

The Author of **THE SCIENCE OF THE SOUL**

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AFFIRMATIVE
(Scientific)
PRAYER

**A PILLAR OF METAPHYSICAL AND
THEOCENTRIC PSYCHOLOGY**

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Chapter 1-Introduction

Where and with whom did Affirmative-Prayer originate, and how, why, and what did it evolve into? How do various spiritual teachers and authors define, and practice Affirmative-Prayer, how do the treatments vary in methodology between these teachers/practitioners, and how effective have the treatments proven to be for themselves and their students? What constitutes “results” and “successful use” of Affirmative-Prayer? How effective have I personally and professionally found Affirmative/Meditative/Mind-Treatments, or Scientific-Prayer, as it is also known by, for improving one’s life generally, and/or in areas of health, finances, relationships, home, and love? How important is faith, belief, and conviction in the effective execution of Affirmative-Prayer? Do self-worth, attitude, and Karma play a role in seeing results with Affirmative-Prayer? How does Affirmative-Prayer relate to Theocentric Psychology, and one’s personal spiritual practice in general? How might it improve or augment one’s professional metaphysical practice, as well as one’s personal life? How can it affect society as a whole? These questions will be explored within the pages of this dissertation. The results of seven years of clinical studies employing Meditative/Affirmative/Mind-Treatments/Scientific-Prayer with my clients, patients, and students will be shared. I will reveal the “how and why” of Affirmative-Prayer, outlining the specific, step-by-step methodologies as used by, taught, and written about by Dr. Paul Leon Masters, in his university curriculum/study materials, “Meditation Dynamics” (1973), “Masters Degree Level Lesson, (Volume 2, 1989) and “Theocentric Psychology”. (Volumes 3-Lesson 20 and Volume 5-Lesson 57, 2010) Phineas Parkhurst Quimby, as outlined in the book “Mingling Minds” by Ervin Seale, (1986) Ernest Holmes, in two of his books, “The

Science of the Mind” (1997) and “Living the Science of Mind”, (1984) Rev. Ike, in his book “Health, Joy, and Prosperity For You”, (Date unknown) Louise Hay, in her book “You Can Heal Your Life”, (2004) Michael Bernard Beckwith in his book “Spiritual Liberation”, (2008) and referred to in the book “The Secret” by Rhonda Byrne, (2006) and by Esther Hicks in her book “The Law of Attraction”. (2006) The steps of Affirmative-Prayer, although not formally referred-to as such, are clearly outlined as well in Napoleon Hill’s book “Think and Grow Rich” (1937) and we will reference these in this paper. Generally speaking, the methodology/steps are so specific and clinically time-proven to be effective, producing “materializations”, “the proof”, “manifestations”, and “demonstrations” that Ernest Holmes referred to Affirmative-Prayer as “The Scientific Method”. (Holmes, 1997, 43) This will all be delved into in some detail, including a discussion on how the techniques in the book “The Secret” work with the principles in the book “The Law of Attraction” to manifest a more prosperous life: the pluses and minuses to this, and the consequences of working with spiritual laws and practices for material and personal gain. In addition, I will also state, within this paper, why and how Affirmative-Prayer is so crucial not only for professional and personal use, but why and how it may positively affect society as a whole.

Affirmative Prayer, according to Wikipedia.org, “is a form of prayer or a metaphysical technique that is focused on a positive outcome rather than a negative situation. For example, a person who is experiencing some form of illness would focus the prayer on the desired state of perfect health and affirm this desired intention "as if already happened" rather than identifying the illness and then asking God for help to eliminate it”. (http://en.wikipedia.org/wiki/Affirmative_prayer)

The aforementioned spiritual teachers and authors Louise Hay, Michael Beckwith, and Rev. Ike (among others) claim that they have witnessed their clients, patients, students, and congregants improve their life in these aforementioned areas, through the ongoing and regular use of affirmations/Affirmative-Prayer. Author Esther Hicks claims that people can improve their lives, especially in areas of finances, by working with the Law of Attraction, and combining affirmative techniques such as feeling, seeing, asking, and believing. Napoleon Hill agreed. The book “The Secret”, by author Rhonda Byrne, claims positive results in areas of finances and love, using similar affirmative techniques while working with The Law of Attraction as well. Paul Leon Masters, in his study materials, teaches us how to pray employing affirmative-prayer, combined with Contact, or Mystical/Higher Consciousness Meditation. He also shares how to re-program negative thought-patterns, thus healing the human, unconscious/ego-will levels of the mind, sublimating one’s human, ego-will mind for God’s Higher Mind; this paves the way for living a healthier, God-centered, fulfilled life, in touch with Higher Guidance while living one’s Soul’s Purpose. (God’s Will for us in this lifetime)

Today, worldwide metaphysically-based faiths such as “The Science of Living”, “Unity”, “Christian Science”, and “Religious Science” (also known as “The Science of Mind”) have as their pillars Affirmative-Prayer, in addition to Meditation and other practices. It is in the part of this dissertation entitled “Methods” that I will outline my own personal and professional clinical experiences, methodologies, and proof of the successful use/progress made by my patients and clients during and after employing Contact Meditation combined with Affirmative/Scientific-Prayer.

In conclusion, I've chosen the topic of Affirmative Prayer not only because it is one of the main foundations of Theocentric Psychology, along with, of course, Higher Consciousness Meditation , but also because of its proven historical and clinical effectiveness for living a happier, fulfilling, and more prosperous life. Some claim miracles happen as a result of the use of Affirmative Prayer, others such as Rev. Dr. Michael Beckwith claim that the Affirmative Prayer and its process *is* the miracle.

Chapter 2-Review of Literature

I selected “The Holy Bible-New International Version” Zondervan Publishing House copyright 1986, for defining and explaining Affirmative-Prayer, especially the all-important attitudes, faith, belief, and conviction mixed with imagination for the effective employment of Affirmative-Prayer, “The Secret”, (Rhonda Byrne, 2006) “The Law of Attraction”, (Hicks, 2006) “You Can Heal Your Life”, (Hay, 2004) “Health, Joy, and Prosperity For You”, (Dr. Frederick Eikerenkoetter, date unknown) “Think and Grow Rich”, (Hill, 1937) “Living the Science of the Mind” (Holmes, 1984), and “The Science of the Mind” (Holmes, 1997), all which make reference to these good attitudes. “If you believe, you will receive whatever you ask for in prayer.” (Matthew 21:22-23), also “...your faith has healed you.” (Matthew 9:22-23) This indicates the necessity to pray with conviction, a declaration, proclamation, and knowing that God already knows what we have need of and has already answered our prayer, as opposed to a pleading/petitioning prayer, as with: “And when you pray, do not keep on babbling...for your Father knows what you need before you ask him.” (Matthew 6: 7-9) It is because of these references to prayer that I have selected The Bible as reference material. “Self-criticism...is just the mind going on with old chatter.” (Hay, 77) “No matter what the problem, the main issue to work on is LOVING THE SELF.” (Hay, 77) “Think things that make you happy. Do things that make you feel good. Be with people who make you feel good. Eat things that make your body feel good. Go at a pace that makes you feel good.” (Hay, 80) What good advice for a happier attitude, which is necessary for effective prayer! “FAITH is the head chemist of the mind. When FAITH is blended with the vibration of thought, the subconscious mind instantly picks up the vibration, translates

it into its spiritual equivalent, and transmits it to Infinite Intelligence, as in the case of prayer.” (Hill, 66) But what if one lacks faith? Hill responds, “FAITH is a state of mind which may be induced, or created, by affirmation or repeated instructions to the subconscious mind through the principle of auto-suggestion.” (Hill, 67) Hill is referring to Self-Hypnosis or meditative-state as auto-suggestion. He adds, “Repetition of affirmation of orders to your subconscious mind is the only known method of voluntary development of the emotion of faith.” (Hill, 67) “The cure depends on your faith. Your faith is what you receive from me.” (Seale, 144) “...but always the man who has faith in his own abilities accomplishes far more than the one who has no confidence in himself. Those who have great faith, have great power.” (Holmes, 1997, 155-156) “...if we want ...electricity to light our living room we must provide a fixture which makes it possible for the electricity to become a light.” (Holmes, 1984, 250) Faith is that “fixture”. “When we pray in faith we receive what things we soever we pray for. If we believe that we shall receive them, we shall receive them.” (Holmes, 1984, 250) Faith combined with imagination creates results: “When we use our creative imagination in strong faith, it will create for us, out of the One Substance, whatever we have formed in thought.” (Holmes, 1997, 157) As with Napoleon Hill’s use of affirmations to cultivate faith, Holmes states “Affirmations and denials are for the purpose of vitalizing faith-for the purpose of converting thought to a belief in things spiritual. The foundation for correct mental treatment is perfect God, perfect man, and perfect being.” (Holmes, 1997, 159) “It has been said that man can create anything which he can imagine.” (Hill, 126) In regards to good attitude, the creative process, visualization, and The Law of Attraction, Dr. Hagelin states “Happier thoughts lead to essentially a happier biochemistry: a happier, healthier

body. Negative thoughts and stress have been shown to seriously degrade the body and the functioning of the brain, because it's our thoughts and emotions that are continuously reassembling, reorganizing, re-creating our body." (Byrne, 133) Bob Doyle says, "It's really so simple. 'What am I attracting right now?' Well, how do you feel? 'I feel good.' Well good, keep doing that." (Byrne, 32) Dr. Vitale states "What can you do right now to turn your life around? The very first thing is to start making a list of things to be grateful for. This shifts your energy and starts to shift your thinking. Whereas before this exercise you might be focusing on what you don't have, your complaints, and your problems, you go in a different direction when you do this exercise. You start to be grateful for all the things that you feel good about." (Byrne, 74) Dr. Waitley took the visualizing process from the Apollo space program and installed it during the 1980's and '90's into the Olympic program, calling it "Visual Motor Rehearsal". He found that the athletes' same muscles fired in the same sequence when they were running the race in their mind as when they were running on the track. This is because "...the mind can't distinguish whether you're really doing it or whether it's just a practice. If you've been there in your mind, you'll go there in your body." (Byrne, 82) This is how crucial one's attitude, faith, creativity, and visualization is in the process of Affirmative Prayer. Esther Hicks adds in her book "The Law of Attraction", "...the majority of your thoughts, then, have no great attracting power. They are more or less maintaining what you have already attracted. And so, can you not see the value of spending 10 or 15 minutes every day deliberately setting forth powerful thoughts that evoke great, powerful, passionate, positive emotion in order to attract circumstances and events into your life experience that are to your wanting? We see great value in this." (Hicks, 40) Further, "Since the Law of Attraction is always

responding to and acting on whatever vibration you are offering, it is extremely helpful to understand that your emotions are letting you know whether you are in the process of creating something you want or something you do not want.” (Hicks, 35) “Rather than trying to monitor your thoughts, we encourage you to simply pay attention to how you are feeling.” (Hicks, 35) This all indicates the important role of one’s emotions, faith, and visualization when attempting Affirmative Prayer. Dr. Masters encourages meditation (specifically Mystical, or Contact Meditation) because “Meditation in its Highest State is a Union between the human mind and the Divine Mind of God.” (Theocentric Psychology, Volume 3-Lesson 20, Page 3) Through Meditation, “My prayers have been inspired through my Divine Intuition as to WHAT I should pray for, which means my prayers are really an ALIGNMENT of my CONSCIOUS MIND with the MIND OF GOD.” (Theocentric Psychology, Volume 3-Lesson 20, Page 7) “Your prayer is (therefore) an AFFIRMATION of FAITH that the CONSCIOUS PART of your mind in in working and co-creating working agreement with the GOD part of your mind, as to GOD’S WILL.” (Theocentric Psychology, Volume 3-Lesson 20, Page 7) Dr. Masters adds, however, “To have God CREATE your PRAYERS as a result of MEDITATIONAL CLOSENESS, you must (first) GIVE UP your personal will to the UNIVERSAL WILL OF GOD for your life.” (Theocentric Psychology, Volume 3-Lesson 20, Page 4) “Because God knows what you have need of BEFORE you ask- “REALLY” meaning that which is accord with your soul’s purpose for this lifetime, which is what is best for you (and others) in the overall view and destiny of your life,” (Theocentric Psychology, Volume 3-Lesson 20, Page 5) then your prayer is already successful, or accomplished, and “Whatever you pray for that is in agreement with God’s

Will for your soul becomes activated as THOUGHT FORM IMAGES in the UNIVERSAL MIND OF GOD,” (Theocentric Psychology, Volume 3-Lesson 20, Page 6) and “These IMAGES form the psychic energy blocks, which are in turn energized into being in levels of mind more closely associated with physical life energies, until they become materialized as physical life realities.” (Theocentric Psychology, Volume 3-Lesson 20, Page 6) The more one meditates for the purpose of closeness or Oneness with God, also sublimating one’s personal will for God’s Will, the more likely one is apt to be Intuitively Guided to what to pray for, which would be in alignment with one’s Soul’s Purpose or the Will of God; successful manifestation of these Affirmative Prayers, then, are all but assured. This is the reason why some prayers (Affirmative or otherwise) are not manifested/”answered”: they were not inspired by God Intuitively. This is also why many are disappointed with the lack of results of the techniques in “The Secret”; the question to ask oneself is “Am I going with/praying for what God’s Will for myself is in this lifetime, or am I telling God what I should have/want?” I personally and professionally have seen clients, patients, and students achieve a modicum of success employing Affirmative Prayer combined with Contact Meditation, but rarely those employing sheer desire, or a pleading/campaigning manner of prayer; at the very least, FAITH and POSITIVE ATTITUDE, combined with Affirmative Prayer in altered (Meditative) state have materialized physical results.

