

## Affirmative Prayer for Self and Others (example: for Wholeness/Healing)

<b>Step</b>	<b>For Self</b>	<b>For Someone Else</b>
<i>Purpose</i>	<i>What experience do you wish to have? What do you want to be different?</i>	<i>Ask for permission to pray for them. Ask what they wish to experience.</i>
<b>1. Recognition</b>	God is all there is. God is the limitless perfection of Universal Creation. Everything in God's domain is whole, complete and perfectly functioning.	God is all there is. God is the limitless perfection of Universal Creation. Everything in God's domain is whole, complete and perfectly functioning.
<b>2. Unification</b>	I am "one" with this power and presence. God's perfection is my perfection.	I am "one" with this power and presence. God's perfection is my perfection.
<b>3. Realization</b>	My body is whole and perfect in the mind of God. I breathe easily and have all the strength and vigor that I desire.	I now speak my word for Tom. I know that Tom's body is whole and perfect in the mind of God. Tom breathes easily and has all the strength and vigor that he desires.
<b>4. Thanksgiving</b>	I am grateful to accept my healthy body. I give thanks for a life of easy living and wholeness in my mind, my body and my affairs.	I am grateful to witness Tom's healthy body. I give thanks for his life of ease and wholeness.
<b>5. Release</b>	I release this prayer into the Creative Law of God. I know that God responds immediately with a resounding "Yes!" And so it is!	I release this prayer into the Creative Law of God. I know that God responds immediately with a resounding "Yes!" And so it is!