



Soul Language

Consciously Connecting with Your Soul for Success

Prayer Structure

There is a formal structure to creating a masterful prayer. So often our experiences in praying are far closer to begging than utilizing our prayers as tools of power. And again, although many times praying is about asking the Divine to support you – we must remember that the Divine is already on our side and is supporting us in ways that are seen and unseen.

This type of prayer structure is affirmative prayer. Rather than coming from a place where we are beneath the Divine, this prayer structure supports a collaboration with the Divine. It helps us access the Divine within us that knows that everything is possible.

We are praying or praising with the understanding that the Divine is leading us, supporting us and has our backs.

Affirmative prayer focuses on declaring what you know is possible and true, rather than being immersed in the current circumstances.

Everything is energy and like attracts like. When we focus our power, we bring to us those things and experiences we truly desire. Ernest Holmes says, your prayer “should” be read like it is already done, that it is already so.

- **Recognition** – This is where you declare what you believe the Divine is...
- **Unification** – This is where you declare that since you are a part of the Universe and the Divine is a part of the Universe; what must be true for the Divine is true for you.
- **Declaration** – This is the section where you declare what you want to create. It is important that you declare it as if it has already happened.
- **Gratitude** – This is the section where you offer thanks and gratitude to yourself and the Divine. Remember, like attracts like. The more you are grateful, the more you will have to be grateful about.
- **Release** – This is the section where you release it to the Divine. You have placed your order with the Universe. You will do your part by focusing and taking action (when necessary). Now you trust in the Divine to deliver that order.

Y Example

You can create a prayer around anything. You want to stay in the present time and use positive, life affirming words.

So often we pray about little things: more clients, more money, a new romance, etc. You can also write a prayer about a bigger vision, such as the example below around freedom:

- **Recognition** – There is only one Source. I call this unlimited love and source of the Universe, the Divine.
- **Unification** – This Source is in everything in this Universe and so I am this Source. What is true for this Source is also true for me.
- **Declaration** – Today, my life is full of ease and freedom. This deep sense of ease and peace is reflected back to me in my finances, in my relationships and in my creative expressions.
- **Gratitude** – I walk in gratitude today for this deep knowing of Source and how I know that I am supported. I simply say thank you for the ease and freedom in my life.
- **Release** – I release this prayer to the Divine and in doing so it becomes a reality.

Y Exercise – Write Your First Prayer

My first prayer focus is:

- **Recognition** –
- **Unification** –
- **Declaration** –
- **Gratitude** –
- **Release** –

Rewrite your prayer here:



New Day Prayer

All around me is Divine Love. As the dawn breaks, so does any struggle and suffering within me. Today, the first steps I take are in deep love and gratitude.

Today, I remember how whole and complete I truly am. This is the consciousness I bring to every moment of my day. I step into the reality that I am an abundant being. I am willing and able to participate in those thoughts, feelings and activities that support this truth.

I am unafraid when conflicting thoughts come up. I allow them to pass through me, for today is a new conscious start.

I create and learn via joy and embrace this day for all it offers me.