

# Science of Mind Prayer

## The 5 “Affirmative” Steps

### Purpose:

Have clarity about what you want to experience—your purpose. What will you have or experience when the prayer is answered?

### Step 1: Recognition

You recognize the limitless power of God. You highlight those specific qualities of God that relate to your desired outcome.

### Step 2: Unification

You align or unify yourself with God and God’s power. As your desired outcome is within God’s power—it’s also within your power.

### Step 3: Realization

You affirm your desired outcome. You “realize” that what you want to have or experience is yours right now. You simply state what you desire as though you already have it.

### Step 4: Thanksgiving

You give thanks for your good as though it’s already yours.

### Step 5: Release

You release your prayer completely knowing that God will take care of it.

# Sample Abundance Prayer

## The 5 “Affirmative” Steps

### Purpose:

I wish to experience more abundance and more money in my life.

### Step 1: Recognition

God is everything that exists. All of the riches of the universe are present without limit in God.

### Step 2: Unification

I am one with the limitless supply of God. Everything that I could ever want or use is present in God, always.

### Step 3: Realization

Today I claim my abundant birthright. I know that I always have enough to fully celebrate and enjoy life. That includes material wealth as well as an abundance of love, joy and rich, good health. Everything I need and desire is mine to experience now and forever.

### Step 4: Thanksgiving

I am so grateful for God’s gracious nature!

### Step 5: Release

I release this prayer into the Universal Good, knowing that it is done.

*And So It Is!*