

## **Morning Preparation & Evening Gratefulness Affirmation Exercise**

### **Morning Preparation Affirmation Exercise**

Each morning when you get up and place your feet on the floor, "center yourself" and say the following:

***"Thank you Father-Mother God for this day. Help me draw to myself those individuals that are loving, caring, supportive and helpful to me, and that I can be loving, caring, supportive and helpful to them. Let me remain aware of thy presence in myself and all whom I meet and interact with this day."***

Then simply go about your day doing what you find at hand while paying attention to your thoughts and how you respond to them, as well as all of the events and people in your life that day and how you respond to them, noting the synchronicities.

As each meeting or situation that you feel is synchronistically positive, simply acknowledge it and say "Thank you Father."

For each "challenge", be alert to the presence of an opportunity to respond rather than react, and silently say: Help me understand what I am suppose to do with [or learn from] this experience?

### **Evening Gratefulness Affirmation**

At the end of each day, as you are about to get into bed, place your feet on the floor and say the following:

***"Thank you Father-Mother God for this day and all the challenges and opportunities you provided me. I would like to have a dream of clarification regarding – [whatever you feel you want clarification on]"***

If you are having difficulties with someone or some situation, say something like:

***"I would ask for your help in removing those obstacles, things or people that I am having difficulty with [name the person(s) or situation(s), so that I might create an easier or more peaceful relationship with that person or situation"***

### **Dream Journaling**

I recommend that you keep a Dream Journal next to your bed and if you are asking for a dream about a specific thing, situation or person, that you write your request in the Dream Journal and then when you awake, either in the middle of the night or first thing in the morning, jot down all the little fragments - don't attempt to analyze the dream at that time, do that later. As you go about your day, jot down [or note] any additional fragments that you recall throughout the day and document them in your dream journal.