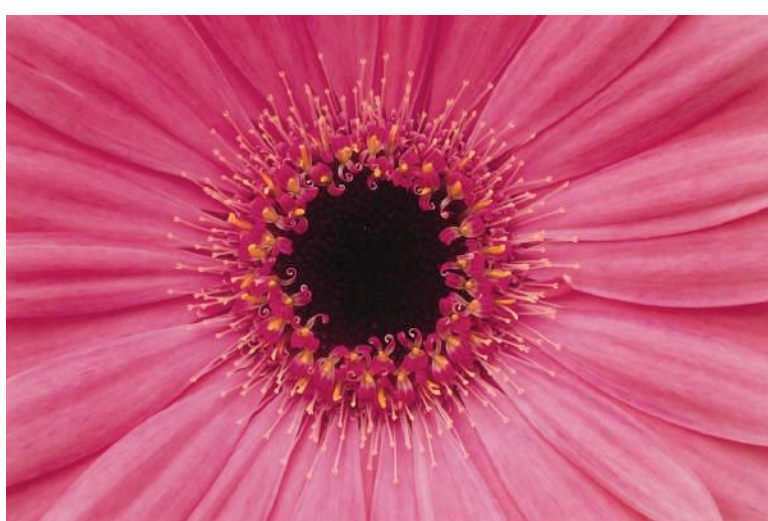


11 Secrets to Manifesting Through Prayer

In numerology “11” is a master number and can imply: an ability to work effortlessly; the influence of inspiration; and the power of persuasion. Prayers that work the best are heartfelt words of affirmation, gratitude and blessing, offered in complete surrender to the divine and mysterious natural order of life.



Many of us have been taught ineffective ways to pray, and as a result you may find prayer seems like a waste of time. However, prayer is more than pitching requests. Prayer is a relationship with the Divine and it can be developed in the same way you can enhance and improve any relationship. *You don't even have to believe in God to pray*, though praying to God may be meaningful for you. All you need is an awareness of something greater than what you already know and experience—a sense of life's mystery—and a desire to create in relationship within its natural and Divine pulse.

After years of studying and observing the results of various forms of prayer, I’ve identified 11 steps that make a difference in the effectiveness of manifesting through prayer. Some of these steps may be very familiar to you as they align with the Law of Attraction. However, other steps may be new to you in that they are based on spiritual principles not discussed as commonly in attraction materials.

1. **Allow the inspiration for your prayer to come from your Divine essence.**

Listen to inspiration from deep within you—that beautiful Divine core. When it comes from that place, you don’t have to worry about whether you are truly creating something that is good for you. Pay attention to your dreams and sacred meditations. They will give you clues about what is really important to manifest for your continued growth and exploration at a soul level.

2. **Affirm what you are creating rather than asking for it. Asking implies doubt. Affirming implies it is already so.**

Many of us learned to ask when we pray. There is nothing wrong with asking, but if you are serious about creating, asking may be a weaker form of prayer for you. Asking suggests that you might get a “yes” or “no” for an answer. We ask when we are little children, so asking comes for many of us with all of the hopes and fears of maybe or maybe not getting what we asked for. It’s the fear in the equation that makes this form of prayer less effective for many of us.

If you are going to ask, ask with complete certainty that the Divine inspiration behind your request simply must be positively acknowledged, provided it is good for everyone involved. If you think you might have a shred of fear or doubt in your request, you may find the answer to your prayer reflects your fear. In that case, you are better off affirming what you are creating, positively and decisively, knowing the desire comes from Divine inspiration within you.

3. **Ask for guidance.**

Here is where asking works well when it comes to prayer. Ask for help in manifesting. Think of it this way. If you are a child asking your parent for a bike on your birthday the answer might be yes or no depending upon your parents’ desire and ability to provide it. However, if you ask for help in getting yourself a bike for your birthday, the creative juices of your parents are more likely to start flowing. They will be thinking about all kinds of ways to help you manifest a bike.

The same is true for us as adults when we are engaging the flow of the universe. Tap into the creative field of help and guidance, and soon wonderful synchronicities, unknown champions and an array of seeming miracles will start opening doorways for your prayer to become reality.

4. **Set a very clear, positive intention and focus for what you are creating.**

You have probably heard this before and that is because it is a very important step. See if you can write your prayerful intention in one short, positive sentence. It is better to state your intention as though it already exists, rather than desiring or wanting something. Desire and want hold an expectation that it will happen sometime in the future. If you see and feel your intention happening now it will become reality much sooner.