Because Affirmative Prayer has its modern-day origins and practice in metaphysics and “New Thought”, specifically, with P. P. Quimby, I now provide a definition of it from Wikipedia.org: “New Thought, sometimes known as Higher Thought, promotes the ideas that “Infinite Intelligence”, or God, is everywhere, spirit is the totality of real things, true

human selfhood is divine, divine thought is a force for good, sickness originates in the mind, and "right thinking" has a healing effect. Although New Thought is neither monolithic nor doctrinaire, in general, modern day adherents of New Thought believe that "God" or "Infinite Intelligence" is "supreme, universal, and everlasting", that divinity dwells within each person, that all people are spiritual beings, that "the highest spiritual principle [is] loving one another unconditionally... and teaching and healing one another", and that "our mental states are carried forward into manifestation and become our experience in daily living". (http://en.wikipedia.org/wiki/New_Thought)

The New Thought movement is a spiritually-focused or philosophical interpretation of New Thought beliefs. Started in the early 19th century, today the movement consists of a loosely allied group of religious denominations, secular membership organizations, authors, philosophers, and individuals who share a set of beliefs concerning metaphysics, positive thinking, the law of attraction, healing, life force, creative visualization, and personal power. The three major religious denominations within the New Thought movement are Religious Science, Unity Church and the Church of Divine Science. There are many other smaller churches within the New Thought movement, as well as schools and umbrella organizations.

Because Affirmative-Prayer, many philosophies, attitudes, and curiosity in general about life and its mysteries and origins of New Thought are "metaphysical" in nature, I now provide you with a definition of metaphysics gleaned once again from Wikipedia.org.: "Metaphysics is a traditional branch of philosophy concerned with explaining the fundamental nature of being and the world, although the term is not easily defined. Traditionally, metaphysics attempts to answer two basic questions in the broadest

possible terms: “What is there?” and “What is it like?” A person who studies metaphysics is called a metaphysicist or a metaphysician. The metaphysician attempts to clarify the fundamental notions by which people understand the world, e.g., existence, objects and their properties, space and time, cause and effect, and possibility. A central branch of metaphysics is ontology, the investigation into the basic categories of being and how they relate to each other. Another central branch of metaphysics is cosmology, the study of the totality of all phenomena within the universe. Prior to the modern history of science, scientific questions were addressed as a part of metaphysics known as natural philosophy. Originally, the term "science" (the Latin word being “scientia”) simply meant "knowledge". The scientific method, however, transformed natural philosophy into an empirical activity deriving from experiment unlike the rest of philosophy. By the end of the 18th century, it had begun to be called "science" to distinguish it from philosophy. Thereafter, metaphysics denoted philosophical enquiry of a non-empirical character into the nature of existence. Some philosophers of science, such as the neo-positivists, say that natural science rejects the study of metaphysics, while other philosophers of science strongly disagree.” (<http://en.wikipedia.org/wiki/Metaphysics>) The basis for most of these beliefs come not only from the ancient Greek philosophers, but also from the Hindu mystics, ancient mystical/esoteric Buddhist teachings, and even the Taoist “Immortals”. The Chinese Taoists created the now-popular Qi Gong, Tai Chi, and Kung (or Gong) Fu practices of meditative breathing and gentle physical exercises for health and longevity. Swami Vivekananda, (1863-1902) and the Maharishi Mahesh Yogi, (1918-2008) both Indian mystics, are considered responsible for bringing “Mystical Meditation”, which encourages Divine-contact, healing, and health-maintenance, to the west. Mystical

Meditation is a crucial ingredient for effective Affirmative-Prayer. “In the late 1960s and early 1970s, the Maharishi achieved fame as the guru to The Beatles and other celebrities. He started the TM-Sidhi programme...”

(http://en.wikipedia.org/wiki/Maharishi_Mahesh_Yogi).

It is important, then, to recognize this evolution. Affirmative-Prayer has evolved from the metaphysical practices of P. P. Quimby, via his study of “mesmerism” (or hypnosis), which in turn became the basis of modern-day Clinical Hypnotherapy and Psychotherapy, including “Transpersonal Psychology”. Self-hypnosis was later employed by the famous therapist Sigmund Freud on his patients, who, along with Carl Jung, (metaphysician and therapist) also analyzed patients’ dreams as a means of understanding their unconscious mind, wherein theoretically was stored the basis to ill-mental, emotional (and in Quimby’s belief-system, physical) health. The manner in which Quimby employed a combination of psychology, theology, intuition, and mild hypnosis and meditation, was also the basis for “NLP”, or “Neuro-Linguistic Programming”, a now-popular form of psychotherapy made popular by Milton Erikson. We will discuss in detail later on Quimby’s specific Affirmative-Prayer methodologies, which evolved into the Affirmative-Prayer of today’s Metaphysical/New Thought circles. We’ll be discussing their similarities and differences as well.

I have included as reference material the book “Mingling Minds” by Ervin Seale (1986). Seale is considered the foremost authority on Phineas Parkhurst Quimby, who is often considered the “Father of New Thought”. P.P. Quimby (February 16, 1802 – January 16, 1866) was an American spiritual teacher. Quimby was a philosopher, magnetizer, mesmerist, healer, and inventor. Quimby's work is widely recognized as

leading to the New Thought movement. Quimby would put his patients into an altered-state, thus having their mind become one with the Universal Mind. This divine contact alone would have therapeutic effects whether the subjects consciously knew this or not. In addition, Quimby would then initiate a Mind-Treatment, essentially verbally guiding the patient to discover the reason/root/wrong-thought for their physical ailment.

According to Quimby, “To believe a thing is to make it”, (Seale, 139) similar to the popular Law of Attraction, several reference books of which we will discuss later on.

Quimby felt that the origin of disease lay in one’s mind: “What we believe, that we create...If I really believed in anything, the effect would follow whether I was thinking of it or not.” (Seale, 15) He believed that “it is all in our mind”, similar to the “spiritual psychosomatics” of Ernest Holmes. (1984, 255-258) and Quimby also said, “So when I say the disease is in the mind, I mean that it does not exist anywhere else.” (Seale, 17)

Through his mind-treatments, he “made an impression more powerful than that which preceded this diseased state and thus led or drove the mind into a new channel of thought.” (Seale, 57) “Quimby removed the false ideas from a patient in two ways: first, by silent concentration learned in his mesmeric days; second, by argument and teaching and reasoning”. (Seale, 123) This is similar to Ernest Holmes meditative/spiritual treatments of arguing/denying and realization. “The argumentative method is just what the word implies...a process of mental reasoning in which the practitioner argues to himself about the patient. He is presenting a logical argument to Universal Mind, or Principle, and if it carries with it complete evidence in favor of his patient, the patient should be healed. The realization method is one whereby the practitioner realizes within himself-without the necessity of step by step building up a conclusion-the perfect state of

his patient...and if the practitioner arrives at a perfect embodiment of the idea, without confusion or doubt, it will at once produce a healing...it makes no difference, however, which method (argumentative/denial or realization) one uses as each produces the same results.” (Holmes, 1997, 170-173) Essentially, while Quimby’s patients were in meditative/hypnotic-state, he “reasoned” the disease out of them; he somehow made them see the original wrong-thinking/emotional trauma that created a physical dis-ease, that the reason was the cure. “It is now well known that a special relationship exists between the operator (practitioner) and subject. (patient) They are as one, even to the cadence of their breathing.” (Seale, 52) “At first I found that my own thoughts affected the subject, and not only my thoughts but my belief...if I believed anything, the effect would follow whether I was thinking it or not.” (Seale, 44) “As always, Quimby was learning from the sick. He sat with them, sympathized with them, went with them spiritually to the place of their hurt, and led them back to health and happiness.” (Seale, 81)

Continuing along chronologically, we cannot ignore that one of the patients that Quimby healed, Mary Baker Eddy, went on to found Christian Science, which uses Affirmative-Prayer. “...the sick would be treated by a special form of prayer (affirmative) intended to correct those (wrong) beliefs.” (http://en.wikipedia.org/wiki/Affirmative_prayer)

In other words, unhealthy thought-patterns would be substituted for faith (in this case, the Christian faith) and biblical texts would be quoted (in a similar fashion to Quimby’s treatments) to reason/talk the person out of the illness originating in their mind, as well as to be an anchor/substitute for the trauma/wrong thought. To quote the founder, Mary Baker Eddy during an Affirmative-Prayer: “God, You are ‘the all-knowing, all-seeing, all-acting, all-wise, all-loving’ God. You supply all substance and intelligence. The reign

of divine Truth, Life, and Love is established here and now and rules out all anxiety.”

(http://en.wikipedia.org/wiki/Christian_science) “Christian Science started the basic idea (of using Spiritual Practices to heal not only the physical conditions, but financial and emotional situations as well). Religious Science (“The Science of Mind”) followed up on it and created Practitioners.” (Masters, Meditation Dynamics, 1973, 2)

Chronologically, this evolved into Myrtle and Charles Fillmore’s “Unity Church”, which, according to seattleunity.org: “Affirmative prayer is understood, in Unity, as the highest form of creative thought. It includes the release of negative thoughts and holding in mind statements of spiritual truth. Through meditation and prayer, we can experience the presence of God. Prayer and meditation heighten our awareness of truth and thereby transform our lives. Prayer is valuable not because it alters the circumstances and conditions of your life, but because it alters you. Unity teaches that it is helpful to pray with the belief that we have already received all that we need. In this view, through prayer, the mind is renewed and the body transformed. The awareness that we are conscious creators of our lives, has the power to make the bridge between the old Christianity where we are "sinners" to the new understanding that we are "learners." The Unity school of Christianity holds that prayer is not a way to inform God of one's troubles or to change God in any way, but rather, prayer is properly used to align with the power that is God.” (<http://seattleunity.org/?s=affirmative+prayer>)

Furthermore, “The (Unity’s) definition of affirmative prayer is: “to state the Truth, even in the face of contrary evidence.” This means if you are sick you affirm health. If you are poor you affirm prosperity; if you are confused, guidance, etc. The idea is to affirm capital “T” Truth vs. small “t” truth. At first it may feel like you are faking it. And in

some cases it feels like bragging. Who am I to affirm all these good things for myself and others? Who are you not to? The second and equally important step in affirmative prayer is to invite the presence of God within you to speak the Word. It isn't you who is doing the praying – it is the spirit of God within you who prays. It's surrendering to your higher Self and giving it Voice. Besides, if you think it is you who is doing the praying and a healing takes place, there will be no containing the ego. On the other hand, if you think it is you who is praying and a healing doesn't take place, the ego will deem you a failure. Pray affirmatively and let go. Only God can see around the corner and up ahead. Give your prayers over without attachment.” (<http://seattleunity.org/?s=affirmative+prayer>)

Rev. Dr. Michael Beckwith's book “Spiritual Liberation” (2008) helps us delve into comparisons of Affirmative-Prayer with the previously-mentioned people and their organizations' practice of Affirmative-Prayer. For example, his phrasing during an Affirmative-Prayer of “I activate clear seeing and allow it to light my way in all that I think, say, and do throughout this day”, (Beckwith, 45) is similar to the stage of Affirming and Declaring. Michael Bernard Beckwith is an American New Thought minister, author, and founder of the Agape International Spiritual Center in Culver City, California, a New Thought church with a congregation estimated in excess of 8,000 members. Beckwith was ordained in Religious Science in 1985. He is married to New Thought musician Rickie Byars Beckwith.

In “Think and Grow Rich” by Napoleon Hill, (1937) Hill makes many references to techniques such as faith, the use of auto-suggestion, (self-hypnosis) imagination, will-power, desire, the sub-conscious mind, and the power of the mind as a means of acquiring and manifesting wealth. These techniques are underlying and common in the

successful employment of Affirmative Prayer as indicated by the other authors and teachers in this paper. Napoleon Hill (October 26, 1883 – November 8, 1970) was an American author in the area of the New Thought movement who was one of the earliest producers of the modern genre of personal-success literature. He is widely considered to be one of the great writers on success. Hill's works examined the power of personal beliefs, and the role they play in personal success. He became an advisor to President Franklin D. Roosevelt from 1933 to 1936. *"What the mind of man can conceive and believe, it can achieve"* is one of Hill's hallmark expressions. How achievement actually occurs, and a formula for it that puts success in reach of the average person, were the focal points of Hill's books.

The importance of referencing Ernest Holmes works, "The Science of the Mind" (1997) and "Living the Science of the Mind" (1984) cannot be overemphasized, not only because he breaks down into steps the crucial pre-treatment work of developing faith and conviction first, in order to make the treatments themselves more effective, but because of his practical, very specific and clinically-proven steps in doing a Meditative Treatment/Affirmative Treatment/Prayer, and thus, his very appropriate use of the term "Scientific Treatments". Ernest Shurtleff Holmes (January 21, 1887 – April 7, 1960) was an American spiritual writer, teacher, and leader. He was the founder of a Spiritual movement known as Religious Science, a part of the greater New Thought movement, whose spiritual philosophy is known as "The Science of Mind."

Rev. Ike's book "Secrets for Health, Joy, and Prosperity" (No date of publication available) allows us to compare his affirmations and Affirmative-Prayers with the other aforementioned teachers and authors. For example, and as far as our references have

indicated, Reverend Ike appears to be the only teacher who refers to God as “God-in-Me” (Eikerenkoetter, 130) during Affirmative Prayer. This reference to God-in-Me is similar to some of the stages of Affirmative-Prayer, Recognizing/Unifying/Identifying.

Reverend Ike, whose real name was Frederick Eikerenkoetter (June 1, 1935 — July 28, 2009) was an American minister and electronic evangelist based in New York City. He was best known for the slogan *"You can't lose with the stuff I use!"* His preaching is considered a form of prosperity theology. Reverend Ike's Affirmative Prayers are therefore useful for comparison with the other spiritual teachers/authors herein.

Vancouver, Canada's local chapter of *The Centre for Spiritual Living's* “The Science of Mind's Teaching Manual, “The Science of the Mind, Magic of the Soul Teaching Manual”, Class-2, Page 9, (no date of publication available) has specific step-by-step breakdown of an Affirmative-Prayer/Treatment and is useful for comparison to the aforementioned teachers'/authors' methods, as well as comparisons with methods in Esther Hicks' book “The Law of Attraction” (2006) and Rhonda Byrne's book “The Secret” (2006), in addition to Louise L. Hay's book “You Can Heal Your Life” (2004).

