



Prayer

The only powerful prayer is the affirmative prayer.

Thank you, God, for ...

“Thank you, God, that all my debts are completely paid off and cleared through the rich avenues of Divine Guidance, under Divine grace, in perfect ways.”

Prerequisite for all types of prayers: Prayer of Peace

Step 1: Relax your body and emotions.

Step 2: Breathe.

Step 3: Peace. Say to yourself: “Peace, be still.”

Practice this prayer for a very short time each day. Don’t overdo it.

Cleansing Prayers

1. Prayer of denial

“There is no debt in Divine Mind. Only Debt-free condition.

“I deny debt. There is no debt in Divine Mind. Therefore, I owe no one anything. All is squared. All my obligations are now wiped out under Grace in a perfect way.”

2. Release prayer

“I fully and freely release you. I loose you and let you go. I let go and let God have his way in your life.”

3. Forgiveness prayer

“I am forgiven and governed by God’s love alone. God loves me. God is guiding me. God is showing me the way.”

4. Fasting prayer

Green juice feasting. Very effective when there is a serious problem. Fasting opens up consciousness.



5. Forming a Vacuum prayer

“I now get rid of what I do not want in my life to make way for what I do want. Divine Intelligence now shows me in what areas of my life to form a vacuum. I now let go of the lesser to make room for the greater good to rush into my life. I let go and trust.”

6. Protection prayer

“I am surrounded by the pure Divine Light. Nothing negative can penetrate this high vibration. Only Divine good and blessings come in.”

(All affirmations by Catherine Ponder)