

**“Spiritual treatment work is the shifting of your attention from a negative focus to a positive idea and holding it there long enough for it to register in the subconscious mind. This is done by taking a central statement of what you want and repeating it in various ways.”**

**~ Raymond Charles Barker**

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The book *The Power of Decision* by Raymond Charles Barker is a powerful book which I believe is a must read for virtually everyone interested in transformation. It includes what the author calls spiritual treatments which I find are very powerful reframes and affirmations that can help you create a more powerful mindset and be better equipped to overcome your paradigms and limiting beliefs.

You may have heard of affirmations and perhaps even tried posting them around your home and repeating them often. If you actually stuck with the process long enough you may even have had the desired results. Very few people actually get this far. Most expect immediate results and give up before the process has had a chance to work.

There are two key elements required to have an affirmation actually anchor into the subconscious mind and take root. The first is to emotionally identify with the feeling conveyed by the words spoken as they are spoken and/or thought of, and the second is repetition, repetition, repetition such that that energetic state becomes your norm, replacing anything that is unlike that vibration.

I have found that combining his spiritual treatments or my own affirmation with Tapping to be a very potent formula for success. Here's my process:

1. Speak the treatment out loud, feeling and connecting with the meaning of the words as they are spoken while tapping, moving from point to point at your own pace, when it feels appropriate to you.

2. When you've completed one time through the script and you noticed doubts or disbelief surface, continue tapping and expressing any and all of those feelings. Allow yourself to fully experience and express these feelings, perhaps being playful and even exaggerating them, until they disappear.
3. Return back to step 1 and repeat the process of tapping through the treatment (affirmation) until you feel a calm confidence settle in and you feel in full alignment with the new vibration.

**Here is the first spiritual treatment listed in his book. Take it through my process above and see how it works for you.**

**“To develop a new consciousness of yourself as Intelligence... (page 5)**

“There is one Cause, one Mind, one Source. I am, because this Cause created me out of Itself in order to express Itself as me. This Cause, being pure Mind, created me as a pure Mind in action. God knows me as an intelligent vehicle of Its great ideas. Therefore, I now know myself as the Mind of God in expression. I am an alert, vital individualization of the Infinite Mind. I am Intelligence, Wisdom, and Knowledge. Every idea I need is already within my consciousness. These ideas are now activated in my thought, and I am fully aware of them. Henceforth and forever more, I shall make right decisions.”

Remember, when you are in the process of anchoring a new paradigm and belief structure that will support the “new you” that you have chosen to become, anything that is unlike that “new you” will rise to the surface to either be released or repatterned. Don't be upset or get frustrated by their appearance. Instead, see it as validation that the process is working and go after them. Transform them to the belief you want to adopt.

And please don't make the mistake of thinking that once through this process will be enough to fully anchor the new belief into your subconscious mind. It will take determination, discipline, and repetition to create a permanent shift. Repeat the treatment(s) at least once a day for a minimum of 90 days. More is definitely better.

Affirmations, especially when using this process, work as long as we stick with them long enough. Too often we give up before they've had a chance to take root or we feel the beginning of the shift and, thinking we've got it, decide we don't need to continue the daily practice. The moment we do this we begin to slide back into our old habits and patterns of behavior.

Be ever vigilant! Come back and repeat this process anytime you feel your energy slipping into old territory. Replacing something that has been in place for a long time requires sustained diligence and determination!

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### Here's to a new, more powerful you!

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Here's a listing of the subject matter of other spiritual treatments from *The Power of Decision* and the pages you'll find them on:

To welcome new ideas into your awareness...(page 17)

To aid you in being aware of Intelligence and thereby receiving benefits from It... (page 32)

To release guilt... (page 38)

To release mental lethargy... (page 76)

To align fully with Spirit and Infinite Good ... (page 81)

To open to new experiences of joy... (page 88)

Example for doing mental work to benefit others... (page 96)

It all starts with a decision to be happy... (page 101)

To balance the divine law of taking and giving.... (page 107)

**To destroy any fear of God... (page 115)**

**Decide in depth to be set free of all present lack and limitation... (page 121)**

**Decide to be healthy... (page 130)**

**Validate your trust in God to create and maintain true health in your body... (page 136)**

**Validate your alignment with God and true health... (page 147)**

**To decongest your consciousness... (page 160)**

**To clear out old mental rubbish... (page 169)**

**God is in business by means of you... (page 184)**