

Prayer
is a
powerful
thing

POWERFUL
EFFECTIVE
PRAYER

Rev. Hank Bates

This book is dedicated to the women who have inspired me and supported me in this work:

My Mother, Frances M. Bates

My dear Aunts:

Ruth Bates and Amy Kissir

And the wonderful and incredible,
Dr. Robbie Gholson-Smith

.....

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PERSONAL

TO GOD

“This is a how-to, move-through teaching. We teach people how-to, move-through whatever is going on in their life.” – Dr. O. C. Smith, 2001

Our approach to God in prayer is of utmost importance and will determine whether or not our prayers are effective. Many of us come from a traditional religious experience and have been taught to pray to a God faraway in the heavens. But, the Master Mind Jesus taught us to go into the closet (shut out the world) and pray to our Father in quiet confidence knowing that He knows our needs before we ask. Jesus demonstrated his teachings in his work, not his words. As we learn from his example we can build a conviction in our mind, that the Good that we desire is God’s desire for us. It can be no other way.

Can we approach God in confidence, trusting that He desires for us the Good that we seek? No? Then we must examine our beliefs about God and

create a new understanding of our relationship with Him. In the Book of Jeremiah we can read, "I have loved you with an everlasting love." Imagine that God is loving us at all times, loving us in sickness and in health, poverty and riches, in our right thinking and in our wrong thinking. Can we believe this?

The Radical Rabbi Jesus taught, "it rains on the good and the bad alike." What more do we need to know? In other words, God's blessings are not bestowed on us because we are Good – Jesus said, "don't call me Good, only the Father is Good." Neither are we to call ourselves Good - for the Good that we do, is God working through us, as us and for us. Do we call ourselves bad or a sinner? If we do then we are denying God for in the Book of Genesis we can read that we are "created in the image and likeness of God" and all that God created was Good and Very Good. This is the Truth that we must realize in our consciousness in order to pray powerfully, without doubt and without questioning whether God is going to answer our prayer or leave us in our misery.

We must begin to accept that God loves us with an everlasting love. We

must begin to accept that God does not favor those who think they are Good and neither does God deny those who think they are not. God is not even aware of our mistakes (sins). To think so is to bring God down to the level of man living in the limitations of the earthbound experience. God is Infinite, infinite Power, infinite Love and infinite Intelligence. As we understand our right relationship to this Infinite Power of Good, we can approach prayer in a more powerful way.

Not understanding our relationship with the Infinite can create a sense of separation from God and therefore a separation from our Good. As children we learned how to add, subtract, multiply and divide numbers. Then, based on our ability to grasp the principles of mathematics, we took classes in algebra and geometry etc. However, unless we gained the knowledge of adding, subtracting, multiplying and dividing numbers, it would not be possible for us to comprehend algebra, geometry etc. In other words, we must know the most basic principles of mathematics in order to move forward to make greater use of the basic principles. We must understand God in the same way because if we do not understand our "basic relationship" with

God, we cannot receive the greater benefits that the knowledge of God can give us – we cannot have the lasting “experience” of God in our lives.

As we learn and accept our basic relationship with God, we are then empowered to take dominion and authority over our earthbound conditions. Once again, going back to the Book of Genesis we learn that we are created in the image and likeness of God. Now, we know this does not mean our physical body because if it did we would all look alike. So, we realize that this image and likeness is Spirit and Life and we “image” God by reflecting God, the qualities of God. Mystics have revealed to us the qualities of God: Life, Love, Light, Peace, Harmony, Joy and Strength. This is the image of God that we reflect. But, many of us have spent many years of our life not understanding this. And, then when it is explained to us, we don’t really understand what it means.

The message of Jesus has greater meaning today than ever before. The simplicity with which he stated profound principles has never been equaled. Our relationship with God is simple and easy to understand. Created in the image and

likeness simply means that we reflect God, the qualities of God, Life, Truth and Love. As we understand that "It is the Father that worketh in me," we can get ourselves out of the way, and allow this Truth to be experienced in our life. We may have experiences that seemingly make it impossible for us to reflect the Life, Love and Light of God, but this can never be true. The belief that somehow we can be separate and apart from God is the "cause" of all discord and disharmony in our life. As we understand we are a "reflection" of God, we can then know that like a wave reflects the qualities of the ocean or the ray of sunshine, the sun, we cannot be alive, and be separated from God. This we must know and this we must reinforce in our mind daily. This is the Truth that sets us free that the Master Mind Jesus so simply stated.

Powerful prayer begins with the understanding and the realization that we desire to reflect more of God in our experiences. If we are experiencing sickness, then we affirm that God is health for God Is Life, and therefore we affirm that we are reflecting the Life, the health, that God Is. The same applies to any and all things that are discordant in our life; God can never be poor, limited,

restricted, helpless, hopeless or powerless over the conditions of our life. In the realization that we reflect the Power and Strength of God, we take dominion and authority over our life. Strength means confidence and self-assurance. This is the Divine Order, God reflecting as man, through man and for man. As we remove our disbelief and get greater understanding, we can pray without ceasing for any and all things that concern us, knowing that we are reflecting the Good that God Is, no matter what the situation.