Esther Hicks, in her book “The Law of Attraction”, (2006) describes what she is doing as tapping into Infinite Intelligence, as one does during an Affirmative-Prayer. Her methods for manifesting while working with The Law of Attraction by-pass meditation, but employ a similar and basic Affirmative Prayer methodology. This is useful for comparison with other teachers' and authors' techniques in this paper. Esther Hicks (born Esther Weaver) is an American inspirational speaker and best-selling author. She has co-authored nine books with her husband Jerry Hicks, presented numerous workshops on the law of attraction with Abraham Hicks Publications and appeared in the

2006 film “The Secret”. The Hicks' books, including the best-selling series “The Law of Attraction”, are — according to Esther Hicks — translated from a group of non-physical entities called Abraham.

Rhonda Byrne’s philosophy is that believing will allow you to achieve your wishes and dreams, belief being a crucial ingredient in Affirmative-Prayer. Her additional methods for manifesting using “The Secret” include employing visualization, along with belief/faith, and positive emotions plus the attitude that you already have manifested that which you desire. These are all key techniques of Affirmative-Prayer. Rhonda Byrne (born 12 March 1951) is an Australian television writer and producer, best known for her New Thought books “The Secret” (based on a film she produced of the same name) and its sequel “The Power”. She has also written “The Magic”. Her book “The Secret” is useful for comparisons of her Affirmative-Prayer techniques and philosophies with the other authors’ and teachers’ in this paper.

Louise Hay also employs affirmations for affecting the unconscious, then the conscious mental/emotional conditions of the person who is seeking better health, relationship, wealth, etc. Her affirmations usually include the phrasing at the beginning “In the infinity of life where I am, all is perfect, whole, and complete. I am one with the Power that created me.” (Hay, 122) This phrasing reflects the Affirmative-Prayer techniques of Unifying and Identifying. Her affirmations usually finish with “All is Well in my world”, (Hay, 123) which is similar to the Affirmative-Prayer stage of Acceptance. Her book “You Can Heal Your Life” is therefore helpful for comparison with the other authors’ and teachers’ Affirmative-Prayer techniques in this paper. Louise Hay (born October 8, 1926) is an American motivational author, and the founder of Hay House, a publishing

company, established in 1990. She has authored several New Thought self-help books, and is best known for her 1984 book, “You Can Heal Your Life”.

Dr. Paul Leon Masters’ course “Meditation Dynamics” (1973) includes references of hypnosis/altered-states/meditation used in Affirmative-Prayer treatments for healthy re-programming of the unconscious mind. For example, “Positive change in my life is mine already through my attunement to the positive universal law of change”. (Masters, 1973, 51) This is similar to the Affirmative-Prayer stage/technique of Affirming and Acceptance. Dr. Masters’ Volume 2 of the “Masters Degree Level Lessons” (1989) references actual methods for doing Spiritual Treatments/Affirmative-Prayer-Treatments, such as “Recognition”, “Declaration”, “Identification”, and “Acceptance” (Masters, 1989, 4) and his Volume 1 of the “Masters Degree Level Lessons” (1989) references the differences between Metaphysical Psychology and Traditional Western Psychology, such as God being at the center of one’s mind, as opposed to the Libido. Dr. Masters’ Volume 3-Lesson 20, of his “Doctor of Theocentric Psychology” course (2010) includes the Mystic Prayer/Principles of Successful Prayer such as meditation: “I RECOGNIZE that MEDITATION is the HIGHEST FORM of PRAYER, for it ATTUNES ME to the POWER of GOD, which makes prayer successful.” (Masters 2010, Volume 3, Lesson 20, 3). Dr. Masters’ Volume 5-Lesson 57 of his “Doctor of Theocentric Psychology” course (2010) teaches how karma might affect Affirmative-Prayer, along with possible solutions, such as the use of Identifying with God, and meditation as means of sublimating and outgrowing karmic influences.

Chapter 3-Methods

I will now delve into the process/methodology of an Affirmative-Prayer/Treatment, comparing each teacher/author's methods along the way, combined with my own methods, based on the clinical studies in my professional metaphysical practice.

Pre-Treatment-I refer to this as the “pre-treatment”/mindset/attitude, and intention, if you will, before the actual treatment/prayer. The Centre for Spiritual Living in Vancouver Teaching Manual states that “Before beginning one’s treatment, one should first determine the purpose of the treatment, first stating the undesired condition, then the condition desired as a result of the treatment”. (Teaching Manual, Class-2, 9) This setting of an intention in the pre-treatment helps keep the practitioner focused when actually doing the treatment, especially in the stage or part of the treatment where a declaration or affirmation is made. Dr. Masters emphasizes the importance of having a positive attitude and outlook when doing prayer: “The more positive people are in their ATTITUDE and OUTLOOK about themselves and life in general, the more SUCCESSFUL PRAYER WILL BE. This is indeed what might be called the very FIRST PRINCIPLE OF PRAYER, because without it, formal prayer is, to a large extent, neutralized. POSITIVENESS creates fertile mental soil through which GOD can work and bring successful results to your prayer.” (Theocentric Psychology, Volume 3-Lesson 20, Page 2) Dr. Masters adds, “Before praying, I turn over my will to the Will of God, that God directs my prayers”, (Theocentric Psychology, Volume 3-Lesson 20, Page 8) and that “Whenever (I) pray, (I) pray for the good of everyone, according to God’s Will for their lives.” (Theocentric Psychology, Volume 3-Lesson 20, Page 9)

I'd briefly like to, at this point, discuss hypnosis, meditation, and their merits when doing Meditative-Spiritual Mind Treatments/Affirmative-Prayer Treatments. According to Dr. Masters, altered-states such as self-hypnosis/meditation “Re-program your mind- Establishing positive thought patterns-Sublimating negative thought energies through mystically based positive thought patterns.” (Masters, 1973, 15) My own personal research and professional practice as a Clinical Hypnotherapist has shown evidence/proof that this is so. A certain “receptivity”, at the very least, to the suggestions/positive affirmations is created for the patient in altered state (meditative/hypnotic) thus encouraging the affirmations to “stick” in their unconscious mind after repeated verbal/mental repetition resulting in an eventual re-programming of their unconscious mind/attitude to a more positive state. There is therefore no doubt that the Affirmative-Prayer/Meditative Mind-Treatment should be executed while the patient is in altered state. (meditative/hypnotic) Conscious or even unconscious contact with God during meditation allows your Higher Mind to formulate the actual prayer, but you must release your personal will first, “...I turn my will over to the WILL OF GOD, that GOD may DIRECT MY PRAYERS” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8) in order for it to not interfere with this Divine Guidance/Intuition in what to pray for. “...because of GOD’S GREAT INFLUENCE over your human consciousness, as a result of MEDITATIONAL UNION, it is GOD that CREATES the PRAYER or the WORDS that you use in your prayer.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 4) “Those who meditate on a DAILY basis are far more likely to PRAY SUCCESSFULLY, because their prayers come from God, rather than from their human consciousness. Remember, GOD knows what you REALLY have need of BEFORE you

ask, “REALLY” meaning that which is in accord with your soul’s purpose for this lifetime, which is best for you in the overall view and destiny of life.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 5) As Quimby stated, “Being confident that it (the illness) is the shadow of a false idea, he is not afraid of it, but laughs at it...the patient’s feelings in regard to the disease...health and strength, are daguerreotyped (photographed or imprinted permanently) on the receptive plate of the patient...the shadow grows dim and finally light takes its place and there is nothing left of the disease ” (Seale, 3) Masters states, “Meditation, in its highest State, is a union between the human mind and the Divine Mind of God,” and that “It attunes (me) to the Power of God, which makes prayer successful”. (Theocentric Psychology, Volume 3-Lesson 20, Page 3) He also states that “Before (I) pray, I take a few moments to realize that I am calling on the enormous Power of God that created the entire Universe.” (Theocentric Psychology, Volume 3-Lesson 20, Page 5) This “pre-treatment attitude” is crucial for the effectiveness of the treatment. Holmes states, “So Jesus told us that when we pray we should become quiet, enter the closet of the self, close the door of the senses, and here make certain our requests. Our first proposition is one of faith. We must believe. Thus we are preparing our minds to pray more affirmatively, which means to pray more effectively.” (1997, 20)

I psychologically reinforce in the patient, post-treatment, the effectiveness/success of the treatment by firstly (pre-treatment) performing a ”muscle-testing” (also called “applied kinesiology”) true-or-false exercise, whereby the patient cannot resist the pressure I exert on their fingers, breaking a closed loop they’ve formed with their thumb and index finger, which contains my index and thumb in a chain-link with theirs; when they purposely and

consciously tell a simple falsehood, such as repeating the statement “I am a man”; (if they’re female, and vice-versa) conversely, they are stronger and able to resist my breaking the loop made with our fingers when they state their true name and/or sex. This is repeated post-treatment, with them also repeating the statement “I am happy/healthy/loved”, etc.; (the statement will be what they sought to re-program their mind with for higher self-esteem, confidence, optimism, self-worth, etc.) they find post-treatment that they cannot now break the finger-loop/link, whereas pre-treatment when I had them repeat “I am happy”, etc. the loop was broken by me with no resistance/strength on their part. This demonstration, or proof, that the treatment worked is crucial. The basic premise of the muscle-testing exercise is that our subconscious mind knows what is false and what is true, subconsciously “telegraphing” to our physical body strength/resistance when uttering truth, and physical weakness when uttering an untruth. Another crucial element, pre-treatment, is the attitude of gratitude/appreciation, along with faith, belief, and conviction. This “attitude of gratitude”, like faith/belief/conviction and meditation, creates a level of receptivity and openness to the affirmations/suggestions. As Marci Shimoff states in “The Secret”, “If you’re feeling good, then you’re creating a future that’s on track with your desires. If you’re feeling bad, you’re creating a future that’s off track with your desires.” (Byrne, 32) “You can purposefully use your feelings to transmit an even more powerful frequency, by adding feeling to what you are wanting.” (Byrne, 35)

Holmes states that his own treatments were merely a catalyst for one allowing God to work through them, as them. “The Thing (Universal Mind, Spirit, God, Good)...working through us...is us...always. It...shouts at us from every angle, but It can become power

to us ONLY WHEN WE RECOGNIZE IT AS POWER.” (Holmes, 1997, 37) “The realization that Good is Universal, and that as much good as any individual is able to incorporate in his life is his to use, is what constitutes the Science of Mind and Spirit.” (Holmes, 1997, 35) Quimby utilized with his patients mesmerism (or self-hypnosis/meditation/altered-state) to achieve this conscious Oneness: first, empathizing with the patient, then feeling/believing the opposite of what the patient’s condition supposedly was: “So when I say the disease is in the mind, I mean that it does not exist anywhere else.” (Seale, 17) “...in mesmerism...the subject is very sensitive and will taste or smell what the mesmerizer does...precisely as two instruments are brought to accord with one another by the performer.” (Seale, 53) Under mesmerism, “...my own thoughts affected the subject, and not only my thoughts, but my belief.” (Seale, 44) Then, “Being confident that it (the illness) is the shadow of a false idea, he is not afraid of it, but laughs at it. Then his feelings in regard to the disease, which are health and strength, ...the patient’s feelings sympathize with his, the shadow grows dim and finally the light takes its place and there is nothing left of the disease.” (Seale, 3) Thus, during the treatment, Quimby and his patients become One with Source; becoming one with/”Recognizing” one’s Unity with, (as in Stage 1-“Recognizing”) the Love/God/”Unifying”/”Identifying” (as in Stage 2-“Unifying”/”Identification”) with the Universe, or “Universal Mind”. Does it matter how one merges/unifies/identifies with God/Highest Intelligence/Universal Mind, but that one does? Is one splitting hairs as to how one becomes one with God before and during a treatment, be it through self-hypnosis or meditation/altered-state, right thought, and knowing: “If you believe, you will receive whatever you ask for in prayer.” (Matthew 21:22-23), also “...your faith has healed you.” (Matthew 9:22-23)

This indicates the necessity to pray with conviction, a declaration, proclamation, and knowing that “God knows what you REALLY have need of BEFORE you ask” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 5) and has already answered our prayer. Similarly, “And when you pray, do not keep on babbling...for your Father knows what you need before you ask him.” (Matthew 6: 7-9) It has been through repeated clinical proof in my practice that these attitudes create a subconscious level of receptivity to the treatment, an “allowing”, if you will, for the treatment to be more effective. I have found through repeated treatments with clients/patients of varying levels of faith, belief, and conviction, their treatment to be less or more effective, depending on this attitude of receptivity. Psychologically, the reason is obvious: the skeptical patient will only allow so much healing/progress/growth into their mind and therefore, their life. The patient who is angry, negative, lacking gratitude and appreciation for the good things that have occurred in their life has the same lack of, or limited, results. This has been shown to me time and time again with my patients, clients, and students. Therefore, an attitude of gratitude/appreciation, faith, belief, and conviction, built up previously over time through acknowledging the smaller successes or miracles in their lives (Holmes, 1997) is a crucial pre-treatment ingredient, along with Contact, or Higher Consciousness, or Mystical Meditation mainly for oneness/identifying with/unifying with God, recognizing one’s unity with God, thus amplifying the treatment. Dr. Masters adds, “Before praying, (I) turn my will over to the Will of God, that God directs my prayers.” (Theocentric Psychology, Volume 3-Lesson 20, Page 8) This releasing of one’s personal ego-will, and sublimating it for God’s Will being a crucial ingredient/necessity for allowing healing, God-Guidance/Intuition, and being divinely guided towards one’s soul’s purpose in this

lifetime, therefore fulfillment, happiness, and prosperity. In fact, so important is an attitude of faith, belief, and conviction, before, during, and after prayer, that one must believe that what is desired is already so. “The more POSITIVE people are in their ATTITUDE and OUTLOOK about themselves and life in general, the more SUCCESSFUL PRAYER WILL BE.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 2) Thus, rather than a pleading or campaigning, the prayer is a declaration: “Whenever I pray, I DECLARE that something is so, through GOD’S GRACE and POWER-rather than asking or pleading. Since REAL prayer is ACTIVATED (and Inspired) BY GOD in your mind, in REALITY-meaning GOD’S MIND-IT IS ALREADY SO.” (Theocentric Psychology, Volume 3-Lesson 20, Page 7)

Pre-treatment/prayer, as well, I ask my subject/patient/congregants to “Take the sacred breath in...releasing with a sound.” I have found this does several things: A) Relaxes and makes the subject more open/receptive to what is about to occur, and B) The great sigh, or “Sacred Breath” oxygenates the blood and organs, creating a “tonic” or rejuvenating or “awakening” and euphoric effect as oxygen is sent to various parts of the body. In other words, this “raises the vibration” or energy of the person, thus preparing them to match, receive, recognize, identify, and unify with a Higher Vibration, or God.

