

ABUNDANT LIVINGPURPOSE

Jesus said, "I came that you might have life, and that you might have it more abundantly."

Jesus came to teach us how to live, how to live abundantly. Unless we abide by the Laws of the Universe, we get in trouble with ourselves. One of the Laws that He gave was the Law of Love. We must learn to love ourself before we can have life abundantly.

MORE LIFE

What each of us really wants, deep down inside, is more life. Happiness, joy, success, peace of mind, or whatever your concepts of Supreme Good may be, is experienced in its essence as more life. When we live with a joy-filled heart of happiness, self confidence and success, we enjoy more life. To the degree that we inhibit our abilities, frustrate our talents, or entertain anxiety, fear, self condemnation, and hate, we literally choke off the Life Force that flows through us, turning our back on life. To the degree that we deny life, we encourage the concept of death.

Everyone has drives, a reaching out. These feelings are all wanting more life, living more, not just spending time, but living life to your fullest capacity and learning to increase that capacity. First, by learning not to limit ourselves by negative, fearful thinking, especially in regard to our thoughts about ourselves.

KNOW YOURSELF

To have life abundantly you must have an adequate and realistic concept of yourself, that you can live with. You must find yourself acceptable to YOU. You must have a wholesome self esteem. You must have a self that you can trust and believe in. You must have a self that you are not ashamed to be. One that you can feel free to express creatively, rather than to hide or cover up. You must be realistic in your self image, so that you can function effectively in a real world. You must know yourself, both your strengths and your weaknesses, and be

HONEST WITH YOURSELF concerning both. Your concepts of yourself must be a REASONABLE APPROXIMATION of you, being neither more than you are, nor less than you are.

False build ups of yourself are not necessary. When you stop to really know the Truth, the Real Truth about yourself, it is always much, much more than you ordinarily think of yourself. The Real Truth is that you are a Child of God. You are made in the image and likeness of God. You have inherent within you all that God is and has. Knowing this to be true, you need not build up false images and feelings. By knowing the Real Truth you can start learning how to bring out the Real Truth within you, and be free of false concepts about yourself.

### HOMEWORK

Daily: Read current notes each day

Do suggestion of the week in self hypnosis each day

Listen to class tape once each day

Extra: Listen to personal tape each day

Read supplementary inspirational material to keep your thoughts going in the right direction

### SUGGESTION FOR THE WEEK

I AM NOW READY TO EMBRACE THE FULLNESS OF LIFE BY ACCEPTING MYSELF AS I AM, REALIZING THAT MY POTENTIAL IS WITHOUT LIMIT AND THAT I AM THE CREATION OF MY OWN THOUGHT OF MYSELF.

I NOW TAKE A CLOSER LOOK THROUGH THE EYES OF TRUE REALITY TO SEE MYSELF AS I REALLY AM AND PREPARE TO MAKE CHANGES IN MY CONCEPTS WHERE CHANGE IS NEEDED.



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