

Teach Us to Pray:
Lessons on Affirmative Prayer
Rev. Dr. Durrell Watkins

A course offered by
The Samaritan Institute of the Sunshine Cathedral
2 credits

www.sunshinecathedral.org

Assignments:

1. Attend class EVERY week for six weeks. In class we will discuss and practice prayer and review additional materials not included in the course booklet.
2. Pray for those on the Sunshine Cathedral prayer list EVERY day.
3. Read the articles in *Spirit & Truth* and pray DAILY with the reflections offered in *S&T*.
4. Pray the daily prayer offered in *Optimism & Gratitude: Prayers for Every Day of the Year* (Durrell Watkins, Lulu Press 2010)
5. Read *Teach Us to Pray: Lessons on Affirmative Prayer* every week from beginning to end.
6. The prayers and prayer formulas that appeal most to you should be incorporated into your daily prayer work.
7. Keep a journal of answered prayer and insights gained during times of prayer and meditation.

REQUIRED TEXTS:

“Teach Us to Pray: Lessons on Affirmative Prayer”; March and April *Spirit & Truth*; *Optimism & Gratitude: Prayers for Every Day of the Year*

RECOMMENDED TEXTS (one of the following):

The Healing Light (Agnes Sanford)

A Treatment A Day (Durrell Watkins)

Fairy Dust: Using Affirmations to Unlock the Magic of Life (Durrell Watkins)

Handbook of Positive Prayer (Hypatia Hasbrouck)

Short Lessons in Divine Science (Nona Brooks)

The Basic Ideas of Science of Mind (Ernest Holmes)

The Magic of Believing (Claude Bristol)

The Power is Within You (Louise Hay)

The Power of Positive Thinking (Norman Vincent Peale)

The Power of Your Subconscious Mind (Joseph Murphy)

In Jesus' name... "God will give you whatever you ask for in my name." Jn 16.23
"In Jesus' name" isn't a magical incantation that makes things happen. It isn't a phrase that amounts to the "send" button for an email. It isn't the bargaining chip that persuades God to act. First of all, Jesus may never have said to ask for things in his name (the gospels, remember, are written decades after Jesus' life and the writers include their own understandings and agendas), and secondly, to do something in someone's name is to do it for the cause they believed in, or to do it in the manner they did it, or to do it with the same attitude, motivation, nature, or consciousness that they had. One is certainly free to use the phrase "in Jesus' name" or "for Jesus' sake" or "through Christ" or "in the spirit of Jesus" when praying, but it should be used as a symbol of the Christ Consciousness and not as magic to make the prayer work. That sort of superstition would actually hinder the effectiveness of prayer.

Six Step Prayer Model (or Treatment)

1. (**Recognize**) Remember that Spirit/Life/Intelligence/Wisdom/Love/the Higher Power (pick a name you like; "It" doesn't care what we call It) is omnipresent, is the universal, everlasting Presence that is always and everywhere fully present. Take a few deep breaths. Still your discursive thoughts and sit in the richness of the One Presence.

"Wherever I am, God is" (James Dillet Freeman).

2. (**Unify**) Know that you are an expression of the one Life (if It is omnipresent, It is right where you are. But two things can't occupy the same space at the same time, so you aren't something separated from the divine Presence, but rather, you are a manifestation of It!)

"I am part and parcel of God" (Emerson)

3. (**Deny**) Since God is, and I AM, I must be one with the One, and that means there is nothing to oppose my good. If appearances suggest there is a power that can oppose God, I deny that there could be any such power. There is nothing to stand in the way of the All Good.

"Nothing real can be threatened; nothing unreal exists.
Therein lies the peace of God" (A Course in Miracles).

4. (**Affirm**) In the present tense, name the good you are wishing to demonstrate, claim it as existing for you NOW. If it is good it is part of the All Good which is the only Reality, so you are only allowing the good that is already yours to be made manifest.

"There is good for me and I ought to have it!" (Emma Curtis Hopkins)

5. (**Give thanks**) What we praise, we raise. Gratitude for the good we've experienced attracts more, and gratitude for the good we are seeking to demonstrate expresses faith that it is already ours.

"In everything give thanks" (Apostle Paul).

6. (**Release**) Turn the matter over to the activity of the law of Mind.

"Let go and let God" (Alcoholics Anonymous).

Six Step Treatment by Durrell Watkins

*Since there is but one universal, divine Presence, the Substance of all life, the Ground of being, the All-in-all, I know that I am part and parcel of this One. As there is one Power and It is All Good, It is for me, within me, all around me, and is expressing as me, there can be nothing to oppose It and nothing to prevent my Good from being made manifest in the realm of experience. And so it is that I now affirm that my Good is at hand and the demonstration of my Good is happening in the perfect way and at the right time. I give thanks for this Truth and for all the possibilities that Life offers me. Feeling uplifted by the power of prayer I now relax and allow my prayer to be beautifully answered. Alleluia!
Amen.*

(To pray for someone other than yourself, simply change the pronouns to "you": "...I know that you are part and parcel of this One. As there is one Power...It is for you, within you, all around you, and is expressing as you...")

Five Step Prayer Model (or Treatment)

1. **Recognize** ("There is a power for good in the universe that is greater than you are and you can use It" Ernest Holmes).
2. **Unify** (identify yourself as part of the One All, the great Whole).
3. **Declare** (State that every negative thought, every appearance of discord, every suggestion of separation from Good is a mistaken belief and must now be banished and neutralized and replaced with an awareness of perfection, wholeness, joy, and abundance. There is a perfect pattern for your life and you declare this to be so and focus wholly on this truth).
4. **Give Thanks.**
5. **Release** (And so it is).

Five Step Treatment by Durrell Watkins

N., I know the truth of your divine Nature. You are a child of God, one with God, filled eternally with the light and love of God. And so, as you are one with the All Good, Good is your inheritance! The blessing you seek is also seeking you! The blessing you need most is already yours, waiting only for your acceptance of it so that it may unfold in the perfect way for your highest good and I affirm that you are NOW ready to receive and enjoy your divine bounty.

With deep gratitude I now release this prayer treatment to the Law of Mind and as I do so, all is well; and so it is.

(To pray for yourself, simply leave out the name (N.) of another person and change the pronouns to "I/my/mine": "I know the truth of my divine Nature. I am a child of God...as I am one with the All Good, Good is my inheritance...")

A Six Step Unitarian Universalist Prayer Ritual

1. Light a candle.
2. Close your eyes (to help you become quiet and calm)
3. Center yourself (you can strike a gong and raise your hands, as the sound fades, lower your hands. Imagine the life-spirit being active throughout your body, and then coming specifically to the heart region)
4. Say (silently or aloud) prayerful words, something like, "*I light this candle as a symbol of my faith, hope, and goodwill and I pray for strength, wisdom, comfort, and peace for those who are facing challenges; I am thankful for the opportunities in life and for the joys I have known, and I wish for peace and loving-kindness to enfold our world.*"
5. Personalize the prayer by naming a specific need by saying something like, "*I now send positive thoughts and energy and my love to Aunt Emma as she goes into surgery and I pray for her to experience a full and speedy recovery. Amen.*"
6. Extinguish the candle and meditate for about a minute while watching the drifting smoke.

Charles Fillmore's 7 Steps of Spiritual Treatment (Prayer)

- God should be recognized (**Recognize**). Ps. 63.1
- Oneness with God should be acknowledged (**Unify**). Jn. 10.30
- Prayer must be made within (**Go within** to the Peaceful Presence) Lk. 17.21
- The door must be closed on all discursive thinking (**Be fully present**). Ps. 32.7
- The one who praying must believe that s/he has received (**Believe/Accept/Trust**). Mk. 11.24
- Communion with God must be desired above all else (The **experience of God** is more important than the "thing" desired, but we know that when we "seek first the kingdom of God, all good things will be added to us"). Mt. 6.33
- The mind must let go of every unforgiving thought (**Forgive**). Mt. 6.12; Lk. 11.4

Seven Step Treatment by Durrell Watkins

Dear God, it is in you that we live and move and have our being; we are from you and in you and your light is within us. In this holy instant I become quiet and still and bask in the glory of your omnipresence. This communion with you is my highest desire; when I remember my oneness with you then All that you are and All that you offer come into perfect manifestation. And so I believe wholeheartedly that my every need is now being perfectly met and the good desires of my heart are being fulfilled. This truth fills me with such joy that I bless all people in my life with love. I hold nothing against anyone and wish for all people a life of happiness, health, and well-being. And so it is.

