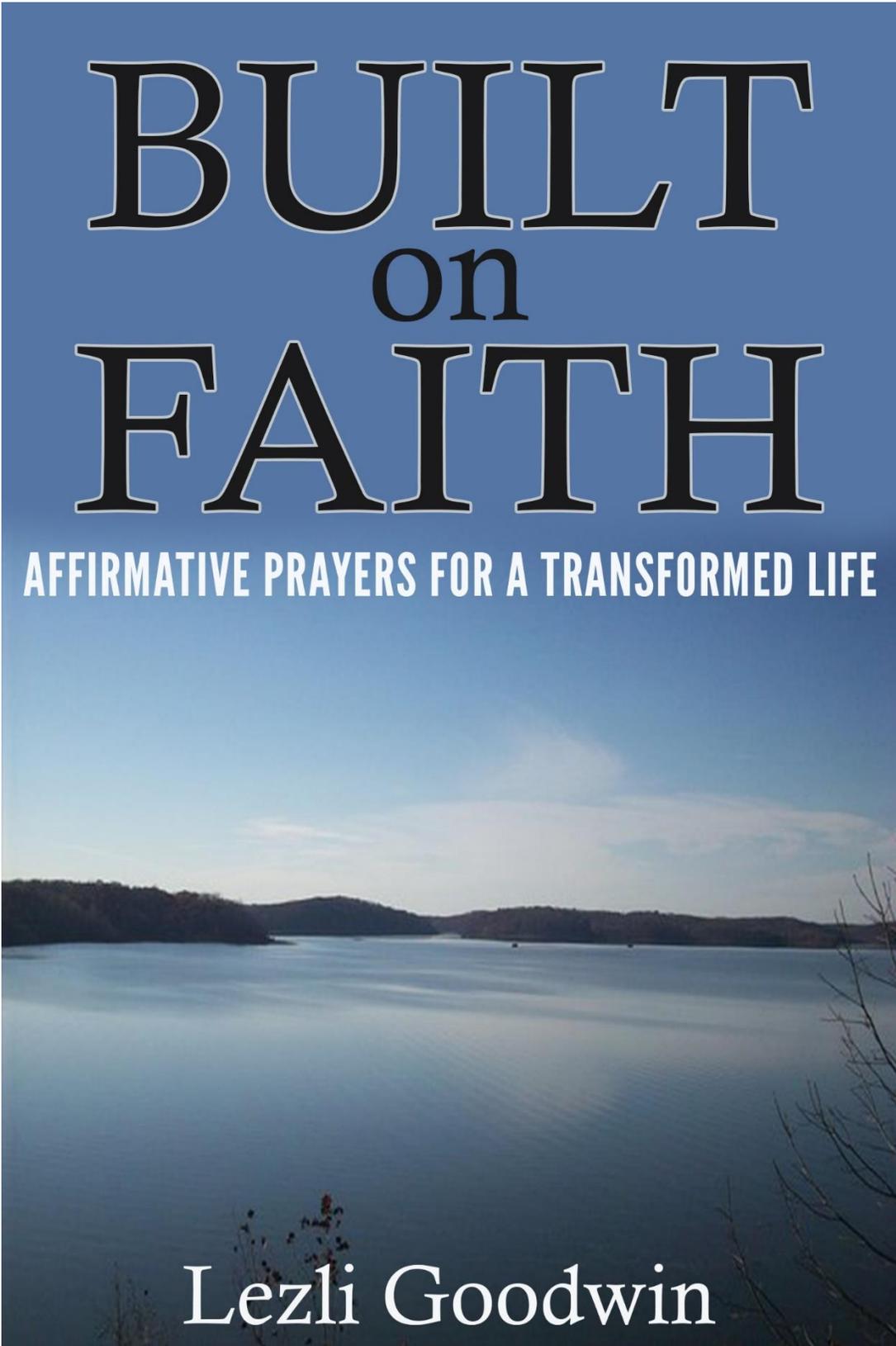


BUILT on FAITH

AFFIRMATIVE PRAYERS FOR A TRANSFORMED LIFE



Lezli Goodwin

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“When prayer removes distrust and doubt and enters the field of mental certainty, it becomes faith; and the universe is built on faith.”

Ernest Holmes

About the Author

I am Lezli Goodwin, professional spiritual mentor and affirmative prayer enthusiast. I believe that committed, powerful daily prayer will change the world. It is my deepest passion to help people find their own path to prayer and experience the life they desire.



Why You Should Listen to Me

For over 15 years I've been helping people connect with the God of their understanding, helping my clients and students utilize what they already know through one-on-one spiritual mentoring, affirmative prayer calls, classes, workshops and public speaking engagements. More than anything, I'm sought out for my powerful, heartfelt prayers. It is my pleasure to share this collection of affirmative prayers with you, and it is my deepest hope that you will utilize them daily to connect with the Divine and reveal more Spiritual Truth in your life.

The Bottom Line

I'm a Spiritual Mentor, sure. That's my day job and my reason for being. I'm also the matriarch of a big, bustling family (five kids, two dogs, a cat, a husband, random stragglers). I'm a singer/songwriter of Posi (positive) music. I love to bead, paint, crochet -- anything artsy is my cup of tea. I love days where I hole-up in my tiny office, meditating and/or playing on Facebook with my hair in a messy bun and wearing yoga pants. I'm a real person. I mess up sometimes. But you better believe I take those mistakes straight to prayer, to feel the Power and the Presence of Spirit making things right. That's the life I want for you. Let's do this, together!