ALWAYS REMEMBER MAN REFLECTS GOD.

Let us breakdown the word desire; "de" means "of" and "sire" means "Father" ... so our desires are of the Father. Our Good desires have been planted within us to be expressed – God desires us to express them in our lives ... to experience more and more Good. So many of us have been taught that there is something admirable in struggle and poverty. God does not desire for us to live a life of struggle or live in want. "All that the Father hath is mine," Jesus said. And He wasn't being selfish ... He meant all that the Father hath is ours too! But we must stand up and be counted and not be afraid

to "ask" for what we want in a powerful way. God did not create us as beggars nor as whiners. We have been created from the Mind of God ... as a perfect idea. So what is God's idea for us? Contemplate this and you will find that God desires for us to live a life of accomplishment. A life in which our needs are always met ... a life that is healthy and happy.

I received a call from a young woman who was down to no money, no job ... she didn't even have the money to buy cat food for her cat. Her mind was in turmoil. Now this is a woman who has faithfully attended church on a regular basis. She knows how to pray ... and she had been praying. But, she told me she was feeling so much fear it was difficult for her to pray. Now, I knew that she had been having this experience for a few years ... not just this one time but this had become a repetitive experience in her life ... a habit you could say ... but definitely a pattern of thought that must be stopped.

I asked her to think about the fear. Was she really feeling fear? After all, she had been in this situation several times over the past couple of years ... and every time, she made it to the other side of the

problem. After thinking for a few moments, she told me that it probably wasn't fear but "she just didn't like being in this position again." Behind this statement is shame and guilt ... not fear. But there is no shame and no reason to feel guilty when we approach God. God wants us to turn to Him. " In the Book of Isaiah we can read, "I AM the LORD , and there is none other; thou shalt have no savior but me. I will strengthen you, though you have not acknowledged me." God wants us to turn to Him ... and know that He responds to us ... not to people or to desperation and shame. As we turn to God in a powerful way, trusting and knowing that He responds to us, He will often work through other people ... but we are to "ask" of God and "let" Him do the work.

PASSIONATE

FAITH

“Move into this day loving everything that you see. See God in everything and love everything so much that the Good has no choice but to manifest before your eyes.”

Our feelings about God originate in our heart and soul. From our soul we realize that we can never be separated from God for God Is Life Itself. From our heart we realize the Love that God Is. At all times and in all people, the function and realization of the heart and the soul remain unblemished by any other beliefs, ideas, experiences or concepts. Only in our conscious mind and only when we separate ourselves from God by inattention, do we begin to believe otherwise.

Our relationship with God is the very same as our relationship with all things that we love. It must be fostered, nurtured and given loving attention. God Is always loving us, but if we want to

receive the highest and the greatest that God has for us, we must give our love to God first. "Seek thee first the kingdom of God, and then... then, all things will be added unto you." This is a masterful teaching for it explains the principle of sowing and reaping. We cannot harvest a seed that we do not plant. In other words we cannot receive that which we have not given "life" to. We give "life" to our ideas and desires by giving them our attention. The Master Mind Jesus declared, "It is done unto you as you believe." This is another way of understanding the law of cause and effect (sowing and reaping) and the law of mind. We can only believe with our mind, so therefore we are sowing the seeds of our experiences in our mind.

In the Science of Mind we learn to utilize the law of mind effectively. We realize that Jesus simply stated an irrefutable Truth, "It is done unto you as you believe." This is a powerful statement that is the basis for every experience that we have. Unless and until we subject our beliefs to the Truth, we will continue to experience discord in our life. To imagine a life of bliss is difficult for many of us simply because we do not see the possibility of this in the world. But, that is the origin of the discord. As we look out

into the world and see confusion, poverty, sickness and egotism, we are accepting these as the normal and natural way of the world. This is not the Truth. God Is All-In-All. We must discipline our mind to believe in the Good, rather than believe in the visible effects of the world. We can understand the necessity of this by looking at nature. As the caterpillar transitions into a butterfly, it goes through excruciating pain. But, it transitions into the beautiful butterfly forgetting the experience of the pain as it takes flight in regal beauty.

We must be just as passionate as the caterpillar and move forward through whatever it is that we are experiencing in order to experience a more beautiful, joyous and prosperous expression of life. As we enter into our life's experiences by putting our heart and soul into everything that we do, we automatically are in the flow of "seeking the kingdom." Our mind will be off our troubles, our illnesses and our limitation as we begin to soar onward and upward in mind. As we rise above the discord, we find life very different on the higher realms of thoughts and ideas. We begin to love life, love our self and love others spontaneously, without reservation.

Everything happens in Divine Order, but we must turn from our anxieties, worry and fears and allow our highest and greatest Good to unfold. We cannot force our prayers to manifest before the right and perfect time, but we can put our heart and soul into motion as we move in the direction of our prayer knowing that all that is necessary is to seek it in mind. "My yoke is easy and my burden is light," Jesus assured us that the Comforter (Holy Spirit) will guide us and direct us as we align ourselves with the highest and greatest ideals that we can imagine.

