

## **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 Love**

1. God is the source of all Love. This includes affection, friendship, passion, self-esteem and tenderness. Every form of good relationship and good communication is within the nature of God.
2. I accept the creative power and full resources of God at my disposal. God’s Love is my Love—to receive, to have and to give.
3. The Love that I desire is mine right now. My heart is open and I find myself in the midst of loving relationships. I am loving and lovable, always. I easily draw others into my circle of friendship, love and support.
4. I give thanks for participating in the loving heart of the planet.
5. And so it is!