Gratitude

I received a tremendous amount of help in the creation of this book, and give grateful thanks to everyone who offered assistance and support.

Huge thanks to Jeffrey Kealoha Ryan, Tina Vlassie and Pam Wake for your careful (and much needed) proof reading. They say it takes a village, and it certainly took all three of you to put Humpty Dumpty back together again.

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Introduction

I've heard it said that the only thing wrong with your workout is that you're not doing it. I believe the same to be true about spiritual practice. If you're someone who was drawn to this book, it's safe to say you are already a spiritual person. You've probably read lots of books on self-improvement and manifestation. There's a good chance you've taken classes on prayer and connecting with the Divine. In fact, there's probably very little I could tell you that you haven't already encountered somewhere else. You don't need to learn more right now. You need to practice what you've already learned.

Daily affirmative prayer is a beautiful way to step into a more anchored spiritual practice. But what exactly is affirmative prayer? According to Wikipedia, Affirmative Prayer is a form of prayer or metaphysical technique that is focused on a positive outcome rather than a negative situation, affirming that the outcome has already happened. You'll notice that affirmative prayers are always in the present tense. We know it's happening now, rather than saying it will happen at some point in the future.

In this book, we're going to be focusing on a specific form of affirmative prayer called Spiritual Mind Treatment, which is found in the writings of Ernest Holmes. Affirmative prayer is based on five key ideas, or five major assumptions about the Nature of the Divine.

1. God is not a person. Think of it as a Universal Consciousness, an Energy, that flows through everything. It's not a person, so It doesn't have a personality. It's neither a he nor a she, or maybe It's both and more. I prefer to use the word "It" rather than a gendered pronoun. This may be really different than what you're used to, but it makes more sense than creating God in the likeness and image of us.
2. God is all there is. Everything is made up of It – the mountains, the stars, even us.
3. Since we're all made up of God-Stuff, we already have within us every attribute needed in order to be and do whatever we want. Now, we may not be accessing those

attributes terribly well right now, but the latent qualities are there at the center of who we are.

4. The Highest God and the Innermost God are One God – the same God. That’s why, in affirmative prayer, we’re not just talking to a God out there, asking for things. We’re talking to ourselves, reminding ourselves about the Truth of who we are and why we are that way. (In case you aren’t following, who we are is an emanation of God, whole and complete because we are made of God-Stuff.)
5. There are many names for God, and they all work. For the rest of this class, I’ll use lots of different names. Some of my favorites are: The Beloved One, Sweet Spirit, Universal Mind and Divine Perfection. If I use a name for God that bothers you, just mentally replace that name with one you prefer. Here’s a hint: if you see a word capitalized in this class (like Love or Truth), I’m using it as a name for God.

Affirmative prayer is essentially an organized, logical argument with your own brain. Your old ideas, memories and beliefs about the world (and about yourself) can stop you from having the life you want. The crazy thing is you may not even know they are there! Beliefs like, “People never change,” “Nice guys never win,” or “I’ll never get ahead,” might be hiding in your unconscious right now, interfering with your ability to consciously create the life you want. Now, whether you believe in the Law of Attraction (the idea that your thoughts attract corresponding things into your life) or whether you believe these hidden beliefs unconsciously affect your behaviors, it doesn’t really matter. The effect is the same. These ideas are getting in your way and affirmative prayer is the best method I’ve found for letting them go.

The five-step Affirmative Prayer logical argument goes like this:

Recognition Step: Spirit is _____ (a whole bunch of stuff that you know that God is).

Eternal, All-Knowing, pure Love, absolute Abundance. Sweet Spirit is expressing as everyone and everything. Include whatever matters to you and helps you find that sense of how amazing and huge and powerful Spirit is.

Unification Step: I am one with God. I am made up of God stuff, so I am that which God is. I am Love, Prosperity, or whatever qualities you have claimed for God.

Realization Step: Because I am the (fill in the blank quality) that God is, I am experiencing (the thing or experience) that I want now. (Note the present tense.)

Thanksgiving Step: I am so thankful to know this is already the Truth.

Release Step: I release this prayer into the Law – the mechanism of how the Energetic Universe works. I like to close the release step of my Affirmative Prayers with “And So It Is”. That’s basically what Amen means in modern English. Amen is fine too.

Affirmative prayer is the single best method I've found to connect with the Divine and change my life. The great thing is, you don't have to be comfortable writing affirmative prayers to get started. Instead, you can start right where you are -- read the prayers I've written for you and witness your life as it begins to transform. I invite you to pray this way every day for a month. See for yourself if daily affirmative prayer is the spiritual tool you've been missing. After all, real change happens when you put Spirit first.

You'll find prayers for:

- Better Health
- Flowing Abundance
- Improved Relationships
- Wisdom for our World Leaders
- And More!

I can't wait for you to see the shifts that happen in your life through the use of these prayers!

Lezli Goodwin

Affirmative Prayers

Prayer for Health

(Recognition) There is one Power, one Spirit, one Creator Source of all of Life. This One is Good. It is Health and Wholeness, Energy and Vitality, Joy and Ease. It is the Power that put the very stars in motion. And this One is expressing perfectly in, through and as all of Life. Every person, everything and every situation is an expression of this One that we call God. It is everywhere present, right here and right now.