Affirm often, "I have faith that divine order is working in me and in my life." This is a Unity affirmation that has worked seeming miracles in the lives of thousands of people. Our faith must be steadfast and immovable and our willingness to free our mind from the clutter of resentment, bitterness, blame and shame make way for the thoughts of success, prosperity, health and happiness. If we experience a struggle with negative thoughts we can affirm: "Divine Love fills my soul. It heals me, it prospers me and it forgives me, as I heal, prosper and forgive all others." This

affirmation clears our consciousness and puts us in alignment with the One Good that God Is. Speak this affirmation out loud until it is so ingrained in your mind that it comes to your remembrance easily. Say the words with passion and conviction so that they settle permanently into your subconscious and become a part of your firmly held beliefs. Passion spiritualizes our words and moves them to our heart and soul creating a believability that mere repetition can never achieve. These powerful words will remain with us, poised to negate all ideas, thoughts and concepts that are contrary to the Truth that they declare.

Often when I have counseled people when their situations seem most desperate, I suggest to them that they use a statement that has almost a sing-song quality to it and repeat the statement over and over again, out loud and silently. One of my favorite statements is: "Every time I turn around, God is blessing me!" Think about it, if you are saying these words how can your mind wander back to your problems? These words have an energy to them that almost automatically lifts the spirit and in turn shuts out that "voice of doom" that attempts to overwhelm our turning to God

with trust and hope. "Every time I turn around ... God is blessing me!" and sometimes I continue and say "thank you God! Thank you!" I can be very passionate about the whole thing, because I know that as I turn my mind to God, I am beginning the "lifting up" of my soul and leaving the old "stuff" behind. As Jesus pointed out, we "cannot pour new wine into old wine skins." We must transform our mind ... renewing it with the spirit of Life, Love and Truth. Remember always that no matter where we are at or what we think we may have lost, it doesn't matter for "He will return to me the years the locusts have eaten." God restores, replenishes and renews and the process begins the moment we lift up our thoughts to Him.

AFFIRMING

RESULTS

"You are the Prayer - that You Pray."

There is no magic to prayer and there is no god up in the heavens to answer our prayer. The prayer and the one praying are One. For most of us this is a difficult concept to accept as we have been taught to beg and plead with a god that may or may not find us in its favor. This is not the God of the Old Testament or the God of the New Testament nor the God of any legitimate religious or spiritual teaching. There is much too much evidence in spiritual and religious literature revealing the true nature of God. The Master Teacher Jesus taught us to know that "I and the Father are One." He didn't mean that Jesus and God are One but the rest of us are separate and apart from the One Life that God Is. This could never be true and Jesus taught us to know the Truth. And where do we find God? Within our very own conscious union with God is where we find All that we will ever need. By putting our attention on God, the

Good. "When you see me, you see the Father," Jesus stated, for he knew that we are a reflection of the One. Jesus taught consciousness but over the years since He ascended from this Life to the Great Beyond, His words have been distorted, confused and the powerful teaching that He dedicated His life to, has been watered down to a view of man as helpless and hopeless and at the whim of a God or the devil depending by what standards he lives his life. This is a pathetic interpretation of the teachings of the most dynamic, powerful Teacher of Truth that the world has ever known. Our beliefs in a power other than God, is the cause of our beliefs in competition, superstition and a world that confronts us with challenges and struggles, rather than a universe that supports us in all things.

Jesus taught that we ask and we shall receive, seek and we shall find, knock and the door will be opened unto us. He taught that we are to ask knowing that our Father always hears our prayers. But we must ask in the affirmative. When Jesus was called to heal Lazarus, he did not pray "help me Father, please, to heal Lazarus, please God, please." No, he merely stated: John 11:43 - And when he thus had spoken, he cried with a

loud voice, "Lazarus, come forth."

This is the manner in which Jesus taught us to pray. To speak with authority and dominion knowing that as we do the will of the Father (Creator of All Life), that we are aligned with the Power and Presence that God Is and therefore there is nothing to fear, nothing to doubt, nothing to block us from receiving that for which we pray. But, we must build a conviction so strongly in our consciousness that our words carry the authority of Truth for it is Truth that heals, God Is Truth, and Truth Is Love, not the person speaking the Truth. "I of mine own self can do nothing," Jesus said, "it is the Father that doeth the work, the Father works and I work."

Let's not allow ourselves to become confused and frustrated and attempt to force changes in a situation, condition or circumstance. We do not have the power, God Is The Power, the Only Power and God Is an Overwhelming Power for Good. But the Good must always be for the Good of All and not the means to a selfish end.

We must be prepared after we pray to move in the direction of the prayer's fulfillment. This may require us to gain

more knowledge, become more loving or to challenge ourselves to be more and to do more than we have ever done before, as God can only do for us, what God can do through us. As we move in the direction of our prayer, we must know that God is moving with us. Affirm often that "God has led me to it, and God leads me through it," as we move in the consciousness of this understanding, we will be moving with the "experience of God."

