

February DIY Exercise

KEY: **FASTING**

EXERCISE: **DENY... Deny... Denials.**

We are all familiar with the practice of using affirmations, however very few of us work with denials. Denials clear and create a vacuum, and affirmations establish and recognize Truth. Therefore, we should remember to always follow our Denials with an Affirmation. (Deny the Lie and Affirm the Truth).

Using denials and affirmations together can ground us more fully in Absolute Truth. To receive the full power of using denials and affirmations, we must know that Spiritual Truth never changes. It is Universal and Absolute. However, because WE can change and grow in spiritual maturity, our understanding of Truth can change, deepen and expand.

Denials and affirmations work together as we recognize the Power within us to remove self-imposed obstacles and clear paths for transformation and fulfillment.

As Truth practitioners, we must remember that using denials and affirmations do nothing to change God. God does not change. God is the ever-abiding presence, source, substance, and sustenance of everything in our lives and in the Universe. So, our focus is on changing ourselves and our beliefs, habits, and attitudes, and aligning ourselves with God/Absolute Truth.

Denials clear by erasing and/or dissolving the power we have given something or someone over us. They are statements of release which help us eliminate and renounce old ideas and beliefs so we can make way for new Divine ideas and energy to flow.

When we deny something, we do not deny facts, feelings or emotions. We deny that those facts, feelings, or emotions have power over us. We are also, not “in denial” that challenging events can, and do occur. Rather, we use denials (as clearing statements) to remind us that no matter what is happening around us or to us, we are always free to choose our response to that experience. To choose a response of Absolute Truth.

As H. Emilie Cady teaches in her book *Lessons in Truth*, “Denial is the first practical step toward wiping out of our minds the mistaken beliefs of a lifetime; the beliefs that have made such sad havoc in our lives. By denial we mean declaring not to be true a thing that seems true.”

When we’re working through challenges, pain from the past, old negative patterns and habits, or healing from a trauma or loss, denials can help us break thru barriers and free ourselves.

- **Create a Denial** that speaks directly to the barrier(s) you want to break thru.

Denial Examples:

- “This situation, event, challenge or obstacle may be part of what I am experiencing as happening to me, but it does not have the power to determine the eventual outcome or my future. It is a no thing and I deny it any space in my consciousness or experience.”
- Or speak directly to the person or situation and say: *(Name of Person/Situation)*, you have no power over me. I lovingly release you to the Universe and let you go in Peace and in Grace, knowing that only Good returns unto me right now.”

February DIY Exercise

- Or “I now deny that (*Name the Challenge/Obstacle*) has power over all my thoughts, feelings and/or beliefs. I lovingly and willingly release these beliefs/thoughts/feelings/habits now.”
- After you have written your Denial(s) move to the following step. Place your hands over your heart or your belly; breathing slowly and deeply and repeating the denial until you feel a swing (even the slightest bit) in your mind, body or emotion releasing you from the pressure, weight, heaviness, tingle, nudge or sensation of the barrier and the energy attached to it.
- Once you have fully felt the shift of your Denials, use the Affirmation below.
 - **Affirmation:** My path in life is open, clear, barrier free and unimpeded. I am now free to prosper, expand, and grow in every area of my life. I am a radiant expression of God, and I now move forward with complete assurance, allowing Divine Wisdom to lead the way!

Inspirational Quote:

*“Nothing real can be threatened, nothing unreal exists. Herein lies the peace of God.”
~A Course in Miracles.*