(Unification) I recognize that I am a divine emanation of this One. I am an expression of God, made whole, perfect and complete, just as I am. Because this is true, everything I claim for God, I must recognize in myself. I am Health and Wholeness, Energy and Vitality, Joy and Ease. I am divinely guided to perfect right action by the still small voice at the center of myself.

(Realization) And so, knowing this truth, I speak my Word for my perfect, Divine health. The wholeness that I already am is activated, called forth to reveal the glory of God in my glowing, radiant health. Every cell, every tissue, every organ, every system operates perfectly and in harmony with my whole body. I overflow with energy, vitally alive in every way. Any and all thoughts, ideas or habits of illness, pain or injury are just gone, back to the nothingness from which they came. They have no power here. Nothing can keep me from my Divine birthright, which is perfect health.

(Thanksgiving) I am so thankful for the Truth of this Word, knowing that it is already manifesting powerfully in my life.

(Release) And so I release this Word into the action of Universal Law, which has already said yes. I let it go. And so it is.

Prayer to Prepare for Surgery

(Recognition) It is so good to take this time to turn my attention to the Source of All That Is, the One Power and Presence of the Divine. It is all that there is, at the heart of every being, making up the Universe out of Its own Beingness. This One is Perfect Intelligence, knowing and understanding all. It is Wisdom and Kindness, Grace and Wholeness. It is the One Mind, in which rests all knowledge, all discernment, all healing.

(Unification) As a part of All That Is, I must recognize that I am one with The One, made in Its likeness and having access to Its Divine qualities. My mind is one with the One Mind, my heart is one with the One Heart. So, I am Intelligence and Wisdom, Kindness and Grace. I am a seat of Wholeness and healing, right here and right now. And as I know this truth for myself, I know it for every person who in any way affects my health care. I know that Divine Intelligence and Perfect Wisdom are at work within every doctor, surgeon, nurse and aide that assists on my case. I know Kindness and Grace to be in the hearts of all who visit me, who pray for me, who think kindly of me during my healing process.

(Realization) And so, I speak my Word for my perfect health, knowing that The One is working mightily through each of us to perform a wondrous miracle of healing. Intelligence and Wisdom are revealed as excellent decision-making and brilliant performances by every doctor on my case. Kindness and Grace are revealed through warm and thoughtful care. Ease and Wholeness are revealed through a perfect unfoldment of my surgery and recovery, demonstrating the Divine pattern of health in every way. I let fall away from me any and every fear or doubt, for they are not the truth and they have no power. Instead, I trust deeply that God is at work in my life and in my body, supporting me every step of the way. I am loved and I am well.

(Thanksgiving) I am grateful, grateful, grateful for the perfect healing that is mine right now. I am grateful for my doctors, my nurses, my family and my friends who have supported me beautifully. I am grateful to know that I am well.

(Release) And so I let it go, imprinting my intention on the Creative Mind, and trusting that my perfect healing is brought forth into manifest form. I let God do God's job. I know that it is done. And so it is.

Prayer for Faith and Surrender

(Recognition) There is one Life. This Life is God's Life. This Life is perfect, a beautiful unfoldment of all things Good, expressing as everything that is. It is that still small voice of guidance that always leads to the highest and best. It is Love and Grace, Support and Supply. It is deep Peace, full faith and powerful surrender.

(Unification) What I know for myself is that God's perfect Life is my life now. I can never be separate from It, for It is the building blocks of everything that I am. The Truth of me is Peace and Grace and Perfect Love. I am built for surrender into faith.

(Realization) And so I speak my Word for a profound sense of absolute calm and ease in every area of my life. I let go of needing to know the answers, as I am Divinely guided in every moment to perfect right action and right outcome. I easily and effortlessly surrender every question, every relationship and every feeling into the Grace of Sweet Spirit, trusting completely that I am supported and supplied in all things. I lean into my faith, feeling The Beloved in all that I experience. My affairs are run by the Most High, and I am truly blessed.

(Thanksgiving) I give grateful, grateful thanks for this sense of faith, surrender and powerful trust. I am thankful for the beautiful way Spirit graces all of life.

(Release) I release this prayer into the perfect activity of the Law of Mind with a complete sense of trust that it is done now. It is good. And so it is.

Prayer for Peace

(Recognition) There is one Universal Life that makes Itself known in individualized form as each individual person and thing. This One Life is the same Energy that allows the sun to shine and the fields to grow, naturally and effortlessly bringing forth more goodness in to every moment. It guides and guards all with Love and Grace, ensuring that all is well, no matter what.

(Unification) Knowing that this One Life exists everywhere, I affirm my oneness with It and claim Its qualities as present within me. The Love of the Divine pours through me. The Grace of the Divine washes over me. The same Divine Energy that creates and sustains all of nature is within me now and in every moment. I am safe and secure, guarded and guided in every way by the indwelling Spirit. All is well with me, always.

(Realization) And so I speak my Word for a profound sense of absolute Peace in every moment. I see the things that are going on in the world, and yet I see beyond them to the Divine Truth that everything and everyone are being cared for by The Beloved One. I am guided in every action, guarded from any harm; thus, I am completely safe. My world is completely safe, run by the perfect, all-knowing Spirit that is ever-present. Every part of my being relaxing into the knowingness that God has got this, and all is truly well.

