

## Atomic Affirmative Prayer

Rev. Victoria Loveland-Coen, September 24th, 2023

Affirmative Prayer is a mechanism for consciously aligning ourselves with Divine Mind...that Infinite Potential...and *consciously* directing that power to co-create more good for ourselves and the world. Here are the 5 steps of Affirmative Prayer (with an atomic twist ☺).

1. RELAX: Relaxing the physical body, and the “to-do” list, and relaxing your attachment to the outer world of effect.
2. FOCUS: You can now move into a higher dimension – the realm of Infinite Possibility. Focus on the qualities of this Divine Life: love, peace, joy, fulfillment, beauty, wholeness, divine order, wisdom, guidance, creativity, infinite abundance of good. Also affirm that you are an expression of this Divine Source, therefore whatever is true of It, is true of you.
3. CONTEMPLATION: From this awareness you want to jump into the “feeling-tone” of answered prayer. By doing this you are aligning yourself with the power within the atoms, and getting them activated.
4. REALIZATION: You realize that whatever you are affirming is already the spiritual reality of you now, and has always been. Use the Power of Imagination to “fill in the details”.
5. THANKSGIVING AND RELEASE: You are grateful for the awakening in your consciousness of who you truly are, and that what you desire is already yours now. That reality “bursts forth” into powerful manifestation. Also, you want to release your attachment to how you think it should look, and instead listen to, and follow, Divine Guidance.