

Unity Five-Step Prayer Process (RCMRT)

Prayer is one way to commune with God, and there are many ways to pray. Unity's Five-Step Prayer Process is very similar to meditation. If helpful, we use denials and affirmations first.

1. **Relaxation:** "...we seek to open both mind and body to the word of God..." Frances W. Foulks

- We allow time, sit in a comfortable chair or posture, and relax the hands.
- We close our eyes if that is comfortable, or focus on a point such as the candle.
- We invite any tense areas in the body to relax.
- We breathe deeply, and let go of outer concerns, focusing on the present moment.

2. **Concentration:**

- We quiet our minds, and focus on our Divine Oneness.
- We identify an applicable Divine Idea. (May be one of the 12 Powers or another idea.)
- We repeat the Divine Idea to ourselves, or use this sentence/affirmation:
God is _____ (Divine Idea).
I am _____ (Divine Idea).
When ready, repeat the Divine Idea by itself.
- If we find our thoughts wandering, we gently return our focus to the Divine Idea.



3. **Meditation:**

- We move into the Silence of our being, that space where we become aware of Oneness.
- Meditation opens the space for ideas from our Essence/Christ Nature/Infinite Wisdom to bubble up into our awareness.

4. **Realization:**

- Realization is a knowing, an inner "landing," a peace. We know all is well, there is only Love, and there is only Peace, Wholeness, Infinite Abundance and Unbounded Life!
- If we don't experience a felt sense of Realization, we claim it through affirmation.
Example: **Divine Prosperity expresses as me now.**

5. **Thanksgiving:**

- We count our blessings – for the good received and for the good on the way.
- Thank you God for this or something better! Thank you God for answered prayer!
Amen.

Sources:

- *Applying Heart-Centered Metaphysics*, Paul Hasselbeck and Cher Holton
- *Effectual Prayer*, Frances W. Foulks
- *Heart-Centered Metaphysics*, Paul Hasselbeck
- Unity.org