

# Session Six: Thanksgiving, Release, And Action

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## Session Six Outcomes:

1. Review of Steps One through Three.
2. Learn Step Four Thanksgiving.
3. Learn Step Five Release.
4. Understand the Role of Action with Prayer.

## Review

Take a moment now to notice the shifts that have begun to happen since you have been praying affirmatively. It is powerful to continue to return to the Quality of God and lean into it, isn't it?

Last session we focused upon “making real” or Realizing the Presence of God in, through, and as our worldly experience. We are, through prayer, bringing Heaven to earth.

This prayer technology takes practice. Practice of construction and practice of speaking and feeling your prayer. Give yourself permission to pray affirmatively for three months or 30 days. Allow yourself to use this prayer process daily and experience what happens to you. It's amazing.

## Turbo Boosting Your Realizations

**It is important to feel your prayer.** Words are mental constructs that transfer energy in the form of ideas from one person to another. Allow yourself to feel the words that you speak. Feel the tenor, feel the vibration, feel the intention of each word you speak throughout the day and begin with your prayers. **FEELING IS ESSENTIAL.**

When I am out of touch with myself and unable to feel, I watch Martin Luther King Jr's Mountaintop speech.

How do you get in touch with your feelings??

**Embed scripture or sacred text into the Realization.** I use this all of the time. There is a power in scripture. Millions upon millions of people believe in the words of scripture and this field of belief is powerful. Tapping into it with my prayer energizes it.

**Use Yes and No's to clear out false beliefs.** I say Yes this is True and No to what isn't. I play with language that supports me in knowing. I often say for No, "it is a lie that ...." and speak to the falsehood of a belief.

**Pray until we know.** Prayer for me may take levels of clearing out my belief in limitation. I may begin by knowing Love and peel away to Abundance then peel away to Peace to realize Wholeness. It may be a journey that takes a long, long time or one quick prayer. I pray until my mind knows.

## **Step Four of Affirmative Prayer: Thanksgiving**

Welcome to Step Four of Affirmative Prayer, Thanksgiving. The Thanksgiving Step is about giving thanks that the prayer spoken is already done. It isn't a future event, it is a done event in my mind. The first step is in mind, then in form.

To ensure prayer stays in the Unified Field or state of Oneness, I use the following words for thanksgiving:

I give thanks that ....

I thank the Presence that lives within me ...

I am grateful that/for ...

I avoid saying "thank you" as it implies duality or a division. I speak as though it is already done. Some examples would be:

I give thanks that my new friends have found me and I've found them.

I give thanks that I live in my new home and love it.

I am grateful for the \$5,000 in my bank account and the miraculous ways in which it showed up.

I am grateful that my body reflects the Wholeness of God I am now.

## **Step Five of Affirmative Prayer: Release**

The last step of prayer is to let go.

I release this prayer into the action of the Law.

I release this prayer into the God Consciousness from which it was spoken.

I release this prayer now.

To complete or punctuate a prayer, at the end we say “And So It Is” or Amen.

## After Prayer: Action

God works through us. You and I are necessary for fulfilling prayer. We pray, listen, and take the guidance to act. Listen for clues.

### Session Six Assignment:

Send me your Power Prayer!!!

Email it to me [revbonnieb@gmail.com](mailto:revbonnieb@gmail.com) Label the steps and include perceived problem/desire

Quality of God:

Recognition:

Unification:

Realization:

Thanksgiving:

Release:

And So It Is. Amen.

Blessings and Thank you!!