

Soul Awakening Prayer

Affirmation Practice

Soul Awakening

Trusting I am One with Spirit

Affirm: I awaken to God as the Creative Presence, Power and Eternal Source of Love

Heart Opening

Willingness to let God in

Affirm: I connect and open my heart to the infinite presence of God's Love.

Light Shining

Receiving the Goodness of God

Affirm: I am One with God and I realize that all that I desire is already mine.

Love Flowing

Love flows in me, through me and as me.

Affirm: I am open to God's Infinite Love flowing through my life.

Wounds Dissolving

Healing the world means letting go of our hurts.

Affirm: I release my belief in separateness and I embrace the Unity of all life.

Peace Radiating

With peace comes faith and trust in each other.

Affirm: I live, speak, act and breathe in the Presence of Peace.

Prayers for Spiritual Practice

Love Prayer

The Love Prayer Procedure

Give your full attention to whomever or whatever is presently before you. As distracting thoughts and judgments arise in your mind, gently push them aside and engage in the following procedure:

On your inhale silently say: "I Accept You ..."

On your exhale silently say: "I Bless You..."

Once your mind has quieted down, see if you can hold your attention steadily upon the person you are listening to. As your mind again intrudes, notice where it wants to go and then gently bring it back to stillness using the procedure described above.

Praising Prayer

(Contact me for handout with postures.)

I praise you _____.

I raise you _____.

In the name of Love.

Releasing Prayer

(Find full instructions on Fear to Faith worksheet)

I release my belief in _____. (Word of error)

I release my need to _____. (Word of resistance)

I am grateful, God is the _____ I am. (Quality of God)