Make sure your intention states what you want to create rather than what you want to avoid. For example, it would be better to intend, “I have a fulfilling and enjoyable career as a graphic artist” than it would be to say, “I want to stop working jobs that are unfulfilling.” If you are struggling with this, come up with what you don’t want. Then imagine the opposite of what you don’t want and put those positive outcomes into words.

If you aren’t sure about whether our intended outcome is clear or positive enough, run your intention by a couple of friends who will give you honest feedback. Work with our intention until it is crystal clear.

5. Feel what you are creating from your heart.

In order for your prayer to work, you need to feel it. If the intention is crystal clear, but doesn’t make you feel good all over, you aren’t going to feel it when you affirm it. Feelings motivate us; so if you want to feel motivated enough to keep your energy up when you encounter challenges, make sure your intended prayer excites you from the beginning. When you think about your prayer manifesting, feel it as it will be when fully manifested.

It is best to pray when your feelings are strong and you are clear and focused. In other words, praying when you are tired or praying when you are distracted, or even saying a rote prayer that bores you, are not effective ways to pray. You want to pray with energy and heart.

6. Hold an intention that what you are intending is good for you and everyone involved.

When you affirm the greatest good for everyone concerned, you don’t have to worry about whether you are creating something appropriate. For example, if I am holding an intention for it to rain because the land is dry, and I’m not sure calling for rain at this particular time is best for everyone affected, I can affirm that it rains at the perfect time for everyone’s benefit. Then I can focus on holding a clear intention, feeling my wet skin and enjoying the refreshment of the rain, without worrying if I am being selfish.

7. Sustain the energy.

Use daily, creative methods for reinforcing what you are creating. Most of us encounter challenges as our prayer is coming to fruition. When challenged it is easier to begin doubting, and doubt will inhibit the manifestation of your prayer. In fact, this is often where the manifestation process falls apart. As your intended reality unfolds over time, you need to sustain your faith and belief—so feed your prayer daily with your love and enthusiasm.

When doubts and fears come up, understand where they are coming from and hold them in your understanding and love until the fears transform into feelings of security and exhilaration. Then think about and feel what you are manifesting as already being in your life.

8. Let go of having to be in control of the details of who, what, when, where, and how.

This is another place where many of us get tripped up. We think manifesting means we have to be in control of the details. In reality, being in control of every little detail can seriously constrain the flow of energy, inhibiting the development of your intention. It is far better to let go of the details. Planning is good if it helps you sustain your energy, just remember to let go and follow the flow if a better pathway is emerging.

The evolution of life has its own natural rhythm. All you have to do is watch the seasons to recognize one the rhythms of life we are a part of every day. Once you set an intention, it is a stream of consciousness, growing and developing on its way to you. There is a natural time, place and way for it to emerge in your life. Once the intention is set, all you have to do is keep yourself open to receiving it.

9. Bless your life and the lives of others in a spirit of generosity.

This is a step that is often forgotten in the process of manifesting prayers. Don’t you just love people who have a lot of something and share it generously? Somehow they understand how good it feels to be generous with themselves and generous to others.

The universe naturally moves toward balance. Being generous with yourself by receiving generously and being generous with others by giving generously puts you in a state of balance, while reinforcing a flow of generosity. Many people choose to prime the pump by giving something when they are asking for something. For example, if I am intending to create money, giving money to someone in greater need sets into motion the flow of money moving through me generously.

10. Surrender it all; then observe.

Surrendering to an outcome even more splendid than you can currently imagine, allows for the best possible outcome to manifest. This is where the results of manifestation prayers become really fun! In complete surrender, the mystical, magical, wondrous nature of the Divine unfolds itself with you as the witness.

Once you have surrendered, you may want to become a profound observer, simply noticing how your prayerful intention is becoming manifest in your life. Listening to and noticing the way in which it is

becoming reality can be immensely pleasing, because there are often many delightful, heart-warming surprises along the way.

11. Be grateful for spiritual and physical help in manifesting your creation.

Although listed here as the last step, this actually could as easily be at the top of the list. There are people who manifest with only prayers of gratitude. For example, the prayer might look like this for someone who is recovering from an illness. “Thank you for my complete and robust health.” Do you see how it implies and affirms the outcome is already a reality? Furthermore, gratitude has a way of stimulating your heart, so you are likely to be feeling with love as you pray in gratitude.

Remember, prayer is like an art form. You get better and better as you pray, observe your results, and adjust your way of praying as it seems to be indicated. So, most importantly, I hope you will enjoy your prayers as part of your beautiful process of creating!

Holding you in my heart and songs,
Misa Hopkins