**PREPARATION FOR EVERY DAY – UPON AWAKENING**

It is useless to argue any point. Silence the outer, and then in loving obedience, give the Instruction. In this way It can come forth unobstructed. When students have entered the conscious path, the slightest intimation of disturbance or resistance of any kind should be followed instantly by silencing all outer activity and declaring:

**" 'I AM' the obedient, intelligent activity in this mind and body; 'I AM’ the governing power and do govern it harmoniously."**

It matters not upon what plane or in what sphere of activity the Son of God—that is, the Son or Daughter of God—acts, obedience to Its Laws, or the Divine Laws of the sphere in which he is acting, is always imperative to his steady, onward progress. Someday, I hope in the near future, We shall take up for consideration the elements of outer activity which are most disturbing, and the effect of their activity upon the body. I do not wish to do this however, until the students are strong enough to hear the Truth of this activity without a single twinge of resistance or self-condemnation—because to start an activity within the individual of either condition would be a mistake upon My part. I spoke some time ago about the student keeping on guard to watch that in an unguarded moment he did not find himself unknowingly entertaining some feeling of resistance, criticism, or some activity which he later discovered had been acting. Every student should constantly use, many times a day, for it only requires a minute, and silently declare:

**" 'I AM' the Invincible Guard, established, sustained and maintained over my mind, my body, my home, my world and my affairs."**

Keep conscious that this Guard, being the "I AM Presence," naturally has Infinite Intelligence. This will establish an Intelligent Guard and activity about you that does not have to be constantly repeated.

Again we come to the point where every time we use the expression "I" or "I AM," we know that It is the full Power of Love, Wisdom and Intelligence acting. Use frequently:

**" 'I AM' the full Liberation of Divine Love acting."**

Now as a preparatory activity for the day, I would suggest that the students, with great joy and firmness, after having refreshed themselves in the morning, would silently declare—knowing that the Power of the declaration is Self-sustained:

**" 'I AM' the governing Love, Wisdom and Power with its attendant Intelligent**

**Activity which is acting today in every single thing that I think or do. I command this Infinite Activity to take place every moment and be the sustaining Guard about me, that I move, speak and act only in Divine Order."**

Then during the day, whenever you think of it, take the firm consciousness:

**" 'I AM’ the commanding, governing Presence, moving everywhere before me during the day—commanding Perfect Peace and Harmony in all activity."**