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AFFIRMATIVE PRAYER GUIDE

“Believe it or not, everyone is in a continuous state of prayer, simply because we are always thinking, believing, and feeling. If your notion of prayer is to recite memorized words, or to beg and beseech a man in the sky to grant you favors, you will not understand true prayer. I submit a different concept of prayer. Effective prayer is a mental, deliberate act of aligning your consciousness with God (good) and speaking affirmatively from that point.

You may soon realize that ALL prayers are answered based upon whatever a person is deeply thinking, feeling, and believing at the time of prayer. If you pray from a feeling of desperation combined with a belief in separation from God, the outcome of that prayer will be desperation and separation. Similarly, if you pray from a feeling of confidence, positivity, and oneness with Source, the outcome must be positive and good (God).”

(Patalano, “Journal Like God” 79/80)

Affirmative Prayer

Technically, there are five steps to affirmative prayer. This technique is designed to allow your consciousness to align to the Truth and presence of Spirit with a feeling of certainty; therein lies the power! Before embarking on the prayer, you should contemplate which attribute of God you want to pray on. This is the purpose of the prayer. I often say “*pray on*” not “pray for,” because to pray for something implies it is missing and you have to obtain it or be granted it. Rather, with Affirmative Prayer you pray on and recognize the good (God) that is already present even though it may not be visible to you at the moment.

To pray on something is to declare its presence. For example, if you are praying “for” abundance you would not pray for poverty to go away. To do so would be to focus on the poverty. Similarly, you would not pray to obtain wealth. Instead, you would pray on the abundance that is in, around, and through you. Abundance is of Spirit, therefore, it is always present; however, it may not be in your awareness.



Another example would be if you are experiencing anguish with regard to a relationship or a situation (you have lost your peace), you would not pray for the negative feelings to go away. That would only serve to keep the pain in place, as the feeling tone of that prayer would be one of desperation with a focus on the pain. Instead, you would pray on an attribute of God (Spirit) that is the opposite of anguish; which is peace. Peace is an attribute of God, therefore, it is always available and true.

In order to experience an attribute of Spirit, you must consciously recognize, acknowledge, and accept it as yours. Affirmative Prayer is spoken or written spontaneously, however, it is not scripted. You use your own words generated from your own feelings and sense of knowing. **THE FEELING TONE YOU EXPERIENCE AS YOU SPEAK OR WRITE YOUR WORDS/PRAAYER IS THE MOST IMPORTANT ASPECT IN MANIFESTATION.** The 5 steps of Affirmative Prayer are designed to foster the FEELING/KNOWING/BELIEF in your good.

The five steps of Affirmative Prayer are:

Recognition. Recognize that God/Spirit/Universal Intelligence is everywhere.

Unification. Because God is everywhere, you are one with God. Speak of and feel your oneness.

Realization. Speak into reality your desired good (combined with an attribute(s) of God – see next page for list) and realize the awesomeness of Spirit that is responsible for it. Realize that God’s attributes are within you now and always.

Thanksgiving. Grateful acceptance of your good, know that it is done. Be grateful for the Truth of your being; thankful for the Truth about Spirit.

Release. Spirit’s got this! Let your words go forth into the Universe and be subject to the Law of Reciprocity that says “It is done unto you as you believe.” Another way to explain the reciprocal nature of the Universe is that it acts as a mirror that reflects back to the thinker a replica of their strongly held beliefs combined with feelings. By ending the prayer saying “AND SO IT IS!” makes this so. The Universe says, Yes!



LIST OF ASPECTS OF GOD/SPIRIT/UNIVERSAL INTELLIGENCE

THESE ALREADY BELONG TO YOU, BY DIVINE INHERITANCE. HOWEVER, YOU MUST CLAIM THEM AS YOURS IN ORDER TO BRING THEM FORWARD IN YOUR EXPERIENCE.

ability	awareness
abundance	acceptance
balance	beauty
clarity	confidence
comfort	compassion
creativity	Love
ease	energy
expansion	freedom
goodness	harmony
health	honest
intelligence	joy
kindness	Oneness
order	passion
power	purity
silence	poise
peace	prosperity
right action	supply
worth	wholeness
wisdom	zeal

ADD YOUR OWN ATTRIBUTE OF GOD THAT MUST BE TRUE. LIST AN ATTRIBUTE(S) THAT YOU KNOW OF INTUITIVELY. (IT'S OKAY TO KNOW SOMETHING FOR CERTAIN FROM WITHIN – WITHOUT ANY OUTSIDE “REASON.”)