To arrive at the conviction of faith to know, and to know that we know, we must cultivate a "self-image" in the "likeness and image" of the nature of God's "image" of us. We must foster and nurture the "idea" that we are perfect, whole and complete, now. Not perfect, whole and complete in the future or at some later day, but right now, in this moment, for in Truth we are. Our ideas that diminish our image of perfection are but the concepts of our mind that have been conformed to the world's idea of perfection. This is not God's way, or the way of Spirit. "Now is the appointed time, today is the day of my most amazing good fortune." The day that we accept our perfection and change our minds about who and what we are and are about, is

the day our most amazing good fortune begins to unfold in our life. Today is perfect. Today is the day. Know that as we move, God is moving with us. Sustain and maintain the idea that God is our All-in-All. As we discipline our mind to not be disturbed by the people, situations and conditions around us, we begin the process of "freeing" our mind of negative thoughts, resentments and the residue of negative past experiences.

As our mind becomes free we are ready to experience a richer, fuller more joyous life. Spiritual prosperity is the knowing that all our prayers are answered and that we are always provided for, guided, protected and loved. The idea of prosperity is sustained in our minds as we clear out all the "stuff" by dismissing negative thoughts, ideas and beliefs from our mind as they appear. Always remember: PROSPERITY IS ONE WITH A MIND THAT IS FREE.

Our mind must be free and clear. In order to free our mind we can make ready use of Affirmative Prayer. As we begin the daily practice of Affirmative Prayer, we begin to notice changes in our "feelings" about life right away. The practice of Affirmative Prayer creates a

shift in our consciousness that is "receptive" to an expanded view of life. In Affirmative Prayer we can move from our earthly limitations and "behold infinity."

In preparation for Affirmative Prayer it is useful to read a passage from the Bible or an uplifting statement of Truth from a spiritual book or magazine. For some people merely sitting silently is just as effective. Either way, our intention is to move in mind to that quiet confidence and self-assurance that we are getting ourselves out of the way so that Spirit can flow through us. This movement of Spirit in our minds can spiritualize our words to bring a greater depth of conviction of the Truth.

Once we have moved into this greater state of mind, we will find peace, and it is time to proceed with the five steps of prayer as follows:

First - we Recognize God.
God Is ALL-IN-ALL ... there is none other
... All God, All the time ... God is the Doer
... our work is to choose.

Second - we Unify with God ... with the Good.

I know that I Am One with the One. The

Presence (Christ) of God is within me. I am both human and Divine, I am flesh and I am spirit.

Third – we arrive at the Realization that God Is reflected in our life experiences. God has imaged me and God has planted within me a Good desire. I know that this Good desire is of the Father and therefore I accept it with conviction and in the realization that “all that the Father hath is mine, NOW.”

Fourth – we take time for Thanksgiving.

I know that my faith is the substance of things hoped for and in faith and in gratitude, I now give thanks knowing that it is ... that on the Invisible Side Of Life, in the Un-Seen, God Is responding to me in the affirmative.

To back up ... we have “recognized” God, Infinite Presence, Infinite Power and Infinite Intelligence ... One Mind ... now my mind is unified with the One Mind ... I am in a state of receptivity, a state of acceptance and deserving ... so I realize that my Good is assured ... that I can depend on God, the Principle of Life ... and this is the Truth that sets me free. Now I

am ready to:

Fifth – we Release.

I give it up to God. I let go of my feelings about it and let God be manifest in whatever it is. I release these words knowing that they are the Truth of this situation, the whole Truth and nothing less. I let go of all doubt or concern knowing that my highest and greatest Good manifests with grace and ease.

I affirm that IT IS SO by declaring...
"And so it is. Amen."

Our work is to "see the results" and to "feel the results" ... that is, get a vision of "being" what it is that we choose to be, or a sense of "having" whatever it is that we choose to have. Paint a picture of yourself in your mind, Spirit works to the "results" of what we see in our "mind's eye" ... make your picture very visual and as detailed as possible. "Pray from the results" ... with feeling and gratitude.

AFFIRMATIVE

PRAYERS

Read the following affirmative prayers and change the words to "personalize" them to your specific condition or need:

FOR HEALTH

Knowing that the Infinite has instilled within me the intelligence to choose, I choose health, peace of mind, and freedom. I am free in the Spirit and this Spirit dwells within me. My health is an expression of God-in-me; perfect, whole, complete. I am relaxed and my mind is filled with peace as I know the truth about health. I know that God is Life and I am part of this Life which is God. I know that every part of my Being is animated and alive with the Spirit of God. I know that there is nothing that obstructs my health, my peace of mind, or my freedom to express life physically, mentally and emotionally in a state of complete, whole and perfect health. Every part of my Being is healthy; mind, body, spirit. Nothing shall enter my consciousness that does

not demonstrate health and peace in my experience. I fully accept that I am expressing God's infinite health and peace as me, for me, and through me. I know that it is God expressing all these things through my consciousness of acceptance and gratitude. I surrender all things unlike health and peace of mind to God, Infinite Spirit, knowing and trusting that everything that concerns me is harmonized into the Good; health, peace, joy.
And so it is.

