

Session Five: Realization

Session Five Outcomes:

1. Learn what affirmations and denials are and how to create them.
2. Learn how to “make real” or Realize the Presence of God in form as the third step of Affirmative Prayer.
3. Understand the power of thought and how it manifests in form.

Review

How powerful was focusing on the I am consciousness this past week? Take a moment to honor your insights. List them below:

When you experience a funk. Allow yourself to know it is merely a fluctuation of energy, bring your attention back to the present moment and then speak the truth of you from The I am. You will literally be changing your internal set point.

We have now practiced preparing for prayer, Recognizing the Presence of God and Unifying with it. In this session we Realize the Presence of God in form. Let's begin.

Step Three: Realization

Metaphysicians have long spoken and written about The Law. The Law is a predictable out picturing of one's thoughts. What is going on within me is shown in the world outside of me. Everyone can see my beliefs as I am living, talking, and behaving out of what I know to be true. As I shift my thinking to come not from the realm of senses, but from the realm of The One Presence, then all things become possible. Life is made NEW.

The third step of treatment is Realization or “making real.” We do this through affirmations and denials. Affirmations are YESs and negations or denials are NOs in prayer. They are used to sculpt and create our mental atmosphere.

Building a Realization Statement

- Realization is to be in the first person of I am. The prayer is for and about my consciousness and me not someone else or something else.
- It is written in the present tense.
- It has one singular focus.
- The Realization is composed of affirmations and denials/negations.
- I am knowing the Truth about me instead of beseeching something from outside of me.

God works through mental concepts, our beliefs, to create our life for us. What if we are willing to believe differently? Imagine this for a moment. Take notes.

I like to call the Realization Step ... “therefore.”

Step One: God Is.

Step Two: I am.

Step Three: Therefore.

Some words I use when creating the realization step:

I accept, I claim, I won, I embrace, I realize, I know.

Below are some examples of the Realization Step

Realization for Peace

Therefore, it is natural for me to give forth the Peace of God that I am in my relationships. I accept Peace as the center of my being and Peace is the thought that occupies my mind. I embrace Peace as the REAL me. It is a lie that I am conflicted within for the Kingdom of God lives within me and it operates as Peace. God is Peace. I am peaceful. The newness of God expresses as me now.

Realization for Abundance

Therefore, right here, right now, today, I accept the Abundance of God right here as me in thought as my consciousness and expressed in my physical world. I know I am what I seek, and what I seek is seeking me. I no longer entertain thoughts of lack and limitation for they are a lie; they are NOT of the Good of God. I accept the Good I am right now and speak only of what I am, what I have, and what I know as the Abundance I am. All my needs are met.

Realization for Love (by Dr. Ernest Holmes from Science of Mind text)

I dwell in the house of Love;
My dwelling place is filled with peace and eternal calm.
Love attends me in the home of my Soul, and
Joy awaits upon me in the "Secrete Place of the Most High."
My house is built for me by the hand of love, and
I shall never leave this House of the Spirit, for it is always present.
I shall abide in this house forever.
My house is a house of love.

Realization for Healing/Wholeness

Therefore, my body temple is radiant. Each cell sings of the Health of God I am. My lungs fill up with the breath of God and breathe through me with ease and grace. I let go of the belief my lungs are tight and constrained. Each breath informs the next of the loosening power of God. I breathe easy now. My lungs fill with the Grace of God as indicated through breath. Each exhale releases any belief in an absence of God. I am filled and overflowing with the perfection of God as my body. I am whole and I know it, living it right now.

Desire literally means “De” of the and “sire” Father. It is the pull of the Father within.

Desires are Holy nuggets. They are directional clues from our Soul to our personality. Allow yourself to listen and to respond.

Outlining Prayer

We are in the “what” business. God is in the “how” business. If we can’t seem to get into the feeling tone, energy field of our request, then we can create an outlined prayer and then say “this or something better.”

Outlined Realization for Home

Therefore, I accept my perfect home now. Quiet, ample room for classes and private clients, on the ocean with easy accessibility and loads of parking. I love my neighbors and I’m welcomed into the neighborhood. I trust my home comes to me easily and quickly and without efforting. I release my belief in the traditional forms of receiving a house and I open to Infinite Spirit to be my provision. I accept this or something better.

Outlined Realization for Right Work

I claim for me right now the most perfect job for my skills and for the benefit of humanity. I accept the position of a spiritual director in a hospital or learning center teaching, preaching, and speaking Truth all day. I am prospered generously by this work. I love my co-workers and they appreciate the work I do. I am in a team environment. I love going to work every day. I accept this or something better right now.

Notes on Prayer:

- Pray until it is known and you can say YES within of yourself; until you know it is done.
- Remember, scripture can be a powerful leverage in your Realization Step.

Session Five Assignment:

Write your Power Prayer realization. Email it to me at revbonnieb@gmail.com. Include the perceived problem or desire, your Quality of God, Steps One, Two and Three.