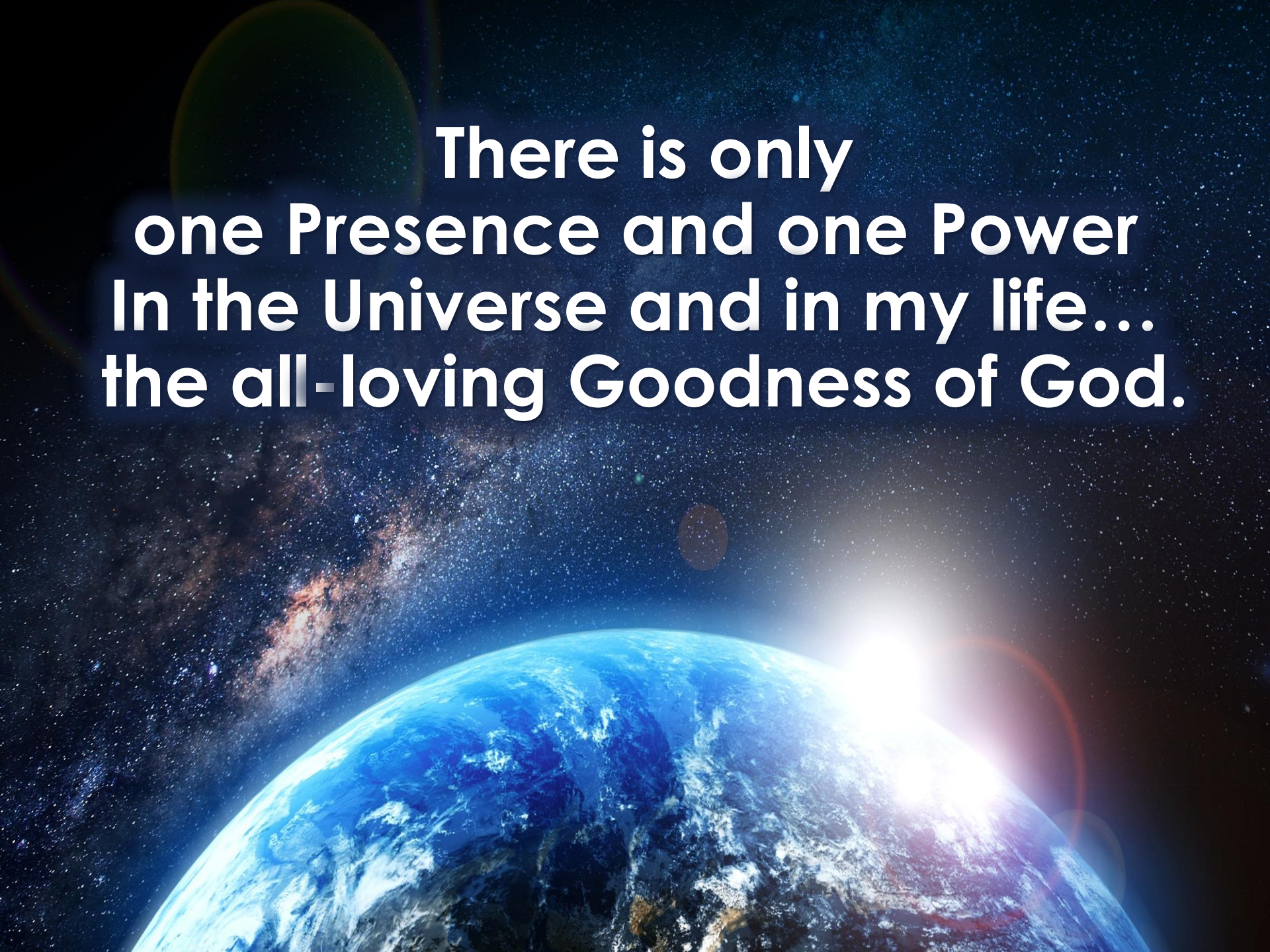




Living My Spirituality



A composite image of Earth from space. The Earth is shown in the lower half, with blue oceans, white clouds, and brown landmasses. The Milky Way galaxy is visible in the upper left, stretching across the dark blue and black background of space. A bright sun is positioned on the right side, creating a lens flare effect. The text is overlaid in the upper left quadrant.

**There is only
one Presence and one Power
In the Universe and in my life...
the all-loving Goodness of God.**

Truly the thing that I fear comes upon me, and what I dread befalls me. Job 3.25

As a man thinks in his heart, so is he. Prov. 23.7

Let it be done for you according to your faith. Mt. 8.13

If you have faith, nothing will be impossible for you. Mt.17.20

Whatever you ask for in prayer with faith, you will receive. Mt. 21.22

All things can be done for the one who believes. Mk. 9.23

If you do not doubt in your heart, but believe that what you say will come to pass, it will be done for you. Mk.11.23

You reap whatever you sow. Gal. 6.7

The measure you give will be the measure you get back.
Luke 6.38

**If your eye is healthy, your
whole body will be full of light;
but if your eye is unhealthy, your
whole body will be full of darkness.**

Matt. 6.22-23



**You do not have, because you do not
ask. You ask and do not receive,
because you ask wrongly.**

James 4.2-3

Prayer is not conditioning God with your needs, begging for handouts from heaven. Rather, prayer is conditioning your life with the activity of God, causing a change in your tendency, your consciousness, and your awareness, so that you can acknowledge that which already is.

Eric Butterworth – Practical Metaphysics

Do not supplicate or beg God for what you need but get still and think about the inexhaustible resources of infinite Mind, its presence in all its fullness, and its constant readiness to manifest itself.

Charles Fillmore – Jesus Christ Heals

The wonderful part of the creative process is that the Allness is ever seeking to fulfill itself in the eachness. It's the Allness of God that is present in the individual at the point where he is.

Eric Butterworth – Practical Metaphysics

DENIALS

Call out the error

- *That has no power over me.*
- *Nothing can keep me from God's good.*
- *That may be fact, but it's not the Truth.*

AFFIRMATIONS

Affirm the Truth about God

- *God's healing Life flows through me now.*
- *Divine Love brings harmony to my relationship.*
- *Infinite Substance supplies my every need.*

If we were to concentrate our attention on one idea for a mere 17 seconds, we would experience as much benefit as if we had labored full-time for an entire year.

Esther Hicks – Ask and It Is Given

Affirmative Prayer

- B** - Begin with God
- I** - Include yourself
- N** - Name the Truth
- G** - Give thanks
- O** - Over and out

Affirmative Prayer

(B) God is the only presence and power in my life. **(I)** One with Spirit, I radiate the wholeness of God. **(N)** Centered in God, I accept for myself...Radiant Health & Wholeness; Unlimited Supply flowing freely in my life; Harmony in my relationships; Peace in my heart; Wisdom to guide me to the best outcome. **(G)** Thank you, God that all things are working together for the highest good. **(O)** I release and let go and let Spirit do its perfect work.

Prayer is not an act of overcoming God's reluctance, but should be an active acceptance of His highest willingness, recognizing spiritual law and putting ourselves in alignment with it.

Ernest Holmes – Science of Mind