FOR GRACE AND EASE

I live a life of grace and ease for I maintain my connection with my Source; God, Infinite Spirit. I know that I am never separated from the Wisdom, Peace, Joy and Strength of my Source ... and my experiences reflect this awareness with grace and ease. I love living this life that is mine to experience. I grow ever closer to the Spirit within me as I involve God in all things that concern me. I know that Wisdom guides me and directs me in all that I do for I know that my recognition that this is so opens my consciousness to all the good that is mine. Each and every day I fill my mind with spiritual inspiration knowing that I of mine own self can do nothing without the Spirit that is my very life. I accept with deep gratitude that this life is a gift ... and I am so very grateful for it.
And so it is.

FOR NEW IDEAS

Beginning in this moment I weave a new pattern of thought through my mind. I let the thoughts of the past be done, finished ... and I embrace in my mind a new idea of myself. This new idea that I embody today is that all that I do is successful, all that I accept for myself is good and very good. I accept the idea of me as a divine expression of Infinite Spirit filled with love, peace, joy and happiness. I accept the idea of me living a life filled with enthusiasm and passion for life, love and Truth. I accept the idea of me today living in financial abundance with enough to share and to spare. I accept the idea of me today as a living example of someone who has been greatly blessed and continues to be blessed with every good thing I can imagine for myself. I am ready to experience the good life and I begin to experience it right now in this very moment. I accept and believe that I am divinely guided and directed to realize the Good in all things and all people who enter into my experience of life. Today in this new vision and in this new consciousness, I accept that Spirit works through me, as me, and for me, to make everything possible, now. And so it is!

FOR MORE MONEY

As I become more aware of the abundant nature of the Universe and God's infinite capacity to create, I realize and know that within me too, is the capacity to create a greater abundance.

God-in-the-midst-of-me leads me and guides me to that which is prosperous and successful. The Law of My Mind is steadfast in knowing that God is my Supply and that God supplies me abundantly. I cannot be distracted by the seeming chaos on Wall Street or the timidity on Main Street. My abundance is not controlled by anything or anyone outside of me. Success and Prosperity are the Laws of my Life, now ... and more and more money is my expectation. I feel the joy in receiving money, the happiness of giving money, the harmony of circulating money ... knowing that Money is God in Action ... it is but a symbol of God's willingness to provide for me every Good thing I can imagine ... and right now my imagination is thrilled with the energy of acceptance and receptivity to more and more money. I give thanks for every penny, nickel and dime that comes to me, knowing that as I demonstrate money, more money comes to me in ever-increasing amounts. I am grateful that this is so ... I let it be so ... and so it is!

FOR A MORE SPIRIT-FILLED LIFE

My mind is open and receptive to experiencing the Presence of Spirit in all that I do and in all things that concern me. I know that my spirit of confidence and self assurance is anchored by my trust and faith in Divine Guidance. I accept and identify with the Living Spirit within me and this acceptance empowers me to make the right decisions and choices that move me forward in an ever greater experience of prosperity, joy and success. I know that the Divine Plan for me today is to experience more of God, the Good ... and I am open and receptive to God's willingness to work with me, as me, and through me, so my mind is open to new ideas and a renewal of enthusiasm and expectancy of prosperity and success unfolding in my life now. I accept all the Good that is mine and in gratitude for this Good, I give of this Good generously with the conviction that the more I give the more I receive. I do not set any limits in my mind on the measure of Good that I accept for me and for all others as I witness the marvelous results of living a Spirit-filled life, now. And so it is.

FOR GRATITUDE

I rejoice and give thanks that I know that there is only One Presence, One Power and One Intelligence moving as Mind throughout the cosmos. I know that I am of this Presence, this Power and this Intelligence ... and in this understanding I realize and recognize that I can claim the riches that are mine now. I know that as I claim that which is mine, God responds to me ... and in this deepest acknowledgement of my unity with the Creator, my spirit sings and soars in heightened enthusiasm and expectation. My Good is my God and my God is here and now ... and this is the Truth that sets me free from thoughts of delay or obstruction. I give thanks for the fulfillment of the Good that is mine in this very moment. God's peace fills my soul and permeates my mind. I rest in quiet confidence that God, Infinite Spirit responds to me now. I let it be so ... and so it is.

FOR TOTAL AND COMPLETE CONFIDENCE

I rejoice and give thanks for knowing that the Power and the Presence of the Infinite is always available to me. I know that every idea that moves through my mind is directed by Infinite Intelligence. My faith in this Intelligence is unshakable ... no matter what I may think at any

given moment, my thoughts and my faith are directed toward God, the Good. I know that my life and my Good is complete at all times for I know the Truth, now and always. I know that God, the Good, is always with me and always sustaining my total and complete confidence in It. My faith draws my Good to me as I believe and I accept a greater Good each and every day. I know this Power that dwells within me is silently working for my Good at all times and in all ways. I never doubt my ability to receive my Good nor God's willingness to give to me that which is mine. I know that this is the truth for me and for all those who put their faith in God, Infinite Good. The way of the Spirit is grace and ease, and I accept this way as my way now. And so it is.

