

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND
MAGAZINE

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DAILY GUIDE *Daily Affirmations*

June 2025 Affirmations by Rev. Raymont Anderson, Ph.D.

I am a gloriously beautiful, multifaceted, multidimensional, inter-meta-sectional expression of Oneness. I am a living, moving, breathing expression of how God does diversity, and I celebrate it.

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It is my nature to soar into infinite amazing experiences of life simply because I recognize myself as the Infinite Presence expressing Itself in, through and as me.

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I, like the Buddha, am ever-awakening. With each breath, awakening. With each thought, awakening. With each interaction, awakening. I am forever vigilantly awakening to my divine nature.

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I am free from all bondage, internal or external. As an expression of divine freedom itself, I live in ways that ensure all beings are free.

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I use my mind to image, envision, strategize, engineer and communicate with others so we may cooperate and collaborate in ways that heal and transform the world.

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My life is the activity of a vibrant and colorful hope. Wherever I am, the power of this hope heals all I come in contact with.

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Today, I shout the words of Joel Goldsmith as my Declaration of Spiritual Liberation: "God expresses God and that expresses as me."

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I am a technicolor expression of the glorious beauty of the universe. I show all that I am and all I believe by how I live my life.

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As a magnificent individualized expression of beauty itself, I show up in living color always and in all ways. And by my colorful expression, lives are healed.

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I am the promise the Universe makes to Itself in every moment, and I choose to radiantly live my life as an active, divine embodiment of this promise

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I acknowledge and celebrate my true colors. As I share them with the world, they heal and inspire others to do the same until the collective consciousness is colorfully whole.

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I am a healer and revealer of the colorful abundance of the Universe as it expresses Itself as health and wellness in every area of my life.

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I am free — free to live my best life and free from the boxes of complacency, apathy and conformity.

This freedom liberates others from any and all boxes they experience.

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I am a conscious expression of heaven on Earth, and I bring this healing awareness into every room, every conversation and every prayer I declare for the world.

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Knowing that my words create, my thoughts create, my actions create, I consciously choose to create as the power of my dreams inspires me to create.

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I create using new notes, new colors, new ideas and new systemic ways of being that have equity, justice, belonging, compassion, health and wellness as their foundation.

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I partake in high-nutrition spiritual education and am a high-performing metaphysical athlete, whose wisdom, creativity and presence transform the world.

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I choose to accept both the responsibility and accountability to do what is mine to do. I serve. I lead. I volunteer. And I create whatever Spirit as me chooses.

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I am a master artist who uses the palette of the universe to adorn all of life with bold, vibrant and healing colors of joy, love and community.

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I consciously celebrate the Infinite as It expresses Itself in infinite forms. And the more I celebrate and honor, the more my presence heals any forms of separation.

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I choose active acceptance of myself and others, knowing that this active acceptance means I actively love, honor, celebrate and recognize the divine sovereignty of all.

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Wherever I am, wherever I go, the infinite Oneness is, which means I am inseparable from It and I belong.

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Amen, which means certainty and agreement with truth, is expressed in all I do because it is all that I am, and my being is the out-picturing of God's amen.

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I recognize, honor and celebrate the divine beauty of the Universe as It colorfully shows up as all of creation.

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I am aware the one Creative Power expresses in,
through and as me in a unique way. I embrace this
realization with a full-bodied yes.

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In each moment, I choose to do what is mine to do.
I put actions to my words, and I am a catalyst for
lasting healing and evolution.

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Today, I spread the wings of my consciousness, and
I soar through the vast expansiveness of my mind,
knowing there is only one Mind and that Mind is God.

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Faith is a verb, an action. I don't just say a prayer.
The way I live my life is how I pray, and I pray for
a world that works for all.

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I embody the teachings of all the great teachers. I
study, embody and practice the life-changing spiritual
truths encompassed within Science of Mind.

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My life is faith in human form. This life, this faith, is a
mighty force for healing and evolution. And that is
exactly what I am.

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