

The Little Book of Affirmative Prayer, Vol. 2  
Rev. Linda Martella-Whitsett  
Vice President, Unity Prayer and Practice

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.

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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.

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