

Dear Friend,

Welcome your class on Affirmative Prayer. You are about to embark on learning a powerful spiritual technology that has the potential to shift your understanding of God, yourself, and deepen your own practice of living from spiritual alignment.

This class is offered in seven segments. The first six classes cover prayer for YOU and the seventh class is a quick one on praying for another. It is essential that you first learn to pray for yourself in order to get some mastery over the technology. This way you can pray from within yourself so that you may become more of YOU. Then, we'll exploring using this practice to pray for another.

The intention for your class is:

To learn the art and practice of affirmative prayer by creating your own unique Power Prayer aligning whom you are with the Divine Truth of you.

By the end of this seven-session class you will have your own Power Prayer written by you to use right away as part of your daily practice. I am available to provide you with feedback on your prayer as you are developing it each week. Email me and in the subject line type the session you are studying and I will respond to your email within an average of 72 hours.

My email address is revbonnieb@gmail.com.

The secret password to log in to the class is Prayer (note the capital P)

It would serve you best to take each one of these modules as you would a weekly class. Choose a day and time that works best for you and allot two hours for each. Module. Most classes are an hour or less, yet with homework and worksheets you may certainly take longer. Doing your daily practice is everything when it comes to spiritual living. Give yourself the gift of stepping into this technology daily for the full seven weeks. If you are like me, you will decide to continue to use this prayer practice as a regular routine part of your prayers.

Here we go,

Rev. Dr. Bonnie

Session One: Preparing for Prayer Part 1

Class One Outcomes:

1. Know the benefits of affirmative prayer.
2. Learn the four reasons behind prayer.
3. Be able to chart choice/decision points in situations.
4. Become familiar with Qualities of God.
5. See Qualities as solutions to prayer requests.
6. Contemplate on one quality.

Benefits of Prayer

I have developed this list of prayer benefits from working with me and my clients and seeing first hand these ten benefits. This list is by no means exhaustive. God is unlimited, so this list ought to be a lot longer. However, what it does demonstrate is the power innate within this technology. As you listen along in the class, take notes and make these benefits your own through your own insights. Capture what inspires you and what you want to know through the practice of prayer.

Benefit One: God shifts from being a conceptual thing outside of me to a Presence that lives within me.

Notes:

Benefit Two: My self esteem increased by knowing my life is Holy and necessary.

Notes:

Benefit Three: When my idea of my body shifted from a mass of flesh to that of a temple, I took better care of my body.

Notes:

Benefit Four: I can appreciate all life experiences, not just those I prefer and like more than others.

Notes:

Benefit Five: I stopped seeing other human beings as enemies out to get me and started loving my human brothers and sisters and wanting to serve out of this state of Love.

Notes:

Benefit Six: My many times over broken heart mended and opened, mended and opened, mended and opened until it became a strong and reliable source of Love.

Notes:

Benefit Seven: I live now connected from my Soul not from other people's ideas of who I ought to be (i.e. co-dependence is down significantly).

Notes:

Benefit Eight: I'm willing to give myself permission to do my right work and not dream of someday doing it; later.

Notes:

Benefit Nine: I've learned to transform pain into freed up energy to be used for creative endeavors.

Notes:

Benefit Ten: My intuition has been strengthened.

Notes:

Four Reasons I Pray

1. I pray to transform pain into available energy.
2. An inner desire to become more of myself as a Quality of God.
3. Pray for a client, friend, or another with request.
4. Pray as a form of communion with God.

Preparing for Prayers of Transformation

As part of this class you are being asked to write your own Power Prayer. Once you've written and really understood how to compose a prayer, then you can do it in any area of your life with any quality of God (more on that later).

In today's class we are focusing on the first reason I pray, and that is to transform painful experience or memories back into freed up, usable, creative, energy. Your power prayer may come out of this process of shifting from what isn't apparent to you right now into living from renewed energy. Or, your prayer may be born out of a deep desire you've had for a long, long time that you have not given yourself permission to have. Stay open. Hold all of this lightly as you observe.