Part 1- “Recognition”- Dr. Masters counts this as the first of four parts, along with “Declaration”, “Identification”, and “Acceptance” (Masters Degree Lesson, Volume 2, Pages 3-4) The Vancouver, Canada chapter of *The Centre for Spiritual Living’s* (or *CSL’s*) “The Science of the Mind, Magic of the Soul Teaching Manual”, (Class-2, Page 9) count this as “Stage 1”. Dr. Masters describes this first part as “Mentally recognizing and affirming the existence of the natural healing power, or God-Within the client.”

(Masters Degree Lesson, Volume 2, Page 4) Dr. Masters' phrasing is "I RECOGNIZE the POWER of GOD at work in the UNSEEN WORLD of MIND, bringing about the MATERIALIZATION of MY PRAYER." (Theocentric Psychology, Volume 3-Lesson 20, Page 6) Ernest Holmes' phrasing is "I know that all the Good there is belongs to me. God is Good, Good is God. I am surrounded by Good. I am enveloped in it; I feel Its presence. There is nothing in me that can reject my Good. My whole inner feeling entertains It and experiences It. My whole expectation is of joy and pleasurable anticipation. All the old thoughts of fear and doubt and uncertainty have vanished. Within me is the Secret Place of the Most High; within me is the Presence and the Power and the Will to know and to do and to be. There is nothing in me that can deny this statement or refuse to accept it. There is nothing in me that can limit me. My memory is one of happiness; my anticipation is one of joy; my experience is one of pleasure. (Holmes, 1984, 214) Dr. Michael Beckwith's phrasing here is "Right here and right now, I enter the Spirit's full dimension of unconditional love, peace, clarity. In the light of this clarity, I align my awareness with universal law. My entire inner being opens and welcomes these qualities as my laws of life." (Beckwith, 79) "Quimby (in the initial stage) removed false ideas (the belief in, and subsequent materialization of the illness) from a patient in two ways: first, by silent concentration/meditation/altered-state learned in his mesmeric days; second, by argument and teaching and reasoning." (Seale, 123) This meant argument or denial of everything but Good, and conviction and belief in God's Power of Good, and final acceptance or realization of this Good and only Good within all. This is also included in the treatments methodology referred-to in "Part 2-Unification" and "Part 4-Declaration/Realization". "I first get the attention of my subject

and endeavoring to exclude all other external influences and drawing their mind to myself, I then work up the sensation I wish to produce upon my subject in my own mind and it is immediately communicated to that of the subject and a corresponding feeling will be the result. It is the simple process of mind acting upon mind...the operator must produce in himself the same sensation which he would communicate to the subject...making health the fixed object of the mind, I never parley or compromise.” (Seale, 123-124) It was believed in Quimby’s days that a sympathetic connection between the operator or practitioner and the subject or patient is established by the merging/mingling of their minds through “mesmerism”/self-hypnosis/meditation because at that point the individual minds become one with the Universal Mind, or Mind of God, which is healthy, loving, and perfect. Quimby’s methods were a combination of “pre-treatment” with “Part 1-Recognition”, “Part 2-Identification/Unification”, and “Part 3-Declaration/Realization”, and “Part 4-Thanksgiving/Acceptance” all in one, for he gave logical argument as to why it was impossible for the patient to be ill, if all that they are is God/Good while connected to their mind in altered-state; when the patient realized then accepted this, “...understanding was the cure.” (Seale, 118) This same logical argument and result were also utilized by Ernest Holmes in his prayer-treatments. Rev. Ike opens with, “I now enter into the secret closet of my mind, and I look upon the stage of imagination.” (Eikerenkoetter, 64) to recognize one’s True Self, and Identify and Unify with the Greatest Power, God, as in the next stage.

Part 2-“Identification/Unification” According to Dr. Masters, this is “Mentally identifying the client’s “True Self” (ie-Spiritual Reality) to be One with God’s Presence within them.” (Masters Degree Level Lesson, Volume 2, Page 4) and that “Whatever you

pray for that is in agreement with God's Will for your soul becomes activated as THOUGHT FORM IMAGES in the UNIVERSAL MIND OF GOD." (Theocentric Psychology, Volume 3-Lesson 20, Page 6) This would explain why the methods for manifesting described in the book "The Secret" don't always result in materialization of anything: that which was prayed for was not part of God's Will for one's soul in this lifetime, nor was it in the greater interest of humanity, which God's Will/Soul's Purpose always is. "Before praying, I turn my will over to the WILL OF GOD, that GOD may DIRECT MY PRAYERS." (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8) "The only prayer that you should pray, therefore, that is *not* inspired by God, is the prayer that *your prayer be inspired by God* and ORIGINATE IN GOD'S MIND." (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8) "In so doing, you help assure that your personal ego and its will have not sneaked into your mind at the last second and that you will end up praying the will of your personal ego, rather than GOD'S WILL." (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8) There are also karmic factors to take into account as well. One must assure that negative karmic energies and influences do not seep into your prayers. "By carrying negative karmic energy around in one's mind, the SPIRITUAL GROWTH of a person can be stunted." (Masters, Theocentric Psychology, Volume 5-Lesson 57, Page 9) "SPIRITUAL GROWTH, or more aptly, SPIRITUAL REAWAKENING to GOD'S PRESENCE within should be something that is primary to everyone. IDENTIFYING WITH GOD'S PRESENCE within you will eventually cause you to *outgrow that level of your mind* that contains the karmic cause behind any negative karma in your life. Once you outgrow that level, it no longer has a negative influence over you, *releasing its energy*, and thus,

dissipating.” (Masters, Theocentric Psychology, Volume 5-Lesson 57, Page 9)

Meditation is crucial for releasing negative karmic energy factors. “The DAILY practice of MEDITATION, more than anything else, can help neutralize and, in some cases, eliminate negative karmic causes from the deeper layers of the mind.” (Masters,

Theocentric Psychology, Volume 5-Lesson 57, Page 4) Here is how a self-

hypnotic/meditative Induction blending “Recognition”, “Identifying” and “Unifying” is

utilized: “My consciousness now reflects back to me the truth that I am not my

circumstances. I am not my emotions. I am not the thoughts that are moving through me.

I hear that part of me that knows its infinite nature speaking now, encouraging me to

court that which is seeking to emerge through me, that which is yearning to express my

individuality, my own unique creative nature. It is the mark of the Spirit etched in my

soul-character. I set it free now. It’s okay for it to emerge. It’s okay for me to become

more of who I am. With this permission I have given myself, I know that my life is

attuned to the fundamental order of existence. My entire being is now reshaping itself

around this “yes” factor of my willingness to be whole, beautiful, and authentic. Every

cell, every organ, every action, and every function of my being is recovering and

embodying this message. Any conscious and unconscious fears or doubts are even now

being transmuted into encouragement and enthusiasm. Outlets for my creative nature

seek me out and I willingly respond to them. New ideas flow through me, insights unfold

within me. It’s happening now.” (Beckwith, 114) The hypnotic, rhythmic, and repetitive

wording at the beginning, create a gentle lulling and focusing, as in an hypnotic

Induction: “My consciousness now reflects back to me the truth that I am not my

circumstances. I am not my emotions. I am not the thoughts that are moving through me.

I hear that part of me that knows its infinite nature speaking now, encouraging me to court that which is seeking to emerge through me, that which is yearning to express my individuality, my own unique creative nature.” Identifying and Unifying is accomplished with “With this permission I have given myself, I know that my life is attuned to the fundamental order of existence. My entire being is now reshaping itself around this “yes” factor of my willingness to be whole, beautiful, and authentic. Every cell, every organ, every action, and every function of my being is recovering and embodying this message. Any conscious and unconscious fears or doubts are even now being transmuted into encouragement and enthusiasm. Outlets for my creative nature seek me out and I willingly respond to them. New ideas flow through me, insights unfold within me. It’s happening now.” This Unifying and Identifying is also reflected with “God is neither sad nor depressed. There is no life apart from God, therefore my life is God. Consequently I am neither sad nor depressed. God is not afraid of anything. My mind and the Mind of God are One Mind, therefore my mind cannot entertain fear.” (Holmes, 1984, 291)

This stage, also referred-to as “Stage 2-Unification” in the “Magic of the Soul Teaching Manual”, includes suggested verbalization such as “What is True of God, is true of me...I am One with the Power, All that God is I am now and always.” (SOM-219 Teaching Manual, Class 2, Page 9) The aforementioned hypnotic Induction’s “Unifying” and “Identifying” wording conditioning/relaxing/lulling the mind to relaxation and altered-state, creates a receptivity to positive suggestion while inducing meditative/self-hypnotic/altered state. Understanding, feeling, and believing with conviction at this stage that “...my life is God,” (Holmes, 1984, 291) creates and encourages positive, optimistic feelings and emotion, along with faith, and is the same as “Unifying” and “Identifying”

ourselves with the greatest power, or God, along with the previous stage, “Recognition”, encouraging a resonance and receptivity to the affirmations/suggestions that follow in the next stage. Unity Church (Wikipedia.org) at this point’s prayer-wording is “God, You are ‘the all-knowing, all-seeing, all-acting, all-wise, all-loving’ God. You supply all substance and intelligence. The reign of divine Truth, Life, and Love is established here and now and rules out all anxiety.” (<http://seattleunity.org/?s=affirmative+prayer>)

Part 3-“Declaration”/“Realization” is the stage, according to Dr. Masters, where one “Mentally (also verbally) declares that the client has the Healing Power of God within to heal themselves, and that the healing is taking place right now.” (Masters Degree Level Lessons, Volume 2, Page 4) It is also, according to Dr. Masters, that “Whatever you pray for that is in agreement with God’s Will for your soul becomes activated as THOUGHT FORM IMAGES in the UNIVERSAL MIND OF GOD,” (Theocentric Psychology, Volume 3-Lesson 20, Page 6) where, “What you pray for is given birth.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 6) “If...the prayer ORIGINATED from GOD’S INFLUENCE, the THOUGHT IMAGE already existed.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 6) Therefore, “Since REAL prayer is ACTIVATED BY GOD in your mind, in REALITY-meaning GOD’S MIND-IT IS ALREADY SO.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 7) Dr. Masters adds, “Whenever I pray, I declare that something is so, through God’s Grace and Power, rather than asking or pleading”. (Theocentric Psychology, Volume 3-Lesson 20, Page 7) *The Centre for Spiritual Living* in Vancouver, Canada, states that “In Stage 3-Declaration/Realization, one declares, claims, proclaims, affirms, knows,” and “Argues, then accepts”. (SOM 219, Teaching Manual, Class-2, Page 9”) This refers to Holmes and

Quimby's logical argument with oneself that All is God, that there is nothing but God within and without, therefore how can the apparent condition/dis-ease/unwanted situation exist? Because success/healing/prosperity, love, etc. is already so in the Mind of the Universe/God, the opposite of the unwanted condition is affirmed and declared to already be/exist at this stage of the treatment, with great faith and conviction. An example follows of a general affirmation/treatment from Ernest Holmes: "Believing that God is all the Presence there is, I am learning to feel this Presence in everything and everyone. Dwelling on the thought that God is Love, I permit my mind to become filled with the consciousness of this Love. I permit this Love to envelop everything and everyone, bringing with it a sense of peace and joy and certainty. Realizing that God is Life, I open my whole thought to such a complete inflowing of this Divine Life that I see It and feel It-the One perfect Life which is God-in people, in nature, animating every act, sustaining all movement. My faith in this Life is complete, positive, and certain. Knowing that all things are possible to faith, I say to my own mind: Be not afraid. Faith makes your way certain. Faith goes before you and prepares the way. Believing that God is in everyone, I meet this God in people and I am One with everyone I meet. Knowing that God is Peace, I open my mind to the quiet influence and the calm certainty of this Peace. And knowing that God is Joy, I meet every situation in happiness. I commit my life unto that Power which can do all things with complete assurance." (Holmes, 1984, 237-238) Another example is: "Right here, and right now, I reject all negative appearances in my life. God-in-me is my everything, and I don't have to worry about anything. This is the truth about me. I program my life for all the good that I desire. God-in-me is my health. I reject all appearances of disease. This healthy thought about myself keeps me full of vim, vigor,

and vitality, from birthday to birthday. I program my life for success and prosperity.

Knowing that my destiny depends upon how I program my mind, I consciously program

my mind for Health, Happiness, Love, Success, Prosperity, and Money. I program my

mind for all of the Good that God is. Thank-you God-in-me.” (Eikerenkoetter, 54) One

from Louise Hay: “In the infinity of life where I am, all is perfect, whole, and complete. I

am one with the Power that created me. I am totally open and receptive to the abundant

flow of prosperity that the Universe offers. All my needs and desires are met before I

even ask. I am Divinely guided and protected, and I make choices that are beneficial for

me. I rejoice in others’ successes, knowing there is plenty for us all. I am constantly

increasing my conscious awareness of abundance, and this reflects in a constantly

increasing income. My good comes from everywhere and everyone. All is well in my

world.” (Hay, 122) One from Dr. Masters: “Divine Mind, my creator, whose Spirit and

Light live within me: I affirm and declare that I am aware that what I pray for should

originate in Your Mind and be according to your will for my soul’s Highest Good in this

lifetime and through Eternity. For this I give thanks, I let it be so, And So It Is!”

