

Spiritual Mind Treatment - Affirmative Prayer

The Rudiments of Affirmative Prayer

A basic outline to get you started

<http://www.spiritontheroad.org/affirmative-prayer.shtm>

Here is a basic layout for an Affirmation or an affirmative prayer as it is also known.

- 1) The first is the acknowledgement of Spirit, God, It, or Universal Mind.
- 2) Second is recognition that you are an expression of this Spirit or Infinite Intelligence.
- 3) Third is the affirmation itself.
- 4) Fourth is the denial that anything can oppose your affirmation.
- 5) Then you reaffirm the expectations of your prayer
- 6) Next you give thanks for your knowing (the understanding of your relationship to Spirit.
- 7) Release the treatment to do its work

Most of this is covered as part of the basic New Comers (membership) class, but there is little flexibility for the wording of a flowing Affirmation in the form which is included. This is more left for you “the Spiritual Scientist” to come up with yourself.

To give a basic analogy of an affirmative prayer we all know, I’ll quote the Lord’s Prayer:

Acknowledgement of Spirit:

Our Father which art in Heaven hallowed be thy name,

Recognition of our relationship with Spirit:

Thy Kingdom come, thy will be done, on earth as it is in heaven.

The Affirmation:

Give us this Day, our daily bread,

And forgive us our debts, as we forgive our debtors,

Deny the negative or releasing old patterns:

Lead us not into temptation, but deliver us from evil,

Thanks and release of treatment to law:

For thine is the Kingdom and Power and Glory forever, Amen.

It can sometimes seem difficult to come up with a comfortable flow to the affirmative prayer that you’re making while keeping it positive, as you would want it to be. It comes with practice, practice, practice.

Acknowledgement of Spirit:

As I know there is one Divine Source

Recognition of our relationship with Spirit:

And that I am one with that Source of all that exists

The Affirmation:

I know that I am perfect health

Deny the negative or releasing old patterns:

That there is no thing, no dis-ease, nothing which can limit my health. My past is, just that, my past, and I let it go with love,

Reaffirm:

Knowing that perfect health is mine.

Thanks

I give thanks for knowing this Truth.

Release of treatment to law:

And release this treatment to the Laws of the Universe, knowing it is done, right here and now.

And so it is.

Below is another example of an affirmative prayer without the steps listed.

Universal Spirit, the One Light and Infinite source of all things,
So am I as Its light in my world,
I reinforce my right, as an expression of the One Light, for my perfect health and spiritual growth. My daily abundance overflows in direct proportion to the love I give.
I release from my path all negative thought and action,
And give thanks for the knowledge that my relationship with Spirit will fill my life with continued abundance and perfect health.
As I release my word into the Law, I know that it is already so.
And so it is.

Below we have put together and paraphrased from “Creative Thoughts” some phrases to help us form a prayer or affirmation using terms and ideas consistent with those used by participants in Religious Science and meta-physics. They may be of help to you in forming an affirmation and putting your thoughts into a cohesive order.

1. Acknowledge the Infinite

- The One Mind is perfect and infinite
- God is the source of all there is
- There is only one God, One Light that shines on all things
- God, the only Power and Presence in my life
- I acknowledge the Divine Source, and Universal Energy
- With the Unchangeable One as my only Source, I build my world consciously

2. You: As an expression of Spirit

- Spirit acting thru me as me is perfect in form and essence
- As and individualization of God (this affirmation) is mine by divine inheritance
- I am God's Light in my world
- My true nature, being God (or an individualization of God) is to give to the world
- I lift up m consciousness to bless the Divine Source that supplies my world infinitely
- I am Its (God's) individualized expression. The Divine and I are one.

3. The Affirmation: you declare or claim (whatever you're affirming) for self

Health, money, goodness, relationship, work, abundance: those things you want realistically for yourself or others now or for the future.
(Not to be confused with asking to be a rocket scientist without getting the education first, i.e., unrealistic goals)
-I am the conduit for that which I am seeking

4. Release the Negative

- I release any old patterns or behaviors that no longer serve me
- by rejecting any negative patterns in consciousness
- No person, place or thing can limit my (experience)
- I release fear and doubt
- I change my thinking to change my life

5. Reaffirm your beliefs

6. Give Thanks (with truth, harmony, joy, happiness, goodness)

- by acknowledging your oneness with Spirit
- by accepting God's gifts into your life
- welcoming this good into your life
- I am thankful for my life as it is now (and will be)
- I celebrate the truth of my being; my spirit soars with love and joy

7. Release your prayer by

- by allowing it to unfold in my life
- accepting the gifts of Spirit or God
- I know when I release my word, it is done.
- I release my word with complete confidence in the Law of Mind
- I am Its timeless expression ever unfolding
- In gratitude I am free to live a rich, full life right here and right now
- I create this first in my mind, align with Universal Law, and await its manifestation with cheerful expectancy.
- I release my word, setting my intention into Law

And, if you like, end your affirmation affirmatively with:

-And so it is.