

May I Suggest...

Rev. Victoria Loveland-Coen, October 22nd, 2023

The power of suggestion is so potent, so effective in influencing how we think, how we feel, how we behave, and even our health and wellbeing. We can reverse previous messages given to us that are disempowering and limiting, and replace them with empowering messages that speak to the Spiritual Truth of our being by...

- Do an honest assessment, “What is playing in the background of my day-to-day life?”
- Balance out the world’s negative messages by surrounding yourself with positive, life-affirming messages and immerse yourself in an environment of joy and empowerment:
 - Sunday service is a great way to surround yourself with positive, heart-centered people, but it’s just two-hour a week. Can you add one more opportunity to connect?
 - Create a soul-nurturing sanctuary in your own home
 - Include images that evoke positive emotions
 - Consider listening to music that is joyful or peaceful.
 - Consider watching shows that are inspiring and uplifting
- Take a cue from hypnosis and get yourself into a relaxed and receptive state before you do your affirmations.
- Unity’s 5-step Affirmative Prayer is an effective way to do this. First 3 steps are all about relaxation, meditation, and focus. Go to UnityChapelHill.org for complete steps of affirmative prayer.
- Before you fall asleep feed your subconscious with suggestions about the Spiritual Truth of your being. You are loved, valuable, highly capable, and your Divine essence is love, peace, joy, abundance, and wisdom.

