



## Affirmative Prayer Process

### RELAXATION

Relax and breathe yourselves into the silence. As best you can, let go of any concerns, fears, or worries. Thank your mental chatter for sharing and release any tension.

### CONCENTRATION

Center your awareness on your awareness of your Oneness, and focus on the characteristics of God nature that apply to this situation. Use the Twelve Powers as a source for God nature (i.e., God is Love; God is Life; God is Imagination; etc.) You can use the process of a one-word or short phrase mantras to help you focus.

### MEDITATION

Use this phase of the process to enter into the Silence—the domain of the Divine.

### REALIZATION

Claim with conviction from an affirmative state of mind that your prayer is answered (even if there is no outer manifestation). This is the state where we “know that we know that we know.”

### THANKSGIVING (APPRECIATION)

Give thanks from your point of oneness, your Christ Center, for your unflinching connection to Spirit. In all things (not FOR all things) give thanks.

... and so it is!

(For more information, see Chapter 8, *Heart-Centered Metaphysics* (ISBN 978-0-87159-334-4) and Chapter 8, *Applying Heart-Centered Metaphysics* (ISBN 978-0-87159-357-3))