

Session Four: Step Two Unification

Session Four Outcomes:

1. Understand the relationship of Recognition and Unification, steps one and steps two.
2. Learn to write and to speak step two Unification.

Welcome back! Today we will learn Step Two of Affirmative Prayer. I love the photo of the man on the first slide. He is holding a sign that says “I am the Presence in form.” This describes Step Two beautifully. Let’s get started ...

Review

Last session you began to craft your own personal Power Prayer by beginning with Recognizing the Oneness or Allness of God and identifying the God quality that when felt shifts your inner resonance. What did you notice in your body, mind and spirit? It can feel quite awkward when you first begin.

Insight: If you want to start with Gratitude as step one, you can. It is separate from Recognition and it may warm you up to begin.

Affirmative Prayer Step Two: Unification

God is an infinite sphere, whose center is everywhere and whose circumference is nowhere. Hermes Trismegistus.

Step One of Affirmative Prayer is the Recognition that God is all there is. Step Two is a natural next step. It is a natural next step to know that as God is All and Only that I am a manifest form of God.

This is a mystical and metaphysical idea – God isn’t a separate entity in the sky looking down upon me; it is All Life including me. I am not separate from the Life Force; It lives within me. My very breath is the breath of God. This revelation is in every Holy Scripture that exists. However, as a people, we have created separateness from God and made ourselves wrong or different in the process. In fundamental circles, believing I am the Presence of God is form is seen as a form of

blasphemy. This belief in separation, though, has caused the harm and pain in our world.

The Unification step depends upon understanding the “I am” consciousness. It is an active and powerful aspect of the Judeo-Christian religions.

I am Consciousness

I am comes from the verb “to be.” God is, God be’s. God is (All) and I am (singular). Any words that follow “I am” are saying mystically that those subsequent words are my God. If I say “I am fat.” I am saying that my fat, or experience of weight rules me. If I say “I am sad,” I am saying that my emotions rule me and in this example, sadness does. If I say I am pissed off, it is saying my God is my emotional state of anger. “I am hungry,” says I am the state of my belly at the moment. I am creating an identity out of emotional states, momentary experiences and perceptions.

Practice using “I am” with only the words that are God qualities. Wake up to using other words in describing other states.

Example: I am hungry.

Shift to: I could eat now. Or, I feel hungry.

Example: I am angry.

Shift to: I feel angry right now.

Example: I am poor.

Shift to: I want more money in my bank account.

Play with saying the following “I am” statements without using “I am...”

I am lonely.

Rewrite.

I am poor.

Rewrite.

I am angry.

Rewrite.

I am tired.

Rewrite.

**I am cranky.
Rewrite.**

Note: I had a client who was experience tremendous fatigue for years. Exhausted after having a baby and the shifts in her sleep cycle she found herself talking about her fatigue over and over again using I am statements: "I am tired," "I am exhausted," "I am wiped out," "I am tired from the beginning of my day to the end of my day." She shifted her language out of the "I am" and spoke less of her tired state until she chose to not speak of it any longer and focus on where and when she had energy. The state dissipated.

Be awake an aware to how you use "I am" in your language. Remember, what follows is what you make Holy. Make Holy the Qualities of God, which you are.

The Unification Step, then, is in your mind, with your words, unifying the Quality of God as who you are. Wowzie.

Examples of Affirmative Prayer Step Two, Unification

Step One: God is All there is. It is Love.

Step Two: I am love. I am loved. I am the beloved.

Step One: God is all there is. God is Peace.

Step Two: I am the Peace of God in form. I am peaceful.

Step One: God is all there is. God is Opulent.

Step Two: I am the opulence of God.

Step One: God is all there is. There is nothing other than the One Presence I call God. It is the All and the Only. It is Infinitely Present as Power.

Step Two: As I am the manifest form of God, I am powerful.

Your turn:

Perceived Problem:

God Quality as Solution:

Step One:

Step Two:

Session Four Practice:

- Notice how you use the words “I am” in sentences. Practice using them only with empowering, kind, true words.
- Email me the beginning of your Power Prayer. Include your perceived problem, the God quality solution, Steps One and Two. In the subject line write “Step 2”. I will provide you with feedback.