Frederick Bailes' Seven Rs of Effective Prayer:

Relaxation: We assume a position that assures physical relaxation and a quiet mind.

Recognition: We recognize that we are not speaking into a void. We are surrounded by the Creative Mind of the universe, which receives our thought embodied in our words and sets to work to carry it out into material form.

Relationship: We consciously unify with the Creative Mind, knowing that we ourselves, the person treated for, and this Mind are all one. There can never be any separation between them.

Reasoning: To arrive at this inner certainty, we have to dissolve all doubts. We go through a process of reasoning to arrive at this certainty.

Realization: Once we have arrived at the point where we realize the inner perfection of the one being treated for, we shall know it, because we shall have arrived at a place of quiet, calm assurance.

Release: We are not responsible for the outcome of the treatment. Our only responsibility is to build a clear picture in our mind of the perfection of ourselves and the one being treated for, and to remove all doubts about that perfection. We now release this picture to the Creative Mind.

Rejoice: We give thanks for the success of our treatment, not to influence how Mind works but to confirm our belief that the entire situation is resolved in exactly the right and ideal way.

The Infinite Way Model of Prayer

“Close your eyes and within yourself, silently, sacredly, secretly, and gently say the word, ‘I, I.’ That I in the midst of you is mighty. That I in the midst of you is greater than any problem in the outside world. That I in the midst of you is come that you might have life and might have it more abundantly. That I has been with you since “before Abraham was,” awaiting your recognition and your acknowledgment. ‘Know ye not that ye are the temple of God?’” Know ye not that the name of God is I, or I AM, and that you are the temple of God only when you have admitted I into your consciousness and held It there secretly, sacredly, gently, peaceably, so that at any moment you can close your eyes and just remember I?” Joel Goldsmith

Buddhist Prayer

“The purpose of Buddhist prayer is to awaken our inherent inner capacities of strength, compassion and wisdom rather than to petition external forces based on fear, idolizing, and worldly and/or heavenly gain. Buddhist prayer is a form of meditation; it is a practice of inner reconditioning. Buddhist prayer replaces the negative with the virtuous and points us to the blessings of Life.” Buddhist Faith Fellowship of Connecticut

Jewish Science Model of Prayer

“A prayer...should be offered in the form of a mental image. [A person] must visualize the thing he [or she] desires...In these mental prayers, there should never be formed any negative images...Become serene and thus attuned to the mood of the Divine Mind...Should [one], however, find *oneself* unable to visualize...s/he may bring words to his [or her] assistance...in the form of an affirmation. An affirmation is a prayer offered to the Divine Mind in affirmative terms...there is no recitation of misery, no enumeration of sufferings, no statement of unhappiness, only an affirmation in words of the state in which one desires to be.” Rabbi Morris Lichtenstein

Self-Realization Method of Prayer

“God is the love that upholds the universe — the ocean of life and power that pervades all creation. Through scientific methods of prayer, we can attune ourselves to that Infinite Power, and bring healing to body, mind, and spirit.

“Some people regard prayer as a vague and ineffective exercise in wishful thinking. The ordinary person resorts to prayer only when in dire trouble and when all other options have failed. But Paramahansa Yogananda taught that true prayer is scientific — being based on precise laws that govern all creation — and is a daily necessity for harmonious living.

“He explained that our physical bodies and the material world we live in are condensations of invisible patterns of energy. That energy in turn is an expression of finer blueprints of thought — the subtlest vibration — which governs all manifestations of energy and matter. The whole of creation was brought into being by God first in thought or idea form. Then the Divine Consciousness willed those thought patterns to condense into light and energy, and finally into the grosser vibrations of matter.

“As human beings, made in the image of God, we are different from the lower forms of creation: we have the freedom to use these same powers of thought and energy. By the thoughts we habitually entertain and act upon, we create the circumstances in which our life unfolds.

“Scientific prayer is based on understanding of this truth, and on application of the universal forces of creation: It tunes in with God's thought patterns of health, harmony, and perfection — and then uses will power to channel energy to help materialize those patterns.”

www.yogananda-srf.org

“Divine Mother, with the language of my soul I demand realization of Thy presence. Thou art the essence of everything. Make me see Thee in every fiber of my being, in every wisp of thought. Awaken my heart!”

Paramahansa Yogananda

Excerpts from “Prayer”

by William Woodfin

College of Divine Metaphysics

Practical Metaphysics Course

“Prayer has been greatly misunderstood and erroneously used. Owing to the cold formality that has grown up around public prayer and to the hazy understanding of the real purpose of prayer, many people look upon it as childish practice unsuited to the need of the intelligent man and woman...”

“Prayer and the Silence are one and the same thing. They both imply getting within oneself and communing with Universal Mind, or Divine Intelligence. A time should be set apart **each** day for this practice if one intends to develop the highest powers of mind...”

“[The biblical writer] James commands, ‘Pray for one another’...but do you know that when you pray for others you yourself receive the greatest blessing?”

“[The Apostle] Paul...said, ‘None of us liveth to himself [or herself], and no one dieth to himself/*herself*...when you are praying for another, you are, in reality, praying for yourself, for whatever benefits another benefits you, and whatever harms another, harms you.’”

“Again, when you have entered the secret place within and opened to Universal Intelligence while holding loving thoughts toward someone you wish to help, you are attracting to yourself thoughts and influences like those which you are sending out... The other party receives a blessing in proportion as he/*she* is open to the type of thought which you are broadcasting.”

“In praying for another, the thought should always be that the other is being led in the way that is best for him/*her*, in his/*her* particular stage of unfoldment, and that only good will come to him/*her*. He/*she* should be left entirely free to make his/*her* own choices and decisions.”

“Therefore, if you want success, pray for the success of others; if you desire peace of mind, pray that others may have peace and happiness; if you want wisdom, treat others for spiritual vision...you will impress your subconscious mind with the suggestion which you wish to realize.

“Prayer is desire, and all prayer is answered and all desire is fulfilled unless it becomes short circuited in some way.

“Do a great deal of treating [aka praying] at all times for everybody. Treat people on the street for the right thing to come to them, for the good to come to pass in their lives. “

“Prayer is always in harmony with the feelings. Anything else is not prayer. In other words, you cannot in reality pray for anything that you have no feeling regarding. It is true you may ask for something with your lips, and have no feeling about it whatsoever, but that is not prayer... That is the reason that few so-called prayers offered in public are prayers at all.”

“Thus, if prayers are feelings, it is necessary that the feelings be watched very carefully, lest one be praying for something that s/he does not want.”

“Faith is feeling and feeling is creative” [This is why despair, fear, and regret sabotage prayers; it is also why when praying for someone you dislike, you must first try to forgive that person and see the good in them, otherwise, your ill-will can become the prayer even though you don't consciously wish to harm that person. Love, hope, peace, goodwill, joy, expectation, forgiveness, enthusiasm, happiness... these are the thoughts/attitudes/feelings we want to activate in/as our prayers. - dw].

“It is true that one may wish for something s/he never attains, for a **wish has its origin and expression in the conscious mind**... and as long as it remains on that on plane of action it will never be anything more than a wish and will never materialize. But a **desire** is always fulfilled, for a **desire is in the subconscious mind** or feelings. At the beginning it may be only a wish, but if that wish is held in the conscious mind long enough, it will finally penetrate into the subconscious mind and begin to express in the subconscious mind as a feeling... and in time it will come to pass. But it can never be a desire until it gets into the subconscious mind or feelings. The seed will never radiate the fragrance of a flower as long as it remains a seed, but when the seed develops into a flower the fragrance is there.”

“...it must be remembered that feelings are not always clear, but they do not always come singly or one at a time. *Feelings are often conflicting* and many times those of a negative or destructive character, the product of years of incorrect thinking and practice, are the strongest and therefore the most reproductive. The feeling of fear or uncertainty is one of the most difficult to combat. Therefore, the fact that you may have a wish, which you have intensified until it has become lodged in the subconscious mind as a desire, is no proof that the desire will materialize. For one day, along with the conscious desire for the object you wish to attain, fear that you are going to fail in your accomplishment shoots through your consciousness and the desire is short-circuited and killed” [this is why habitual negative thinking, fear, pessimism, and looking for the worst gets in the way of our prayers... those well rehearsed feelings become “desires” in our subconscious and they out-picture as events in our lives. We must learn to cancel those negative thoughts and feelings and replace them with positive ones so that the negative will no longer sabotage our work for the good. When there are two competing feelings, the

strongest one, usually the one we've held the longest, will win out. That's why we must continually "lift up our hearts" – dw].

