



Creating a Spiritual Mind Treatment

To get you started in creating your own affirmative prayer – here are some words and phrases that express the elements of each step. This can be a little like creating a recipe with your favorite ingredients, you can see which phrases resonate for you (and the specific focus of your prayer) and put them together. Say this prayer to yourself, in silence, then read it out loud.

There is creative power in the word, and hearing your own voice resonating with words of truth is very powerful, indeed.

Brief Description of the Steps

Recognition	In this step we speak about the infinite, absolute, all-providing, creative source that is everywhere and everything.
Unification	Here we speak about our own individualized and perfect expression of the infinite.
Realization	In this step we speak of the specific good we are claiming, knowing that we are worthy of it, and now receptive to it.
Thanksgiving	We express our gratitude for the manifestation now—even before we see evidence of it—and know deeply and truly how grateful we are to be the expression of divine good.
Release	In this step we let go of the “how” and align with the perfect ways and means for our good to come to us.

Words and Phrases: Elements of Each Step in Spiritual Mind Treatment

Step 1 Recognition

- God is all-knowing, all powerful, and everywhere.
- God is the essence of all that is.
- God is great; God is good.
- There is one presence, one power, that I call God.
- God is the ultimate Creator.
- God is miraculous!
- God is all love, peace, harmony, grace.
- God is the Mystery.
- God is all there is.
- Spirit is everything.
- God is the underlying Reality for everything I see.
- God is in, under, over, around and through all.
- God is indivisible, omnipotent and whole.
- God is love, intelligence and beauty.
- God is eternal and changeless.
- One Spirit, One Mind.

Step 2 Unification

- I honor the presence in me.
- God is the love that I AM.
- I AM one with God.
- God's desires and mine are the same.
- My thoughts are God's thoughts.
- My actions are God's actions.
- The mind of God is the mind that I use.
- I AM.
- There is only one mind and I AM part of it.
- All that God is I AM.
- God is within me and, therefore, I AM perfect, whole, and complete.
- Everything is exactly as it should be.
- God in me, as me, is me.
- God and I are one; therefore, I AM good, deserving and complete.
- I am one with the rhythm of life.
- Wherever I am, God is.
- The life within me is God.
- I am a manifestation of God.
- There is one mind; that mind is God's, that mind is my mind now.
- I am one with Infinite Spirit which flows through me now in love.
- The One Source is within me.

Step 3 Realization

I choose; I am; I am ready to receive; I experience; I co-create; I actualize; I hold as true; I claim; I am ready; I assert; I know; I accept; I AM; I embody; I declare; I realize; I believe; I receive; I manifest; I trust; I welcome; I deeply and fully accept; I acknowledge; I am living; I see clearly now; fully; right now; totally; completely; viscerally; with deep conviction; utterly; deeply; entirely; clearly; profoundly; strongly; right here

Step 4 Thanksgiving

I am grateful; I appreciate; I give thanks; I feel overwhelming thankfulness; the joy of gratefulness is mine now; I am thankful for this gift; I feel joy and love in my heart; this manifestation of God's love has filled me with awe; I celebrate; I give thanks for God's presence in me; I feel truly blessed; with grace I thank and accept; joyful loving thanks; open; loving heart; gracious gratitude; happiness; express joy for my answered prayers; attitude of gratitude; I am grateful for all this and so very much more; I'm overjoyed; I give my loving thanks; I dance in my thankfulness; humble appreciation; I express my love to the Mother/Father God principle

Step 5 Release

- It is done.
- It is perfect.
- It is complete.
- I release this treatment to the Creative Law, with the assurance that all the details are taken care of on the level of manifestation.
- I let go and let God.
- I release it and let go.

- I let go, knowing all is in Divine Order.
- I acknowledge that God's will is now being manifested.
- I surrender to God and trust in the perfection of the Universe.
- I accept this treatment as complete, and so it is.
- I let it be.
- I leave it alone with God.
- I release this Divine inner knowing with God.
- I know that this is so.
- I release this truth as God's truth.
- I surrender all attachment and release myself to God's will.
- I place into Creative Law

And so it is!