

# Welcome to Metaphysics I (a) !

Please sign in and make a  
name tag for yourself.

I AM NOW in the presence of pure Being, and immersed in the Holy Spirit of life, love and wisdom.

I acknowledge Thy presence and Thy power, O blessed Spirit; in thy divine wisdom I now erase my mortal limitations and from Thy pure substance of love bring into manifestation my world, according to Thy perfect law.

Charles Fillmore

# Chapter Eight

## *Prayer*

Affirmative prayer is the act of claiming and declaring what is already True in the Absolute Realm. It is one of the most important spiritual activities in which we can participate.

# 8 B Affirmative Prayer

*“Prayer is the most highly accelerated mind action known. It steps up mental action until a person’s consciousness synchronizes with the Christ Mind.” CF*

- ☑ Should be a jubilant thanksgiving.
- ☑ Draws out the spiritual qualities that transform the whole person.
- ☑ An affirmation of Truth that eternally exists.

# 8 B Affirmative Prayer

- ❑ Not praying to God or being grateful to God, nor is it asking *for* something or to *do* something.
- ❑ It is praying from the consciousness of Divine Mind, knowing, realizing, claiming and declaring what is already True.

# 8 C Divine Ideas

*“Divine Ideas are our inheritance; they are pregnant with all possibility.” CF “Prayer is the lifting of the consciousness to the place where these things are.” Sue Sikking*

- ☑ The Primary Cause for everything.
- ☑ The human mind lays hold of Divine Ideas and then has thoughts and ideas about them according to the level of consciousness.

# 8 C Divine Ideas

- ☑ Prayer is the most effective way we can fulfill our creative potential.
- ☑ When we pray, we pray for the awareness of Divine Ideas.

# 8 D Five-Step Prayer Method

*“Prayer is both invocation and affirmation.”*

CF

- ☑ This method is a commonly taught one in Unity.

# 8 D Five-Step Prayer Method

## *Step One: Relaxation*

*“Loosening the tight mental grip we have on ourselves in order that the healing Christ life may flow freely through our being.” CF*

- ☑ Mental tensions and distractions are released by using denials and affirmations.

# 8 D Five-Step Prayer Method

## *Step Two: Concentration/ Intention and Attention*

*“In prayer, attention is the concentration of the mind upon a statement of Truth.” CF*

- ☑ A gentle focusing of the mind on a particular statement or thought of Truth.
- ☑ The intention is to access the Superconscious Mind.

# 8 D Five-Step Prayer Method

## *Step Three: Meditation*

*“To open yourself to the inspiration of your indwelling Lord and then to listen for Its inspiration...this is meditation.”* May Rowland

- ☑ The process of our conscious intention to gain awareness of Oneness.
- ☑ It invites the Silence.

# 8 D Five-Step Prayer Method

## *Step Four: Realization*

*“The deep inner conviction and assurance of the fulfillment of an Ideal.”* CF

- ☑ One knows and feels the Truth.
- ☑ Makes Truth a permanent possession of our minds.
- ☑ Naturally results in an attitude of love and gratitude.

# 8 D Five-Step Prayer Method

## *Step Five: Thanksgiving*

*“Praise and thanksgiving impart the quickening spiritual power that produces growth and increase in all things.”* CF

- An attitude of the heart for the entire prayer process.
- We are grateful *from* Divine Mind.
- We are grateful *before* the answer appears.

# 8 J Prayer Without Ceasing

*“...is to put God in charge of your life.”*

Prayer, the Master Key

- ☑ At some level all thoughts are prayers.
- ☑ To be truly effective, prayer must be intentional and perpetual.

# Chapter Nine

## *Praying With Others*

Healing is always about a change in consciousness first; it is a change from error thinking to Truth. We pray from our compassionate hearts with an attitude of loving kindness.

# 9 A Praying From, not To

*“Prayer is not conditioning God with our needs, but conditioning our lives with the activity of God.”* CF

- ☑ First, realize that Divine Mind is the Truth of you and those you bless with prayer.
- ☑ We do not pray *to* God, because there is not a separate God to pray *to!*
- ☑ In the case of health, we pray from the awareness of Divine Mind as Life and Wholeness.

