# **Affirmative Prayer Workshop**

State desire and 1st Step

First identify what you want to manifest. State it in terms of “I want to realize…” or “What is now blossoming in my life is…”

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1. **Relaxation.** In this first step you want to relax not only your physical body, but also your thinking mind. Relax the mind chatter. Release the “to-do” list. Relax into the present moment and bring your awareness to your heart center. Begin to relax your attachment to the physical dimension. Remember that all form and experience in the relative, temporary world of effect, has its origin in Divine Mind.

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