On the slide I shared with you a dilemma I experienced. There was a man who loved my work and wanted it, but he believed he couldn't afford it. So, he'd call me or corner me at church and lay out his biggest problem in front of me and want me to handle it. One day while working on my book, the phone rang, and he did it again. I felt frustrated, angry, and inconvenienced as my "no's" weren't being honored and I once again gave into service without compensation.

The truth is, I serve without compensation often, that isn't the problem. It was only a problem for me because I categorized it as one, and I wanted to get to the root of what was going on for me in this situation, so I charted out my choices. A choice is a behavior that comes out of a thought. I am looking at this stage, not for thoughts as much as action. Once I chart my action and look at it, the unconscious thinking becomes apparent to me.

1. I agree upon a due date for my book.
2. Non-paying potential client dials the phone and calls me.
3. I answer the phone.
4. He launches into a problem he considers dire he wants solved.
5. I listen. Provide some insight on patterns and principle. I suggest a private session.
6. He dismisses my suggestion of a session and keeps pressing his issues.
7. I continue to listen and provide support.
8. I close in prayer as solution.
9. I hang up.

10. I am upset and mad that my “time was taken from me.”

11. I create a visual chart.

This happened a long time ago, and I can say just reading it over now I see where I felt bullied and helpless; victimized in some way. At every choice point of mine I handed over my power instead of being true to myself. I can also see by looking at the action steps that I felt caught off-guard with the call exacerbating the internal response. I get so much out of this.

Now I look at every single choice point of mine and see how different the story would be with different action.

Choice point #1. I agree upon a due date for my book. This due date was forefront in my mind and my focus of the day. What if I hadn’t agreed upon a due date or if I were willing to modify it; how would that change the story?

Choice point #3. I answer the phone. I could have let it ring and go to voice mail then having all kinds of options available to me such as: 1. Not calling back, 2. Calling back on my own time, 3. Having my assistant call back requesting a session, 4. Email back with a quick note. Each one of these provide a different energy stream to them then the one I chose of answering the phone.

Choice point #5. I listen and serve him. I could have stated from the moment I answered the phone that “now isn’t a good time, let’s reschedule.” I could say, “I’m not currently offering any complimentary sessions,” or, “I’m in the middle of a book deadline and will gladly catch up next month,” or “let me refer you to someone else, I am not currently taking clients.” I could have said so many things and stopped the process before beginning. Choice point #7 would have benefited from some of these options, as well.

Choice points #8. I love to pray and I’m put on this planet to pray, so my issue isn’t really with holding the High Watch with him. I felt good about this.

Choice points #10. Here is a key for me – I felt taken from. This is a feeling with a thought behind it. The thought being “lack” or “not enough.” This will be the focus of my prayer for transformation.

Overall, had I not put him in the category of “client” or “potential client” and was available to serve; this too would have been different. This may not be the answer since it is my work, yet I want to see mentally what I am doing to myself and what all my options are that exist.

Observations on Choice Points:

When you do them for yourself, try as much as you can to focus upon behavior; action; as though you are writing a script.

Actor one picks up the phone and dial.
Actor two answers the phone.
Actor one shares a problem.
Actor two pays attention and responds.

In a play if actor two didn't pick up the story would be different, or if actor 2 hung up the phone the story would have been different as well.

Do this now for yourself. Take an area of your life you would like transformed. Maybe it has to do with money. Possibly you bounced a check; again, and you fought with the bank teller. Or maybe the area you'd like transformed is your relationship with your adult child. Chart a conversation that you'd like insight about. There is no right and wrong in any of this, it is pure observation.

I suggest either charting only your side of the equation, or both, but distinguish by color or Actor 1/Actor 2 the story line.

Go ahead – chart it out below:

Choice #1

Choice #2

Choice #3

Choice #4

Choice #5

Choice #6

Choice #7

Choice #8

Choice #9

Choice #10

Now look at the feelings these choices generated. Write down the belief one must have to have these feelings. My feeling was pissed off and angry. My belief was in not enough. Not enough time to get my book done (inconvenienced) and not enough money (payment wasn't rendered).