"It does not matter how much you dwell in the consciousness of your desires, for the more you dwell in the consciousness of your desires the more rapidly they come to pass; but to the degree you connect any negative thought or state of mind with that desire, you will shock it, and if you continue in negative thought you will destroy your desire and it will not come to pass."

"To [raise] your consciousness..., observe your period of Silence daily. When you enter the Silence, sit comfortably where you will not be disturbed...[Wherever there is tension or discomfort in your body, say to that physical area], *relax*. Now, [focusing on your breathing, gently, naturally in and out, think], 'I am peaceful. I am peaceful. I am peaceful.' [Then say several times], 'I rejoice. I rejoice. I rejoice.' [And then, with a soft, half-smile, think the words], 'I am glad. I am glad. I am glad.'"

"[When you feel relaxed, at ease, and one with the divine Presence], you are ready for the following statement of truth: *There is but one Mind, one Law, one Principle, one Substance in the Universe, and I AM one with all there is.*"

"After making the above affirmation many times, meditating upon the truth involved and sustaining the consciousness of peace and harmony, you are then ready to treat for whatever you desire."

Excerpt from "What is Health?"

by Joseph Perry Green
College of Divine Metaphysics
Metaphysical Healing Course

"There is nothing but GOOD in God. How can you catch or have anything else but good when you are continually surrounded by Good or God? Daily walking, living, talking and thinking in this Good you are cleansed from all [error thinking], sickness and poverty. You are walking in the LIGHT rather than in darkness. Hence you are not stumbling and falling into unhappy pitfalls. You are arriving, because you walk in the LIGHT..."

*"Oh ineffable and glorious One, you are my Father and Mother.
I come now to you as a student. In these moments of Silence,
reveal to me your Presence and Power dwelling within."*

"Prayer is the art of keeping your thought focused on the perfection of your being." Frank Richelieu

Review:

After viewing the models of prayer of some of the great metaphysical traditions, we see that various techniques are used, but all agree that prayer isn't begging a deity for favors who might be unaware of our needs or otherwise unwilling to help us. These great spiritual traditions all agree that that prayer is communion with the Infinite, a realization of our unity with the Creative Power of divine Love, and a willingness to allow universal Intelligence to flow through us to bring us into harmony with a divine pattern of perfection that already exists for us and for all the world.

One spiritual teacher said that prayer can be very simple: We can just say (with feeling and acceptance, obviously), "*God is; I AM, and all is well.*" And, as we are all one, obviously prayer works when we see and affirm the good in others, too.

Instead of, "God please be with Joan in her moment of need" (which seems to assume God isn't with Joan, may be unaware of Joan's need, and that the need is as real as God's goodness...such a prayer is unlikely to yield very powerful results!), an affirmative prayer might be,

Source of Abundant Life, Joan is an expression of your perfect love and is an individuation of the Wholeness that you are. In deep gratitude, I affirm and focus on her unity with All Good and I know that blessings are flowing freely into her experience right now. Amen.

Once you release your prayer to divine right action, detach from the outcome. There are infinite ways that Good can come to you or to someone for whom you are praying. Get out of the way and let that which is best take place.

Sit for a while in the Silence. Hold yourself (or the one on your heart) in divine light, bless yourself, or the person for whom you are praying, or the situation on your mind, with love. Use one of the positive, affirmative models of prayer or simply imagine the situation being bathed in light, people emerging from the situation smiling and content, peace filling every heart, and know that blessings are at hand and then feel a strong sense of gratitude for it.

As you practice prayer in the affirmative manner, you will find the “technique” that works best for you. But as long as you are **aware of the Omnipresence** which excludes no one (It can’t!) and you lovingly behold the divine Spark within the person (including yourself) for whom you are praying, then you will have offered a powerful blessing. It is then time to “let go and let God.”

What about when we don’t get the results we wanted? Well, remember, we are to “**detach**” from the outcomes. Healing can happen in ways other than cure, abundance can be more than money, peace isn’t necessarily the absence of difficulty, families are more than a gene pool, creativity can be expressed in unlimited ways, etc. Demonstrations can happen instantly, or over time. Sometimes they happen after we’ve forgotten we prayed for them!

Often, especially when we pray “scientifically” (methodically), things will go exactly as we wanted and sometimes instantly! But even when they seem to take a different path, we can still know our prayers had a powerful impact and something good came from our sharing love, goodwill, and an awareness of the Omnipresence.

But don’t enter prayer wondering how it might “not” work out to your satisfaction. That throws up a road block from the beginning! Just do your prayer work faithfully, detach from the outcome, and rejoice at every bit of good news that you hear back from the work you’ve done. Let us pray...

PRAYERS FROM OPTIMISM & GRATITUDE: PRAYERS FOR EVERY DAY OF THE YEAR by Rev. Dr. Durrell Watkins (Lulu 2010)

“As a unit of Pure Consciousness, I have peace, joy, and assurance that ultimately all is well. I am one with All That Is. I am Eternity in individual expression. I am part of the Universal and Perfect Whole. This Truth fills me with hope, with confidence, and with gratitude. And so it is.”

“Being connected with All That Is, when I am blessed, others are blessed as well. My Good benefits friends, neighbors, and even strangers. As I learn, as I grow, as I am filled with joy, I am sharing divine Light with all the world. I accept blessings now trusting that as I am blessed, I am a blessing. Amen.”

“I give thanks for all that I am and for all the joy that is coming my way.”

MORE PRAYER THOUGHTS

Affirmative Prayer or “Prayer Treatment”

www.unity.org/prayer

“Rather than begging or beseeching God, [affirmative prayer] involves connecting with the spirit of God within and asserting positive beliefs about the desired outcome. Affirmative prayer is the same method of prayer Jesus taught when he said, ‘I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.’ [Instead of saying] ‘Please God, help me find a job’ ...an affirmative prayer [treatment] might be: ‘*I am now guided to my right and perfect employment.*’ Affirmative prayer reflects the certainty that we are each being led to our highest good, despite any temporary appearances.”

Eric Butterworth

“Prayer is not something we do to God but to ourselves. It is not a position but a disposition. It is not flattery but a sense of oneness. It is not asking but knowing. It is not words but feeling. It is not will but willingness.”

James Dillet Freeman’s Prayer of Protection

"The light of God surrounds us; the love of God enfolds us. The power of God protects us; the presence of God watches over us. Wherever we are, God is!"

(And we add, “and all is well.” We can say *me, us, them, or you* as is appropriate, but the affirmative prayer is the same...recognizing the divine presence, understanding the person in mind as in and part of this presence, affirming that it is divine will to bestow blessings, and acceptance of those blessings with a feeling of gratitude and then the prayer is released to the perfection of divine right action.)

Charles Fillmore

"Whenever we wholly merge our minds with the creative Mind we are in the consciousness in which our prayers are fulfilled...Everyone should pray. Prayer doesn't change God! It changes us!"

Cora Fillmore

“Quietly entering the inner chamber within the soul, shutting the door to the external thoughts of daily life, and seeking conscious union with God is the highest form of prayer we know.”

Linda Martella-Whitsett

“We pray for one reason and one reason only...We pray to claim and assert our Divine Identity so that we can live more fully from it. We pray so that we may embody Divine Nature.”

Rabbi Morris Lichtenstein

{Jewish Science & Health: The Textbook of Jewish Science}

"[In praying for health] the appeal for help is not made to a God who dwells apart from [Its] creation, but to the Divine Mind who called all things into being, who dwells in all things, and who from [Its] very essence gives them existence...we pray for help to the Divine Mind who dwells in us and supplies us constantly with life and with health. [We emphasize] the Divine in [us]." Rabbi Morris Lichtenstein (founder of the Jewish Science movement)

Rabbi Morris Lichtenstein

"God is the soul, the essence of the universe, and [the divine] presence is not confined to some far-off sphere or region, but fills the whole universe, every particle and atom of it."

Rabbi Morris Lichtenstein

"The world is inwardly harmonious; harmony is its normal state, for one Mind resides in the depth of all reality."

Rabbi Morris Lichtenstein

"Divine Mind is within...and inseparable from [whatever It creates]."

Harry Emerson Fosdick (Baptist)

"To believe in God, not far off but here; to understand prayer, not as a form of words but as an inner opening of the life to Divine resources...that is vital, personal religion."

Thomas Merton (Roman Catholic, Trappist monk)

"There is in all visible things a hidden wholeness."

Dee Wallace

{Conscious Creation: Directing Energy to Get the Life You Want}

"Manifestation occurs according to our focus. Our focus directs the energy where to create. We must take responsibility, for ourselves and for the world."

