

Affirmative Prayer

The Creative Power of the Spoken Word

“With our thoughts we make the world.” Gautama Buddha

“To think is to create.” Ernest Holmes, The Science of Mind of Spirit

What is Affirmative Prayer?

The Science of Mind & Spirit - Prayer, like meditation, is conscious contact with the Infinite Intelligence within you. Prayer is a conscious mental act of working with the Law of Creation, the Law of Cause and Effect, by consciously feeling the Creative Presence at hand then speaking out words of good and acceptance.

Center for Inspired Living - An Affirmative Prayer is a process which moves us mentally from idea to a completed experience knowing that once the idea (thought) has been initiated (spoken), the creative stuff of the universe works in a focused and consistent manner to make the invisible real. This process is done entirely on the invisible plane of “Mind” and not on the physical plane.

Unity - Rather than begging or beseeching, this method involves connecting with the Spirit within and asserting positive beliefs about the desired outcome. Jesus, a metaphysician, taught this type of prayer when he said, “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

For our definition, Affirmative Prayer is a conscious new order of thought given to the Law of Mind.

If the word “prayer” doesn’t work for you, Dr. Holmes called it “spiritual mind treatment” because he believed we were treating the mind spiritually!

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The Law, our mind and how it all works!

Depending on where you research there are anywhere from seven to twelve to twenty universal laws. One website talks about 105! To keep it simple, let's take a look at seven natural laws of the universe as identified at www.mind-your-reality.com. Immutable means unchanging and absolute.

1. **The Law of Mentalism** (Immutable) tells us that, "The All is Mind - The Universe is Mental". That everything we see and experience in our physical world has its origin in the invisible, mental realm. It tells us that there is a single Universal Consciousness - [the Universal Mind](#) - from which all things manifest. All energy and matter at all levels is created by and is subordinate to the Omnipresent Universal Mind. ***Your mind is part of the Universal Mind - the same in kind with the only difference being one of degree.*** Your reality is a manifestation of your mind. This is true [Mind Power](#).
2. **The Law of Correspondence** (Immutable) tells us "As above, so below; as below, so above". This means that there is "harmony, agreement and correspondence" between the physical, mental and spiritual realms. There is no separation since everything in the Universe, including you, originates from the One Source. The same pattern is expressed on all planes of existence from the smallest electron to the largest star and vice versa. All is One. The Ancient Greek Temple of Apollo at Delphi was referring to this great Law of Correspondence in the inscription "Know thyself and thou shalt know all the mysteries of the gods and the Universe".
3. **The Law of Vibration** (Immutable) states that everything vibrates and nothing rests. Vibrations of the same frequency resonate with each other, so like attracts like energy. (The Law of Attraction) Everything is energy, including your thoughts. The whole universe is but a vibration. Science has confirmed that everything in the Universe, including you, is pure energy vibrating at different frequencies.
4. **The Law of Cause and Effect** (Mutable) tells us that, "Every cause has its effect; every effect has its cause". In accordance with this Law, every effect you see in your outside or physical world has a very specific cause which has its origin in your inner or mental world. This is the essence of [thought power](#).

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Every one of your thoughts, words or actions sets a specific effect in motion which will come to materialize over time. To become the master of your destiny, you must master your mind for everything in your reality is a mental creation. Know that there is nothing like chance or luck. They are simply terms used by humanity in ignorance of this Law.

5. **The Law of Polarity** (Mutable): This law states that, "Everything has its pair of opposites; opposites are identical in nature, but different in degree". It means that there are two sides to everything. Things that appear as opposites are in fact only two extremes of the same thing. For instance, heat and cold may appear to be opposites at first glance, but in truth they are simply varying degrees of the same thing. The same applies to love and hate, peace and war, positive and negative, good and evil, yes and no, light and darkness, energy and matter. You can transform your thoughts from hate to love, from fear to courage by consciously raising your vibrations. This is what in the ancient Hermetic Teachings is called the Art of Polarization.
6. **The Law of Rhythm** (Mutable): Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left. There is a natural cycle to all of life. This principle can be seen in the waves of the ocean, for example.
7. **The Law of Transmutation** states that energy moves in and out of physical form. Your thoughts are creative energy. The more you focus your thinking on what you desire, the more you harness your creative power to move that energy into results in your life. The Universe organizes itself according to your thoughts.

Clearly, you can see that we are surrounded by scientific laws that govern all aspects of life. Once we understand this and we understand these laws and how they work we can, in turn work with them to co-create the life we want to live!

“Our thoughts are creative.

This is the most important law of nature that we need to know.”

Louise L. Hay More About Nature's Laws

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The laws of nature are dependable, they work the same way every time for everybody. (The Law of Creation: Think planting seeds in the spring)

“Just as the creative power of the soil receives all seeds put into it and once begins to work upon them, so mind must receive all thought and at once begin to operate upon it.” Ernest Holmes

The laws of nature govern all life and all people come under these laws. Think of the Law of Gravity!

The laws of nature work on the visible plane and the invisible plane as well. The Law of Cause and Effect is a good example.

The laws of nature, as they pertain to “Mind” are continuously working whether we are consciously aware of them or not.

“One of the most fascinating things which you will ever learn is that this Law, which exists at the center of your being, is creative, that you use the same creativeness which brought the planets into being, the same creativeness which produces everything that is.” Ernest Holmes

Thoughts as Energy

Metaphysicians believe that thoughts transmit magnetic energy and this energy attracts other energy of the same frequency. Whether you are conscious of it or not, your thoughts are transmitting energy that is attracting more of the same.