# 9 B The Object

*“The object of all treatment is to raise the mind to the Christ Consciousness, through which all true healing is accomplished.”* Teach Us To Pray

- ☑ The primary aim of any spiritual endeavor is a greater awareness and realization of Christ Consciousness.
- ☑ This is accomplished by being still and meditating into the Silence.

# 9 C Miracles

*“When the free flow of unobstructed life takes place, we often in awe, term it a ‘miracle’”*. Vera Dawson Tait

- ☑ Seeming miracles are the result of Divine Ideas, Principles and Laws of which we are not yet aware.
- ☑ All healing is the expression of a definite realization of Life expressing as wholeness and health.

# 9 D Releasing

*“Anxious thoughts will leave as you consciously know that the healing power of God is active in the person now; that the healing work is being done perfectly.”* Martha Smock

- ☑ First, realize that Divine Mind is the Truth of you and those you bless with prayer.
- ☑ We do not pray *to* God, because there is not a separate God to pray *to!*
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# 9 E Resistance and Persistence

*“...the one who prays must persist in this prayer until the walls of resistance are broken down and the healing currents are tuned in.” CF*

- ☑ Every challenge is unique.
- ☑ The healing principle is not at fault in delayed healing: maybe the healer's own lack of persistency or understanding; may be the patient's dogged clinging to discordant thoughts.

# 9 E Resistance and Persistence

- ☑ Could be a cause of subconscious (or unconscious) resistance to the realization of the Truth.
- ☑ Do not feel guilty!
- ☑ The solution is persistence in prayer until realization is achieved.

# 9 F Realization

*“A spiritual realization of health is the result of holding in consciousness a statement of health until the logic of the mind is satisfied and a person receives assurance that the fulfillment of the physical must follow.”* CF

- ☑ When a person lays hold of the principle of wholeness, that person finds that he or she is automatically working with God and that much new power is added. (CF)

# 9 F Realization

- ☑ When you know and feel something is True regardless of outer circumstances.
- ☑ In healing, this is NOT the realization of healing.
- ☑ Healing is the process of moving from error thinking to Truth in consciousness.
- ☑ Prayer for healing is about realizing Life, Wholeness, and Health.

# 9 G No Effort Wasted

*“...people are quickened whether we see the result with our physical vision or not, the process is as sure as God.” CF*

- ☑ Do not become discouraged by appearances.
- ☑ We cannot insist on any particular result in those with whom we pray.
- ☑ Forcing a result is the antithesis of Oneness.
- ☑ God cannot act against a person's will, because God simply is.

# 9 H Seeing Perfection

*“Don’t try and set them right, but rather to see them rightly.”* CF

- ☑ See with the eyes of Spirit, that which really exists.
- ☑ This does not mean to “pretend.”
- ☑ An inner acknowledgment and realization regardless of whether or not the appearance matches the acknowledgment at the moment.

# 9 H Seeing Perfection

- ☑ This is sometimes called “holding the thought” or “laying hold of the Truth.”
- ☑ True compassion is when we can perceive their Divine Perfection, or Christ Nature, then we are seeing them rightly.

# 9 I A Suggested Process

- ☑ 1) Refuse to see and acknowledge any appearance of illness. This may require the use of denials and affirmations.
- ☑ 2) Focus your attention and awareness on Oneness. Meditate into the Silence.
- ☑ 3) Feel and “think after” the principle of Life.
- ☑ 4) Focus your attention on Life, the vital, energizing Divine Life that produces Wholeness and Health.

# 9 I A Suggested Process

- ✓ 5) After entering into full realization, bring into consciousness the person with the health challenge. Fully engage your thinking and feeling natures using the power of the spoken word to claim these Truths.
- ✓ 6) Give praise for these Truths and be in gratitude for Life.
- ✓ 7) Continue to refuse and see any appearance of illness. See that he or she is whole and healed.

Have a beautiful evening!