A Course in Miracles

"Strictly speaking, words play no part at all in healing. The motivating factor is prayer, or asking. What you ask for you receive. But this refers to the prayer of the heart, not to the words you use in praying. Sometimes the words and the prayer are contradictory; sometimes they agree. It does not matter. God does not understand words, for they were made by separated minds to keep them in the illusion of separation. Words can be helpful, particularly for the beginner, in helping concentration and facilitating the exclusion, or at least the control, of extraneous thoughts. Let us not forget, however, that words are but symbols of symbols. They are thus twice removed from reality"

St. Francis of Assisi

"Be at peace...and put aside all anxious thoughts and imaginations."

Walter Starke

"Prayer is the 'doing' that causes us to experience our humanity as our divinity...Your prayer is...defined by...a communion experience, at which time you realize your completeness...Prayer is fulfilled when you experience your beingness [subjective] or doingness [objective] as God's beingness or doingness...When you see yourself as [Jesus] saw himself, your words will match your doing and you will no longer pray to a God that is outside of yourself, but rather to that within yourself that is God."

Ernest Holmes

"When we speak the words of thanksgiving to the God within, knowing 'before they ask I will answer,' there is something in this attitude of thanksgiving that carries us beyond the field of doubt into one of perfect faith and acceptance, receptivity...realization."

Michael Beckwith

"...the moment you begin to think properly, there's something that is within you, there's power within you, that's greater than the world. It will begin to emerge. It will take over your life. It will feed you. It will clothe you. It will guide you, protect you, direct you, sustain your very existence, if you let it."

Frank Richelieu

"...we are not praying for a deity to do something...We pray to align ourselves with the divine right action..."

Frank Richelieu

"Prayer is not for the purpose of making things happen, but rather to provide within ourselves an avenue through which the events and conditions we wish to experience can happen."

Florence Scovel Shinn

"God's promises are built upon a rock. As I have asked I must receive."

Genevieve Behrend

{Your Invisible Power}

"Hundreds of persons have realized that 'visualizing is an Aladdin's lamp to those with a mighty will.'"

Annie Rix Miltz (Home of Truth)

"When you say there is no evil, sin, sickness or death you are speaking of the real World ('My kingdom is not of this world'), where none of these things have any place. When you say, 'I am pure and holy,' 'I am strong and well,' you are speaking of the real I, the true Self, and not of the personality called by an earthly name, and which but represents you for the time being."

“Prayer is an opening of the human heart.” Daniel Budd

Psalm 23

The LORD is my shepherd, I lack nothing. [God] makes me lie down in green pastures, [and] leads me beside quiet waters, [and] refreshes my soul. [God] guides me along the right paths... Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

John 11. 41-43

“Jesus prayed: ‘Abba, I thank you that you have heard me. I know that you always hear me...’ When he had said this, Jesus called in a loud voice, “Lazarus, come out!”

Notice: *The biblical prayers above (Ps 23 and John 11) declare or imply: A Power, A unity with that Power, The reality that Good is available and ought to be experienced, A feeling of gratitude (and faith that there is something for which to be grateful), And release.*

.....
“I am the thinker that thinks the thought that makes the thing.”

Johnnie Colemon

(Universal Foundation for Better Living)

“It works if you work it!”

Alcoholic Anonymous

.....

Margaret Mattson (Divine Science)

"Realizing that the [Divine] does not limit me in any way as I progress toward a greater degree of spiritual fulfillment, I release all doubts and uncertainties. I am enjoying Divine Right Order now."

Joseph Murphy (Divine Science)

{ Techniques in Prayer Therapy }

“We do not get what we want. We attract that which we are, and we are that which we feel ourselves to be. We have to build into our mentality that which we want; in other words, we have to establish the mental equivalent in our mind; then results follow.”

Dr. F. Bernadette Turner (Divine Scientist AND Episcopal priest)

"God is my 'up-lifter' and my sustainer, come what may."

(To pray for someone other than yourself, simply change the pronoun from “my” to “your”: “God is your up-lifter and your sustainer, come what may.”)

Nona Brooks (early Divine Scientist leader)

{Short Lessons in Divine Science}

“We no longer feel that we must overcome God's reluctance, but rather that we are to lay hold of *God's* willingness. More willing is *God* to give than we are to receive. In order, then, to learn how to pray, let us turn to our Basis: Omnipresence. This means God everywhere; therefore God includes me. I can say with authority, *'I am in God and God is in me. Therefore I share God-Being, God-Mind, God-Life.'*

'All mine is thine,' saith the Lord. By sharing *God's Self* with us God gives us every good gift. Before we call, *God* has supplied. God is Abundance.

If I seem to lack any good thing it is because I have not believed fully in God's immediate Presence.

God is doing *God's* part. I do not need to beg or to ask *God* to do more. But I must do my part.

I must train my thought to recognize steadfastly the immediacy and fullness of God's Presence.

I must not permit an opposing thought to stay. What is the commonest opposing thought? It is fear; for fear denies the presence of God. Hence we must not permit fear thought to stay for a moment. We can put it out by denying it, and also by substituting for fear its opposite, conscious unity, love; by affirming, *'I do not fear, for God is here this moment,'* and by repeating this statement with positiveness until all fear goes.”

Fannie James (early Divine Scientist)

“God has given us, in [the divine realm] ever present, all of Good. [God's] part is done; ours remains to be done, which is to take what [God] has given us.”

Fannie James

{Dawning Truth}

“Going to God in prayer is something like going to your dinner at home. It has been made ready for you, and you would never think of begging for each meal. You know that the food is intended for you. You never for a moment doubt that it is yours. We have a right to be just as trustful with our divine [Provider, whose] spirit of Love says to all of us, ‘Come, for all things are now ready--all things are yours.’”

Malinda Cramer & Fannie James (Divine Scientists)

{Divine Science Principle & Practice}

“After we understand Omnipresence as the ‘fullness filling all’ we can say, ‘I have received.’ Now we shall ‘speak with new tongues,’ we shall pray in a new way. Prayer...becomes the method of recognizing God and *God's* fullness, for recognition is the sure method of seeking,

receiving and having. It is the method that brings the highest unfoldment to the individual. True prayer is **recognition, acceptance, thanksgiving, and acting the true nature of God**. To recognize the One All as present is finding and receiving our good."

Malinda Cramer (Divine Science founder, former Quaker)

"The Spirit itself beareth witness with our Spirit that we are the children of God.' This is the recognition by the individual of the Infinite Spirit within all, and is the Christ method of healing."

Fenwicke Holmes (ordained Divine Science minister, brother of Religious Science founder Ernest Holmes)

"The supreme attitude is therefore...to know in one's heart that what we desire is ours so soon as we are ready to appropriate it. It is to realize that we do not have to make things; we only have to 'let them be.' What we desire exists in the Divine Mind the moment we desire it. In spirit it already is a reality and by the process of materialization it will soon pass into form and come into our hands. Thus our 'word is made flesh and dwells among us.' Thus we 'know the truth and the Truth of itself makes us free.' We do not have to make our good, but we must put it up to the Creative Mind and Law to make it for us."

Rex Ballard (Divine Science)

"Affirm and dwell on the Truth that there absolutely is no power but of God, no power that limits or withholds our total good. [Say this prayer] - *Loving [God], help me to accept utterly your loving and total givingness.*"

Rex Ballard

"[God], I take my stand with you and your ever-enfolding Love. I am beginning to understand that as love flows forth from me it dissolves every hurtful condition and heals every suffering heart. I am humbly grateful."

Kathleen Besly (Divine Science)

{The Art of Divine Living}

"Our understanding of the meaning of prayer [is]...an intimate, holy communion with the fountain of our being, rather than as a net of beseeching, entreating, supplicating. God is omnipresent in us, around us, everywhere at all times. We cannot instruct this all-inclusive Spirit with regard to our needs, or [Its divine] attributes. As we cannot increase the flow of life from this fountain because it is infinite, why beg that increase? All that we may do is to increase our own capacity of drinking from that fountain. We may go to the fountain with a larger receptacle and fill it to the brim..."

Daisy Baum (Divine Scientist)

{*Studies in Divine Science*}

"It is desirable above all things for the student to get the idea that these teachings are practical in their application.

