

April 22, 2020

Spiritual Empowerment

On Sunday I shared the four steps I am using for my prayer process. As always, I suggest that if it feels right for you, try it, and if not, simply walk on.

I AM Prayer:

Step 1: Begin to breathe while seeing and saying *I* within.

Listen for the echo back.

Continue until you hear them in harmony – ONE.

Step 2: Begin to breathe while seeing and saying *I AM* within.

Listen for the echo back.

Continue until in harmony – ONE.

Then bring forth what you want - *I AM* Peace.

Step 3: Begin to bring the words of your Truth (my example).

“The *I AM* self within me is Omnipotent, All-knowing, eternally Doing and Being. I know this. I feel this. I’m aware of *I AM* radiating perfection in every area of my life.” Pause and feel it.

Step 3 cont.:

“*I AM* shining abundance. *I AM* wholeness flowing into perfect expression. *I AM* radiating unconditional love. Because *I AM* ALL, I have ALL.”

Pause and feel it and see every aspect of your life as Divine Perfection.

Step 3 cont.:

“I know the Truth. I now live as the *I THAT I AM*.”

I HAVE it ALL! There is nothing more for me to seek. I rest in my Holy Beingness.” Be still and rest in your *Holy I*. Listen for guidance.

Step 4:

Live your life as a prayer

Looking into someone’s eyes and seeing the *I* within them – is prayer

Silently recognizing the *I* in all of nature – is prayer

To forgive – is prayer

Expressing Gratitude – is prayer

Stay well,

Rev Dan