

The Fivefold Personality Practice

"The thief (human personality) has come but to steal and kill and destroy.
I Am come that all might have life, and have it more abundantly."

...John 10:10

Following is a process consisting of five spiritual practices intended to release the limitations of our human personality, and to identify ourselves with Jesus Christ as the Truth of our own being.

1-The GodSong Chant

*Jesus is the Christ that I Am. Jesus is the Christ that I Am.
Jesus is the Christ that I Am. Jesus is the Christ I Am.*

2-The Imaginations Prayer

(Your Full Name) has no place in me. (Your Full Name) has no power over me. (Your Full Name) is what I have imagined it would be like if I were not like Jesus Christ. So, I cast down my imagination of (Your Full Name) into the 'sea of nothingness' from which it originally came. And I do this in the name of Jesus Christ, the Lord of my life, for it is written that, "When he appears, I will be like him." (1 John 3:2)

3-The Releasing Prayer

I release my belief
in (Your Last Name)



I release my need
to be (Your First Name)



I am grateful
Jesus...



is the
Christ...



I Am!



4-The Forgiveness Prayer

*I forgive (Your Full Name), when he/she cannot see.
I Love him/her as I Love myself, I Am Humility.*

5-The Gratitude Prayer

*I'm grateful to (Your Full Name), now that he/she can see.
I love him/her as I love myself, I Am Victory!*

Note: If you have gone by any other names during the course of your lifetime, especially in your formative years, you should work with these names, as well as your current name. Then focus first on the one that intuitively seems to produce the most visceral reaction within you.