(Thanksgiving) I am so grateful for this amazing Truth of Peace in every area of my life. I breathe easy and give thanks for all the good in my life now.

(Release) I release this prayer into the perfect activity of the Law of Mind with a complete sense of trust that it is done now. It is good. And so it is.

Prayer for Clarity

(Recognition) God is all there is. There is nothing that stands against It, and there is nothing else to be. It is the Alpha and the Omega, omnipresent and omnipotent. It is literally everything, as everything and everyone are made out of Its substance. As the One Mind, It contains all knowledge, every idea and infinite possibilities. It is Clarity and Wisdom, Divine Intelligence and perfect Guidance.

(Unification) My mind is of the One Mind, and I have access to all that It contains, because I am one with my Creator. At the center of my being is already encoded Wisdom, Clarity and Divine Intelligence. I am forever guided, forever led by the Indwelling Spirit.

(Realization) And so I speak my Word for absolute Clarity in my life. I am present to the whisper of Divine Guidance, leading me always to perfect right action and ideal outcome. My next step is made clear before me, and the resources I need to take that step are always provided by The One. Graceful solutions appear before me with Ease. I know what to do and when to do it for the highest and best outcome of all, and every bit of it is easy because it has always been the Truth.

(Thanksgiving) How grateful I am to live in the knowingness that I am Divinely guided and have perfect clarity in my life. I am so thankful that Life is Good!

(Release) With a gracious heart, I release this prayer, knowing it is done. I trust it. I let it be. And so it is.

Prayer for Focus

(Recognition) I turn within, to the space where Truth resides, and there I recognize the Power and the Presence of the Almighty, the One Mind, the All Knowing. This One, with laser focus and absolute Clarity, created all of life and imbued Its creation with Its very Essence. There is nowhere God is not, and no part of It is missing in anyone or anything. It is powerful intention and Divine Intelligence, making Itself known in all things.

(Unification) This is what I know for myself: I am created by that same Almighty Power. It has imprinted Itself on my heart, building me out of Its own stuff and substance, in Its likeness and image. Every aspect of this One is a part of me, built into my very DNA by my Creator. The focus and intention of the Divine is right here within me. The Clarity and Intelligence of God is always mine to claim and express.

(Realization) And so, I speak my Word, affirming that I am perfect focus in all of my affairs. I complete each task before me easily, completely free from distraction or confusion. I see each step clearly, and take action on each with Ease. Divine Intelligence operates through me as a perfect Knowingness about what to do and when to do it, lining every element up beautifully with ideal timing and magnificent outcome. Nothing has the power to pull my attention or my intention away from my focused choices. Nothing can keep me from my good.

(Thanksgiving) Gratitude wells up from the core of me, flowing forth with thanks and praise. I am so grateful for the focus in my life.

(Release) I let it go, releasing it into the Law of Cause and Effect, trusting that it is done. I let it be. And so it is.

Prayer for Creativity

(Recognition) There is an Infinite Presence, an omnipotent Intelligence, that is the organizing Principle of All of Life. This One that we call Spirit is in all, of all, as all, expressing as the powerful and beautiful unfoldment of absolute Perfection. It is forever and ever expanding, as It creates more Life out of Itself. It is the very Essence of Creativity.

(Unification) As a creation of this One, I am made of that which It is. As such, I am creative in my nature. There is no part of me that is separate from Spirit, and no aspect of Spirit which is missing in me. Creativity, expression, the calling forth of more, is built into my beingness by That Which Made Me. I can be nothing less, for nothing made of God can be lessened.

(Realization) And I speak my Word right here and right now, claiming my own profound creativity. The Divine Creative Truth of my nature shows up as a connection to my own inner Intelligence and Wisdom, pouring forth wonderful and innovative ideas. It shows up as the revelation of my expression and expansion as I develop those ideas. And it shows up as the activation of my order, discipline and balance as I act upon those ideas. I manifest my Divine ideas powerfully in the manifest realm of the physical world.

(Thanksgiving) I am grateful, grateful, grateful to recognize my powerful creative nature, knowing that my ideas are already in the Mind of God, and are heading to manifestation right now.

(Release) With complete trust and faith, I release this spiritual mind treatment into the Law of Cause and Effect. I know that it is done unto me as I believe, so I know that it is done. And so it is.

Prayer to Release Overwhelm

(Recognition) I take a deep breath and dive in, immersing myself in the Power and Presence of the All Good. This One Power that created all things in perfect balance and wisdom is ever present and contains every possibility. It is Divine right timing and flowing abundance of all that could ever be needed. It is Ease and Grace, Calm and Peace. It is the perfect and beautiful unfoldment of Life for the highest and best of all.

(Unification) Surrounded by this Oneness, I affirm that I am a part of It, as It has created me out of Itself. Within me is the Divine patterning of Grace and Peace, Ease and Calm. My nature is Abundance, and I am always guided to right action and right timing. Everything I could ever want is accessible at the center of myself.

(Realization) And so, I speak this Word for my own Freedom as I release this sense of overwhelm from my body, from my mind and from my heart. I powerfully activate the Peace and Calm that are the Truth of my nature, breathing deeply and feeling God's Grace pour over me. It melts away any fear, any stress, any sense of being behind or overworked. I recognize that Divine timing is always at work in my life, and I open to the guidance that is always leading me closer to the Indwelling Source. I am always at the right place, doing the perfect thing at the ideal moment, and everything is being handled by the One that created me. All is well, right here and right now, and I am at Peace.

