THE LITTLE BOOKLET OF

Affirmative PRAYER

Vol. 2
About Affirmative PRAYER

Affirmative prayer as practiced by Unity empowers us to draw upon Truth as we respond to life's circumstances. The Truth we affirm is the reality of God as the one and only power behind all that can be. The Truth is the one and only power within us and all around us, our divine identity or Christ nature. The Truth is that we are ever-able to recognize and to realize our oneness with God leading us to abundant life, love, strength, and faith in the midst of any circumstance.

We present this booklet of affirmative prayers for your practice and for you to share with others. May your practice of affirmative prayer inspire you to know and live as the magnificent, divine human that you are.

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Affirmative prayer has been my practice for most of my life. I started praying in the affirmative while residing at an American ashram, or yoga community, in the mid-1970s. Daily, I meditated and practiced yoga, which means “unity.” A yoga friend sent me a gift subscription to a little daily reflection booklet, *Daily Word*. I opened my booklet one day to a poem, a series of affirmations, which moved me to read it every day for a long while. Eventually, I tore it from the booklet and placed it in a small stack of treasured mementos I brought along with me when I later married and relocated. A few years later, at a time when I was longing for spiritual community, I remembered that booklet. I pulled out the poem, saw that it was from Unity, and began attending a nearby Unity center. Today, we have reproduced that poem for you, as a lead-in to *The Little Book of Affirmative Prayer, Vol. 2*. May it move you too.

Rev. Linda Martella-Whitsett
Vice President, Unity Prayer and Practice

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**Healing Meditation**

By Elizabeth Searle Lamb
*(Daily Word, May 1979)*

Now do I relax and let God be the breath I breathe, be the steady beat of my heart, be the strength of every muscle, be the flexibility of every joint, be the nourishment of every cell, be the functioning of every organ. So relaxing and so letting be, I am now filled with God’s life, renewed with God’s strength, made whole and radiant in mind and body, as in spirit. Rested, healed, perfected in all ways, I rejoice and give thanks to God. I relax and let God be my life.
The Answer
By Lowell Fillmore

When for a purpose
I had prayed and prayed and prayed
Until my words seemed worn and bare
With arduous use,
And I had knocked and asked and knocked and asked again,
And all my fervor and persistence brought no hope,
I paused to give my weary brain a rest
And ceased my anxious human cry.
In that still moment,
After self had tried and failed,
There came a glorious vision of God’s power,
And, lo, my prayer was answered in that hour.