(Theocentric Psychology, Volume 3-Lesson 20, Page 10) Another one from Dr. Masters:

“Divine God-Mind of my Higher Consciousness, I affirm that as You create positive new

changes in Your physically manifesting body of the Universe, so Your power that is

working through me is creating positive new changes in my individual life. Wherever I

travel, wherever I may go, whatever I may do, You are in the midst of me...guiding and

directing me. Through Your power to heal my mind, I have forgiven all in my past.

Through Your power to create new life, in me new life is being created. For this I give

thanks, And So It Is!” (Meditation Dynamics, Page 51)

Part 4-“Acceptance”/“Thanksgiving”/“Release”- Dr. Masters refers to Part 4-Acceptance as “Mentally accepting that the healing has been accomplished, giving thanks that it has been, and affirming it with the words “And So It Is”!” (Masters Degree Level Lesson, Volume 2, Page 4) The Science of Mind/Centre for Spiritual Living, Vancouver Teaching Manual describes stage 4, “Thanksgiving”, as “Feeling gratitude as if what was prayed for is already done” and stage 5, “Release”, as “Detachment and release from the outcome: detachment from the “how” and the “when”. (SOM-219 Teaching Manual, Class-2, Page 9) All practitioners/teachers in our source-material agree to concluding an Affirmative Prayer/Treatment with gratitude: “I know it is done and I simply say, thank-you.” (Beckwith, 156) Rev. Ike always gives thanks at the end of his affirmations: “I AM healthy, happy, loving, successful, and prosperous... Thank-you God-in-me!” (Eikerenkoetter, 162)

Notice that most of the aforementioned affirmative mind/prayer-treatments are similar in structure: “Recognizing” the existence of the natural healing-power/Intelligence of God within and “Identifying”/“Unifying” one’s True Self as God’s Presence within: Holmes says, “God is the only Power and the only Presence there is, and God is right where I am. I live and move and have my being in God. God’s being moves through me and manifests itself in what I am doing.” (Holmes, 1984, 268) Rev. Ike: “Right here, and right now, I recognize, I acknowledge the Presence of God-in-me. I am excited about the Presence of God, the presence of unlimited good in me. I am excited about the love of God within me. I am excited about the mind of God within me. God has buried infinite treasures within my being. I now mine, refine, and develop the infinite treasures within me. I see only good, I see only God, in myself and in everyone else. Thank-you God-in-me!”

(Eikerenkoetter, 139) Louise Hay states it as, “In the infinity of life where I am, all is perfect, whole, and complete. I am one with the Power that created me. I have within me all the ingredients for success.” (Hay, 111) Dr. Masters, “Divine Mind, my creator, whose Spirit and Light live within me...” (Theocentric Psychology, Volume 5, Lesson 57, Page 11)

“God, You are ‘the all-knowing, all-seeing, all-acting, all-wise, all-loving’ God. You supply all substance and intelligence. The reign of divine Truth, Life, and Love is established here and now and rules out all anxiety.”

(http://en.wikipedia.org/wiki/Unity_Church#Affirmative_prayer)

“Declaration”/”Affirming” that the healing/transformational Power of God within is (even now) healing/already healed the undesired condition, as with “I affirm that as You create positive new changes in Your physically manifesting body of the Universe, so Your power that is working through me is creating positive new changes in my individual life. Wherever I travel, wherever I may go, whatever I may do, You are in the midst of me...guiding and directing me. Through Your power to heal my mind, I have forgiven all in my past. Through Your power to create new life, in me new life is being created.”

(Masters, Meditation Dynamics, 1973, 51) and “Acceptance” in gratitude and appreciation that the healing/transformation is accomplished: “Right here and right now, I am constructing a positive self-image. I see myself, in the theater of my mind, being, doing, and having all the good I desire. I AM healthy! I AM happy! I AM loving! I AM successful! I AM prosperous! I AM rich! Thank-you Father! Thank-you God-in-me!”

(Eikerenkoetter, 96-97) Finally, “Releasing”/”Letting It Be So” that it has been and affirming with the words “And So It Is!”: “Rather than just to let the thought pass through

your mind and then enter into your subconscious, enforce the power of the thought in your mind by adding to it the words...SO IT IS!" (Masters, Meditation Dynamics, 1973, 54)

Rev. Dr. Michael Beckwith summarizes it well during a recent public internet audio-presentation for Hay House's World Summit event. He states, "Prayer is communion with the Presence, and it's really beyond the words that one is saying. It's the contact you're making on a heart-level. What I teach is that it's not what you're praying for, it's where you're praying from. So let's say you're praying for prosperity or health; you would first enter into a feeling of gratefulness and thankfulness about your life, so you enter into a field of gratitude and perhaps even verbalize it, "I'm so grateful for my life, I'm so grateful I can take this next breath, I'm so grateful that I have this opportunity to pray right now." So you enter into a field of gratitude, and gratitude as the first step of prayer helps you to see things differently; before, an individual was seeing obstacles and hindrances, but gratitude clears the perceptual window, and you're allowed to see a little differently. With gratitude, you begin to recognize that life is good, that the Presence is everywhere, so you would say, "Oh, I see God, I see Light, I see the beauty and abundance of life everywhere!" Then you would say, "I'm unified with this life now!" Now all of this is going on inside, so there's gratitude, there's recognition, there's unification; and then there's what you're praying for, or from; let's say you're praying for prosperity: you begin to feel into a time in your life when all your needs were met, and it can be any time in your life, and if you don't remember such a time, then you use your imagination to feel into it. Then you would say, "I'm knowing right now that all of my needs are met; that the full-on prosperity is cascading out of nothing into the very

somethingness of my existence. I feel totally supported and taken care of by the universe.” So you’re feeling your way in; prayer is a feeling, connection, and communion; and once you feel that your needs are met, you begin to describe your life as prosperous or healthy. Then you come back to thanksgiving again, and you give thanks that this is so, that this is real. You give thanks, and then after you give thanks, you say something like, “And now I release this prayer, it is now a new law in my life, and it shows up everywhere I go!” So a person goes through that on a regular basis: gratitude, recognition, unification, an inner realization that the need is met already, thanksgiving and release; you start to realize it doesn’t end at the time you’re praying, you discover you’re walking around in daily life being grateful, being thankful, and witnessing the miracles that are occurring in your daily life; you’re discovering without being religious you’re living a prayerful life, because prayer is not religious; people always try to relegate it to a church or priest, or something like that; but prayer is communing with Reality, without trying to “get something”, because you’ve already got it, you see.”

(<http://www.hayhouseworldsummit.com/meet-our-speakers/#B>, 2013)

Chapter 4-Findings

I will now share some case histories from my files, changing, of course, the actual names and details of the patients described herein for the sake of their own anonymity, as well as sharing my own personal experiences relating to the effective use of Affirmative-Prayer/Mind-Treatments/Scientific-Prayer, so that more light might be shed on the methodology and effects of Affirmative-Prayer/Re-Programming Meditative Treatments in the field, as well, to illustrate whether or not faith, belief, and conviction, as well as self-esteem and attitude, play a role in effective Affirmative-Prayer. For the purposes of this paper, “Results”, “Demonstrations”, “Materialization”, “Manifestations”, “The Proof” are interchangeable, their meaning relating to the positive effects and results of Affirmative/Scientific-Prayer, suggesting that the desired and intended results have been affected through the correct implementation of Scientific/Affirmative-Prayer.

Here are specific stories of some my clients, patients, and students, and how they either completely changed their lives, and/or altered their lives into something healthier for themselves, using the tools described.

David, (not his real name) was a single, twenty-five-year-old male from a small mid-western Canadian town. His formal education was limited, (he had not completed high school) and he suffered from low self-esteem. His parents split up when he was seventeen, and although his mother and step-father were very emotionally-supportive, David went from abusive relationship to abusive relationship, barely making ends meet with physical-labor/blue-collar jobs. He lived in a small, one-bedroom apartment in a lower/middle-class neighborhood. In his spare time, he played and wrote music to escape

the pain of failed relationships, and voraciously read complex self-help books. It was because of David's ambition to complete high school, and his above-average intelligence, intuition, general optimism overall, and his desire to better himself, that I decided to work with him. He believed in the power of the mind, a necessity for the effectiveness of the treatments.

In our sessions, I discovered that David reads, studies, memorizes, and applies, where applicable to his life, anything that interests him, particularly self-help books that involve positive affirmations, meditations, and "mind-treatments". I decided to use meditation in our sessions, rather than hypnosis, which was too cold and clinical for David to be open to as a tool. Meditation, for David, as a means of him stilling his mind, would enable him to stop the "negative self-talk/chatter" going on in his conscious/unconscious mind. I had David "Identify" and "Unify" with God/Peace/the Stillness/Light at the very center and nucleus of his mind thusly: visualizing concentric circles, the outermost being the outer, conscious, surface level of the mind, then encouraging a "spiraling" down and inward towards the next circle, (the personal subconscious/memory-bank level of the mind) spiraling down to the etheric/psychic-energy level, then the astral-level, then the collective unconscious, to the soul-level, and finally to the very center, or God-Mind/Perfect Mind/Universal Mind.

At this point, while he was in a slightly altered-state/light meditative-state, I had him visualize/vision/image light at the brow or third-eye region and at the heart-chakra area, growing larger and brighter, filling his entire upper-torso as if it were hollow, then extending beyond his physical body ad-infinitum. Then I verbally guided him to have him "lose himself" or melt in this light, not knowing where his physical body begins and

ends, continuing with the verbal suggestion that he “unify” and “identify” with God/this Light.

Once David began focusing on this light/stillness in his mind, I then proceeded with positive affirmations/mind-treatments, (meditation allows for a receptivity of the suggestions/affirmations) in order to have him build self-esteem, and have these positive self-esteem “mantras” stick in his mind, eventually dropping any insecurities/negative self-esteem which may have been causing him to attract and be attracted to women who would emotionally abuse him. Once the affirmative-statements were stated, I asked David to accept, or at least verbally state/agree that he has accepted them, in fact, adding that “it is already so in the Mind of the Universe (the Mind of God), even now...especially now.” This was then all “released” in gratitude and appreciation, the idea being that everything is cyclical, and these words/affirmations/”The Word” will return multiplied, never void, for ”the word is Law, and knows nothing unto itself”. The Affirmative-Prayer was finally “stamped” with the conviction “And So It Is! Amen,” in order to complete the process, which I use with all of my clients.

Eventually I introduced David to visualization as a tool/means of materializing his more healthy wants and needs, which by then, he realized that he truly deserves. His enthusiasm about “raising his frequency” and the book “The Secret” remain to this day. This was a way to have David do his spiritual practice daily of Higher Consciousness/Contact Meditation along with Affirmative-Prayer, as in “The Secret”: as a method for attracting/materializing wealth, as opposed to for living a happy, prosperous life, in conjunction with one’s soul’s purpose/God’s Will for him in this lifetime.

Perhaps one day David will do his spiritual practice for this reason, as opposed to the latter. Along the way with David, I discovered that he harbored resentment towards his natural father, for the way that he treated David's mother. This was one of the root-causes for David treating women nicely and with respect, despite them treating him otherwise, in relationships. Using deeper meditation, I led David to discovering his true feelings about his dad, and releasing them. This was one step towards dropping low self-esteem. I then helped David, through positive affirmations and mind-treatments, and guided meditations, to free himself from the identity of his dad/relating to his dad's negative qualities, and instead, substituting David's now-realized positive qualities in place of them.

This proved to be a big step towards David's moving forward, and he now began attracting healthier relationships, although he was still scared to commit to just one female. David soon began to see more clearly his goals of completing high school, (he decided to do it on-line, via "distant-learning", which was far more affordable for him) and his new dream of becoming a world-class chef, (he loved cooking) was now within his reach, as he had recently been accepted to a cooking/culinary-arts school. Moreover, as David's self-esteem began to grow, he was dropping resentment and worthiness issues! This was reflected as a series of "coincidences" or synchronicities.

His clear vision, intention, and focus of earning more money manifested thusly: the building manager of David's apartment building approached him, asking David if he was interested in managing the building part-time; David accepting this offer resulted in a reduction by fifty-percent of his rent, with time for his studies and regular job. Also, as

David realized that he deserved all of this, and became more and more joyous, he was introduced by a mutual friend at work to the girl he was to eventually marry.

Today, David is working as a chef at a high-end restaurant, is in a happy marriage, living in a larger suite of the building he manages still, and has just earned his high school diploma. This was manifested within two years of practicing the aforementioned techniques. I believe that David's belief in the power of the mind, combined with his faith and conviction (built on his previous positive manifestations or "demonstrations") contributed greatly to the effectiveness of the Affirmative-Prayer Treatments.

Helen was a vivacious, well-educated and intuitive twenty-seven-year-old woman from the mid-west. She had much previous experience in alternative wellness and counseling, both as a professional and as a student of these. Furthermore, she had practiced much yoga, meditation and guided-visualizations on her own, developing a deep-rooted faith and conviction in matters metaphysical, which made things progress much quicker and easier for both of us.

At the time that we met, she was employed as a server in a coffee-shop, despite her professional credentials. Previously, Helen had been in an abusive relationship with an alcoholic male, who had little ambition. They had been living together for five years at the time that we met. Helen's father was an alcoholic, and she left home at seventeen, working menial jobs to support herself. Her mother, although supportive, was also subjected to abuse from Helen's father, so was not an example of a strong woman. Often, Helen "crashed", as she called it, on her friends' couches, in-between finding a regular,

usually run-down, apartment in a seedy part of town. She had lived this way for ten years, barely making ends meet, and drifting from abusive relationship to the next. Often her female friends were controlling and abusive as well. Helen managed to avoid any major drug or alcohol addictions, and her self-esteem remained buoyant, despite these circumstances. Because Helen was open and serious about moving forward with her life, I accepted her as a client.