(Thanksgiving) I give my thanks for the powerful blessings of this truth in my life now.

(Release) I release it into the Creative Mind with absolute trust and complete peace. I call it good and very good. And so it is.

Prayer for Wisdom for our World Leaders

(Recognition) And so I turn within to the very center of myself, to the place where I know that I know that I know that there is only One – One Truth, One Power, One Grace, One Glory, One Perfect Creator-Source of All of Life. What I know is that this One Mind is All-Powerful. It contains all Knowledge and all Wisdom. It is simply the Truth. This One is goodness made manifest. It is pouring forth Divine Intelligence. It is perfect Order, leading to Divine Right Action in every moment, all the time, no matter what. This One that I call God is Peace and Love for everyone and everything. It is that which calls forth the perfect unfoldment for the highest and best of this life and all life.

(Unification) What I know for myself is that I am that which It is. I am an emanation of Divine Perfection, made in the likeness and image of my Creator. So, I am that Wisdom. I am that Divine Intelligence, that Knowingness beyond knowingness. The very core of my being is suffused with the Presence and Power of The Beloved, with the Peace and Grace of God Itself. And because I know this Truth for myself, I know that it is the truth of all people, for each and every one is made in the likeness and image of the same All-Knowing, All-Powerful Divine Presence. We are, every one of us, overflowing with perfect Wisdom and Divine Order. The leaders of our world, the political leaders and religious leaders and those who have risen to the top of the populace to become leaders of the people, each and every one of these leaders is suffused with the same Wisdom, the same Grace, the same Glory. They are each guided by an Indwelling Voice of Peace, of Compassion, of Grace and understanding.

(Realization) And so, knowing the Truth about each leader in our world, I speak my Word for them now, recognizing that the Wisdom that they already are at the very center of their beings, imprinted in their very DNA, that this Wisdom is activated right here, right now. This Wisdom is brought forth to reveal more of the Goodness and Glory that is God. I recognize and know that this Wisdom guides each and every leader to make decisions for the very highest and best of ALL of their people, and to recognize that every citizen of the world deserves a life of Freedom,

equality, Abundance and safety. I know perfect Balance in the leadership of our world, allowing for a deep and abiding Peace between all nations, all ethnic groups and all religions. I affirm that the voice speaking in the heart of every leader is one of Love – pure, Divine, accepting Love.

(Thanksgiving) And I am so thankful to know that this is already so in the heart of God, in the center of Divine Truth. So thankful to know that this simply must come forth into manifest form because that's the way the Universe works.

(Release) I release this Word into the action of Universal Law, trusting completely that it is done. I let it be. And so it is.

Prayer for Financial Abundance

(Recognition) How good it is to rest in the Truth that Sweet Spirit is all there is. That there is One Truth, One Presence, One Source of All-That-Is. And this One is expressing in, through and as all of Creation. It is deep Love and abiding Peace. It is Prosperity overflowing and never-ending Abundance. It is the ever-givingness of Life. It is all Good.

(Unification) I recognize that I am an expression of this One, unique and yet in complete unity with All-That-Is. I am made up of God-stuff, Divine in my nature. All that I do, all that I am, is Divinity expressing. And as such, I am all that I claim for God -- I am Love and Peace. I am Prosperity at the very core of my being. I am that flowing Abundance, and am constantly experiencing the givingness of Life. I am made in the image of Divine perfection, just exactly as I am. Ease and Grace is the Truth of who I am.

(Realization) And from this deep understanding of the Truth of my life, I speak my Word for now for my flowing Abundance. I recognize the Divine quality of Prosperity showing up in my life as more than enough money to easily meet all my needs and more to share. I see my every bill and debt paid in full, right here, right now. I know that the entire Universe is conspiring for my good, filling my bank account and settling all of my financial responsibilities with Ease and Grace. Any and all thoughts or beliefs in lack, poverty or fear are banished, back into the nothingness from whence they came. I claim for myself only Abundance and Prosperity from this day forth.

(Thanksgiving) I am so thankful to know that the Word I speak is already true in the Mind of God, so it must come forth into the manifest world. I am grateful beyond grateful to know it is so.

(Release) And so I release this Word into the Creative Medium, knowing it is already done. I let God do God's work. And so it is.

Prayer for the Perfect Job

(Recognition) Such a gift it is to turn within and remember the truth, which simply is the One Perfect Power and Presence that is the Divine. This one Perfect Presence has made Itself known through every man, every woman, every child, every situation and every circumstance; beautifully and powerfully unfolding for the highest and best of all life. It is Abundance and Prosperity pouring forth. It is competence and confidence, Intelligence and productivity. It is Creativity in its truest sense, continually bringing Itself into manifest form as all that is. It is Ease and Grace, Flow and Joy, Guidance and Goodness.

(Unification) And what I know is this: That is what I am. I am made of that perfect God-stuff. Everything that I am, everything that I do, everything that I say, everything that I think flows from that core of Divine Truth. I am productivity and competence. I am Divine Wisdom and Intelligence in every area of my life. I am Abundance and Prosperity pouring forth, guided in Ease and Grace. I am the place where God shows up.

