
FRONT COVER:

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Foreword

Prayer is an invocation or act that attempts to spark a rapport with a deity, an object of worship, or a spiritual entity through willful communication. Prayer may be a sort of religious practice, might be either individual or done in groups and happen in public or in private. Get all the info you need here.



Affirmative Prayer

Taking Your Wishes To A Higher Level

Chapter 1:

Intro

Synopsis

Prayer might involve the utilization of words or song. If language is utilized, prayer might take the form of a hymn, incantation, formal creed, or a spontaneous vocalization in the praying individual.



The Basics

There are assorted forms of prayer like petitioner prayer, prayers of supplication, thanksgiving, affirmative and worship/praise. Prayer might be directed toward a deity, spirit, deceased individual, or lofty idea, for the purpose of worshipping, requesting counsel, calling for assistance, confessing sins or to express one's thoughts and emotions. Thus, individuals pray for a lot of reasons like personal benefit or for the sake of others. Yoga is likewise a common form of prayer as well as affirmative prayer.

Most major religions use prayer in one way or another. A few ritualize the act of prayer, calling for a strict sequence of behaviors or placing a restriction on who's permitted to pray, while others teach that prayer might be exercised spontaneously by anybody at any time.

Scientific studies regarding the utilization of prayer have mostly centered on its effect on the healing of sick or injured individuals. Meta-studies of the studies in this field have been executed demonstrating evidence a potential effect.

Assorted spiritual traditions provide a wide assortment of devotional acts. There are break of day and evening prayers, graces stated over meals, and worshipful physical gestures. A few Christians bow their heads and fold their hands. A few Native Americans see dancing as a sort of prayer. Hindus chant mantras.

Judaic prayer will involve swaying to and fro and bowing. Muslims practice salah (kneeling and prostration) in their prayers. Quakers remain silent. A few pray according to standardized rituals and liturgies, while other people prefer extemporaneous prayers. Still other people blend the two.

These techniques show a variety of understandings to prayer, which are led by fundamental beliefs.

These beliefs might be that

- The finite may communicate with the infinite
- The infinite is concerned with communicating with the finite
- Prayer is meant to inculcate particular attitudes in the one who prays, instead of to influence the recipient
- Prayer is meant to train an individual to center on the recipient through philosophy and intellectual contemplation
- Prayer is meant to enable an individual to gain a direct experience of the recipient
- Prayer is meant to affect the very fabric of reality as we comprehend it
- Prayer is an accelerator for change in oneself and/or one's conditions, or likewise those of third party beneficiaries
- The recipient wants and appreciates prayer
- Or any combining of these.

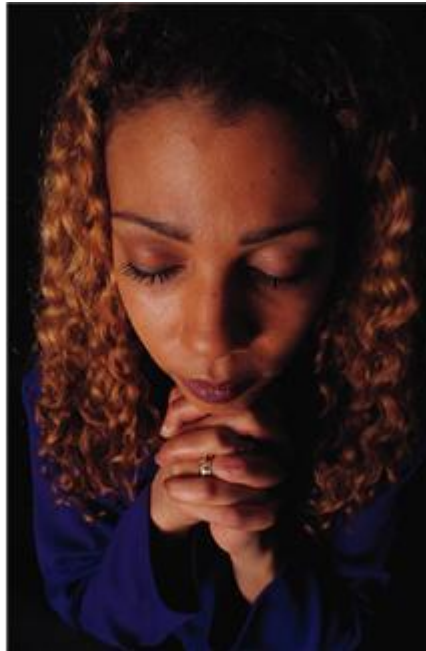
Chapter 2:

What Is Affirmative Prayer

Synopsis

When most people think of prayer, they think of asking The Higher Power for something.

Some people use it differently.



About Affirmative Prayer

Some people use “affirmative prayer.” Instead of imploring or beseeching The Higher Power, this method involves connecting with the spirit of The Higher Power inside and asserting positive beliefs about the wanted outcome. Affirmative prayer is the same technique of prayer Jesus taught when he stated, “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24).

If, for instance, one were to pray traditionally, one could say: “Please, assist me in finding a job.” By contrast, an affirmative prayer could be: “I’m now guided to my correct and perfect job.”

Affirmative prayer uses the certainty that we’re each being led to our greatest good; despite the way anything looks temporarily.