But in order to develop them fully one must understand that giving is as great and necessary a part as receiving, and that ones own unfoldment is aided greatly by trying to help others attain to a knowledge of the truth. While a receptive attitude is always necessary to secure the best results from our efforts to help others, and while it is usually best to await the manifestation of desire on the part of others before attempting to present the truth to them, we can, nevertheless, do a great deal of good by simply keeping ourselves in proper tune, always declaring the power of truth and denying the reality of error; keeping the thought positive; recognizing the Omnipresence and our unity of life and purpose with it and with each other."

.....
Quotes from Mary Baker Eddy's chapter "Prayer" in *Science & Health with Key to the Scriptures*:

"The prayer that...heals the sick is an absolute faith that all things are possible to God..."

"Desire is prayer."

"...the desire which goes forth hungering after righteousness is blessed...and it does not return unto us void."

"God is not moved by the breath of praise to do more than *God* has already done, nor can the infinite do less than bestow all good, since *God* is unchanging wisdom and Love."

"We can do more for ourselves by humble fervent petitions, but the All-loving does not grant them simply on the ground of lip-service, for *God* already knows all."

"God is Love. Can we ask *God* to be more? God is intelligence. Can we inform the infinite Mind of anything *It* does not already comprehend? Do we expect to change perfection? Shall we plead for more at the open fount, which is pouring forth more than we accept?"

"Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more."

"*God is Love*. More than this we cannot ask, higher we cannot look, farther we cannot go."

"Consistent prayer is the desire to do right."

"God knows our need..."

“Experience teaches us that we do not always receive the blessings we ask for in prayer...The Scriptures say: ‘Ye ask, and receive not, because ye ask amiss’...That which we desire and for which we ask, it is not always best for us to receive. In this case infinite Love will not grant the request.”

“...all may avail themselves of God as ‘a very present help in trouble.’ Love is impartial and universal in its adaptation and bestowals. It is the open fount which cries, ‘Ho, everyone that thirsteth, come ye to the waters.’”

“We must...plead God’s allness.”

“...the ‘evil one,’ or one evil, is but another name for the first lie and all liars.”

Christian Science Prayer Treatment

“Christian Science teaches that prayer is a spiritualization of thought or an understanding of God and of the nature of the underlying spiritual creation. Adherents believe that this can result in healing, by bringing spiritual reality...into clearer focus in the human scene. The world as it appears to the senses is regarded as a distorted version of the world of spiritual ideas. Prayer can heal the distortion. Christian Scientists believe that prayer does not change the spiritual creation but gives a clearer view of it, and the result appears in the human scene as healing: the human picture adjusts to coincide more nearly with the divine reality. Christian Scientists [believe] that prayer works through love: the recognition of God’s creation as spiritual, intact, and inherently lovable.” (Wikipedia)

{Addendum: Christian Scientists believe the “Lord’s Prayer” is the perfect example of prayer and they included it in every worship service. They have a “spiritual interpretation” of the prayer:

[Abba] which art in heaven (Our Father-Mother God, all-harmonious),

Hallowed be Thy name (Adorable One).

Thy kingdom come (Thy kingdom is come; Thou art ever-present),

Thy will be done in earth, as it is in heaven (Enable us to know, -- as in heaven, so on earth, -- God is omnipotent, supreme).

Give us this day our daily bread (Give us grace for to-day; feed the famished affections);

And forgive us our debts, as we forgive our debtors (And Love is reflected in love);

And lead us not into temptation, but deliver us from evil (And God leadeth us not into temptation, but delivereth us from sin, disease, and death),

For Thine is the kingdom, and the power, and the glory, forever (For God is infinite, all-power, all Life, Truth, Love, over all, and All.)}

Amen.

Aramaic to English Lord’s Prayer (Present tense, affirmative, with gratitude and release):

*[Abba] which art in heaven, hallowed is Thy name.
Thy kingdom come; Thy will is done on earth as it is in heaven.
Thou givest us this day our daily bread. Thou forgivest us our trespasses
as we forgive those who trespass against us. Thou leadest us not into
temptation but dost deliver us from all evil: For thine is the kingdom, and
the power, and the glory, forever. Amen.*

Prayer based on the formula of the Lord’s Prayer (by Durrell Watkins)

*Spirit of Life,
You are known by many names. You are everywhere and at all times
fully present.
Give us today all that we need to be happy and well and help us release
the past and embrace the possibilities of the moment at hand.
You never lead us in paths of destruction but rather are always seeking
to help us wake up to our brilliance, for you are all presence, all power,
and all light forever and ever. Amen.*

.....

Reflection by Durrell Watkins

“Glinda (the good witch) of Oz famously says to the Wicked Witch of the West, ‘You have no power here. Begone before somebody drops a house on you.’ Love it! That mean old witch does pop up from time to time with an annoying cackle, hateful threats, menacing gestures, and if we aren’t careful, we’ll fall for it! Of course there isn’t really a witch, but there is that scary memory, that mean-spirited gossip, that frightening diagnosis, that mountain of bills. But Glinda shows us how to keep the Wicked Witch from terrorizing us further. ‘You have no power here. Be gone!’ That’s the magical affirmation we can use! *Fear, begone. You have no power here! Lies, begone. You have no power here. Desperation, begone. You have no power here! Loneliness, begone! You have no power here. Self-pity, begone. You have no power here.* Glinda represents our True Self banishing the illusions with the word of Truth: ‘Begone. You have no power here.’ The wicked witch is all smoke and threats and lies and illusion. The Good, True Self that we really are knows this and banishes the lie with affirmations of truth. And so it is.”

MORE SAMPLE PRAYERS

A Prayer Treatment by Durrell Watkins

*Omnipresent, healing, joyous, abundant Life: you are infinite goodness
and you are the source and substance of our lives; therefore, we can
trust that what is truly good is available to us and is already ours by
divine right. And so it is that we now boldly affirm hope, health, and*

happiness, peace, poise, and prosperity for our lives. We expect the best. We deserve the best. Let us now receive the best. Amen!

A Prayer Treatment by Durrell Watkins

For you and for all who are dear to you, I send my word knowing that a word filled with intention is powerful. I send the word of blessing, of healing, of happiness, of plenty. The word of blessing I send must accomplish the intention behind it. Wherever you go and whatever you do today, the word of blessing is with you. Receive it. Trust it. Allow it to bear fruit in your experience. Amen.

Prayer Treatment by Rev. Dr. Durrell Watkins

At the center of my being is a limitless Source of hope, love, peace, goodwill, strength, courage, creativity, joy, and wisdom. Whatever I call this Source, It is always with and within me, part of me, flowing through me, expressing as me. There is no power opposed to It and nothing is beyond Its capabilities. I recognize this Source of my life today. I am thankful for it. I trust it to bring my good to me consistently and in abundance. This Power within me is drawing to me wonderful people, amazing opportunities, delightful situations, and success beyond measure. The realm of Heaven is at hand, is in my hands, is being made manifest as a joyous, abundant, love-filled, and meaningful life. I am blessed; in mind, body, and in all my dealings, I am blessed. And as one who is blessed, I bless others. This is my truth and so I rejoice! All is well in my world. Amen.

A Prayer Treatment by Durrell Watkins

All is well. This simple prayer is powerful because of the truth it brings to our focus. All is well. Right now, I turn from any appearance to the contrary, and I choose to know that all is well. Circumstances change, situations are in flux, challenges come and go, but beyond the drama of judgments, anxieties, and experience, there is the Reality that is perfect and within which All Good exists. So, releasing the past to the past and letting go of all anxieties, I rest in the assurance that ultimately and truly, all is well. With joy and gratitude, I allow it to be.

A Prayer Treatment by Durrell Watkins

There is one universal and divine Life, and this Life is the substance of all that is. Within this Life there is everything we need to experience happiness, health, hope, and plenty. As we acknowledge and recognize this Life as OUR Life, then our individual lives must more perfectly reflect the Beauty and Wholeness of the One. So let us now relax and know that Life is offering us blessings beyond measure and with grace and gratitude, let us receive these blessings. Amen.

A Prayer Treatment by Durrell Watkins

So many people are asking for prayer because they are facing health challenges. But someone beyond the drama and fear generated by a lab report can remain calm and see past appearances to the truth of absolute wholeness and perfection. So in this moment, I am knowing your truth, which is eternal, divine Life cannot be sick nor sad nor lost nor limited and this perfect life is your life now. Within perfection nothing can be imperfect. So the light that you are must shine and the good you deserve cannot be kept from you. Be glad and grateful; blessings abound! Amen.

Q&A Dialogue

Dan: Durrell, I really appreciate the positive message you share from New Thought & Divine Science. At the same time, how do these paths address our human tendency to, well, screw up? I'm not saying we're 'bad' and need an external sacrifice for our 'sins.' But how do we 'atone'? Or do we do so at all?