(Realization) And so I speak my Word for my life, recognizing that this profound Divine Truth shows up for me as the perfect job for me right here, right now. The competence, confidence and Divine Wisdom that I am show up as powerful interviews, where my magnificence shines clearly, allowing all to see me in my highest light and showing the Truth of who I am at my very best. The Prosperity and Abundance that I am calls forth a job that pays more than enough to meet my needs. I am Divinely guided to a job that fits my personal skills beautifully; a job that deeply satisfies me by powerfully inspiring my passion, my creativity and my dedication. And I recognize that every step of the way is easy and grace-filled and good. What I know is that which I seek is seeking me, because that's how the Universe works. My new employer has asked for everything that I am, and I am a gift to my new company.

(Thanksgiving) I am so thankful to know beyond a shadow of a doubt that this Word I speak is true, and that I speak it with the spiritual authority of God Itself because that's the truth of who I am – an emanation of powerful Divine Goodness.

(Release) And so I release this Word, knowing that it is acted upon powerfully by the Law, showing up in manifest form in ways that amaze and delight me. It is good. It is very good. And so it is.

Prayer for a Successful Meeting

(Recognition) All of Life is One. It is an Infinite Unity, a perfect Wholeness, containing endless variation within a beautiful Oneness. And this Divine One is Harmony and Joy, Peace and Willingness. In the One Mind is every answer, every option, every potentiality for every situation that ever has been or ever will be. It is in every person, expressing as every relationship and through every unfoldment. There is nothing outside of this Truth, and nothing else for anyone or anything to be. There is only One.

(Unification) As a part of this One, I know that every solution is available to me. That I am already the Harmony and Joy of God right now. That Its Peace and Willingness shine in my heart. That I am Divinely guided in what to do, what to say, how to be in every situation. And I recognize this same truth for everyone I will ever meet, most especially those who will participate in this meeting. They are each one in the One, guided and uplifted by the Indwelling Spirit.

(Realization) And so this is what I know for our meeting today. I claim and declare that everything that needs to be known comes up easily and effortlessly. I know that each member of the group is guided to know what is important and what can fall away, to listen with an open heart and mind to all sides, and to make decisions that are for the highest and best of all involved. I trust that Intelligence and Wisdom are revealed powerfully through each of us, so that a mighty work can be done. I know that the Divine oversees a powerful and successful meeting for us all.

(Thanksgiving) All glory goes to God, as It makes known what has always been so. I am thankful to know that the perfect outcome of this meeting is already done in the Mind of God, so it is already coming forth into the physical world now. It is done.

(Release) I release this Word into Universal Law with complete trust. I let it be. And so it is.

Prayer for a New Romantic Partner

(Recognition) And so I drop down into the center of myself, into that place where all I see and all I know is the absolute Perfection that is God's Grace. The Wholeness and the Beauty, containing everything, making all of Life out of Itself so that every person, every place, everything is Divine in its own nature. God is pure, unconditional Love. This One that I call Sweet Spirit is Kindness and Compassion. It is humor and Integrity. It is All Things Good.

(Unification) And what I know is that God is literally what I am made of. I am an expression of the Divine, brought forth by my Creator just as I am – whole, perfect and complete. There is no part of me that is separate from God and no Divine quality that is not written on my heart. I am that Love and that Kindness, that deep Compassion and Integrity. I am humor and passion and Joy. And just as I know this is true of my life, I know that it is true of everyone I meet.

(Realization) And knowing this truth, I speak my Word claiming and affirming that I have a committed, loving romantic relationship right here and right now. I am an expression of Divine Love and Perfection, which manifests as deep Love reflecting back to me. I am Divinely guided to perfect right action in every area of my life, in every relationship, and everything is working out for my highest and best. The ideal people are attracted to my True Nature, bringing me a healthy and loving relationship with one who demonstrates integrity, kindness, compassion and humor. Any and all thoughts, ideas or beliefs about loneliness are gone, back to the nothingness from which they came. Pain has no power, it is not real. Only God is real, and God is deep, abiding love.

(Thanksgiving) I am so thankful to know this Word is already so in the Mind of God and is rushing into my physical life right now.

(Release) And so I release this Word into the Creative Medium, trusting that it is done. And so it is.

Prayer for a Healed Relationship

(Recognition) I recognize the Presence everywhere of a wondrous, unconditional Love. This Love includes all, accepts all and embraces all that is. I know this Love as the God of My Understanding, the Infinite Force of Good in this world. There is nowhere this Love is not, and no one is excluded from It. I recognize this Love as the only Power that is.

(Unification) As an emanation of this Love, made in Its likeness and image, I recognize that this same Love lives in me. There is nothing for me to be, other than an expression of the One that brought me forth. I am the Good of God, the acceptance of God and the perfect Love of God. And as I know this to be my Truth, I know it to be the Truth of all people, including and especially (*your beloved person*). I affirm that (s)he is the Love of the Divine.

(Realization) And so I speak my Word for the relationship between (*your beloved person*) and me. I affirm that the Love that we each are is activated powerfully right here and right now by Divine Grace, melting away any and all hurt feelings, bad memories and unkind interactions. I call upon the qualities of compassion and forgiveness in each one of us to make themselves known as a willingness to see the Divine Truth of one another. We are each soothed and comforted in Sweet Spirit as we look anew upon our beloved one, experiencing a deep healing and a fresh beginning in Love. In God, all things are made new.

