



Creative Living Foundation
Resources for Balanced & Creative Living

Affirmative Prayer

The Five Steps of Affirmative Prayer:

Step 1 - Recognition (*God Is*)

Acknowledge that the Divine Force (the Divine Mind and the Divine Law), is flowing in, around, and through all things. It is omnipresent and the source of all that is.

Step 2 - Unification (*I Am*)

Acknowledge that everything is interconnected and interdependent. Separation is an illusion, we are one and everything exists in this Oneness.

Step 3 - Realization (*Place your desired good into the Divine Law*)

Realize that Divine Force is flowing through everything, including each of us all the time. "Therefore, I accept that I am one with whatever good I am asking for and in that knowledge, it will manifest in my life for the highest good."

Step 4 - Thanksgiving (*Grateful Acceptance*)

It is very important to feel gratitude. This is considered one of the most important steps. The attitude of gratitude and thanksgiving is most essential. Feel this thanksgiving deeply and feel the beauty of the fact that what you are asking for will manifest. Know this to be true and express this knowledge through gratitude, joy, and peace.

Step 5 - Release (*Release it into the Universe*)

Now, release your words into the Divine Law (what physicists call the Unified Field of First Cause) knowing that all the good you have asked for will be. You have now planted the seeds and they will manifest according to the Universal Law of Cause and Effect because "as ye sow, so shall ye reap." The Divine Law reflects back what we release into It. Thus, your benediction declares it to be so. "Amen", "And so it is", "So be it", "And this is the Truth."

Affirmative Prayer is a direct, focused, and organized process using these five steps to manifest your desired outcome. Affirmative Prayer is an essential component of the Creative Mindset, the first step to set the Creative Process in motion.