

Effective Prayer

Our Thoughts are prayers. Our thoughts represent our emotions. Our emotions emerge from our perceived identity. Our perceived identity is reflected in our life circumstances. If we think and feel guilt, we are praying to be punished. If we think and feel joy for another, we pray that for ourselves.

Whatever you affirm, see it as already done, because it already exists. You need not pray for things or situations. Pray for clarity, for insight, for your ability to accept love.

Pray yourself into the flow of love. Pray from a place of having, not wanting.

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours" in Mark 11:24. "Ask and you will receive, and your joy will be complete" in John 16:24.

Willingness—Intention—Commitment—Certainty—Reliance

"There is no sadness where a miracle has come to heal. And nothing more than just one instant of your love without attack is necessary that all this occur. In that one instant you are healed, and in that single instant is all healing done." ACIM Text: *The Healing Example*

"You could have every deadly disease known to man, and some they haven't figured out yet; you could have them all in your body right now... and tomorrow they could all be gone, if from one day to the next you learned how to allow the Energy to flow." Abraham

"As what was ejected or rejected is returned to the Self, the physical manifestation dissolves, because its source, which was separation, is no more. In other words, illness is no longer observable once what was rejected rejoins the Self. The illness was but is no more." ACOL

Affirmative prayer. For Self.

Your heart and mind must be aligned for prayer to be effective. Know what you want. Make an intention. An intention is powerful. A wish is not. Example:

"My heart is strong and healthy. My arms and legs are powerful and flexible.

My spine, spinal cord, vertebrae, muscles, ligaments, tendons, bones, knees, hips, elbows, shoulders, neck are all flexible and strong. I move with ease and with grace. The healing light of God's unconditional love energizes and enlivens every system, organ and function in my body.

My whole body is in perfect health. Thank you, body. Thank you, God. And so it is."

Affirmative Prayer for others. To be effective this kind of prayer must be sincere. Pray for someone seeing them as already healed, as already successful, as already joyous.

The healing light of God's unconditional love

Flows from my heart to your heart, _____.

It permeates your consciousness, bringing to the light all that is ready to be healed.

It is healed. It is done. Thank you, God.

Our combined love energy permeates your body,

Restoring your heart and every cell to perfection.

Dissolving all traces of toxins and disease.

Energizing and enlivening every system, organ, and function in your body.

You are healed and whole, _____. It is done. Thank you, God. And so it is.

Pray to connect

This is a conversation between you and your Higher Self (Holy Spirit, or God, or whatever name you use for your Higher Power). Ask for direction. Ask to see more clearly. Ask for understanding. Be nonresistant to what is. Surrender judgments. Let go of have-to's. Give thanks. Breathe.