(Thanksgiving) Giving grateful praise for the Love in my life, I celebrate this healed relationship. I am so thankful for the Truth of this Word now.

(Release) And so I let it go, releasing it into the perfect action of the Law of Cause and Effect. I trust that God is handling it all. And so it is.

Prayer for Forgiveness

(Recognition) I turn my attention and my awareness to the only thing that is True – the never-ending and overflowing Perfection and Grace of Sweet Spirit, in and through all of Life. It is the All Good, the Mother Father God, the Perfect Presence. It is the beautiful unfoldment of Goodness in all things, for the highest and best of all. It is the still small voice of Divine guidance and discernment, and the sweet release of everything that no longer serves.

(Unification) And as I am made up of the Goodness That Created Me, that Truth is present in my being, too. The still small voice speaks in the depths of my soul, leading me and guiding me. I am the Infinite Capacity for Perfection and Grace, for Beauty and release, for endless Love. There is no part of God that is absent in me, no place in me that is anything other than the Divine.

(Realization) And so I speak this Word of Truth about my life, affirming that the Love and Grace that is already present within me is more deeply revealed as a falling-away of everything that is ready to be released. I do not claim that what happened was acceptable. And yet, I realize that this grudge I carry hurts no one but myself. And so, I forgive. I access the powerful discernment within myself to put down that rock of hurt and anger and shame. I release it from my mind, from my body, from my soul, for it was never mine to carry. I refuse to allow the poison of that experience to taint even one more day of my life. I forgive, allowing the Grace of God to work within me, cleansing my heart and making me new. I release my transgressor from the bondage of my judgment, and I release myself from the responsibility of punishment. I let Spirit do Its job of running the Universe, and rise up with the lightness and Freedom of sweet release. I trust that all is well, right here and right now.

(Thanksgiving) And my heart overflows with gratitude for the Beauty of it all. I am thankful for the lightness I feel in my heart right now. I am grateful, knowing that this prayer is already the

Truth in the Mind of God, and that Spirit is at work in me right now bringing it into physical reality. I give some mighty thanks that I am able to forgive.

(Release) So I release this prayer, trusting completely that it is done. The Law of Cause and Effect accepts this prayer into Its Divine Mechanism, amplifying my intention and bringing it forth into magnificent manifestation. It is done. And so it is.

Prayer to Release the Past

(Recognition) All is well at the heart of Divine Goodness, the One and Only God, which is all there is. Within this One is contained every solution, every answer, every resolution and every potentiality. It is the original home of Love and Grace, of renewal and healing, of strength and transformation. This One washes all things clean, wiping away all that no longer fits and providing paths to the new. In It, there is no danger, no lack, no pain. It is the only Truth.

(Unification) I know that I am of this One, this Divine Goodness. It made me, just as It made all of life, and it filled me with Its own qualities of Love and Grace. I have access to Divine renewal and healing in every moment. At the center of my own being is the Strength and Wisdom to affect powerful transformation.

(Realization) And this is what I know for my life now. I affirm that right now, right at this very moment, Divine Love is the Truth of my entire being. From that place of perfect Love, I allow Grace to heal every wound from my past. All of my sharp edges are smoothed, and all hardness of my heart is softened. I allow to fall away from me now any attachment to the story of my past, any and all beliefs that I am limited in any way by my history. I am transformed, Free from every excuse, every stuck-ness, every blockage. I am complete pure Freedom, right here and right now, open to an entirely new way of living and loving. My past is gone, and I am blossoming in the Light of the One.

(Thanksgiving) I am beyond thankful for the lightness, the Freedom, that I feel right now. My past is gone, and I am transformed. It is so good!

(Release) So I release this prayer into the Law of Mind, with complete faith that it has always been the truth. I let it go. And so it is.

Prayer for Grief

(Recognition) Here's what I know for sure – there is a Power greater than me in the Universe. It is Divine in Its nature, all-knowing and ever-present. It created the moon and the stars and set the worlds into motion. It is eternal and unchanging, and It is only Good. This Power I call God Almighty, the Divine Mind. It expresses as all of life, in all forms, in all experiences.

(Unification) And what I know for myself is that I am one with this Power. Its changeless and eternal Energy lives in every cell of my being, breathing me to life. Its Goodness and Its Grace is written in my DNA. Because I am of It, my soul is immortal and I am forever filled with the Perfect Love and Wholeness of the Divine. As it's true for me, it is true of all people, as we are all one with the One who created us. It's absolutely the Truth of my beloved, who has transitioned into Spirit.

(Realization) In this absolute knowingness, I speak my Word knowing that the Grace of God pours down over me, soothing and comforting me in my grief. It reminds me of the Truth, that my beloved is safe and secure in the pure Love of the Divine and that (s)he is well, right here and right now. Sweet Spirit strengthens me as I adjust to this new life, filling me with hope and carrying me through all I must do. I am never alone, for the One is always within me.

(Thanksgiving) I am beyond thankful for this comfort, for the ever-presence of this Grace.

(Release) I release this Word into Universal Law, knowing that It is always acting on the impress of my thoughts. I let it be. And so it is.

Prayer of Gratitude

(Recognition) I recognize God as the Source and Supply of all that is: all life, all form, all manifestation. This One that I call The Beloved is the Wellspring of all things Good, pouring forth Love and Grace, Peace and Beauty through Its own Infinite Creativity. Infinite Abundance, pure Wisdom and perfect Wholeness exist only through and as this One, the God of my understanding.