Durrell: In New Thought atonement is understood as at-one-ment. We aren't trying to find God but remember that we could never be separate from God. Our 'sins' are the mistakes we make when we don't know or we forget our divine nature. Then, because every action has a reaction, we are punished BY our sins (not for them). Life then is a school where we learn more and more of our sacred value, but just like every other school, some people learn faster and better than others.

Dan: Got it! Thanks.

(Dan is a former Pentecostal minister with a Presbyterian seminary education. He now identifies as a Universalist and is a pastor within a small, progressive Protestant denomination. He is also attracted to New Thought ideas).

PRAYING WITH OTHERS

If someone asks you to pray *for* them, add them to your prayer list and spend time DAILY blessing each person on the list with your prayers. If someone asks you to pray *with* (audibly), then without predicting outcomes or making judgments, simply share love and peace with them. In your private time of prayer, use your visualizations and affirmations and summon all the faith you can, but when praying with someone, the important thing is to simply share and communicate love; and remember, God is love, so when we give Love, we are giving the best gift possible.

*My dear friend, I bless you with the Love that God is and I trust that peace and comfort are filling your heart now.
May you receive the blessings you need most. Amen.*

“Believe it in your heart; say it with your mouth. That is the principle of faith. You can have what you say.”

Kenneth Hagin

(one of the founders of the Word of Faith movement)



(www.newthoughtalliance.org)

New Thought Principles of the International New Thought Alliance

1. God is Ultimate Reality;
2. God is good and everlasting;
3. **God and humanity are united and the divine nature expresses through us;**
4. **There is power in prayer;**
5. As the divine nature indwells all people, each person has dignity;
6. **We are spiritual beings living in a spiritual universe governed by spiritual laws (and when we cooperate with these laws, our lives improve);**
7. **Mental states are carried forward into manifestation;**
8. God's realm is here and now;
9. The highest spiritual principles are expressed by living in peace, compassion, and love;
10. Our awareness of Reality is always evolving and we are free to change our beliefs accordingly.

The INTA principles reiterate the lessons we've learned so far about prayer. Prayer is recognizing our unity with our perfect, divine Source and since we are one with the All Good, all that is good is already ours. As we change our thoughts and attitudes to that of positive expectation and allowance, good is made more abundantly manifest in our experience and we achieve deeper levels of peace, joy, and fulfillment.

The INTA Statement above reminds us that:

God and humanity are united and the divine nature expresses through us. There is power in prayer. We are spiritual beings living in a spiritual universe governed by spiritual laws and when we cooperate with these laws, our lives improve. And mental states are carried forward into manifestation.

Meditations for Self-Help & Healing by Ernest Holmes

HEALING

“God within me is mighty to heal. God heals me of all my diseases and removes all fear from me. My God within is now healing me of all sickness and pain and is bringing comfort to my soul. God is my life; I cannot be sick. I hear the voice of Truth telling me to arise and walk, for I am healed.” And so it is.

(“God within YOU is mighty to heal...” “God within N. is mighty to heal...” “God within THEM is mighty to heal...”, etc.)

“There is no weariness. Mind and Spirit do not become tired nor weary, and I am Mind and Spirit. The flesh cannot become weary, since it has no mind of its own. I am free from all illusions of weariness. My whole being responds to the thought of Life. I am alive with the Great Vitality of the Spirit.” Amen.

(“Your whole being responds... You are alive with... Spirit”)

“My flesh is the Manifestation of the Spirit in my body. It is kept perfect through the Law of God. ‘In my flesh shall I see God.’ The mantle of flesh is perfect and complete here and now. It is one with the Body of God, and cannot be sick, nor suffer. My flesh is perfect.” And so it is.

“Perfection is already accomplished. I am that Perfect Life here and now. Today I express the Limitless Life of the All Good. Today I manifest my Completion in every part of me. Today I am saved. Here and now I am healed.” And so it is.

(“N. is that Perfect Life... Here and now N. is healed.”)

RECOGNIZING AND FOCUSING ON DIVINE POSSIBILITIES

“My eyes behold the complete and perfect in all Creation, ‘In all, over all and through all.’ I see the perfect; there is nothing else to see, and no suggestion of otherness can enter my thought. I know only the perfect and the complete. I am perfect and whole, now. I see the Good.” Amen.

HOPE

“My Life is in Thee, O Inner Presence. I look upon Thee and hope springs forth into realization. O Hope within me, undying evidence of Good, Thou dost completely hold me in Thy loving embrace, and from this fond caress assurance shall be born, and confidence and love. My hope is in Thee.” Amen.

“Hope cannot die. Eternal Hope is forever warm and fresh within me; the deathless Hope built upon the rock of sure knowledge. O Hope Sublime, O Life Supreme, behold I come to Thee as a tired child, and Thou dost

rekindle within me the fires of Faith. Strong, swift and sure, Faith springs forth into action and my entire Being rises to meet the Dawn. Hope, Faith and Love are in me.” And so it is.

PEACE & JOY

“Be still and know that I am God.’ I am still in Thy Presence. I am quiet and peaceful, for I put my trust in Thee. A great stillness steals over me and a great calm quiets my whole being, as I realize Thy Presence. The heart knows of Thee, O Most High within. It is still in Thy Presence, and it puts its whole confidence in Thee alone.” Amen.

“I have an Inner Friend who walks and talks with me daily. [This Friend] is not afar off, but is within me, a constant companion. I shall never become lonely, for my Friend is always near. I have but to speak and [my Friend] answers. Before ever my lips spoke [My Friend assured me I was loved]. O my kind Friend, how dear to me is Thy presence. The Spirit within me is my Friend!” And so it is.

“My Soul within me rejoices at the realization of Life. I am made glad as I behold my inner Light; I cannot be sad nor depressed, for the All Good has claimed me as Its own. O Soul within me, rejoice and become glad, for Thy Light has come and Thy Day of Salvation is at hand. Be still within me and behold [the One] Who sitteth On High. I rejoice in my Life within me.” Amen.

REST

“I wrap myself in the mantle of Love and fall asleep, filled with Peace. Through the long night Peace remains with me, and at the breaking of the new day I shall still be filled with Life and Love. I shall go forth into the new day confident and happy. I rest in [God].” And so it is.

TRUST IN DIVINE GOODNESS

“My affairs are in the hands of [the One] Who guides the planets in their course, and Who causes the Sun to shine. Divine Understanding attends me on the Way, and I shall not be hindered in my work. My affairs are controlled by Perfect Intelligence, and cannot be hindered from expression. I know that all that I do is done from the One Motive: to express Life; and Life will be expressed in and through me. I cannot hinder it. I am [guided] by Intelligence.” And so it is.

CAREER SUCCESS

“My business is directed by Divine Intelligence. The All-Knowing Mind knows what to do and how to do it. I do not hinder, but let It operate in my affairs. It prospers and directs...my life. My affairs are managed by Love, and directed by Wisdom, and they cannot fail to prosper and expand.” Amen.

("business" can be replaced with "career" or "work" and "My business" can be "N.'s business" or "Their business", etc.)

ASSURANCE OF BLESSINGS

"Whatever I need comes to me from the All Good. Divine Intelligence working through me always knows just what I need and always supplied it when I need it. This Law is unailing and sure, and cannot be broken. I receive my Good daily as I go along the pathway of Life, and I cannot be robbed of my birthright to freedom and happiness. I receive my Good." Amen.

"I draw my Good to me as I travel along the Way of Life, and nothing can keep It from me. My Good will always follow me. I accept the Good and rejoice that it is with me." And so it is.

Steps of Prayer repeated

Notice that Holmes' Help and Healing Meditations argue FOR the possibilities of life and FOR each person's worthiness to receive and experience the best. They try to dismantle fears, self-doubts, and notions of unworthiness. They acknowledge a **unity** with a benevolent, divine Presence. They **deny** that there is any real power to oppose or obstruct the Good that this Presence is and offers. They **affirm** that blessings ought to be experienced. Affirmations are usually made in the present tense ("My business IS directed," "Love dissolves all fear," "My affairs ARE in the hands of God," "It IS done," "I see the perfect," "My flesh IS the manifestation of Spirit," "I am alive with Spirit," "Faith springs forth into action," etc. There is a feeling of **goodwill** toward all people and all life. There is always an attitude of **gratitude** and each one is **released** with confidence in that Life will unfold exactly as it should. God is always assumed to be close, accessible, compassionate, benevolent, and all-inclusive. These are the conditions for effective prayer that we have been focusing on throughout the course.

