the flesh of the harmony projected in this
balanced state.

Affirmations, in relation to healing on the
mental and the spiritual planes, pertain to
24 knowing the Truth. However, on other planes
of expression, they relate to the constructive,

the desirable. Affirmations are used in 1
declaring as already being what one desires to
be manifested. In other words, they are used
to invite into action the Qualities of Being. 4
Through declaring that these Qualities are
present, one conforms to the Law of Omni-
presence. Omnipresence is the totality of the
Qualities of Being, or God. These Qualities 8
are not absent except to the consciousness of
Man. This is to say that until the conscio-
ness of Man has unfolded so as to make con-
tact with the Qualities, they are as though 12
they were not. Through declaring that they
are when they are not is not to lie, but to
speak the Truth. To say that they are not
present is to be in the lie and to be the liar. 16

The main objection that materialists make
to the methods of scientific healing is that
they do not like to lie, through declaring as
already being what is not. They prefer to 20
judge by the appearance and not righteously.
It is much easier to say, "I have a pain,"
than to say, "The Harmony of God is now
present." Yet, all effective healing has been 24
made through coping with these sense habits;
through looking back of the appearance and
judging righteously. Naturally, healing is
effected in the midst of discord. Hence, one 28

1 is expected to know the Truth, in spite of
the apparent discord.

Denials help to control the sense of discords
4 and to know the Truth. Denials are a
repudiation of the discordant forces felt.
Discordant forces are untruth in spite of their
presence and power. To know the Truth about
8 the untruth is more important in its effect
than to promote healing. Healing is only
incidental or preparatory toward coming into
a consciousness of Truth about the untruth;
12 by which the untruths will be forever dis-
solved. At this dissolution, man will go free
from the discords of mortality and become
identified in a state of being that will not be
16 sick, nor suffer.

Denials to be effective must be negative in
spirit. *They must not be positive.* To make
a denial positive, that is, putting a positive
20 spirit back of them, is to increase the forces
denied. This is the discord that prevents
much healing. To be effective, denials must
be based upon the knowledge of Truth. To
24 say, "I have no pain," when one has a pain, is
a weak denial, personal in its sense, and non-
effective to offset pain. One is not expected to
lie about the facts of nature. The admission
28 that there is a pain is necessary to call into

action that which will offset the pain.

Pain is incidental to progression; to the transposing of spirit to matter and matter to spirit. It is not an enemy to be despised but an agent of dissolution. Pain is the means by which old structures are torn down and new ones built. Pain is to be understood and not condemned. The only action is that of God. Pain is the identity on the plane of matter of the action of God. This is not to say that the pain is the action of God. The action of God, reversed on the plane of matter or sensation, becomes pain; even as light identified becomes darkness. The unidentified light remains light; but the identification of any quality of God or Being necessitates its becoming reverse to what it is. To look back of pain to the action of God, as the one Presence and Power, is to call that One into expression and to offset the pain.

When one can see the Lord back of pain, and view pain as an agent of construction, it can become actually pleasurable to the senses. The author has had many pleasurable pains—converting through consciousness of Truth the enemies of the flesh into agents of the Lord to effect the Divine Will and purpose. It was in the midst of terrific pain that she

1 was given to know, "It is I; be not afraid."
From that time on, pain which she so often
experienced became an agent to promote
4 spiritual progression and not something ruth-
lessly destroying the mortal man.

The common denial that can be applied to
all discords is summed up in the words, "No
8 sense of inharmony has any power or pres-
ence." This is followed directly with the
fundamental affirmation, "God is the one
presence and the one power." Since God is
12 the one presence and the one power, and
what is thought to be the power and pres-
ence of discord is only a belief, built up
in sense consciousness, there is no reality in the
16 sense of pain. This is the argument that con-
sciousness must wage until it is convinced of
the Truth back of it. Seeing all things as
something of the Allness of God expressing
20 is another way of arriving at the same con-
clusion of Truth. Since God is the Allness
in modes of expression, what is present that
is outside of the Allness of Omnipresence?

