

About Affirmative Prayer

Affirmative prayer does not beg or plead with God. It affirms, declares, decrees and claims that we are healthy, prosperous and loved because it is our Divine birthright to be so.

Not believing God to be human, I use the term "It" instead of he or she, but this is a personal preference. Some examples of names that are used for God are Infinite Intelligence, Divine Wisdom, Creator and Energy. The "I am" you speak in affirmative prayer is the God in you speaking.

We pray in present tense as if the prayer request is true in the present moment. In other words, you may not have perfect health right now, and there may not be world peace in this moment, but our energy and our visualization says different. We create these situations on the spiritual plane with complete confidence that they are being manifested and brought to the physical plane now.

Parts to an affirmative prayer:

1. There is only One Source, One Energy, One Omnipotent Creator.
2. We are one with this Source, made up of the same Energy and therefore must contain all that It is.
3. We declare that we are whatever it is that we are praying for, whole, perfect and complete as the God who created us.
4. We give thanks that this is already so.
5. We release the prayer into the Mind of God, knowing that our prayer is already answered. There is complete faith that our prayer is answered, and we leave it alone until we feel inspired to pray again.

This is a very basic run down of a very powerful technique. Look for the page on my site of books and authors on this topic as well as other topics and techniques.