

Introduction to Spiritual Mind Treatment  
Class 4

Treatment Exercise - Group 1

Category: Health

Condition: Experiencing painful arthritis in hands and feet.

Desire: To be pain free.

Divine Attribute: \_\_\_\_\_

Treatment:

Step            Treatment

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Treatment Exercise - Group 2

Category: Wealth

Condition: Current expenses are greater than net income.

Desire: To have all bills paid and money left over.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 3

Category: Relationships

Condition: Marriage seems to be on the rocks. Most conversations become arguments.

Desire: Return to loving connection of the past.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 4

Category: Self-Expression

Condition: Not happy in current employment.

Desire: To be paid for work that is interesting and fun.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 1

Category: Wealth

Condition: Stock portfolio has decreased in value by 30% over last 2 months.

Desire: To have stocks return to their previous value.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 2

Category: Relationships

Condition: Has been out of the dating scene for some time.  
Nervous about meeting someone online.

Desire: Would like to meet someone who could develop into long-term relationship.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 3

Category: Self-Expression

Condition: Choosing to change careers by enrolling in technical school but hasn't taken any classes in over 20 years.

Desire: To be successful in learning new skills and doing new work.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 4

Category: Health

Condition: Diagnosed with high blood pressure.

Desire: To have normal blood pressure.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 1

Category: Relationships

Condition: Mother just passed away. Strained relationship with siblings.

Desire: Everyone comes together without fighting.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 2

Category: Self-Expression

Condition: Wants to start new business and be self-employed.  
Lacks self-confidence and certainty of outcome.

Desire: To be a successful business owner.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 3

Category: Health

Condition: Feeling old and rundown.

Desire: To have plenty of energy to get through the day.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 4

Category: Wealth

Condition: Don't have extra funds for unexpected car repair.

Desire: To get car repaired and have money left over.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 1

Category: Self-Expression

Condition: Company has rumors of layoffs.  
3 years from full retirement.

Desire: To have full retirement benefits.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 2

Category: Health

Condition: Family member just diagnosed diabetes.  
Concerned about having same condition.

Desire: Not have diabetes.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment

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Treatment Exercise - Group 3

Category: Wealth

Condition: Want to go on a much-needed vacation but does not have the money to do it.

Desire: Have a wonderful week at the beach without incurring debt.

Divine Attribute: \_\_\_\_\_

Treatment:

<u>Step</u>	<u>Treatment</u>
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Treatment Exercise - Group 4

Category: Relationships

Condition: Major blow up with sister.

Desire: Easy resolution and improved communication.

Divine Attribute: \_\_\_\_\_

Treatment:

Step      Treatment



Recognition

I know that Spirit is all there is. There is only One Presence, One Power, One Source of all. Everything I can see, feel, touch, and sense as well as all that is beyond my awareness exists because of Divine Presence. I know that Spirit is the invisible creative force, the power, the love and all the peace & joy in the entire universe.

Identification

Knowing Spirit is all that is, seen and unseen, known and unknown; Spirit must be what I am! Whatever Spirit is, I am. As Spirit creates all form – I create the form of my own reality. Spirit is within me and I am within Spirit.

Realization

This being so, I speak with Divine Authority, knowing for myself \_\_\_\_\_

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Thanksgiving

For this that I know, I am grateful for \_\_\_\_\_

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Release

In absolute confidence, I release these ideas, knowing that what I have said is already active in Divine Mind and is revealed to me in perfect order.

All is well, all is good and all is God.

***And so it is!***

## The Five Steps of Spiritual Mind Treatment

<u>Step</u>	<u>Name of Step</u>	<u>Brief Description of Step</u>
1	_____	_____ _____
2	_____	_____ _____
3	_____	_____ _____
4	_____	_____ _____
5	_____	_____ _____

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## The Five Steps of Spiritual Mind Treatment

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1	_____	_____ _____
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4	_____	_____ _____
5	_____	_____ _____

