

The Golden Key by Emmett Fox

The great New Thought teacher Emmet Fox taught the Golden Key to prayer and harmony. The way to get you or anyone you know out of difficulty of any kind is prayer. Prayer is the overcomer as it focusses the mind on the answer to the prayer and the answer to any problem is with God. If you have never prayed before you may think this is a reckless or even foolish claim but if you will give prayer a chance you will begin to understand the power in the simplest of prayers.

You may have prayed in the past and been disappointed believing that God did not answer your plea for help. This is impossible as God answers every prayer but regrettably we often pray wrongly. Emmet Fox, a 20th century new age teacher tells of a simple way of prayer that can be used by anyone, anywhere and at any time. It is simple and effective and it is also the kind of prayer that Jesus used.

Jesus did not look at the problem; even death did not faze him as he knew that God is life. This kind of prayer is the Golden Key that opens the door to harmony, health, happiness, abundance and freedom from overweight and addiction. The Golden Key can literally free you from any unwanted thing.

Note: Many people refuse to believe in a God but the God we speak of here is not the man in the sky that many of us were bought up to believe in, God is energy, pure unadulterated energy, and energy is all there is. Modern science tells us that this is an energy Universe and everything in it is energy. The energy has been given many names by many cultures including, God, Prana, Ki, Chi, Collective Consciousness, Subconscious Mind, Ether, Ra, Krishna, Buddha and probably a thousand others.

No matter anyone chooses to call it, it is everywhere evenly present, both within and without. We breathe it, live in a sea of it and are made of it, as is everything that exists. Your thoughts and words are energy and when you think or speak or listen to or absorb anything from outside of you it is interpreted by your mind into mind pictures. These mind pictures, like movies, create feelings and emotions and the pictures and the emotions are acted upon by the energy that is all around you.

Whatever you think about is realised, it's that simple. Emmett Fox's Golden Key has you turn away from the problem and think of God and in one fell swoop you change negative emotions such as despair for hope and doubt for success.

Don't let the word God put you off, if it does it's only because someone told you as a child that there was no God or not to trust God and you believed them. Yet it's well known that even the most committed atheists pray when the chips are down. A belief in God is built into us and just because it was repressed does not mean it's gone forever, like all inborn attributes it cannot go away altogether.

It's possible to use the Golden Key and omit the word God entirely and use the words Nature or Spirit or The Universe, they refer to the same energy as God. The choice is yours but the very word God has huge power that it has accumulated throughout history and as an energetic word it is far superior to Nature or Universe as long as you can say it meaningfully. If not use another term.

The Golden Key by Emmett Fox

It is historic to call God He and this confuses many and makes them think of the man in the sky with the long beard but the word He can be changed or substituted for 'It.' Older writers use He and many modern writers use 'It.'

To be made in God's image means to have creative abilities like God and dominion over all things because we have the power to think, unlike animals and plants.

God, being energy and everywhere evenly present is all seeing, all knowing and all powerful, God is love and joy, health and happiness, abundance and glory and He (It) made man in His (It's) image and likeness. All that is true of God is also true of each and every one of us. If God is health so are you, if God is life eternal it stands to reason that you must also be life eternal.

Jesus taught that the Kingdom of Heaven was within us, all of us, simply awaiting our recognition of it. Whoever you are, whatever you have done or not done you are worthy simply by being made the image and likeness of God. God, Emmet taught, is continually showering us with blessings and the only thing that prevents us from receiving them is our negative belief systems. The Golden Key is within you and use of it opens you up to all the goodness that is yours by Divine right.

Emmet Fox taught the art of scientific prayer and in this kind of prayer he taught it is God who works, and not you, and so your specific faults, flaws or weaknesses are unimportant in the process. He taught that you are just the conduit through which the God action takes place. The purpose of spiritual treatment is just to get your beliefs out of the way.

You do not have to be an expert or to go to church or have any particular beliefs to be successful. Beginners often get amazing results and all that is needed or required is an open mind and sufficient faith to give this honest chance of working for you.

The Golden Key is a simple process and some would dismiss it for that, believing that something so simple cannot be effective but here it is. All you have to do is, *Stop thinking about the problem, whatever the problem is and whoever it involves and instead think about God.* That's it; did you think it would be more complicated?

This is the Golden Key to prayer. When you do this the problem will begin to melt and it makes no difference how large or small the problem is and what or who it involves there will be an end to it when you replace it with God. Could the answer be simpler, it could not and yet if you give it a fair trial you'll find it works like magic.

The attributes you choose to dwell on while thinking of God should be those that pertain to the problem in hand. For quarrels or fall outs you may want to declare, *"God is peace and harmony, God is love and inclusion and so am I or we."* For lack of money you could say, *"God is abundance and exuberance, God is overflowing with wealth and whatever is true of Him is true of me."*

If the problem is health, say, *"God is health and harmony, the great restorer and healer and with God all things are possible, a miracle is happening in my life now."* If your problem is overweight you may say, *"God is nature and all of nature is its perfect and ideal weight and size and all that is true of God is true of me."*

The Golden Key by Emmett Fox

If you are feeling great fear you may want to recite the 23rd Psalm and declare you will fear no evil as God is with you. The Bible is full of quotes to overcome adversity and if you have no Bible simply Google, 'God's promises,' or 'Uplifting Bible quotes' and you will find as many as you need.

The 23rd Psalm is the perfect antidote to addiction and could be memorised or read whenever addictive cravings are cording into your mind. Addiction is all in the mind and is also a result of feelings of inadequacy. The addict feels inferior to others and puts themselves down and the painful feelings this causes have to be medicated with alcohol, drugs of all kinds, food or even by slashing the skin.

