



The Fundamentals of Affirmative Prayer

Lisa Hepner

“Just for a moment imagine that you are experiencing an unpleasant night dream. You are in the ocean, swimming, you have gone out too far; you look back toward the shore and see that there is very little hope of rescue. Even though you shout your lungs out, no one can hear you. And so you are seized with fear. You struggle and strive to reach the shore, and, of course, the harder you fight, the harder the ocean fights you. There is only one thing left for you to do—drown. Yes, drown—but wait! In your fight, you shouted and someone heard you, came over and shook you, woke you up, and behold the miracle! The drowning of self disappeared; the ocean disappeared; the struggle disappeared. You awakened and found that you had never left your comfortable home. All that was necessary in order to be released from the struggle was to awaken”

– Joel Goldsmith *The Art of Spiritual Healing*

Affirmative prayer, in one simple statement, is “an affirmation of the truth beyond our human circumstances or experiences.”

It can be stated so clearly as in Joel Goldsmith’s explanation above. We may be experiencing something at the human level of form, but all we need to do is wake up to the truth beyond the form, the truth of that infinite potential that resides within each and every one of us.

In his book, *The Power of Now*, Eckhart Tolle explains the difference between your *life* and your *life situation*, and this difference applies to affirmative prayer. Tolle says that your life is that universal energy, that place of infinite potential, being, consciousness, or love. Your life situation is anything that you experience in the

human realm of form. It is your experiences, your circumstances, your physical body, your perceptions. Your life never needs to be “healed,” only your life situation. Another way of saying this is that there is an essence of you that is whole, perfect, complete, abundant, prosperous, and joyous. There are also experiences in your life at this human level, being confined to a human body. But there is an essence beyond your experience; a life beyond your life situation.

The key to affirmative prayer is to recognize, affirm, and know this essence beyond your human experience, and claim this power of your life beyond your life situation.

Truly, from this standpoint, nothing needs to be “healed,” only truth “revealed”.

In the Bible, it says, “If you knew who walked beside you, you would never fear again.” When we live and have our being in the consciousness of God, all is well. It is only when we forget who we are, that “problems” arise.

Many people have grown up believing that prayer was a way of petitioning God, or a way of trying to get something that you really wanted. That’s why many of us who have subscribed to that type of prayer have wound up asking, “Why doesn’t God answer my prayers?” With that question, we show that we have placed the power outside ourselves. In the Bible it says, “the kingdom of heaven is within.” Moreover, through supplication or petitioning prayer, we are admitting to our “lack” of the very thing we are praying “for.” The Bible says, however, that if you pray and “act as if,” all things will be provided.

We have learned from quantum physics that the world is but a reflection of what we “see.” If we see abundance, we experience abundance. If we see health, we experience health. The universe actually bends, shapes, and shifts to reflect back what we see! The purpose of affirmative prayer is to see with God vision, and not our limited human vision.

The key is to acknowledge that everything that is required for your abundance, health, success, love and joy is already operating within you.

This is where most people have difficulty. During times of sorrow, or pain, or rough times, it can be hard to see with “God vision.” Sometimes we can get so wrapped up in our own drama that we cannot see the other side. It is difficult for us to know that what we are experiencing is an illusion and is not the truth of ourselves.

The other day, a friend of mine was watching The Discovery Channel while I was working on the computer. I peeked over and saw dolphins on the television. Then I heard some dramatic music and saw the dolphins swimming quickly. I just knew



that a predator was about to attack. I turned to the computer because I don't like seeing dolphins, or any animal, getting eaten by other animals. Yet I could hear the sounds in the background. I heard the dolphins squeal and thrashing in the water. I was having images of blood filling the water, like in *Jaws*. I finally couldn't take it anymore and left the room. My friend asked me what was

wrong. I said, “I can't stand to watch animals being attacked. I couldn't bear watching it or hearing it.” He said, “What do you mean? The show was about dolphins' mating patterns.”

This was a clear example of how our human minds can play havoc with us. I had a big drama playing inside my head, and believed it to be the truth, when in reality, a completely different event was going on.

Affirmative prayer, in one simple statement, is “an affirmation of the truth beyond our human circumstances or experiences.”