Now look at your story.

My feelings:

What I must be thinking:

What additional insights do I have?

Now, go through each choice point as I did and write down how you could have shifted the dynamic through making different choices along the way.

Choice point #1

Choice point #2

Choice point #3

Choice point #4

Choice point #5

Choice point #6

Choice point #7

Choice point #8

Choice point #9

Choice point #10

Remember, there is *not* a good person and a *bad* person in this story. There are choices that are preferred and choices that aren't. You are not the villain, nor are you the angel. These are simply choices with consequences. If you continue to be mired in the story, step back a bit further and try writing down ACTION/BEHAVIOR only, not perception. Then, look at it and ask

What am I feeling in this story

What must I believe to feel this

What other observations can I make from this:

There was a time in my practice that I would have been over-the-moon excited to have someone want to work with me so pointedly that he held my time captive. At which time my feeling tone would have been different and the way I would tell this story would have also been radically different. I would have written about how powerful my work is that a gentleman in his relentless pursuit would track me down at work and call at inconvenient times, not willing to take "no" for an answer. I would write about his transformation and the power of this work in his life. And, both are true. The one who paints the picture is me.

To become clear about what is going on *within* you, look as a distant observer at the behavior coming *from* you.

Choice points tell us a lot about us. Linked together they reveal to us our patterns.

We can look at pain as not being something broken, not requiring “fixing” but a desire within the Soul calling you forward. What appears to be conflicting can really be your Soul calling you into a bigger appreciation of yourself. There are problems that are born out of patterns begging for attention. These problems are often known as drama and a way of getting attention. There are also problems that aren’t really problems; they are the calling forth of a solution that is way your Soul is wanting to be known or grown through you.

When you write and speak your Affirmative Prayers, I have you first identify the perceived problem and then the quality of God that if you knew it and lived from it, you wouldn’t be experiencing this problem. This is the Soul call to more of YOU being born. Once a perceived problem is identified, then the Quality of God as treatment is applied or brought forward.

In my story, my perceived problem was lack. I believed there wasn’t enough. This showed up as both time and money. The quality of God I wanted to know more of through me was Abundance. I wanted to know the Abundant nature of God that shows up in nature as a seed producing a tree then an orchard. I want to know that within me exists the orchard in the making. The irritating phone call looked on the surface like an issue of lack and from the Soul’s perspective it was really my Soul knocking on the door for more Abundant life to be known through me.

This leads us into exploring Qualities of God.

Qualities of God

Mystics have long said that God is all there is. There is One Presence, One Field, One Heaven, One God and this Presence shows up through Its’ creation. That means you and me. So what is within God is within us.

When you look at your perceive problem, and your chart of choice points, which quality of God would be the solution to this?

Example of Perceived Problem:

I can’t keep a job once I get one.

Example Quality of God as Solution:

Steadfastness/Dependability

Example of Perceived Problem:

I tend to be filled to overflowing with anger. I bring it into all of my relationships.

Example Quality of God as Solution:

Joy.

Example of Perceived Problem:

I am lonely and don't have friends.

Example Quality of God as Solution:

Unity/Love or possibly Wealth as the Giving Nature of God

Some examples of God Qualities:

Light, Love, Peace, Joy, Wealth, Abundance, Whole, Health, Steadfast/Dependable

As I began developing this class I realized there wasn't a comprehensive guide to God Qualities, so I wrote one for you. Take an intuitive guess at the quality as your solution or prescription and then spend some time with the page that speaks of your God Quality. A word is really a package of energy transferred from one person to another. This means the word "Love" or "Joy" aren't just words, they are packets of energy with their own intelligence within them. Allow them to speak to you, feel into them and play with this.

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Your Assignment this Week

1. Identify your perceived problem
2. Identify the Quality of God that holds the energetic solution to the problem.
3. Daily contemplate this quality for a minimum of five minutes. Become a detective. Explore what this word means and what it feels like. Journal about it.