(Unification) All of the qualities of God are already within me, for I am one of the good things It has brought forth. I am made in Its likeness and image, an individualized center in Spirit, created to reveal the Magnificence of my Creator. Everything that I am is the Glory of God made manifest, and it is Good.

(Realization) And so I rest in the realization of deepest gratitude for all of the Good that is. For the Bounty of the forest and the Peace of the sea; for the Grace of a dancer and the Beauty of fine art; for the Joy of laughing children and the surrender of praying mothers; for every bit of this and more I stand in powerful awe and appreciation. All of this Magnificence has been given to us freely to express the Power and Infinitude of the Universal Presence, and I am honored and humbled to stand witness to Its Glory.

(Thanksgiving) I give thanks upon thanks for the Truth of what is.

(Release) I release this Word of gratitude into the Law, knowing that It calls forth more to be thankful for. We are so blessed. And so it is.

Prayer for Full Expression

(Recognition) There is One Presence, One Power, One Creator Source of All of Life, perfect, whole and complete. This One is the Love and the Law, the means of manifestation and the reason for existence. Omnipotent, everywhere present, this One is all there is. It expresses as every person, everything in the Universe. Each is perfect, Divinely created to express fully as Creativity, Beauty and Truth.

(Unification) I recognize that I am one with this One. Spirit is all there is, and I am made up of that Stuff and Substance which set the stars in motion. Every attribute of the Divine One is mine now – complete Unity with all of Life, Harmony, Love, Peace, Grace. Everywhere I go, there is God. Everything I think, there is God. Everywhere I am, there is God. I am the Divine Creativity of the entire Universe.

(Realization) Recognizing the Truth of my Divine nature, I speak my Word now for the Perfection and Grace of my full expression. I claim and affirm the Presence of Divine Intelligence in the core of my being. Always, in every moment, the Beauty and Magnificence of The One shines in, through and as me. Every situation, every seeming circumstance, all crumble before the Truth of Universal Unity and Wholeness. I impress my thoughts upon the Law, expressing all that I am, and Spirit provides all that I need for its manifestation. I am in perfect Integrity with my own Divine Beingness, sharing my full self openly with confidence. All is well, right here and right now.

(Thanksgiving) I am so thankful to stand witness to the Truth of this Word, grateful for the perfect Self-expression of all that I am, right here and right now.

(Release) With complete conviction, I release this into the Law of Mind, trusting that It automatically works for the highest and best of all. I call it good. And so it is.

Prayer for My Highest and Best

(Recognition) There is only One -- One Life, One Truth, One Presence. We call this One by many names: God, Spirit, Love, Source. And what we know about this One is that IT is all there is. It created the Universe and everything in it, every person, in Its own likeness. So every person, everything, is an extension of the One Source. The very Energy that set the stars in motion is present right here and right now. It is confidence and trust and Infinite Intelligence. It is the pouring-forth of abundance and the ever-givingness of Life.

(Unification) And what I recognize is that I am an expression of this One Power. I am made up of God Stuff, and so I am all that I claim for God. I am whole, perfect and complete just as I am, and just as I am not. I am confidence and trust, Divine Intelligence and Abundance. I am Divinely guided to perfect right action and right outcome in every area of my life.

(Realization) And as I see my true nature, I speak my Word now, claiming and affirming that Life is unfolding perfectly and beautifully for me right here and right now. I am Peace, Joy and Calm in every area of my life. I am Abundance and Prosperity, with more than enough financial resources to meet my need and plenty more to share. Spirit is my Supply and Source, and I am perfectly supplied in every single way. The entire Universe is conspiring to bring me my Good, in the form of loving relationships, prosperous living, connected spirituality and Ease in every area of my life. Any and all thoughts, beliefs or habits around fear, worry or uncertainty are just gone, back to the nothingness from which they came, for they have no power. Everything is working out for my highest and best.

(Thanksgiving) I am so thankful to stand witness to this Truth, knowing it is already manifest in my life now.

(Release) And so I release this Word into the action of the Universal Law. I let it go, with confidence and gratitude, knowing it is done. And so it is.

Taking Prayer Further

Ways to Learn More

The written affirmative prayers in this book were thoughtfully written to support you through many experiences common to the human condition, and I trust you will find them helpful in your journey. Eventually, however, you are sure to encounter a situation or emotional state that isn't quite covered in the scope of this book and a customized original affirmative prayer is needed. Thankfully, there are many ways to obtain the perfect prayer for any situation.

Transform Your Life with Affirmative Prayer Class

Whether you are brand new to affirmative prayer, or you're not quite comfortable writing them yet, this easy-to-follow course will have you writing your own custom affirmative prayers in no time. I make it fool-proof with downloadable templates and step-by-step directions that anyone can use to create beautiful, connected affirmative prayers. You can even choose to receive direct feedback on your affirmative prayers to fine tune them even further. Call forth more of whatever you want in your life: Prosperity, Love, Joy, Peace, health, romance, self-esteem, Divine Grace. It's all yours for the taking when you Transform Your Life with Affirmative Prayer! Learn more and register at www.lezligoodwin.com

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Template for 5-Step Affirmative Prayer

STEP 1: RECOGNITION

STEP 2: UNIFICATION

STEP 3: REALIZATION

STEP 4: THANKSGIVING

STEP 5: RELEASE