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EXAMPLE 1

Purpose: To experience abundance – wealth.

(Recognition) I recognize that God is all there is. There truly is no spot where God is not present. This means the whole of Spirit is available at all times everywhere without exception.

(Unification) Since I know that Spirit is everywhere present; then that means it is right where I am. There is no distance between me and the Loving Universal Intelligence that I call God. It is impossible for me to be separate from all. The attributes of God are attributes of me and my life.

(Realization) I realize that an attribute of God must be abundance. I know this to be true on an inner level; I have an inner awareness of this fact. However, it is also apparent to me as I look around. I see an abundance in nature and I know nature is God in form. There could never be a lack of air, trees, sand, fish – anything! Just contemplating the quantity of blades of grass that cover this earth or the grains of sands on a beach are proof enough. Nothing is ever completely still – things are always changing – God is always the same but forever taking new forms. What is money? Money is a visible form of supply exchange. I know that God is everywhere; that means Spiritual energy is and around money too. It is good and available to me at all times. Money and wealth is a blessing and I declare that I am blessed in every way possible. I am an open vessel – my mind and my consciousness accepts the abundance that is the truth of Spirit and it permeates my life and circumstances. I can surrender any fear or doubt and simply accept wealth into my experience. With Spirit as my Source – anything is possible – anything good for sure!!

(Thanksgiving) I am so thankful that I have been given free will to choose my thoughts and beliefs. I am so thankful that Abundance is the truth about this Universe/Spirit. I rejoice in knowing that it is with ease and grace that I experience all good things – including wealth.

(Release) I release these words – knowing their perpetual truth and knowing that they are manifest already in the mind of God – the Law that says YES to my beliefs and convictions makes them a reality in my experience.

And so it is!



EXAMPLE 2

Purpose: To establish and experience harmonious relationships/friendships.

(Recognition) I know that God is all there is. There is only 1 life and that is God's life. There is only 1 thing going on at all times – the knowingness of Spirit. Spirit is. Spirit is simply everywhere – seen and unseen – there truly is not one spot in the Universe where the mysterious loving energy/God is not present. The presence IS.

(Unification) Since this presence is everywhere – that means that it is in and around me. I am some part of the entire Whole of God. I am one with it.

(Realization) It's from this place of oneness I realize that harmony and infinite love are attributes of Spirit. This means that I have inherited harmony and love as I am one with this presence. It also means that harmony and love are available to me right NOW. Spirit is always moving onward and upward and has no knowledge of disharmony. It is ONLY LOVE. As I contemplate and accept these attributes as belonging to me, I know they belong to everyone equally. By turning to the love, harmony and grace that resides at my core I allow these attributes to express and flow freely to me and from me. This results in me experiencing loving friendships and relationships. I am love. I display love. Therefore, I experience Love.

(Thanksgiving) I am profoundly thankful that LOVE and HARMONY are the truth of this Universe. I am profoundly thankful that these attributes are operating in my life in all ways and in my relationships. THANK YOU SPIRIT FOR BEING ALL GOOD – ALWAYS. THANK YOU SPIRIT for my harmonious life.

(Release) I release these words into the law. The reciprocal law that says YES to everything and this includes my words and feelings of GOOD. It is done.

AND SO IT IS!



AFFIRMATIVE PRAYER WORKSHEET

PURPOSE OF THIS PRAYER (*to call forth, recognize, experience, etc. an attribute of Spirit*):

Recognition - (*recognize/know that God is all there is*):

I recognize that God/Spirit/Universal Intelligence/Love is everywhere...

Unification (know that you are one with God/Presence/Spirit):

Since I know that God is everywhere present, that means that I am...

Realization – (state your word as the true aspect of Spirit – see list for suggestions and state/declare circumstances from the Truth of the attribute):

It's from this place of oneness that I now realize...

Thanksgiving – (give thanks AND acceptance for your word being acted upon by the Law of Mind (Law of Reciprocity). Be thankful for the experience/attribute that is now yours in the mind of God):

I am so grateful for (that)...

Release – (release the words into the Law):

(EXAMPLE) “I release these words knowing they are acted upon the Law of Mind right now and return to me accordingly.”

AND SO IT IS!