A Shorter Formula of Affirmative Prayer

1. **God is**
2. **I AM**
3. **I ask without fear or doubt and with a willingness to receive this or something better**
4. **I give thanks**
5. **I let go and let God.**

A light-hearted version of this formula that nevertheless follows the affirmative principles of prayer might be:

"God is. I am. It's all good. Hot damn! Peace, out."

One Spirit Ministries' Explanation of Affirmative Prayer

"Affirmative prayer, or spiritual mind treatment, is a simple process, really. It requires of us the persistence to think in ways that will naturally, lawfully, create what we desire. It's praying the way Jesus of Nazareth prayed; it's praying as the Buddha prayed. It's using the spiritual laws of this Universe to unfold in our lives the experience we desire. Once you know more about these Universal laws, it's simple to practice using them. And they can be summed up like this: It is done unto you as you believe. Affirmative prayer, then, is about shifting our belief."

Prayer power

"We have unlimited power." Emma Curtis Hopkins

The power of prayer is always available to us. More than words or rituals or traditions, prayer is the awareness of our unity with the Source and Substance of all life. If words can get us to that awareness, they are useful, but the words aren't magic...they are the tools we use to remind us that infinite Good is part of us, is within us, and is always seeking to express through and for us. And so it is.

God in me, infinite Good within me, I acknowledge your presence. I trust you to guide me in the paths of joy and fulfillment. I expect and allow the best, now and always. Thank you, God. Amen.

Rev. Dr. Durrell Watkins

Bishop John Shelby Spong (ret. Episcopal Bishop of Newark)

"To say it briefly, prayer becomes something you are, not something you do. Your life and consciousness becomes the channel through which the meaning of God flows into human life. Prayer becomes the activity of opening your life to this deeper presence, this transcendent power we call God.

Petition becomes the way you share life and love with others. Intercession becomes your willingness to be involved in causes of justice that help to build a world in which all people can live fully, love wastefully and be all that they can be. Thanksgiving becomes the constant awareness of the way God changes lives. Meditation and contemplation become the means of spiritual growth and the development of a God consciousness and the praying person becomes deeply aware that God works through his or her life constantly."

"Prayer is the most effective method of renewal and transformation, because in prayer we associate with God and not with the problem." Myrtle Fillmore

God is All I Need (a prayer treatment by Paul Gonyea)

"The Power that created the vast universe also created the smallest part of an atom. God knows no size or limits. All is done in perfect scale, in harmony with the laws of creation that are themselves part of God. As a spiritual being who is one with God, I need nothing to create whatever I desire except a clear thought and an understanding that all is God. Big or small, nothing is more difficult than anything else unless I believe it is so. All form comes from an idea, and I use my ideas to direct all the power of the Mind of God to achieve great results in everything I undertake. With my thoughts supported by the unlimited power of the One Mind, all obstacles fall before me. I accept this Power with gratitude and great love, knowing that It is with me always." And so it is.

My "Bottom Line" is God (a prayer treatment by Sue Rubin)

"I am clear in the ways of directing the invisible Law of my own being at the level of my total Self which is God. I stand up for myself. I claim dominion in my life. I am steady and strong in my commitment to my spiritual growth. I do not participate in self-defeating attitudes or beliefs. I lift my consciousness to a level of self-acceptance and self-respect that represents my belief in myself as an individualized expression of God. Whatever is presently happening in my outer world of people, places and events, it is not there for my judgment or blame, but simply as an opportunity for me to accept more responsibility as the inner cause to my outer experience, whether consciously or unconsciously. I know that I am empowered to change any situation by changing the way I may have been thinking about it. God, as me, is richly endowed with all that it takes to move forward in life with self-confidence and faith. My 'bottom line' is always this: God is all the Power and Presence there is, and God and I are one." Amen.

Prayer for Abundance (by Divine Scientist Joseph Murphy)

"I know that money is an idea in Divine Mind. It symbolizes wealth; I recognize it as a means of exchange. All of God's ideas are good. God created all things and pronounced creation good and very good. Money is good. I use it wisely, judiciously and constructively. I use it to bless humankind. It is a very convenient symbol; I rejoice in its circulation. God's ideas are instantly available to me; I have a Divine surplus. God is my source of supply; that is my supply now." Amen.

To make it a prayer for someone else: I know that money is an idea in divine Mind. It symbolizes wealth; I recognize it as a means of exchange. All of God's ideas are good. God created all things and pronounced creation good and very good. Money is good. Alex uses it wisely, judiciously, and constructively. He uses it to bless the world around him. Money is a convenient symbol and I rejoice in its circulation in Alex's life. Divine ideas are instantly available to Alex. There is a Divine Surplus and that Surplus is available to Alex! God is the Source of Alex's supply and Alex is abundantly blessed NOW. Amen.

Quick Prayers

We don't always have the time to remember and work steps. The situation is immediate and needs a healing word and there isn't time for much more than a word. In the moments of private prayer where we can enter into the Silence, summon beautiful and positive images by the power of visualization, and then slowly and intentionally go through the steps of a preferred prayer formula, we will feel a lot of power and peace and assurance and will often hear that our prayer work has availed much!

But when we are driving and we see the EMTs trying to revive someone, or we are listening the radio news and hear of some disaster that Compassion demands of us a loving response, or someone in a crowd simply says "pray for me" and we want to immediately know the truth of that person's wholeness, we can certainly bring these instances to mind in our moments of prayer and meditation later in the day, but in the moment, we can instantly utter an affirmation, knowing that we are thinking or whispering words of Truth that will activate a flow of blessings as we release the word to the perfection of divine right action. We can always choose to remember (and our affirmations help us remember) that right where each person is, God (Good) is. Remember, God is omnipresent!

Even when the prayer takes the form of a short affirmation, the steps are still inherent. We believe in the divine presence, we know we (and the ones for whom we pray) are part and parcel of that presence, and we are affirming blessings with a sense of gratitude and expectation. The entire "formula" of prayer can be contained in a thoughtful, fully conscious affirmation.

Below are samples of affirmations that could be used in such a way (unless otherwise noted, affirmation written by Durrell Watkins):

Healing

God is lovingly at work now to bless, comfort, strengthen, and renew me. Amen. {renew you, them, N., etc.}

My/your/his/her body knows how to respond to healing energies and is seeking restoration now. Amen.

Your body draws divine Life into every cell, atom, tissue, fiber, organ, and function right now and always. Amen. {her body, my body, their bodies, etc.}

Prosperity

Prosperity is my divine right. Amen. {your divine right, their divine right, etc.}

God is the Source of our supply and that Source is unlimited! Amen.

I ask God to remind us now that we are Her beloved children and ours is a rich inheritance. Amen.

Relationships

Harmony is the divine way and will; may God's will be done. Amen.

Companionship

I am one with all Life; there is companionship for me and I welcome it now. And so it is.

(N. is one with all Life; there is companionship for him/her and he/she is drawing kind and loving people to him/her now).

Guidance

The God consciousness within you is guiding you in ways of joy and fulfillment. {God consciousness in us, them, her, him, me, etc.}

Employment

You are being divinely guided to gainful, happy employment.

Depression

In divine Mind there is no sorrow, condemnation, fear, or experience of lack. As I am a perfect idea in the mind of God, I am entitled to peace and joy and I trust those blessings are already on their way into my experience.

Fear

You are in God and in God there is nothing to fear. Peace; be still.

Death

What we call death is merely transition from one experience of Life to another. The Energy of life is omnipresent and eternal. It has no beginning and no ending. The Real Self will continue to live and thrive in the presence of God. I affirm light and joy for this dear Soul as s/he continues to evolve toward heavenly glory. All is well.

Grief

May your tears be healing and may you remember how strong you really are; I give thanks now that the blessing of joy will return to you.

In time of difficulty or perceived crisis

All is well. I can never be outside the presence of God and wherever God is, perfection and right action are present. This situation will work out for my highest good. I release it to my Higher Power and I expect and allow good and only good to come from this. Again I say, All Is Well!