This all boils down to the fact that they are mistaken about who they are. Somewhere in children they picked up incorrect ideas about the truth of them and they have lived by those incorrect assumptions ever since. In truth every one of us is a magnificent creator with enough power within us to achieve anything we set our hearts (feelings) on. No-one is a worm in the dust unless they decide it and when they decide otherwise they will be free.

If you are addicted to any substance then God can free you if you turn to Him (It). You can say, *"God is all sufficiency, He created the heavens and the earth, there is nothing God cannot do, He is strong, successful and all powerful and I am made in His image, I am of Him and with Him all things are possible."* Then declare whatever you desire, *"I am sober, free, slim, happy, healthy, harmonious, abundant, healthy etc."* Say, *"God makes no mistakes and He made me so I am sufficient, I have all the power, strength, vitality, work, respect, love, money, health I need."*

When you pray you must stop thinking of the trouble, whatever it is. Those who believe their prayers weren't answered may have prayed, *"Please God help me to stop drinking/smoking/overeating or getting sick,"* and although the prayer is sincere its focus is on the thing that is not wanted. That prayer is still answered but it will result in more smoking, overeating, drinking and getting sick.

When praying correctly all focus is on what is wanted and all focus on God and His attributes which are also ours. Stop thinking about the problem, it won't go until you do. The object of this kind of prayer is to fill the mind so full of God that all else is crowded out. Always remember that God is light and negative beliefs are darkness and when the dawn breaks we all know the darkness flees.

If you continue this for some time you will be amazed at how differently you feel. This kind of prayer will fill you with hope and trust and before you know it you will find that the trouble has melted away and you have demonstrated a perfect result. When you want to use the Golden Key method of prayer say, *"I am going to use the Golden Key to unlock this situation with Kelly or James or with the fear of loss or lack of money or overeating etc."* Then proceed to drive all thought of the problem out of your mind by replacing it with thoughts of God.

You may say, *"God is harmony and peace and understanding and so therefore are James and I. God is all there is and God is love and inclusivity and we live, move and have our being in the one God mind. God is forgiveness and thoughtfulness, compassion and wisdom and so are we. God is the great peace maker and harmoniser and His peace runs to us and through us."*

When you use the Golden Key to unlock a prospective litigation you may find it will melt away without coming to court and with justice being done to all parties concerned. Depending on the

The Golden Key by Emmett Fox

situation you can repeat this many times in a day or at least as many times as your mind wants to wander back to the problem. In between the treatments drop all thought of it from your mind and refrain from worrying it like a dog worries a bone. Leave it be till next time you treat.

To dissolve a litigation (prospective court case) say, *"God is all there is and He is within this situation now. God is justice and harmony and justice and harmony prevails in this situation now. God knows how to heal and harmonise and this situation dissolves now."*

The Golden Key method of prayer is simple but sometimes your mind may want to make it difficult and may bring up objections such as, *"It's too simple,"* or *"I don't know what to say."* The cry I often hear when I teach this is, *"But it's all right for you, you know what to say but I don't."* My answer is that I too was once like you, I had no idea how to pray, I knew hardly anything of God apart from what I learned in Sunday school as a child. I had to learn too.

If in need of inspiration Google, *'God's Attributes'* or *'God's Promises,'* and remember that you are one with Him so all that is true of Him is also true of you. If you need to know something stop focussing on not knowing and state boldly, *"God is all seeing and all-knowing and nothing can be hidden from Him so if He knowsthen so can I. The answer comes to me now."*

If you are lost in a forest, stop saying, *"I'm lost,"* and say, *"God is guiding me, God is leading me. God knows the way out of here and if God knows the way out then I know it too."* If you are swimming in the sea, get taken by a rip tide and feel yourself going under, don't say, *"I'm drowning,"* shout out in mind, *"Save me God,"* or *"God is saving me now."*

If your appetite for anything is out of control stop saying, *"I can't stop eating/drinking/smoking,"* say instead, *"God is healing my appetite(s), my appetite(s) are healed and whole, I eat/drink/breathe only what is good for me, I am led and guided to eat/drink/thing/breathe the things that are good for me and in the quantities that are right for me, I am strengthened and made whole, I am filled with the presence of the one who sustains me."*

Say these things meaningfully and feel the difference in you and your body. One of the promises in the Bible is, *'Whosoever shall call upon the name of the Lord shall be saved,'* so call. Say any or all of the following:

- ***"God is blessing me now"***
- ***"Every time I turn around God blesses me"***
- ***"God prospers me"***
- ***"God is with me"***
- ***"I am surrounded by God"***
- ***"I am filled with God's Holy presence"***
- ***"God is guiding me"***
- ***"God is directing me."***
- ***"God is healing me"***
- ***"God heals my appetite"***

The Golden Key by Emmett Fox

- *“God slims me”*
- *“God sobers me.”*
- *“God frees me.”*

You'll find that your mind begins to clear and new fresh thoughts and ideas come to you. You will feel stronger and more capable. Others will begin to notice a difference in you, they will comment on it. Be thankful.

Do not try to work out how the problem will be solved, leave that to God. When we try to work out the solution in our mortal minds we prevent God from using His mysterious ways. When I used the Golden Key method to unlock a potential financial disaster that could have potentially cost over half a million pounds God worked in His miraculous way and the amount dropped to a fraction of the cost. This problem had been deemed unsolvable by a firm of top London solicitors and if I had tried to guess how it could have been solved I would have been wildly out.

However, in the hands of God the problem melted like butter and was solved in a very unusual way and when you have witnessed a miracle like that there is left no doubt that prayer works. Your half of the equation is just to use the Golden Key, leave the rest to God.

To your success Christine



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