

Creating a Releasing Prayer

Instructions:

1. Complete a **"Fear to Faith"** worksheet to identify the "Word of Error" and the "Quality of God" that you will be working with.
2. Using the template below, write in your "Word of Error" on **Line #1**.
3. On **Line #2** write in a word that best describes what you are doing to keep your "Word of Error" from happening, and/or what you are doing to make what you "Hope Will Happen" come about. The very process of finding this word will produce healing. Here's an example. A person with a strong belief in "Rejection" will often feel the need "to Appease" in order to have a successful relationship.
4. On **Line #3** write in the "Quality of God" you have identified as your "Greater Truth."
5. This prayer should be performed for several repetitions on a daily basis until a healing has occurred. It should also be used whenever fear around your "Word of Error" arises. Simply perform the prayer until the fear goes away.

Comments:

The "fill in the blank" wording of this worksheet is only the beginning of an effective **"Releasing Prayer."** Every condition is unique and you are encouraged to play with the wording until you find the right combination of words that brings about an experience of "release." You will know that you have developed an effective prayer if performing the first three postures activates your fears, and if performing the last two postures activates your "Faith" and dispels the fear. Remember, you are not releasing your good. You are releasing the "need" for your good. Ultimately, your good is God, eternally present, and hidden in time by your belief in that which is not True.

I Release My Belief in _____ 1

...I Release My Need to/for _____ 2



(Beginning Posture)



(Releasing Your Current Belief Based on the Past Experiences)



(Releasing Your Future Need Based Upon Your Current Belief)

I Am Grateful God ...is the _____ 3 I Am



(Returning Past & Future to the Universal and Invoking the Eternal Presence of God)



(Accepting the Manifestation of the Nature of the Divine in the Present Moment)

A Few Examples:

I release my belief in **Lack** ...I release my **All of My Needs** ...I am grateful God ...is the **Wealth** I am.

I release my belief in **Disease** ...I release my need to be Healed ...I am grateful God ...is the **Health** I am.

I release my belief in **Guilt** ...I release my need for Shame...I am grateful God ...is the **Love** I am.