Other affirmations:

I am happy, healthy, and prosperous; wise, loving, and serene. (copied)

The spirit of the Lord goes before me to make easy and successful my way. (Unity)

I am centered and poised in the Christ Mind and nothing can disturb the calm peace of my soul. (Unity)

Something good is on the way today. (F. Bernadette Turner)

The Angel of supply is ever at hand. (Malinda Cramer)

There is good for me and I ought to have it. (Emma Curtis Hopkins)

There is no mixture of evil with my good. (ECH)

The God consciousness in me expresses itself in Health, in Calmness, in Peace, in Power, and in Happiness. (Jewish Science)

I open my mind to greater income, to a greater enjoyment of Health, Happiness, Love, Success, Prosperity and Money. (Rev. Ike)

I see myself giving and receiving in abundance. (Rev. Ike)

The Lord is my light and my salvation; whom shall I fear? (Psalm 27)

I am strong and of good courage for God is with me wherever I go. (Deuteronomy 31)

In God I have put my trust; I will not be afraid. (Psalm 56)

Supportive forces at the ready

“Think BIG. There are unseen forces ready to support your dreams.”

Cheryl Richardson

I am thankful that the vastness of divine Perfection surrounds me, fills me, and expresses through and as me. Unified with eternal Perfection, I boldly deny that fear, lack, limitation, discord, dis-ease, despair, or any negative condition has any power in or over my life. I AM a spiritual being filled with light and love, hope and happiness, peace and power, confidence and compassion; therefore, I believe that my life ought to be wonderfully blessed and I now allow it to be so blessed and I choose to recognize every blessing. I imagine the very best. I expect the very best. And I know that infinite Power is rushing to my aid so that I will indeed experience the very best; and so it must be, and so it will be, and so it is!

Rev. Dr. Durrell Watkins

“Loving Treatment” by Louise Hay

DEEP AT THE CENTER OF MY BEING, there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give, the supply is endless. The use of love makes ME FEEL GOOD; it is an expression of my inner joy. I love myself; therefore, I take care of my body. I lovingly feed it nourishing foods and beverages, I lovingly groom it and dress it, and my body lovingly responds to me with vibrant health and energy. I love myself; therefore I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.

I love myself; therefore, I work at a job that I truly enjoy doing, one that uses my creative talents and abilities, working with and for people that I love and that love me, earning a good income. I love myself; therefore I behave and think in a loving way to all people, for I know that that which I give out returns to me multiplied. I only attract loving people in my world, for they are a mirror of what I am. I love myself; therefore, I forgive and totally release the past and past experiences and I am free. I love myself; therefore, I live totally in the now, experiencing each moment as good and knowing that my future is bright and joyous and secure, for I am a beloved child of the universe and the universe lovingly takes care of me now and forever more. And, so it is.

Intention

“An intention is a strong affirmation.” Emma Curtis Hopkins

When our intention is to do and be our best and we are clear about that intention and we believe that we deserve to achieve the good desires of our hearts, universal forces seem to attend us. A clear intention is a strong affirmation, and a strong affirmation is a command to the subconscious mind which the subconscious mind then works to fulfill. What is your intention today?

I intend to allow happiness to flourish in my life.

I intend to love myself and to treat myself with great care.

I intend to be a blessing to others.

I intend to live with integrity, optimism, compassion, and courage.

I intend to be always open to the amazing possibilities in life.

My intention is my affirmation and my affirmation is my prayer and my prayer can work wonders. Amen.

Rev. Dr. Durrell Watkins

What we think about habitually we will manifest eventually

“Try to avoid thinking about what you’re not: ‘I’m not happy, not rich, not good-looking,’ and so on. Instead, think about what you *are*: ‘I am joyful, I am prosperous, I am beautiful.’ Your self-esteem will rise immeasurably.”

Sylvia Brown

What we focus on we will drift toward, create, or attract. Put another way, *what we think about habitually we will manifest eventually*. So we don’t want to focus on failure, fear, defeat, regret, betrayal, error, scarcity, or limitation because what we focus on we will drift toward, create or attract. What we think about habitually we will manifest eventually. So let’s be very intentional to focus on joy, peace, comfort, strength, love, compassion, beauty, achievement, goodwill, and prosperity. Know that the Good you desire is already part of you, so affirm it, focus on it, and let it be made manifest in your experience.

I AM joyful. I AM prosperous. I AM beautiful. I AM one with the Good I desire and I now allow it to express perfectly in my life! Amen.

Rev. Dr. Durrell Watkins

“We usually get what we anticipate.”

Claude Bristol

“Walk cheerfully over the world, answering that of God in every one; whereby in them ye may be a blessing, and make the witness of God in them to bless you.”

George Fox (*Quaker founder*)

“What the mind can conceive and believe, it can achieve!”

Napoleon Hill

.....
THOUGHTS FROM LINDA MARTELLA-WHITSETT

How is Affirmative Prayer Different from Prayers of Supplication?

Prayers of Supplication:

Approaches the divine as a personality, a kind of human with superhuman powers.

Beseeches, attempts to convince a divine Personality to supply a need or desire.

Presumes a divine personality that is hesitant, capricious, withholding, and that must be persuaded or bargained with.

Affirmative Prayer:

Cultivates an awareness of Oneness, the One Power.

Identifies divine Nature as OUR True Nature; we claim our divine Identity.

Reveals the highest truth we can comprehend in this moment.

Prayer Treatments by Frank E. Richelieu

"I let the energy of life pour through me with all its purity and invigorating power. I let love sweep away all that is unlike itself in my life today."

"Today, I claim the consciousness that is mine. Today, I claim the joy that is mine. Today, I claim the peace that is mine. Today, I claim the harmony that is mine."

"I release from my consciousness those thoughts, feelings, and attitudes which have been holding me back. I stir up the gift of new life within me."

"I am unlimited in my spiritual nature."

"I want to experience greater health in my life. I want to experience a feeling of inner tranquility. I want to experience fulfillment. I am willing to forget the past and press forward into this new consciousness of life."

"All good is mine today and every day. I accept my good by divine right of consciousness. In this conscious oneness with the Infinite, I know that I can never want for any good thing."

"I am the builder of my life. I draw the plans with which my subconscious mind works. I am careful to release to it only those thoughts and feelings which I want to see manifested in my outer life. I am successful in all avenues of my life."

.....

REMEMBER: Prayer is comm-union with God, a conscious awareness of the Omnipresence. As we become aware of our union with the All Good, GOOD is what we must experience.

PRAYER TIPS BY NORMAN VINCENT PEALE

"Prayer is an emanation of power!" [Prayer is energy; not begging for favors]

"Words are not always necessary when you pray. Think how good God is, how kindly, and that [God] is by your side guiding you and watching over you." [Visualization]

"Let your prayer consist of all the wonderful things that have happened to you. Name them, thank God for them... You will soon find that these prayers of thanksgiving grow longer and longer, and you will have more and more things for which to thank God." [Gratitude]

"Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful." [Affirmation]

+ "One way to become enthusiastic is to look for the plus sign. To make progress in any difficult situation, you have to start with what's right about it and build on that." [Focus on the good]

CONCLUSION

We have reviewed many ideas by many thinkers and practitioners. Teachings of Positive Thinkers, Prosperity Preachers, Kriya Yoga, the College of Divine Metaphysics, AA, Christian Science, Religious Science/Science of Mind, Divine Science, Jewish Science, Word of Faith, A Course in Miracles, New Agers, Fillmoreans, Jewish & Christian Scriptures, Infinite Way (Goldsmith), Buddhism, Unitarian Universalists, Liberal Protestants, and Quakers have been shared.

Some have suggested that silent prayer is best, while others advocated for the spoken word. Some offer rituals, others quote sacred texts; still others simply focus on ideas they believe to be true or feelings they believe to be helpful. Some even offer formulas, though how one follows a formula should still make room for personalization and the order of “steps” isn’t as important as reaching the level of consciousness to which the steps are meant to lead.

What all of the prayer experts seem to agree on is that prayer is not about begging God for blessings (in fact, most would suggest that begging actually decreases the efficacy of prayer) but rather experiencing God as a presence and power that includes all life and that withholds no good from anyone and who seeks to share All That It Is with everyone who will embrace the Good that It has to offer.

Most of the prayers offered and teaching about prayer shared include feelings of love, goodwill, joyful expectation, and positive thinking (usually stated as positive affirmations).

Prayer, the teachers would agree, is more powerful when fear isn’t allowed to sabotage it. Most would also agree that ultimately there isn’t anything to fear because there is no real power to oppose God. God is omnipresent and eternal, and God is all good and only good.

“I will fear no evil for Thou art with me!”

Mostly, what every teacher of prayer in this course has suggested is that a belief in the power of prayer and that infinite Goodness can be accessed by prayer and that all people are meant to experience good lives are key elements to powerful prayer.

We each will find the method of prayer that works best for us, but all methods should assume a unity with divine Reality, a belief that there is Good for all of us and we are entitled to it, and a trust in, coupled with gratitude for, that Good.

Let us pray...