Metaphysicians believe that thoughts convey magnetic energy and this power draws in other power of the same frequency. Whether you’re conscious of it or not, your thoughts are beaming energy that is drawing in more of the same. If you stay centered on your intentions, you’ll draw those matters into your life.

Some say that affirmative prayer “sets into motion the forces that enable us to get what we pray for.

Some believe that prayer is ineffective when it's attached to or followed by negative thinking. We have to place power and intensity into our thought, shift our thought, and trust in the guidance we are getting. If we expend energy on negative beliefs and feelings, we'll get negative results, even if we and other people pray daily for us. For instance, if you pray for a job and then gripe to other people that you have no job or can't find one, you're counteracting your prayer.

Some believe that all things work together for our greatest good. We pray to align ourselves with The Higher Power and to allow ourselves to be inwardly guided to that good. With affirmative prayer, we help co-create the good that's possible in our life story.

By utilizing an affirmative prayer approach, we may visualize and plan for the future with faith that the power of The Higher Power is continually blessing our lives with inexhaustible possibilities. Affirmative prayer leads to an awakening of our spiritual selves. In faith, we pray giving thanks beforehand that the Universe is meeting our every need.

Chapter 3:

Deciding What To Pray About

Synopsis

We've all reached that point where we can't solve precisely what we truly wish to do with our lives. It may come when you're eighteen or if you're fifty, and it's always a hard process to work through. It's not hopeless, however! And this is important to know what to base your affirmative prayers on.



What You Want

Distinguishing what you truly wish in your life isn't a simple task for anybody, nor is it something that you may truly produce a step-by-step guide for.

That stated, when you're not truly sure what you wish to affirm or pray for, whether it's a job, a lifestyle, or anything else, some different exercises could help you pinpoint what it's you truly wish. Here are a couple of ideas to try to pinpoint what you should use affirmative prayer for.

The "where do you see yourself in 5 years?" question goes for everything from employment interviews to financial plans, and while it appears cliché, it's basic for a reason: it works. It's among those annoyingly hard questions to answer, and in many cases, it's pretty much impossible to answer in an absolute way. Thankfully, that's all right, and occasionally simply trying to answer the question is all you require.

Considering how common it is, the thought of seeing into the future and picturing where you will be in 5 years is a heck of a lot more difficult to do than you'd think. And, the chances you will actually wind up where you see yourself... who knows. That stated, the exercise of discussing where you see yourself in 5 years is useful. It doesn't matter where you think you will be in 5 years; however it's

still crucial to consider it because it gives you the idea of what you wish to pursue.

What capabilities will you want to build in 5 years? For instance, "I can't say precisely what I'm going to be doing in 5 years; however I hope to have further formulated my skills as a XXX." This is a safe way to answer regardless of your age or stage in life. You're never done learning.

Most career issues stem from the fact that we're awful at picking jobs. We think we're selecting a great job and then it turns out to be an awful... This might be something you want to use affirmative prayer for.

Picking a lifestyle to pursue instead of an occupation title may help you focus in what you're truly interested in, and then use affirmative prayer for that.

The idea of a personal manifesto could sound a little silly on the surface. The idea is that if you may work out where you stand on particular ideas, you could be able to flesh out a potential career or lifestyle path. Silly or not, the notion of a personal manifesto is carried out by everybody from Google to Frank Lloyd Wright.

The point is to provide yourself a call to action to define how you wish to do things. It's simple to write your own manifesto, and while

you don't have to do it in a particular way, the following are a few suggestions for getting going:

- Select your subjects: Pick a couple of topics to center on, and make them as particular as you can. Ideas like, "The hours I wish to work," or "How I wish to commute" are good for narrowing in on what sort of work you could be interested in.
- Write down your principles: put down your beliefs and intentions. It likely sounds a little over-the-top, however if you've never truly put down and thought of your morals or beliefs then this is a goodness time to do so.
- Utilize strong, affirmative language: It's simple to write a manifesto with words like "I wish" or "I should" however that's not helping you. Write it out with affirmative language like, "I will," or utilize the present tense with "I am."

The main purpose of the personal manifesto is to truly work out what you care about, how you perceive yourself, and how you wish to act moving forward. It's not all of the time a key to working out precisely what you wish to affirm, however it's a great starting point for at least working out how you wish to go about figuring out what to pray for. Grab a pen, some paper, and get to writing out what you believe.

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