

People have experienced trauma and loss and may carry heavy negativity and pain inside. They may misperceive unimportant signs of rejection and consequently overreact, provoking abandonment by others -- thereby re-enacting their past losses in their current situations. Until their past pain is released, they remain so raw that another's caress may feel like a punch to their heart.

We truly are the author of our thoughts and the writers (or re-writers) of our life stories. Our thoughts are "scientific prayers", which is based in the new physics discovery expressed in quantum theory. This theory indicates the existence of a "zero point field" -- matter is not solid as we see it. Rather it is a fluctuation of energy packets rapidly interacting. We -- and the universe -- are light energy. We create through light energy. When we shine our light on the zero point field through our vibrations -- our words, our thoughts -- we cause the energy to combine in a certain way and thereby create the reality we experience.

The recipe for scientific prayer follows and is a blend of Western New Thought Religion and Eastern Religion (chakra energy work) combined with "good ole fashioned American know-how" - our optimistic "knock-on-wood" attitude -- to provide the perfect blend to manifest your dreams.

"The true measure of a man's mental health (and happiness) is his ability to see good everywhere."
-- Ralph Waldo Emerson

Scientific Prayer Recipe

We are light energy. We create through light energy by shining our light on a field of light of our choice (free will).

Step1: Connect

Connect to Goodness / Love / Light / The Source / The Force / "All" / "God" / Your Higher Power / Higher Self

- A. Imagine yourself surrounded by clouds of golden yellow white light enfolding you in a protective cocoon.
- B. Allow this -- and only this (stop if otherwise) -- Good Force to enter and fill you through the crown (top) of your head -- sort of open up a point on your head that feels like a camera lens or shutter opening. Feel the happy, yellow white light enter you, fill you up; and blaze warmly through your whole body, lightening you up and lighting you up. You know how to do it. Envision an actual hole -- like a blowhole on a whale's head through which it spouts water -- and you'll feel cool, warm or tingly air rush in you. With eyes closed probably, visualize the golden white light on sparkles and/or clouds around you and then filtering in you.

Step 2: Send love through your heart

Once Love, The Force (whatever you name it) is inside you, focus on your heart center. Feeeeeel your heart center. Feel your heart opening up and send rays of love and light outward to your environment and the people, the world, as you think good loving thoughts. Compliment the world and the people. Send love in words, visions and feelings!

Step 3: Claim your desire

Co-creating with the Force, affirm and claim your good, your positive outcome. In both the small and the big picture, see your situation as better and as you desire it right now. Visualize it. Taste it. Smell it. Feel it. Know it. Claim that the past root cause of the problem is released (the fear, mistrust, the abandonment experience, trauma, etc.)

Step 4: Be grateful

In gratitude, thank in advance that all my needs are provided for completely,

Step 5: Know it is so

Release it -- Let it Go - Dispel all doubt. Know "it is so". What works for me is saying (at the end) "Bless it, Bless it, Bless it" (Like "knocking on wood", which Americans do to capture good luck.) **"So it is. All is well."**

Your dreams will come true.

Don't miss them by being attached to or expecting a certain appearance that you have wished for. Prosperity could come in many forms, not just your hope of winning the lottery. Love may come in the form of a different type person or a type love that you expected. Don't get attached to what the outcome looks like or whether it fits your preconceived expectations. Let Go, Let Love.