Helen completely understood, and was somewhat familiar with, the concepts in this paper, and was ready. I decided to have her go right for visualizing her life the way she would like to have it, in light meditative-state, first unifying and identifying with Source, as previously described. She understood some metaphysical principles regarding karma that in essence, she had been given a brand-new start, because of previous sessions we had, where we released negative past karma previously held in the unconscious levels of her mind. She learned that negative karma regarding relationships influenced some of her decisions/selection of partners, and that negative karma involving finances also influenced her subconscious mind and low self-esteem-based decisions and actions in this lifetime.

Karma is the result or effect of previous actions or causes, in essence, the result or effect-part of cause and effect. These remain as unresolved, negative thought-energies in the unconscious layers of the mind until they're sublimated for God's Love and Light during a mind-treatment/prayer-treatment/affirmative or scientific prayer-treatment.

She understood that anything she might want, see, dream about, could become reality because we attract similar energies that we put out, and thoughts, too, are energy. She

now understood how recent struggles, including those of the last few months and years, were over.

On this day that she came to me for a metaphysical consultation, she shared that she was short six-hundred dollars on her rent. Fortunately, her landlord was flexible, and allowed her an extension of time, which was up tomorrow. I explained to her that she must go inward and meditate, seeing and feeling the freedom and relief as if she already had the six hundred dollars in her bank account. This is a basic principle of Affirmative-Prayer: after unifying and identifying with God during Contact/Higher Consciousness Meditation, (as previously described in David's case history) seeing, feeling, and verbally affirming that which you desire as if you already have it, then closing with the conviction And So It Is!

With nothing more to lose, she did this. I then explained that if she knows that she is worthy of good things happening to her, including a career in her chosen field, and that if she truly knows that she deserves a healthy, long-term relationship, it would materialize, as it has for most of my clients recently; again, the concept like attracts like, or like-energies attract like-energies/circumstances/people, etc.

With this mind-set, visualizing her life as she would like it to be, I sent her on her way. Bear in mind that she was something of an exception to the rule, in that she had already "done her homework", possessing much faith, belief, and conviction, eliminating many, if not most, of her emotional hindrances, and was clearly able to visualize her intentions/goals. She was also ready to align with her soul's purpose/God's Will for her in this lifetime, (prosperity, abundance, happiness) which is exactly what happened!

Literally the next day, I received a phone-call from her. She told me that, that morning she had gone to the bank, and checking the balance in her account, she was shocked to discover that she had exactly, no more and no less than, six-hundred dollars there! I was flabbergasted myself, as to how powerful (and quickly) she could manifest. She had absolutely no idea how, or from where, the money came from, and neither do I to this day. This was major evidence for her, (also known in Religious Science/Science of the Mind as a demonstration or materialization) and this further encouraged her to continue meditating and visualizing/feeling/affirming, a better life for herself, which more and more, she knew that she deserved.

Within a month of this, she informed me that she moved out from the abusive lover that she had lived with all these years, and was accepted into the best Esthetics School in the area. She knew that she could get in, because she deserved to, and began working hard in her spare time to pay off the loan necessary for attending the school.

Subsequent graduation resulted in her acquiring a job in a high-end salon, as an alternative wellness practitioner. She had walked into this salon, to apply for the position of receptionist. The owner, approaching her, said, “You’re here for the position downstairs in our new spa, are you? Yes, we’ve been looking for a Healer.” Helen’s mouth dropped, as she preferred working as a “healer”, (in her case, Energy-Healer using Reiki) but had gone there to apply for another position, completely unaware of the other one! She was in alignment with her soul’s purpose!

At the same time, she received a call from a male friend, who had always been in her life on the peripheral, respecting that she was in a relationship already. Knowing that she was

now a single woman, Marty tried his luck. Marty was an engineer, living in an expensive part of town. Because Helen now realized that she deserved something better than before, she resonated energetically in a manner similar to Marty, and they became an “item”, living together to this day, in a happy, healthy relationship.

Helen also, in a display of self-empowerment, dropped her abusive, controlling girlfriends, too. The key was Helen seeing and feeling herself and her life differently, and therefore she began to vibrate at a higher frequency, attracting dramatically different kinds of circumstances and people into her life.

It is clear to me that Helen’s progress was largely due to her faith, belief, and conviction in matters metaphysical, as well as her regular practice of meditation, all of which amplified the effectiveness of her treatments.

Lydia was a mature, responsible woman who came to me one day in a crisis. The bank was about to foreclose on her loan, and therefore, she was about to lose her house and her car. Furthermore, her new job didn’t have enough hours in it for her to support herself and her child. She was a single mother, who, years before, recognizing that she didn’t deserve an emotionally-abusive marriage, stormed out with all she and her child had on their backs, and didn’t look back.

This told me that Lydia was on the right track, but she was being given a challenge of her faith in herself and in God. My intuition told me to tell her that her job will provide more hours for her in two days, which I did. Something also told me that all she needed to do was to visualize her house and car safe, and not repossessed, because she had a high level

of faith and trust in God already: automatically, consistently, and quite unconsciously, unifying and identifying with God, with great faith, belief, and conviction, necessary for effective affirmative-prayer. She could also, more easily than most, visualize.

This saved us both time, as I didn't have to teach her how to meditate to accomplish all of this, but merely remind her to practice Contact, or Higher Consciousness Meditation to amplify her visualizations and affirmations.

At that time, the book "The Secret" was released, teaching people in effect how to do affirmative-prayer, not for spiritual reasons, but to manifest wealth.; it was a start, as I encouraged her to purchase and practice "The Secret", which she did.

Her self-esteem was fine, and she had no major emotional hindrances; in short, she was already well on her way to living her soul's purpose I believed, because this new job came to her suddenly, after she recently quit her job of thirty-years, which was taxing her health. She wiped away her tears, and promised me that she would not only see, but also feel, and believe that her home and car would be fine.

Later that week, my wife and I were sitting at a nearby diner, having coffee.

In walked Lydia, with her child! Being guided towards their seats by the hostess, they walked right past us, when suddenly, Lydia recognized me, and turning towards me, her eyes widened. I noticed tears forming in her eyes. Approaching me, she leaned down and whispered in my ear, "Thank-you so much for your advice . . . everything worked out! I have my car and my home!"

She stumbled off, with her child, to their table. My wife, noticing my tear-filled eyes, said to me, “What’s wrong? What did she say?” Barely able to respond, I told Sue, my wife, that this woman was grateful for the intuitive information I gave her, and so was I.

Lydia, while meditating, had visualized and felt the kind of life that she wanted/needed as if she already had it, resulting in her very quickly manifesting exactly that.

Because she began to resonate at the same frequency as her desires, (through visualizing, feeling and believing with faith and conviction) those desires, resonating similarly, came to her.

Andrea came to see me one day for a metaphysical consultation. She was forty-something, and dressed professionally. Her broad, warm smile, and sparkling blue eyes gave me the impression that there was nothing that she could not accomplish; but was she, herself aware of that?

Shortly into the session, I learned that Andrea was working as a real estate agent, in a firm owned by a controlling, abusive, married male. This male would continually sexually harass her, hinting that if she provided favors for him, she would quickly graduate within the firm. Andrea quickly realized, however, that there was no other place within the small firm for her to graduate up to! This was her first job in her newly-earned field, and she was the sole-supporter of her teenaged son, so she felt trapped, having recently quit a secure position elsewhere.

Continually avoiding eye-contact with me, I realized how shy Andrea really was, and that her self-esteem/confidence level was not where I initially believed that it was. In order for her to quit this job and move into another real estate firm, Andrea needed to recognize first, that her skills and abilities would be wanted at most firms, and that she truly didn't deserve to be harassed by her boss. This was familiar behavior, however, as Andrea's father and her ex-husband were both bullies. Fortunately, Andrea was also currently seeing another, more conventional therapist, who was helping her through all of this. Andrea merely wanted a metaphysical perspective on all of this from me.

Through an initial intake, I determined that she also possessed a basic faith, belief, and conviction that would eventually play a major role in the effectiveness of our treatments. Attempting to keep the mood of the session light, I joked with her, "How's that working for you?" I quipped, referring to the bullying boss. Blushing, she smiled, flashing those blue eyes at me again. Then, she informed me that it wasn't working for her. Although she was somewhat attracted to her boss, she knew that he was in a relationship already, so why get involved? My intuition suggested to me that she was somewhat attached to him, because of their possible physical intimacy. It was time to give Andrea tools for her to empower herself with, and move on.

We began and ended our sessions with Higher Consciousness Meditations, as well as Affirmative-Prayer/Scientific-Meditative Treatments designed to help her to feel better about herself, and improve her self-worth, eventually resulting in her healing from past hurts. This was done weekly for a month. Then, I began adding in meditations that affirmed her strengths and abilities to visualize and therefore to change anything she desired. Soon, she began to feel better about herself, and became more able to initiate

change. I wanted her to know that she could not only initiate change, but create, or manifest those changes herself!

One day, recently, she informed me that she quit her job “cold-turkey”, that she realized that she didn’t deserve the bullying, and had three new job interviews lined up. I haven’t heard from her since, which usually indicates that the client is on track, so to speak.

I never underestimate the power of faith, belief, and conviction, combined with contact meditation, during Affirmative-Prayer/Re-Programming Meditative Treatments, which seems to enhance/amplify/multiply the treatments for greater effectiveness.

Through the use of Affirmative-Prayer/Mind-Treatments, Reiki/Pranic energy-healing and hypnosis, I was able to put into remission my step-daughter’s “scoliosis”, a condition of the spine which eventually results in extreme curvature and malformation.

While in light hypnotic/meditative-state, and connecting to our true, Higher-Self, the emotional root-causes of her “dis-ease” or “lack-of-ease” became apparent: she was carrying the burdens of the world, so to speak, on her shoulders and an unnecessary feeling of responsibility to others, because of guilt brought on by a dysfunctional past. By affirming that she loves herself, and also by releasing the burdens of guilt from the past, her scoliosis halted and went into remission.

She also attracted a personal love-relationship worthy of her newly-acquired positive self-esteem, also attracting into her life a new career and the means to bring it to fruition through academic achievement. This was more proof, for me, of the effectiveness of

Affirmative-Prayer for physical illnesses, improvement of overall conditions, and personal love.

Chapter 5-Discussion

In this section, in addition to discussing effectiveness of Affirmative-Prayer, I will discuss how and why some of the techniques of Affirmative-Prayer differ between various metaphysical organizations, and are some better than others? How and why are the same techniques of Affirmative-Prayer used for personal gain, as outlined in the book “The Secret”: “It takes no time for the Universe to manifest what you want. It is as easy to manifest one dollar as it is to manifest one million dollars.” (Byrne, 68) How do these techniques and principles relate to and with “The Law of Attraction”? “Like Aladdin’s Genie, the Law of Attraction grants our every wish,” “...when you emit the frequency of having received it, the Law of Attraction moves people, events, and circumstances for you to receive,” (Byrne, 68) “That which is like unto itself is drawn.” (Hicks, 29) What are the pluses and minuses to this, and the consequences (if any) of working with spiritual laws and practices for material and personal gain. Are the books “The Secret” and “The Law of Attraction” exploitive, or a great introduction to, and primer on metaphysics for spiritual seekers? Where does Affirmative-Prayer sit within the field of metaphysics, specifically Theocentric Psychology, and how can Affirmative-Prayer affect society as a whole, as well as the individual?

We know because of clinical study and the subsequent materializations or proof, whether they are mental, emotional, or physical results, how effective Affirmative-Prayer is: “We shall receive that for which we ask.” (Holmes, 1997, 435) It works as effectively as the amount of faith and belief there is behind the prayer: “God is Intelligent Mind and Spirit, and there is a direct response from the Universal Intelligence to our intelligence. If we ask for bread, we shall not receive a stone. But we...must ask *believing*, if we are to

receive.” (Holmes, 1997, 435) From a metaphysical and holistic perspective, pray like you already have what you desire from the healthy, positive, loving, Infinite Intelligent Mind and the rest follows, that is to say, the physical body and environment/circumstances begin to re-calibrate to match the healthier, more positive state of mind: “Prayer is a mental, as well as spiritual, function of intelligence. It is a certain manner of approach to the Spirit, a conscious act of the mind, a concrete experience of the knowing faculty. Prayer should be direct and specific, and should always be accompanied by a positive receptivity. God cannot answer prayers which have no meaning. The answer to prayer is in the prayer when it is uttered or thought.”

(Holmes, 435-436, 1997) Ironically, one must first be in a relatively healthy emotional or mental state first, (ie- have a firm faith and conviction that all is well) before attempting effective Affirmative-Prayer, lest the results be less than hoped-for, or even non-existent. “Why is it that one man’s prayers are answered, while another’s remain unanswered? It cannot be that God desires more good for one person than another. It must be that all persons, in their approach...receive results-not because of what they believe in, but because of their belief. Faith is an affirmative mental approach to Reality (Life, God).”

(Holmes, 1997, 156) “In order to have faith, we must have a conviction that all is well. In order to keep faith, we must allow nothing to enter our thought that will weaken this conviction. Faith is built from belief, acceptance, and trust,” “...the foundation for correct mental treatment (Affirmative-Prayer) is perfect God, perfect man, and perfect being.”