Affirmative Prayer creates a mental equivalent for a desired physical manifestation and sets into motion the power of creation. All things first had to exist in a mental state before it could exist in a physical one.

Again, we go to Holmes:

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“We ourselves set the Law in motion through Affirmative Prayer. Affirmative Prayer is a definite act of the conscious mind setting The Law of Mind in motion for the idea specified in the prayer. The persons stating an affirmative prayer believes that their word is operated upon by an intelligent, creative Power which has the power to create the conditions of the ideas embodied in their prayer. We are working with a Power that can rearrange conditions.”

The thoughts you think and the beliefs you hold are the conscious and unconscious seeds you plant in your own life. Once you understand this, you can consciously direct the flow of good into your life by *choosing* the thoughts you think. Remember the Universe is a “Yes!” machine, the soil is always saying “Yes!” to the seed it is given.

So, what are you planting?

“...we know that until we control our thinking, we shall never control the conditions of our environment, business and personal health. The point of control is always within, and the wise person starts to assume dominion over their disorganized thinking...we are spiritually equipped to do this.” Ernest Holmes

How do we do Affirmative Prayer?

Affirmative Prayer is a five step formula that aligns us with the creative process and organizes our thinking by creating a mold that reflects our desired feeling state or outcome. In Affirmative Prayer, we turn towards that which already is and accept it mentally. Manifestation follows.

1. **Recognition:** In our first step we are recognizing that there is one Universal Source of Creation. There is only one Life, that life is God’s/Love’s life, that life is perfect
2. **Unification:** In the second step we are unifying ourselves with this Love Intelligence, knowing that it is within us. We are establishing ourselves within the Oneness that is Life Itself. I am one with that life now.

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3. **Realization:** This is the creative step! Here we are affirming that what we desire is already happening and already within us. We are bringing in the feeling and the knowing that it's happening now! Speak in the present tense with affirmative language. Remember, It is done unto you as you believe! From this place of Oneness and creative power, I know that.....or I declare....
4. **Thanksgiving:** This step allows us to give thanks that our prayer is already answered, that it is done. I give thanks knowing that this prayer is answered now! It is done. *"Thanksgiving in prayer is vital, for it makes us believe that we already have our good. When the idea is established within us, it then takes form around us!"* Yep, Ernest Holmes.
5. **Release:** In this final step, we let go knowing that the Law is now working upon your word. I release it unto the Law that always says, "Yes!". It is so!

The Condition and Purpose

It's helpful to identify the condition in your life that you want to change.

"I need a job. My money is running out and my bills are piling up."

Then identify the purpose of your treatment.

"The perfect job is mine now with enough money to pay all my bills with plenty to spare. My gifts and talents are perfectly aligned with my new job!"

Then use that affirmative sentence in your realization step...with feeling!

"Our idea of prayer is not so much asking God for things as it is believing that we already have the things we need.

Prayer is the acceptance of a thing before we get it."

Ernest Holmes Remember....

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You do not have to do a perfect Affirmative Prayer. In fact, there is no such thing!

What matters most is do your best to speak in the present tense. You're affirming something that is happening now, not in the future. Use the verb "is" and see how it feels.

Also, the five steps create an orderly process that allows us to fan the flame of our feelings. Feelings are creative! So more important than "getting the steps right" or making sure you "say them in order" is your feeling about what you're saying! You've got to believe it!

By feeling the Truth that your desired experience is already done and in aligning with that Truth you're giving it a vibrational mold for it to come into form as your very life, as your very experience!

We're seeking to consciously realign our thinking with what we want to feel and experience. To do that we have to turn away from the conditions of our lives and be willing to identify what it is we truly desire.

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

Henry David Thoreau

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Prayer for General Well Being

Remember, use your words. We all have different words for our higher power. Whatever word *feels* right for you, use that one. I've just listed the ones I interchange most often.

Recognitions: God, Spirit, Love Intelligence. One Divine Source and Force. It is all there was, is and yet to be.

Unification: Knowing God/Love is all there is, I know that I am made of this same Divine Energy. I am this Love Intelligence. I am Spirit made manifest. All that I think, say and do is Spirit in action.

Realization: From this Oneness, I know that all of creation is made of this same divine, loving energy. Because I am Spirit and Spirit is Love, I am love. Because I am Spirit and Spirit is abundance, I am abundant. Because I am Spirit and Spirit is perfect health, I am perfect health. Because I am Spirit and Spirit is harmony, I know all my relationships are harmonious. Because Spirit is Peace, I know my life is filled with Peace.

Thanksgiving: I give thanks for this day, for the many blessings in my life, for those I see and for those I don't, for those I have and for those that are coming. I am grateful to remember who I AM!

Release: I release these words into the universal law knowing that I am truly blessed. And so it is.

Here too, use the words that allow *you* to close the prayer. If you take anything with you is that speaking the highest outcome of any situation with feeling is creative. You are creative!

“Creation is going on all the time; we should realize this and learn how to control it so that there may be created for us the things we desire.” “We are making our environments by the creative power of our thought.”

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"Thought is the form of all things!" Ernest Holmes

Additional Sources

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Newvisionaz.org

Scienceofminduk.org

Cslsr.org

Csuradio.org

ultimatedestinyuniversity.org/cs/spiritual_mind_treatment.htm