

UNITY 5-STEP PRAYER PROCESS:

STEP ONE—RELAXATION:

(Foulks) *“To be physically at rest aids in concentration, in cutting out the interference of the intellect...To relax is to become open and receptive.”*

(C. Fillmore) *“Loosening the tight mental grip we have on ourselves in order that the healing Christ life may flow freely through our being.”*

This step is about investing the time in physically relaxing our bodies and preparing our WHOLE SELF for prayer work.

STEP TWO—CONCENTRATION:

(Foulks) *“Process of stilling the unruly or irrelevant thoughts so that our mind may give all its attention to the one thing desired...we concentrate on holy thoughts and build them strong within.”*

(C. Fillmore) *“Concentration forms a mental loadstone in the mind to which thought substance rushes like iron filings to a magnet, bringing the forces, whether mental or physical, to a common purpose.”*

In this step, we go to non-resistance of busy, distracting thoughts, allowing them to gently drift off into the ethers. It is then that we might turn our mental attention to a desired topic.

STEP THREE—MEDITATION:

(Foulks) *“..To meditate on a subject is to give it attentive, earnest thought with the idea of having all the meaning revealed; that is, all the meaning that one is capable of receiving at the time.” “In meditation you are lifted up to behold your Christ self, the soul’s beloved.”*

(C. Fillmore) *“Realizing the reality of the Absolute; a steady effort of the mind to know God.”*

This step is about focusing on the Truth of our Being—a preparation for realization—the silence.

STEP FOUR—REALIZATION/SILENCE

(Foulks) “...When we recognize that whatever we need is within our self; with the Christ, and when we turn here for our need to be fulfilled, the outer will take form according to the perfect pattern that the Christ holds.”

(C. Fillmore) “The supreme realization is unity with God-Mind, complete oneness with the Christ Consciousness.”

In this step, the conscious mind surrenders to the Superconscious and all awareness of the relative realm stops. We are aware of having been in the silence—that state of oneness—only when we “return” to the relative realm.

STEP FIVE—GRATITUDE:

(Foulks) “When our inner ear is attuned to catch His message even in the midst of our everyday living and working, and our inner eye is trained to glimpse His perfection, even in the midst of appearances and error and inharmony, then our whole world will be filled with His glory.”

In this step, we express of gratitude and thanksgiving for the connection, the realization and manifestation of outcome. Claim it, declare it—it is already done in the mind of God!

CLOSING

(ehret) Ramp it up to *POWERPRAYER!* status by closing the prayer in praying from the power of the living presence of the *I AM* within!!