

EFFECTIVE AFFIRMATIVE PRAYER
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BASICS

Effective, affirmative prayer is the process of conveying your thoughts, feelings, and beliefs to a place of inner conviction and acceptance of the good you desire to experience.

Understanding of three basic ideas help ensure the effectiveness of your prayer:

1. You are surrounded by a Creative Medium that permeates everything and responds to your thought. This surround is an aspect of God, which we call Universal Law or Universal Mind.
2. Because you are made in the Image and Likeness of God, your individual mind is part of the God Mind. Your thinking in this sea of Mind determines the kind of response you get from It.
3. You can change your experience of life by changing your thinking. The sum total of your thoughts, feelings, and beliefs create a mental field that attracts to you or repels from you according to the form of that field. The choice is yours to make.

It is important to remember that through prayer we do not make something so that it is not. The prayer must be consistent with the natural order. It is also important to realize that we don't always know the extent of the natural order and, therefore, our perception of it may actually be a limitation. This is why it is important that we push the mental boundaries to the extent we can accept, and constantly seek Divine guidance to take us further.

PRACTICAL APPLICATION

An effective, affirmative prayer may be thought of as having three, integrated parts or stages, as follows:

First Stage: Tuning In

Find a comfortable place free from distractions and relax. Take a few deep breaths and further relax. Now, remind yourself that God is the One Thing that does all things and is all things. Know that God is All in All; God is Spirit and Spirit is All There Is. Affirm that you are one with God; that Spirit made you in Its Image and Likeness. Therefore, you are one with All There Is, and have available to you everything necessary to fulfill your desires, wants and needs. Rest in this awareness until you are comfortable with a sense of this truth.

Second Stage: Declaration/Realization

Now, get clear on what it is for which you are praying. State it, write it down, visualize what it would look and feel like to have accomplished it. Create a scene in your mind that implies the fulfillment of your desire. Rest in this awareness for a while to have the full sense of the feeling that would accompany the demonstration of your word.

Third Stage: Acceptance

This is the place where you accept your demonstration. State your acceptance of the good that is coming to you, knowing it is already accomplished in the mind of God. Totally let go of any need to define how your prayer is to manifest. Feel secure that in turning it over to God the means of manifestation will be provided, and whatever you need to do in the process will be revealed to you. Finally, give thanks and relax in the silence absorbing the wonderful feeling of fulfillment.

EXAMPLE OF AN AFFIRMATIVE PRAYER

There is one Life. That Life is God. That is the perfect Life of Harmony, Balance, Love, Joy, Creativity and Intelligence. All that was created issued forth from that one Life. That Life is my life, now.

I accept, right now, that I function ideally in every aspect of body and mind, and am constantly nourished by the loving Power and Presence of God within me.

I rejoice that this is so, I accept that it is so, I know it is so, **and so it is.**