



BOOK SUMMARY

Instant Healing

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In a world of chaos and uncertainty, we are beginning to wake up to the reality that we can no longer depend on solid, steadfast institutions we previously counted on, even for our very survival. There is an increasing, sickening fear about the future, which is taxing our mental and physical health. As our lives and livelihood appear to be sliding into an abyss, there seems no way out of this madness.

How can we find a path to greater well-being? Is there a way to reverse the downward spiral of inner turmoil and frustration? This book provides an answer. It can help you find instantaneous transformation. By using simple prayer and affirmation formulas, you can experience immediate healing, comfort, and solace. You can discover self-empowerment and gain self-confidence. You can heal your body, mind, emotions, and environment. You can attain a state of inner strength and wellness as never known before.

Instant Healing is an open doorway for anyone to experience spiritual healing instantaneously. The methods offered here are not new. The non-denominational, universal techniques of spiritual healing used in this book have been proven millions of times by people who have used them over the last 150 years to change their lives within minutes.

These field-proven powerful healing methods have been variously named Affirmation, Scientific Prayer, Affirmative Prayer, Spiritual Mind Science, Spiritual Mind Treatment, and Treatment. Such methods operate under the premise that all difficulties can be overcome through metaphysical remedies, such as prayer and affirmation. Affirmative Prayer Treatment, also known as Scientific Prayer, is a process of "treating" (healing and transforming) your mind until it realizes the truth of God's eternal good behind the appearance of false limitations. Once your mind has been treated, it is ready to accept the action of the Spiritual Law to demonstrate (materialize) your prayer.

Ernest Holmes defines this method as follows: "Treatment is the time, process and method necessary to the changing of our thought. Treatment is changing the thought of negation, of doubt and fear, and causing it to perceive the ever-presence of God."

By transforming, healing, or "treating" your mind, you can change the outcome of actions previously set into motion by your former mind-set. By setting up conditions in your mind that allow God to work through the Spiritual Law, your transformation occurs. Then, you accept, with full faith, the desired goal is achieved. In this way, the power of intention is used in order to achieve your heart's desires.

This book is the go-to handbook for anyone who wants to transform his/her state of mind, or the surrounding mental atmosphere, in an instant. This is the one manual for manifesting all your highest dreams. And even better, you are not required to learn anything in order to benefit from these amazing prayer techniques.

In *Instant Healing*, you will find 243 healing affirmation and prayer formulas. The book includes prayers for health, prosperity, love, relationships, success, happiness, self-empowerment, full potential, spiritual awakening, emotional healing, mental healing, energy field healing, healing of addictions, healing the atmosphere, overcoming enemies and sabotage, healing the astral world, healing illusion, and attaining discernment. Prayers are included for planetary healing and transformation and world peace.

These methods are simple and effective, and require no background or training. All you need to do is read the formulas out loud and then let go and allow the magic to happen. The methods in this book have already proven very potent and meaningful in millions of lives. Through this book, you can now discover how the power of your spoken word, with intention, produces miraculous, instant results.