FOR HAPPINESS

There is neither sadness nor disappointment in Spirit, for the Nature of God continually affirms the Good in All things. I allow the happiness that is of the Spirit to flow through my heart and my mind without obstruction. As I gather my thoughts and dwell on God, Infinite Spirit, I find the perfect expression of happiness fills my soul. I erase from my consciousness any belief in anything that contradicts the Omnipresent Good that surrounds me, presses against me and flows through me. This happiness that moves through me energizes my body creating a

greater sense of health and wholeness that is mine to experience. Spirit lifts me up to my highest ideal of health, happiness and harmony ... harmonizing all conditions and circumstance that concern me. I am always Divinely guided and directed to that which fulfills and sustains my desire for expansion and growth. My life is a continual demonstration of Spirit's Presence in my life. I know this is so ... and I let it be so ... now.

FOR PERFECT FULFILLMENT

There is within me a Power that is complete and unshakable. This Power within me is the Spirit which I call God. I realize that this Power is within all people. It is God-in-me that has this awareness and It reveals Itself to me through everything that I see. I know and I know that I know, that Spirit responds to me ... to my word, my thoughts, my imagination and my visualizations ... for I am of It and in It, always and forever. In this moment I recognize this Truth for me and for everyone, knowing that this relationship with the Divine is immutable and eternal. I am definite and positive that my Good comes to me daily. Daily I accept health, happiness, harmony, joy, love, peace and abundant success and prosperity. I have no needs as I am always supplied with all that is necessary for the good life. I know that Spirit works for my Good in all things with grace and

ease. I am never without a solution, for my awareness of my relationship with God is my solution for any seeming difficulties. I always know what I need to know when I need to know it ... and I always have what I need to have when I need to have it. My life is aligned with right action and right timing. I know and I believe that God-in-me manifests abundance through my consciousness of wealth and infinite supply. My consciousness is free of anything unlike Good ... and I am free, happy and grateful for everything that is mine to experience ... perfect fulfillment is established in my consciousness ... now. ... and so it is!

FOR COMPLETE FAITH IN GOD

I have a complete faith in God, Infinite Spirit. I sustain this faith by listening for that "still small voice" that speaks to me of love, of peace, of harmony, and happiness. I depend on this guidance and support as I move forward accepting and enjoying a greater experience of success in all things that I do. My faith is always focused on the Good, that which affirms life, and that which increases and expands the greatest Good for all. I am always living in faith for my trust is in Almighty God, Infinite Presence. Nothing outside of me disturbs me for I know that All Power is in God ... the Good. I move forward each day with enthusiasm and confidence always assured that my Good shall

be revealed in all things. I am always so very grateful for the Good that is revealed in my life for I know the source of my Good is God. I align myself with the ever-present Spirit and in quiet confidence I affirm that life is good all the time. Nothing can shake my faith in this Truth that permeates my consciousness, comes forth in the words that I speak, and is permanently impressed upon my subconscious. My complete faith in God is all that I shall ever require to guarantee that my life reflects the best that I can imagine for myself. I know this is so ... I let it be so.

And so it is.

FOR PROSPERITY

As I recognize that all that I can accept is mine, I can know that I can receive within my consciousness a greater prosperity and financial supply now. I know that there is no lack in the Universe ... no lack of any Good thing. Knowing that ideas are spiritual coin, I affirm that the right and perfect ideas come to me to demonstrate great prosperity in my life. I am awake, alert, and willing to serve in whatever capacity to accept and receive the Good that is mine. I realize that the Universe is filled with untold riches and opportunities. I know that as I unify in my mind with this idea and believe and accept that I am part of this unity of wealth and prosperity, greater opportunities for wealth and prosperity are opened for me. As I depend on Principle to

open the doors of opportunity, my thoughts and beliefs are aligned with wealth, success and prosperity. I know that the Law can only give me what I am receptive to ... so therefore, no idea or thought of lack shall enter through the door of my consciousness ... wealth and only wealth is mine ... an ever-increasing wealth is mine ... now.
And so it is.

FOR ELIMINATING "SEEMING" OBSTRUCTIONS

The Spirit has no past. It has never been bound by any external conditions. It has always been, and forever will remain, free and independent of conditions. I am of the essence of pure Spirit. I am one with God. I know there is no limitation operating in, around or through me. There is no burden of race belief obstructing me.

It makes no difference what happened yesterday, or what has happened in the past for me or for anyone. My word is a law of elimination of all beliefs and obstructions, no matter where they may come from. I am not bound by anything that has ever happened. The Spirit is creating everything new in my life today. I am free and unfettered. I dwell in the secret place of the most High. There is no fear, no uncertainty, no hesitation, no doubt.

