

Spiritual Mind Treatment

The SOM 5 “Affirmative Prayer” Steps

Purpose: Have clarity about what you want to experience—your purpose. What will you have or experience when the prayer is answered? What is your “mental equivalent” for what you want?

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 Prayer for Happiness

1. God is the source of all good. This includes every element of happiness: wealth, social support, health, freedom and truth. Every good thing is in infinite supply and freely given by all-powerful Spirit.
2. I accept the creative power and full resources of God at my disposal. God’s wealth and support are mine. Freedom and health are at hand. The joy of living is here, now. I claim God’s good is mine to have, to use and to share.
3. Happiness is mine right now. I open my heart and mind to receive the good life and the happiness that it brings. All of the positive experiences that I desire are mine and I freely share my good with others. I look forward to each day, knowing that I bring happiness to it and accept happiness from it.
4. I give thanks for participating in the growing happiness of the planet.
5. And so it is!