Sometimes it can be difficult to “see” the truth, when we are in the middle of our pain. This is why spiritual practitioners, spiritual coaches, and ministers are very effective. They can affirm the truth for you when you can't see it.

But ideally, the key is to be able to elevate your vision so that no matter what is going on externally, you know and affirm the truth internally.

Prayer is a way of acknowledging the truth by turning away from what we see as the “problem.” Scientific, or affirmative prayer, is very effective in revealing this truth. It is a *tool*, used to elevate our vision or consciousness to the awareness of the truth. Prayer is a rising in consciousness above that which can be seen, heard, touched, or smelled, in order to receive that which is real,” says Joel Goldsmith.

Scientific or affirmative prayer, contains five steps:

Recognition—God Is

This step is the recognition of what God is. Often during this step, any synonym that describes the nature of God is used. God is the infinite energy of the universe. God is the one presence, and one power in the universe. God is good, God is eternal life, God is abundance, God is perfection, God is wholeness, God is life, consciousness, being. God is harmony. God is the creative principle. God is love.

A sample list of God qualities includes: love, perfection, joy, peace, wholeness, creativity, abundance, prosperity, energy, harmony, vitality, wisdom, intelligence, order, clarity, never-ending.

Unification—I Am

The unification step is the affirmation that you are *one* with God and the God qualities. The kingdom of heaven is within. All that God is, you are. For example, “I am a divine expression of God. I and the father are one.” This step affirms that all of the qualities of God listed above are qualities that you possess.

I am abundant, I am infinite, I am perfect, I am love, I am peace, I am wisdom.

I am clarity, I am never-ending, I am creative.

Realization—The Truth Is

The realization or affirmation step, is one in which you acknowledge the truth of the situation or experience. In this step you can acknowledge the challenge, but then acknowledge the truth. Sometimes this is important when saying a prayer

for yourself when you are in the middle of personal “drama.” You may at this point say that, “I know no matter what is happening in my life situation, or my financial situation, that the law of God is operating within me right now.” This step is where you place the affirmation for your prayer. It is best to state the affirmation in the positive, present tense. It is important to avoid affirmations in the future tense, such as “I know the truth that abundance will come to me.” According to the law of the universe, abundance is already available at every moment. It is not “coming” to you, but rather “expressing” as you.

A powerful example of what might be included in this step is found in Joel Goldsmith’s *The Art of Spiritual Healing*:

These states of limitation do not exist. They are merely images of the mind—appearances—but the Truth is that the kingdom of God, the realm of eternal life and harmony is within me. Because of this, I can always turn within and come into the full realization of the Kingdom, now. My only function is to become aware of its is-ness, to realize that it already is, and therefore I have nothing to seek.

Many people spend a lot of time in step three because it is important to fully affirm the ultimate truth.

Another example for a prayer to know the truth of abundance, despite what I am “seeing” with my human eyes is to affirm during the third step: “I know the truth that God is my savior. That the infinite law is always working through me, as me. I know that regardless of my situation or experience at the moment, that there is a presence, a power that is working here, whether I see it or not. I know that the universe is abundant and that I am an abundant being. I know that I do not need to give thought to financial concerns, because all that I need is already provided. I know that infinite well resides within me and is working right now to bring about my highest good.”

Thanksgiving—I Give Thanks

In the Bible it says to act “as if.” Giving thanks is a way of acting “as if;” it is a way of acknowledging the good in your life.

In connection with the prayer on abundance above, one might say: “I give thanks in advance for all the resources, contacts, and connections that are available to

fulfill my highest destiny. I give thanks for knowing that I am always supported, and the law is constantly working within me.”

Release—Let Go

The final step is to release the prayer as it is already so.

During this step it can be tempting to return to the original prayer request, which may be one to “correct a feeling of lack.” Sometimes people will say, “I release this prayer knowing that I am not lacking anything.” This is the equivalent of planting a seed, and then digging it up to see if it is growing. Once you have planted the seed, it is already done. You can release it. Prayer, after all, is just a realization of the truth, so you don’t need to go back into the illusion.

An effective way to release is just to end with “I release this prayer, knowing that it is already done.”

A Higher Consciousness

These five steps are tools to help us staying in the consciousness of God. They are ways to train ourselves to stay in that higher consciousness, that place where our relationships, finances, and health are perfect, whole and complete in every way.