Everything that I do shall prosper. The doorway of opportunity is open before me today. Everything that I do, say and think is stimulated by Divine Intelligence, impulsed by Divine Love. I am guided, directed and guarded into right action. Today, goodness, abundance, happiness, joy, success and friendship are increasingly made manifest in my experience. And so it is.

FOR JOY

I feel the joy in knowing that God Is Present right where I am. I know that as my mind adjusts to this highest of Truth, I can know that all things are working for my Good. Wherever God Is, Good is ... and this I know is the truth for me and for everyone. This truth lifts me up and I feel a greater measure of enthusiasm as I let my mind be absorbed by the Good. Knowing that God is Present keeps me motivated and my intuition is heightened as I listen for guidance and direction. As I silently commune with the Infinite I feel the sweet joy in knowing that all is well ... that I am in my perfect right place ... and that all things unfold with grace and ease as I open my mind to a greater and more glorious experience of life. "Today is the day the Lord hath made and let's rejoice and be glad in it" ... these wise and beautiful words remind me that what I am accepting as truth becomes the Law of my Life ... and so I accept that my life is a joyous and

prosperous unfoldment of every Good thing I can imagine for myself. Knowing this is so, I direct my thoughts towards that which is lovely, wonderful and beautiful ... knowing that as I see my life in this way ... this is the way it is.

And so it is.

FOR KNOWING "ALL IS WELL"

I feel the blessing of knowing that the Presence of the Presence of God is right where I am. I feel Its Love, Harmony, Peace, and Joy within me and without. I know that everything I see, hear, feel, taste, and touch, is part of this Presence and all is well. I realize that my conviction that Good permeates all things, reveals a greater Good to me. I accept that my beliefs about the world in which I live are reflected back to me and create my reality. Knowing that the true Reality includes both the Seen and the Un-Seen, I am never disturbed by any appearance that seeks to deny the All-ness of Good ... the Omnipresence of God, Itself. I accept within my consciousness that the Power of Infinite Spirit knows no opposition and so I focus my mind on the Good and the Very Good ... and only the Good is revealed to me. I know that the nature of God resides within my consciousness, working through me and for me creating my highest Good in every condition and circumstance that I find myself in. I know that as I accept a greater Good in my mind ... without

doubting ... this Good manifests in the right and perfect time and in the right and perfect way. I accept this Good knowing that it is mine ... for it is the Infinite's will that my Good comes to me with grace and ease. I accept this Good with a grateful and joyous heart filled with love and thanksgiving.
And so it is.

FOR "FEEL GOOD" FAITH

I rejoice and give thanks for the best of times and the best of everything. Everywhere I go I experience a greater demonstration of peace, love, joy and happiness. Everything that I do succeeds and prospers for success and prosperity are firmly established in my consciousness. I am always confident that everything that I need comes to me in the right and perfect time ... and it does. I know that I shall always be receptive to a greater Good in my experience as I foster and nurture a "feel good faith" that expresses from deep within my soul. No false sense of modesty or unworthiness shall ever enter my mind for I know that it is for my good and the good of all that I demonstrate the best that Life has to offer me. I know that there is always enough and more for everyone and I only receive that which is mine. I unify with the Good in my mind and I feel the presence of Good surrounding me and pressing against me. I welcome my Good eagerly and with enthusiasm. My "feel good faith" sees me

through as I demonstrate a greater Good in every area of my life, now. I know that my faith is one with the faith of God ... and I know that since God has faith in me ... my ever-increasing desires for Good and more Good are fulfilled to my great satisfaction. And for this and so much more ... I am deeply grateful. And so it is.

FOR ELIMINATING FEAR

I realize myself to be the perfect manifestation of truth; I am one in the Infinite Mind by reason of the fact that there is but one Mind and in order to be all, there must be nothing between this Infinite Mind and myself. I recognize myself as being complete, total, and perfect. In spite of any fear, in spite of any foolishness, I am yet absolutely perfect. That thing which calls itself fear has no ground for the opinion. The one perfect mind is my Mind now. In this one Mind I am healed and known as perfect, complete, limitless, intelligent, radiant, strong, vital, and divine being. There is that in me which recognizes this thing. There is that in me which is open and receptive to this great perfect life. ... and so it is.

FOR CALM ASSURANCE

I know that wherever I am, God is, for the Spirit of God in-dwells me. I know that every seeming

challenge that may appear in my life, is God calling to me to go higher in my conscious awareness of Its Presence in my life. I am never worried, never concerned, at any moment in time, for I know that I am living in the Presence of the Presence of God. In God I live and move and have my being, and in me, God seeks to express Itself as the Good in all things that concern me. As I direct my awareness to God, Infinite Spirit, I know that All the Power of the Universe supports me in my Good. I live each day in right action and Divine timing. I move, in mind, definitely towards a greater Good at all times. I know that my Good is increasing at all levels. And I am experiencing a greater capacity for success, prosperity, love and joy every day. I am grateful that this is so ... I let it be so ... and so it is.