24 It is a great art to convince one's self of the
Allness of God. It is not the work of a moment
but a continuous conquest. In this conquest
the forces of the flesh are subjected to
28 those of the spirit; the darkness to the light;

the evil to the good. Finally, one lives in the spirit of ceaseless prayer—seeing all things in relation to God. This makes for the power and presence of God as the dominant factor of the consciousness, fighting the battles of the flesh for the ego. For there are battles to be fought until mortality gives way to immortality and the eternal nature of the ego is identified. But these battles are the Lord's. 1
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It is the work of the ego to know the Lord; to reconcile all adverse forces to the Creation. This develops knowing that all things work together for good to them who love God. "All things" means what it says; both the forces of good and evil. God, the author of all, is controlling all things to the accomplishment of His-Her purpose. Egos only need to get this realization to be divinely protected and sustained. God has a work to complete—that of perfecting His-Her Qualities through the agencies of matter; hence, a conflict ensues. But God is not helpless in the presence of anything. Neither is man whose trust is in the Lord. 12
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God awaits the opportunity to manifest His-Her real state of being. This is possible only through the redeemed consciousness of man. Affirmations and denials help to disci- 23

1 pline the consciousness, so as to array the
ego on the side of Truth. They may seem to
be for healing purposes, but healing is for the
4 Lord. All things are by the Lord and for
him; that is, all things are in the Law of God
and to accomplish a godly purpose. The godly
purpose to be accomplished is Man, identi-
8 fied in godliness; wholeness. This is to be
completed; free from the aspects of sin, sick-
ness, hell, and death.

Man must become conscious of the power
12 and presence of God. When he has advanced
sufficiently to be so conscious, the methods by
which this consciousness is attained are also
revealed. God is seeking to manifest on the
16 plane of form His-Her Qualities of being.
Therefore, the penetration of the physical
domains with the Qualities of the Spirit, in
healing, is the means by which the ego be-
20 comes conscious of the power and presence of
God. The consciousness of the power and
presence of God is more important than the
healing effected. Without healing, conscious-
24 ness could not know that God controls the
physical domains and the discords expressing.
This knowing is the fundamental necessity
by which the ego is restored to his right-
28 eous relation to God. Through this knowing

and the control God exercises he finally 1
becomes a child of God, spiritually born and
redeemed.

The ego selfishly uses affirmations and 4
denials to attain the good desired. This is
permitted in the law of advancement. The
self-consciousness must become conscious of
God-powers and be made at-one with them. 8
It is permitted to think it has the power of
Truth. Many become aggressively selfish and
dominant at the influx of God-powers into
the consciousness; but this is their undoing. 12
Others become immersed with the healing
current, love of God springing up and wiping
out the self-desires. These are the potential
children of the Kingdom. When the love of 16
God is awakened one seeks not after the
things of the flesh but only after the Prin-
ciples of Being. The added things come
naturally in the Law of Divine Love. 20

Because affirmations and denials cease to
be used does not imply a falling away. One
ought to come into the realization of the
Truth that the two promote, and cease 24
the argument. This is to say, one ought to
come to cessation of affirmation and denial,
no longer needing them to convince the con-
sciousness of the Truth. Having felt the power 28

1 and presence of God, through their use, one
knows that it is, and thinks, speaks, and acts
accordingly. This is what affirmations and
4 denials are expected to produce—realization
of the power and presence of God without
working to know it.

All the activities of Life naturally group
8 themselves under affirmation or denial. That
is, they align to Truth or they do not; hence,
they are accepted and promoted or rejected
and repulsed. The dividing of the “sheep and
12 the goats” of consciousness through the
use of affirmations and denials is but a step
pending the establishment of eternal char-
acter. To identify eternal character egos must
16 be reborn. The adverse forces are centralized
through denial and are brought to damnation;
to cessation. All progression is for the pur-
pose of effecting spiritual birth.

20 The common denial, “There is no reality
in the testimony of the senses or matter,”
must be superseded by a true comprehension
of the senses as agents of Creation by which
24 consciousness is made alive. If this is not
done and the statement accepted at its face
value, it operates to destroy rather than to
increase the five senses and their functions.
28 Many errors of judgment and deduction,

made on the metaphysical plane, are uncovered and remedied on the plane of the spiritual. Metaphysics is still in the deception and one is not expected to know the Truth while unfolding mentally. He is only preparing the faculties of consciousness by which Truth can make itself known; when love and wisdom permit.

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MEDITATION

I understand the things repulsed thereby coming into the truth of the untruth.

I affirm that Divine Qualities are omnipresent through love of God and rendering a divine service.

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I seek not the good things of the self, but the Kingdom of God who gives me abundantly the things needed in Law of Divine Love.

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