(Holmes, 1997, 159) However, according to Holmes, “It should be understood that we can demonstrate (manifest, materialize) in spite of ourselves-in spite of all weakness, in spite of all fear, in spite of all that is in us-because such is the power of Truth (God,

Reality). It (demonstrations) depends solely on our belief and acceptance, and our willingness to comply with the Law (the Universe, Truth, or God) through which all comes.” (1997, 174-175) “The thought of faith molds the undifferentiated substance, and brings into manifestation the thing which was fashioned in the mind. This is how faith brings our desires to pass.” (Holmes, 1997, 156-157) The demonstrations are the bases from which faith, then belief, may be built. “We do not will things to be done; things are brought into being, not by will, but by the power of self-assertive Truth. How much can we demonstrate? Just what one can believe. How much can we see, how much can we accept, how much can we find in our consciousness that is no longer repudiated by our own denials? Whatever that is, THAT MUCH WE CAN HAVE.” (Holmes, 1997, 39) Napoleon Hill believed that faith could be developed thusly, “FAITH is a state of mind which may be induced, or created, by affirmation or repeated instructions to the subconscious mind, through the principle of auto-suggestion.” (1937, 67) Healing one’s emotional and mental issues first, therefore, is imperative before attempting any effective treatment. With a positive attitude, faith and belief, one can be assured of a fairly effective treatment or prayer for oneself and others. Issues such as low self-esteem, especially a lack of self-worth might hinder or slow down any demonstrations; if one feels unworthy of love or prosperity, how can one resonate to the vibration of prosperity, love, and abundance in order to match vibrationally what they desire, to attract it to themselves, or conditions and people who might facilitate this achievement? Thankfully this “Catch 22” may be broken via Holmes previously-mentioned use of faith and belief. It is therefore fair to say that the degree of results obtained from Affirmative-Prayer is directly proportional to the level of self-healing/mental and emotional well-being of the

practitioner, since the practitioner's attitudes affect the patient: "...my own thoughts affected the subject, and not only my thoughts, but my belief...if I believed anything, the effect would follow whether I was thinking it or not." (Seale, 44) A number of conditions pertaining to the effectiveness of Affirmative-Prayer also factor in for the patient: how much, since how long, and how regularly does the client/student/patient do a spiritual practice of Contact Meditation and Affirmative-Prayer? How "Self-Aware" are they? Have they had any mystical experiences yet, and if so, how many and since how long? Have they discovered a gift, talent, and explored creativity in general? How developed is their intuition, or inspiration/Divine Guidance? How willing are they to grow? Where are they on the "spiritual evolutionary ladder", (ie- are they a young or old soul?) and is karma a factor in their particular case? What about their Soul's Purpose, or God's Will for them in this lifetime? Are they open to Divine Guidance to knowing and therefore living their Soul's Purpose? Are they open to read literature/personal-growth material that you might suggest for them? Do they believe in a Higher Power, or God, and if so, to what degree? Are they at least willing to explore the possible existence of God? As the practitioner, knowing the client's answers to these questions, their attitude and spiritual evolution is imperative, in order to accomplish an effective treatment. This may all be assessed (and should be assessed) in what I call the "intake", or pre-session work with the potential client. Their lack of self-worth, their inflexibility with matters metaphysical or spiritual, and of course, their general lack of hope and faith are all red flags for the practitioner, as well as being potential hindrances to the effectiveness of the treatments. Matters such as karma and soul's purpose are crucial, for example, what they may be "closed" to now, they may be receptive to later; what level of success and prosperity they

have previously achieved may not be pertinent to their “here and now” condition/situation, depending on what their soul’s purpose is, and whether or not karma is still an issue for them: have they worked on sublimating unconscious negative karma? “By carrying negative karmic energy around in one’s mind, the SPIRITUAL GROWTH of a person can be stunted.” (Masters, Theocentric Psychology, 2010, Volume 3-Lesson 57, 9) As metaphysical practitioners, we are responsible for trusting our God-given gifts, hunches, and intuition, as well as asking point-blank, direct questions to uncover this. Of course, we are also responsible for providing a “disclaimer” for the potential patient/client, etc. regardless of whether we have assessed that we may be suitable or not for them, and whether or not we can be catalysts for their self-healing/growth and progress. The disclaimer can also provide a reasonable amount of time for the patient to see any degree of results, and if no or little results are gleaned, for treatment to cease with mutual agreement. Therefore, the degree of effectiveness of the Affirmative-Prayer/Meditative-Mind-Treatment is influenced by the level of the practitioner’s mental and emotional health, (as well as their knowledge and experience) plus the client/patient/student’s amount of existing unconscious negative-karma, their Soul’s Purpose, spiritual knowledge and experience, and of course, their overall attitude and willingness to take responsibility for their growth and healing.

Whether or not the differences in traditions/techniques of Affirmative-Prayer of one spiritual teacher or another, or spiritual church or another (ie-“Unity”, “Religious Science”, etc.) seems to be of little consequence, because, as outlined earlier, the methods differ very little, almost immeasurably. The basic formula consistently being between the churches and teachers: while in meditative-state, while feeling Love, and Gratitude and

visualizing light, unifying/identifying/recognizing God within and without, proclaiming with faith, belief, and conviction (also seeing and feeling) that the desired result has already occurred, and with gratitude and appreciation releasing the “word” or prayer, “stamping” with further conviction “And So It Is!” at the end. The basic concept of all metaphysical churches is that the prayer-treatment is not one of pleading, begging, or petitioning, but one of conviction and faith that God already knows what we have need of before we even ask, and is already so.

Are the books “The Secret” and “The Law of Attraction” exploitive, or a great introduction to, and primer on metaphysics for spiritual seekers? What, if any, are the similarities to Affirmative-Prayer? As I was introduced to both books some years ago while carrying on my professional metaphysical practice, (which at the time included Hypnotherapy, “Reiki”, “Fear Elimination Therapy”, Contact Meditation and Affirmative-Prayer as the general therapies and remedies) they gave me some additional insight such as their uses for manifesting and shifting current financial and relationship situations. For my newer clients, most of them (due to their interest in metaphysics and personal-growth) had heard of and/or read either “The Secret”, or “The Law of Attraction”, or both. They had no knowledge of the historical, Metaphysical, and New Thought origins of “The Secret”, nor “The Law of Attraction” as it pertains to spiritual growth, prayer and meditation. The general technology behind Affirmative-Prayer was therefore not foreign to them, and they were either already practicing, and/or receptive to us trying it together. The difference with “The Secret” and “The Law of Attraction” is that the emphasis is not solely on Contact Meditation/Oneness with God, spiritual evolution, and Soul’s Purpose, but with awareness of one’s thoughts and feeling for the

purpose of manifesting. Esther Hicks states, “The more you come to understand the power of the Law of Attraction, the more interest you will have in deliberately directing your thoughts-for you get what you think about, whether you want it or not”. (2006, 31) “Expectation is a powerful attractive force. Expect the things you want, and don’t expect the things you don’t want,” “To use the Law of Attraction to your advantage, make it a habitual way of being, not just a one-time event.” (Byrne, 93) “Powerfully intend to attract something small. As you experience the power you have to attract, you will move on to creating much bigger things.” (Byrne, 69) There is no obvious mention of God in the books, Whom of course, is the Creator of all things, including the actual Law of Attraction. What about Soul’s Purpose? Karma? References of these are nowhere to be found in “The Secret”, nor “The Law of Attraction”. “To attract money, focus on wealth,” (Byrne, 111) “Treat yourself with love and respect, and you will attract people who show you love and respect,” (Byrne, 123) From my research and tracing of the chronology of the books, historically, the principles outlined in “The Secret”, and in “The Law of Attraction” were spoken of and taught, in modern times, by Esther Hicks since 1985, both books appearing around 2006. Essentially, both books, with their Affirmative-Prayer principles as a means of manifesting, have their origins in Metaphysics and New Thought teachings, as previously discussed. What is mentioned, and therefore faithful to the origins of Affirmative-Prayer, is intention and focus of the desired result being necessary. As well, mention of thoughts being energy, another traditional New Thought/Metaphysics principle, is stated as in “You are like a human transmission tower, transmitting a frequency with your thoughts.” (Byrne, 25) Love and emotions being powerful transmitting tools, as with “The feeling of love is the highest frequency you can

emit. The greater the love you feel and emit, the greater power you are harnessing.”

(Byrne, 43) Visualization, combined with feeling and emotion, all traditional, are mentioned: “Your thoughts become things.” (Byrne, 25) “When you visualize, you generate powerful thoughts and feelings of having it now.” (Byrne, 93) “Expectation is a powerful attractive force,” (Byrne, 93) “Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life,” (Byrne, 93) “Giving thanks for what you want in advance turbo-charges your desires and sends a more powerful signal out into the Universe.” (Byrne, 93) The latter suggesting one gives thanks first, whereas traditionally one gives thanks lastly while releasing the prayer. As well, “...sends a more powerful signal out into the Universe” (Byrne, 93) might imply erroneously that we’re separate from God, or the Universe, as well, mistakenly that we can give God orders based on what we want, as opposed to being One with God, and affirming with faith and conviction that God already knows what we have need of before we do. What is also mentioned, which is traditionally Metaphysical/New Thought, is that the spiritual laws are always working, whether we are consciously aware/using them or not, as, “You are offering a vibration even when you do not know you are doing it; that is why there is creating by *default*. You cannot turn your *Creative Mechanism* off; it is always functioning, and the *Laws* are always responding”. (Hicks, 92) Esther Hicks describes three Universal Laws in her book “The Law of Attraction”. “‘The Law of Attraction’ (previously discussed), ‘The Science of Deliberate Creation’ -*That which I give thought to and that which I believe or expect-is*, and ‘The Art of Allowing’ - *I am that which I am, and I am willing to allow all others to be that which they are.*’ An understanding of these three powerful Universal Laws, and a deliberate application of

them, will lead you to the joyous freedom of being able to create your life experience exactly as you want it to be.” (Hicks, 24) Of these three laws, “The Law of Attraction” and “The Science of Deliberate Creation” are relatively traditional Metaphysics/New Thought/Affirmative-Prayer principles, in that the Law of Attraction is always being referenced in most New Thought/Metaphysics literature as previously discussed, and that thoughts become things, coupled with the emotion of expectation, (as discussed previously) is also often referenced in New Thought/Metaphysics literature. The principle or Law of Allowing is unique to Esther Hicks’ teachings, but may pertain to the traditional New Thought/Metaphysical techniques used for Affirmative-Prayer: we allow by letting it be so and releasing it with faith, belief, and conviction that it is already so, thus facilitating, or allowing the intended result to be, or to manifest”. Although there are contained within some similarities to the traditional methodologies of Affirmative-Prayer, the book “The Law of Attraction” is part of the evolution, if you will, or chronology towards the book “The Secret”, which contains somewhat more traditional New Thought/Metaphysical principles of Affirmative-Prayer, such as:

“Asking...Believing...Receiving...” (Byrne, 68) although the order is not traditional; what is traditional would be “Believing”, “Affirming”, (not asking) and “Receiving” (or accepting). More somewhat traditional principles of Affirmative-Prayer from “The Secret” include “To change anything, go within and emit a new signal with your thoughts and feelings,” (Byrne, 153) “...give your attention and energy to trust, love, abundance, education, and peace,” (Byrne, 153) “You have the ability to tap into the unlimited supply through your thoughts and feelings and bring it into your experience,” (Byrne, 153) “Praise and bless everything in the world, and you will dissolve negativity and

discord and align yourself with the highest frequency-love,” (Byrne, 153) “Everything is energy,” (Byrne, 175) “You are a spiritual being,” (Byrne, 175) “We are all connected, and we are all One,” (Byrne, 175) “An unlimited supply of ideas is available to you. All knowledge, discoveries, and inventions are in the Universal Mind as possibilities, waiting for the human mind to draw them forth. You hold everything in your consciousness,” (Byrne, 175) “...see what you want as absolute fact.” (Byrne, 175)

Historically, both books provided information en masse for the spiritual evolution and knowledge of humanity, helping those who had little or no faith to be exposed to something metaphysical and mystical which at the very least works short-term. Again, was God facilitating something for the Greater Good? The popular talk-show host, Oprah, featured both books at various times on her show, welcoming the people involved with both projects, also providing a more commercial venue for the introduction of the broader public to metaphysics. This is similar to what happened with the Beatles and Transcendental Meditation in the 1960’s; they helped introduce the world to its founder, the Maharishi Mahesh Yogi, resulting in more people practicing meditation globally! In my professional metaphysical practice, I was able to refer clients “The Secret” and “The Law of Attraction” books, and also share information from both books, resulting in many of my students/patients/clients moving forward in their lives in more positive and faith-filled ways, in some cases materializing healthier lives.

To summarize, although the books “The Secret” and “The Law of Attraction” cater to a broader, more commercial audience at a simple and basic level, they provide a great introduction to Metaphysics and Mysticism which could lead to a deeper study and understanding of matters spiritual and soul-based, as I have also witnessed with other

clients. “The Secret” and “The Law of Attraction” reflect some basic principles of New Thought/Metaphysics/Affirmative-Prayer, and also on a general level, the course material of The University of Metaphysics and The University of Sedona; this assisted my comprehension and integration of that same course material into my life and into my professional metaphysical practice.

It should be obvious at this point, how crucial Affirmative-Prayer is in personal and professional metaphysical/spiritual practices, and may even be considered one of the “pillars” of Theocentric (or God-Centered) Psychology. It is one of the principle techniques or technologies of a personal and professional metaphysical practice, along with Contact Meditation. The potential positive effects of the practice of Affirmative Prayer on society as a whole as a result of its personal practice and/or domino-effect of its use in a professional metaphysical practice are virtually immeasurable: for personal healing and growth resulting in a closeness to God, thereby resulting in living a happier, prosperous, more content, peaceful, soul’s purpose-filled life, void of negative karma; a healthier society overall, mind and body, as Universal (or Humanitarian) Love results from these ongoing spiritual practices.

Chapter 6-Summary and Conclusions

We can now conclude a number of things about Affirmative-Prayer, also known as Meditative Treatments/Scientific-Prayer/Mind-Treatments, etc., based on the material, research, and study contained within this paper.