FOR SOLUTIONS

There is only One Mind, that Mind is God and that Mind is my mind now. Knowing that my mind is in unity with the One Mind, I know and I know that I know that Mind reveals to me everything I need to know when I need to know it. I do not have to push and pressure anyone for answers ... or spend countless hours searching for the information that I require. All I must do is open my mind to the One Mind ... that which is All Knowing ... and the information that is necessary for me to move forward into a greater expression of Life ... comes to me with grace

and ease ... from known and unknown channels. In this realization I know that this Power that is within me ... is the same Power that created the Universe in perfect Order. And I know that as I stay on focus and live my life on purpose ... all things come to me in perfect Law and Order to manifest the Good that I desire in the right and perfect time. I feel empowered to move forward into a greater expression of my life's purpose ... I accept everything that is necessary for It's complete and perfect manifestation. My love, my joy, my strength and my hope is centered on Principle as I live in the perfect life that is mine ... now.
And so it is.

FOR ABSOLUTE FAITH IN GOD

I have an absolute faith in God, Infinite Spirit and as surely as I live and breathe, I know that my life is God expressing Himself as me and through me. Knowing that God is One and indivisible, I know that I live and move and have my being in Spirit. I believe that God in-dwells me and in-dwells All of Life. I know and I know that I know, that God is Spirit and Spirit is Mind ... and since there is only One Mind ... what is known anywhere can be known everywhere. I know and I accept that my absolute faith in God is gifted to me by God Himself. I know my relationship with God is a spiritual union that can never be broken. My desires are God's desires for me ... my accomplishments are God's perfect work in

form. I blend perfectly with God and God is my light, my love, and my everything. I know that God and only God gives me the fullness of joy and the satisfaction of a life of happiness and success in all things that concern me. I see God in all things and in all people and this absolute faith that this is true, reflects back to me as Good and more Good in my life experience. I remain ever-faithful to God ... to Life ... and to the Principle that responds to me without fail. I know this faith is a great blessing and for it and so much more ... I am forever grateful. And so it is.

FOR HEALING

There is only One Mind ... It is Infinite ... It is Power ... It knows no limitation ... It does not know the word incurable ... or the word emergency ... nor the word urgency. It works through the silence of our mind to heal, to prosper and to bless ... this is what It does ... through us and for us. As we recognize our own perfection and the perfection of those who concern us, we can then speak our word for healing, perfection and wholeness, knowing that the word we speak is the Truth for us and the Truth for others. Everything unlike God is merely a "false thought" or a "false belief" manifesting as an illusion of something unreal ... there is nothing to heal ... only God to be revealed ... this is the Truth for me and the Truth for you and the Truth for everyone. As we speak the Truth about

ourselves or about anyone our treatment is a direct statement of belief into Mind, and coupled with our realization that the healing that we desire is already an accomplished fact ... the healing is complete. I know for me and I know for you that our healing is complete, now. And so it is.

FOR HEALTHY MIND, HEALTHY BODY
(fill in the blanks)

This treatment is for _____ name
_____.

I rejoice and give thanks for the consciousness of knowing that there is only One Life, this Life is God, and this Life is _____ name _____ life, now. There is only One ... One Life, One Presence, One Body ... and this is the Life, the Presence, and the Body of God expressing through All Life now and always. I know and accept for _____ name _____ that this Perfect Life which is God, is expressing through my/his/her life now. I know that the vitality and the energy of Spirit moves through _____ name _____ heart, mind, and mentality ... as life, as peace, as joy, as love, as freedom ... moving through my/his/her mind and body as perfect health ... as wholeness ... as perfection ... for this is the Spirit of God within _____ name _____ expressing Itself wholly and completely. I know that all that _____ name _____ is ... is God ... not all of God ... but all that

I/he/she is (am), is God. I know this Presence operates fully and completely removing all things unlike Health ... unlike this Perfect Life that Spirit is expressing through me/her/him now. I know that Spirit is One with the mind of ___ name ___ and permeates my/his/her mind with ideas of Health and Wholeness ... creating a healthy mind and a healthy body ... now. There is nothing to block this perfect movement of Spirit as It expresses the Perfection of Its Life through ___ name ___ now. I am certain ... and I am convinced ... that this Perfect, infinitely individualized, expression of the Infinite in the form of ___ name ___ is free of all things that hinder this Presence of God within me/him/her. My heart, my mind and my soul ... feels a deep sense of gratitude for knowing that God is in the midst of ___ name ___ and there is nothing else ... for there is only God ... and besides It there is nothing. I know that this Presence ... this Life ... gives freely of Itself to all that It has created ... and I know that ___ name ___ is the Perfect expression of It ... now, and always. And so it is.

CLOSING

SUGGESTIONS

Always remember and never forget, no matter what condition you may find yourself in, that we never attempt to "convince" God of anything. Always we must mentally work to "convince" ourselves that whatever it is that we desire to experience is ours "now" even when the facts may give us evidence that it is not. What we "know" in faith ... is ours. "That which you are seeking, is seeking you," is the truth for you and for me.

Keep the faith!

PRAYER IS A POWERFUL THING, NOW!