

Session 3: Recognition

Session Three Outcomes:

1. To learn and be able to write the first step of affirmative prayer called "Recognition." This is to know that God is all there is.
2. To experience the power of the word through the practice speaking of and feeling the Allness of God and the quality that is the identified solution.

Welcome back to session three. Today we begin crafting your Power Prayer and playing with this technology.

Review

How has your body felt this past week as you have practiced grounding yourself regularly? Maybe this isn't new to you at all, to which I do the happy dance. Few people are grounded and awake even for a moment in their day. I thank you and honor you for this.

If being in your body is new to you, notice how good it feels. I was awkward for months before it started feeling natural. As I became more and more present into my body I was able to feel more of what was going on within my body. I vowed to no longer vacate my body because of trauma. I realized I had abandoned me and in the process made some crummy choices. I chose to stay embodied and practiced it for a long while.

This week should you experience any moments that jar you, such as a driver who cuts in front of you unexpectedly or a door that slams from the wind, practice immediately re-grounding yourself and returning to center.

Last week we played with forgiveness. In 2004 I wrote a book on forgiveness and the process of "letting go" or of transforming emotional states from regret to freedom. I required rituals and processes as the funk was powerfully stuck within me. However, after practicing for years, my definition and practice has changed. I've come to realize that forgiveness is simply practicing Grace. Wherever you are in the spectrum of your practice the key is giving Grace to yourself and to others. Notice how it feels to loosen up some of the internal stuckness. Keep practicing this throughout our seven sessions and notice what this regular practice does for you.

Step One of Affirmative Prayer: Recognizing the Allness of God.

He (Jesus) said, that God is love, God is truth, and God is life. God is power. Not some life, some love, some power, but *all* life, *all* truth, *all* love, *all* power. Dr. Ernest Holmes

What does God is All there is mean?

It means there is no opposition to Go(o)d. This means there is no Devil, no Independent Evil or something out to get you and me. Sit with this idea for a moment before fighting against it. What if God is all there is and It is Good and somehow our perception has been askew? Just imagine and contemplate the idea that there is no opposition to Divine Good. There is only God and The Presence is for you and not against you. God is not trying to punish you, teach you lessons, put you in your place, It is Love and Only Love and wants the best for you. This is a powerful idea.

After contemplating this idea, there tends to be a desire to want to fight for evil or a devil. This belief can provide us with comfort as we have set up so much of our life to fight against something that can harm us. Think about this for a moment. We put gates up in our yard, caller id on our phones, alarm systems and passcodes on our homes, cars, phones, and computers. We protect “just in case” and live with the thought in the back of our minds that we can be, most likely will be attacked, harmed, stolen from, and hurt. We live guarded and perched to take on an enemy.

What if we lived without the expectation of evil happening? What if we lived knowing we were born of Love and we are the beloveds? What if we allowed ourselves even for a few moments a day to bathe our minds in the idea that God is All there is and It is Good? How might we become different?

Do we harm each other? Of course we do. And we do it because we don't realize the Oneness or Allness of God. We believe in and out of the belief of being separate from the Goodness of God. We believe in and act out the belief of evil, bad or wrong, We act out of our beliefs.

What Are Our Beliefs Anyway?

Beliefs are a compilation of our thoughts. I think of them a bit like a hairball. They are intertwined within each other, there are many, many, of them and the shifting or

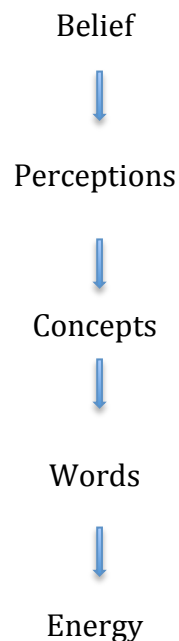
dissolution of one of the hairs changes the mass. The less entangled hairs (thoughts) the easier it is to penetrate the mass or have a different experience.

Most of our thoughts we've inherited from somewhere other than our own insight or inspiration. We are born into a thought field, we bring memories in with us, most of our major influence has been transferred to us before the age of five when our unconscious mind is busy collecting visual, auditory, and memory data.

Our beliefs then are made up of our perceptions or thoughts. They are articulated through words and each word has its own tone or vibration, as each note on a keyboard has its own resonance. None of them are "bad," they just are. Each perception though, has a different quality to it. The more we ingest violent thoughts and experiences, the more it becomes our normal set point. The more we ingest nature, beauty, and uplifting conversations; we are changed because what we resonate with is different.

Thoughts are made up of concepts. Concepts are described in words. Contemplation and prayer, then, derive their power from the words used and felt. I call words "energy packets" as a word exists to describe energy within us and shared with another through speech.

From the more dense to the more subtle:



With Affirmative Prayer we are using words to feel into the energy of the Allness of God. As we experience this, our concepts and our perceptions change impacting our beliefs.

Practice with emphasis on different words when prayer is spoken.

God is all there is.
God *is* all there is.
God is *all* there is.
God is all *there* is.
God is all there *is*.

Examples of the Recognition Step:

God is all there is. God is Love.
God is all there is. God is Joy.
God is all there is. God is Peace.
God is all there is. God is Substance.

Some additional examples:

Step 1 Recognition of Love: God is all there is. There is not God and anything. There is God as everything. God is a Presence, and never an absence. As the All There is and the Only that is, God is All there is. Sustaining, Soul-feeding, Powerful never- ending Love.

Step 1 Recognition of Joy: God is all there is. There is nothing Other than the Presence of God. God is Omniscient (all knowing), Omnipresent (everywhere present), Omnipotent (all power) and Omni-active (within all action)

Step 1 Recognition of Power: God is all there is. God is Power. God is Powerful. God is All Power. God is Omni-potent or All Powerful.

Now it's your turn. Create your Recognition Step for your Quality of God.

Perceived Issue:

God Quality:

Step 1 Recognition:

Your assignment this week:

- Write your Step One Recognition. Remember you are writing about the Invisible, Infinite, Qualities of God. You are NOT writing about physical form.

This works: God is Love.

This doesn't work as well: God is love and I know this because my granddaughter's smile reminds me of this.

- Email your Recognition Step to me at revbonnieb@gmail.com. Write in the Memo line: Recognition. Include your perceived problem and the word of solution. I will provide you with feedback.