Firstly, the definition of Affirmative-Prayer: “A form of prayer or a metaphysical technique that is focused on a positive outcome rather than a negative situation. For example, a person who is experiencing some form of illness would focus the prayer on the desired state of perfect health and affirm this desired intention ‘as if already happened’ rather than identifying the illness and then asking God for help to eliminate it.” (http://en.wikipedia.org/wiki/Affirmative_prayer) It may be traced at least as far back to the biblical times of the Christ Jesus, and the practice of going inward to access the “Kingdom of Heaven”, within. “If you believe, you will receive whatever you ask for in prayer.” (Matthew 21:22-23), also “...your faith has healed you.” (Matthew 9:22-23) This indicates the necessity to pray with conviction, a declaration, proclamation, and knowing that God already knows what we have need of and has already answered our prayer, as opposed to a pleading/petitioning prayer, as with: “And when you pray, do not keep on babbling...for your Father knows what you need before you ask him.” (Matthew 6: 7-9) The roots of New Thought/Metaphysics lay in the ancient sages, mystics, and philosophers of ancient Greece, China, the Middle East, India, and Japan. Teachers such as the Maharishi Mahesh Yogi brought Mystical Meditation, or Transcendental Meditation, crucial for effective Affirmative-Prayer, to North America from India in the 1960’s through the mass popularity of the Beatles, who learned Transcendental Meditation through this teacher, or guru. “In the late 1960s and early 1970s, the

Maharishi achieved fame as the guru to The Beatles and other celebrities. He started the TM-Sidhi programme...” (http://en.wikipedia.org/wiki/Maharishi_Mahesh_Yogi)

Affirmative Prayer has its modern-day origins and practice in Metaphysics and New Thought. “New Thought” defined from Wikipedia.org: “New Thought, sometimes known as Higher Thought, promotes the ideas that “Infinite Intelligence”, or God, is everywhere, spirit is the totality of real things, true human selfhood is divine, divine thought is a force for good, sickness originates in the mind, and "right thinking" has a healing effect.

Although New Thought is neither monolithic nor doctrinaire, in general, modern day adherents of New Thought believe that "God" or "Infinite Intelligence" is "supreme, universal, and everlasting", that divinity dwells within each person, that all people are spiritual beings, that "the highest spiritual principle [is] loving one another unconditionally... and teaching and healing one another", and that "our mental states are carried forward into manifestation and become our experience in daily living".

(http://en.wikipedia.org/wiki/New_Thought)

Because Affirmative-Prayer’s origins are New Thought as well as Metaphysical in nature, a definition of “Metaphysics” from Wikipedia.org: “Metaphysics is a traditional branch of philosophy concerned with explaining the fundamental nature of being and the world, although the term is not easily defined. Traditionally, metaphysics attempts to answer two basic questions in the broadest possible terms: “What is there?” and “What is it like?” A person who studies metaphysics is called a metaphysicist or a metaphysician. The metaphysician attempts to clarify the fundamental notions by which people understand the world, e.g., existence, objects and their properties, space and time, cause and effect, and possibility. A central branch of metaphysics is ontology, the investigation

into the basic categories of being and how they relate to each other. Another central branch of metaphysics is cosmology, the study of the totality of all phenomena within the universe. Prior to the modern history of science, scientific questions were addressed as a part of metaphysics known as natural philosophy. Originally, the term "science" (the Latin word being "scientia") simply meant "knowledge". The scientific method, however, transformed natural philosophy into an empirical activity deriving from experiment unlike the rest of philosophy. By the end of the 18th century, it had begun to be called "science" to distinguish it from philosophy. Thereafter, metaphysics denoted philosophical enquiry of a non-empirical character into the nature of existence. Some philosophers of science, such as the neo-positivists, say that natural science rejects the study of metaphysics, while other philosophers of science strongly disagree.”

(<http://en.wikipedia.org/wiki/Metaphysics>)

In modern times, the techniques of Affirmative-Prayer are one of the main spiritual practices of New Thought/Metaphysical churches such as Unity, The Science of Living, Christian Science, and Religious Science, also known as The Science of Mind. The modern roots of New Thought lay in the clinical studies and practice of P.P. Quimby, a nineteenth-century, east-coast-American clock maker-turned-mesmerist who developed the very early Mind-Treatments which eventually evolved into the modern-day Affirmative-Prayer Treatments, (of the early twentieth century) thanks to Mary Baker Eddy (founder of Christian Science), Myrtle and Charles Fillmore, (the founders of Unity Church) and eventually Ernest Holmes and his Religious Science/Science of Mind churches, all of which employed Affirmative-Prayer in one form or another. Many believe that Quimby's use of mesmerism (also known as hypnosis/altered-

state/meditative-state) combined with substituting a healthier “anchor” (such as uncovering the unconscious emotional/mental root of the disorder and substituting it for faith in a Higher Power) in place of the unhealthy symptom(s) evolved into modern-day psychotherapy. One of the main differences is that New Thought/Metaphysical spiritual therapists employ a Higher Reality (God) as the anchor, existing at the center of the mind, while conventional psychotherapists anchor the patient with exterior realities, the Libido being at the center of the mind. (Masters, Masters Degree Level, Volume 1, 1989, 9-12) Ernest Holmes, as well as other New Thought teachers before him used the term “Spiritual Psychosomatics”, (Holmes, 1984, 255-258) meaning the origins of physical “dis-ease” lay within the unconscious mind, as with “So when I say the disease is in the mind, I mean that it does not exist anywhere else.” (Seale, 17) Healing those original traumas and negative thought patterns by sublimating them to God’s Perfect Higher Intelligence/Love and/or substituting the wrong thought/belief for right thought/belief/attitude will begin to heal the physical symptoms. The daily practice of Contact Meditation may heal the traumas and darkened thoughts contained within the unconscious mind. “When you meditate, you enter into the VERY SOURCE of all healing energy. Whatever it is that is in need of healing will eventually be healed in your mind by the GOD-LEVEL of consciousness within you.” (Masters, Theocentric Psychology, Volume 5-Lesson 57, 4) Dr. Masters defines Meditation as “WORDLESS PRAYER. It is PRAYER *without* the need for *words*. MEDITATION, in its HIGHEST STATE, is a UNION between the human mind and the DIVINE MIND of GOD.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, 3) Dr. Masters advises, “To have God CREATE your PRAYERS as a result of MEDITATIONAL CLOSENESS, you

must GIVE UP your personal will to the UNIVERSAL WILL OF GOD for your life.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, 4) As a result, “Those who meditate on a DAILY basis are far more likely to PRAY SUCCESSFULLY, *because their prayers come from God*, rather than from *their human consciousness*. (Masters, Theocentric Psychology, Volume 3-Lesson 20, 5)

Meditation combined with faith, belief, and conviction, amplify the Affirmative-Prayer. “The more POSITIVE people are in their \attitude and OUTLOOK about themselves and life in general, the more SUCCESSFUL PRAYER WILL BE.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, 2) Dr. Masters calls this the FIRST PRINCIPLE OF PRAYER, “because without it, formal prayer is, to a large extent, neutralized.” (Masters, Theocentric Psychology, Volume 3-Lesson 20, 2) “The thought of faith molds the undifferentiated substance, and brings into manifestation the thing which was fashioned in the mind. This is how faith brings our desires to pass.” (Holmes, 1997, 156-157) “In order to have faith, we must have a conviction that all is well. In order to keep faith, we must allow nothing to enter our thought that will weaken this conviction. Faith is built from belief, acceptance, and trust,” “...the foundation for correct mental treatment (Affirmative-Prayer) is perfect God, perfect man, and perfect being.” (Holmes, 1997, 159) However, according to Holmes, “It should be understood that we can demonstrate (manifest, materialize) in spite of ourselves-in spite of all weakness, in spite of all fear, in spite of all that is in us-because such is the power of Truth (God, Reality). It (demonstrations) depends solely on our belief and acceptance, and our willingness to comply with the Law (the Universe, Truth, or God) through which all comes.” (1997, 174-175)

Other factors affecting the level of successful Affirmative-Prayer are Soul's Purpose and karma: "By carrying negative karmic energy around in one's mind, the SPIRITUAL GROWTH of a person can be stunted." (Masters, Theocentric Psychology, 2010, Volume 3-Lesson 57, 9) "Whatever you pray for that is in agreement with God's Will for your soul becomes activated as THOUGHT FORM IMAGES in the UNIVERSAL MIND OF GOD." (Theocentric Psychology, Volume 3-Lesson 20, Page 6) This would explain why the methods for manifesting described in the book "The Secret" don't always result in materialization of anything: that which was prayed for was not part of God's Will for one's soul in this lifetime, nor was it in the greater interest of humanity, which God's Will/Soul's Purpose always is. "Before praying, I turn my will over to the WILL OF GOD, that GOD may DIRECT MY PRAYERS." (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8) "The only prayer that you should pray, therefore, that is *not* inspired by God, is the prayer that *your prayer be inspired by God* and ORIGINATE IN GOD'S MIND." (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8) "In so doing, you help assure that your personal ego and its will have not sneaked into your mind at the last second and that you will end up praying the will of your personal ego, rather than GOD'S WILL." (Masters, Theocentric Psychology, Volume 3-Lesson 20, Page 8)

Assuming that some, most, or all of the aforementioned conditions are present, the actual steps of Affirmative-Prayer are similar and differ little between the various spiritual traditions/teachers/churches such as "Unity", "Christian Science", "Religious Science", "Science of Living", etc. Generally, they include (again, with a faith/belief/ conviction and therefore a feeling of gratitude) "Unifying"/"Identifying"/"Recognizing", (that we

are One with God, God being everywhere and omniscient within and without, visualizing God' Love-Light originating within us and Infinitely beyond us) the actual "Declaration", (sometimes denying the current existing condition and accepting with feeling and stating the opposite, or desired condition) and "Releasing" (with gratitude and appreciation) with the final proclamation of "And So It Is!" signifying faith that the desired conditions are already so.

In the mid-to-later twentieth century, as well as today, the early twenty-first century, the New Thought/Metaphysical practice of Affirmative-Prayer (and similar techniques as in the books "The Secret" and "The Law of Attraction") are being taught by teachers such as Louise Hay, Paul Leon Masters, Rev. Ike, (deceased) Rhonda Byrne, Rev. Dr. Michael Beckwith, and Esther Hicks, to name a few. In some cases, Affirmative-Prayer, rather than being employed for spiritual purposes or even therapeutic/personal-growth, is used today for personal gain and manifesting of financial wealth, love, health, and general betterment of conditions superficially, rather than from improvement and spiritual growth. "Like Aladdin's Genie, the law of attraction grants our every command." (Byrne, 68) "To attract money, focus on wealth." (Byrne, 111) "The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it...and brings that to you." (Hicks, 32-33) Some of the principles, however, taught in "The Secret" and in "The Law of Attraction" are somewhat faithful to some spiritual principles of New Thought/Metaphysics: "You are like a human transmission tower, transmitting a frequency with your thoughts. If you want to change anything in your life, change the frequency by changing your thoughts," "Your Thoughts become things." (Byrne, 25) "The feeling of love is the highest frequency you can emit.

The greater the love you feel and emit, the greater the power you are harnessing.” (Byrne, 43) “You get the essence of what you are thinking about...” (Hicks, 33)

Through my private metaphysical practice, and as previously indicated in my documented clinical studies of my clients, patients, and students, the overall conclusion of the level of successful metaphysical, authentic Affirmative-Prayer (as defined in this paper: those from “Unity”, “Religious Science”, etc.) is high; that is to say, more than eighty-to-ninety-percent saw some level of change, either with their own mood, attitude and outlook, and (perhaps as a result) some degree of physical improvement either in their financial, health, or relationship areas. These changes were sufficient for the patients/clients/students to voice a verbal satisfaction, and in many cases, contentment and happiness with their “new-found lives”. This included the students/patients/clients’ use of the affirmative techniques in the books “The Secret”, “The Law of Attraction”, and “You Can Heal Your Life”, although those who were drawn to, and who used the methods in these books were not as interested in spiritual growth as those who practised the more authentic metaphysical Affirmative-Prayer techniques; they were more interested in changing their financial or romantic situations; nonetheless, positive results were achieved.

The place of Affirmative-Prayer within Metaphysics, specifically Theocentric Psychology is self-evident: it has traditionally, together with Higher Consciousness/Contact/Mystical Prayer, been one of the pillars of metaphysical/spiritual practices. Any addition to these two represent basic variations and differences between metaphysical churches, that is to say, some churches practice only Meditation and Affirmative-Prayer, others combinations of other traditions, but all always including and

having Meditation and Affirmative-Prayer in common, as well as the techniques. We can therefore conclude the importance of Affirmative-Prayer is great because of its consistent inclusion in metaphysical churches' practices.

My professional clinical studies and the results gleaned from Affirmative-Prayer/Mind-Treatments/Meditative Treatments (as previously discussed) have shown me their importance in my professional metaphysical practice, because of the proven results and effectiveness of Affirmative-Prayer for my clients, patients, and students for growth and insight, helping them to lead a more God-Centered life, more in line with God's Will for them in this lifetime, (living their Soul's Purpose) as it has for myself: I too, am living a content, happy, and fulfilled existence, with the good of others being a priority.

The implications of all of this are great, as it pertains to society as a whole. If most people practiced the combination of Contact Meditation (for Divine Contact) along with Affirmative-Prayer, indications and conclusions within the context of this paper would be that more people would be living happier, fulfilled, peaceful, and contented lives, more in line with God's Will for them. This could mean less thoughts and actions based on selfishness and unhealthy self-gratification, eventually resulting in healthier interactions between people, perhaps between nations; more of a caring for this planet and its ecology. Could this knowledge of Theocentric Psychology, with the ongoing and regular practice of Meditation and Affirmative-Prayer result in eventual world peace?

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AFFIRMATIVE
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PRAYER

**A PILLAR OF METAPHYSICAL AND
 THEOCENTRIC PSYCHOLOGY**

Dr. Michael Likey's dissertation towards the partial fulfillment of the requirements for the degree of Psy.Th.D. (Doctor of Theocentric Psychology) in the Department of Graduate Studies, of the University of Sedona.



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