



MILLIONAIRE LIFE ON ZERO BUDGET

Welcome to your prayer worksheet.

Now that we have some clarity and depth to what we know we need, want and dream of... Let's prepare to put a prayer out into the universe.

Prayer has traditionally been understood as a very passive transactional kind of a process: sit down, pray and then leave it to God. This is a classic metaphor of our use of creativity in our reality; first, that God is only to be found in a place of worship, second that I am in a one-way conversation with God, and thirdly that there's always an agent of some sort between us and divinity - who knows better than us and who will tell us what codes to obey in order to 'succeed' in communing with God.

I'm suggesting we use a much more active, responsible and *powerful* approach, and that we bring all of our presence and belief into the act of setting the prayer. I also suggest that we continue to evolve and refine our prayer as our Life unfolds, and that we keep it deeply rooted in our core, our heart and soul; our holistic, embodied knowing.

Praying or manifestation (in my humble understanding) is not as much about 'wanting' and 'getting', but about aligning with what is meant for us: knowing this and moving consciously towards it. Often, we might get fixated on the specifics (like the monetary sum that we think we need to raise in order to buy our dream), however this exercise is not about the nuts and bolts - it's about the very harmony of the working machine, and what our relationship with the machine is.

Our True Prayer is the taproot that we hold at the centre of our being, which is going to anchor us in Life and bring all the nourishment directly to where it's needed, before it's even needed.

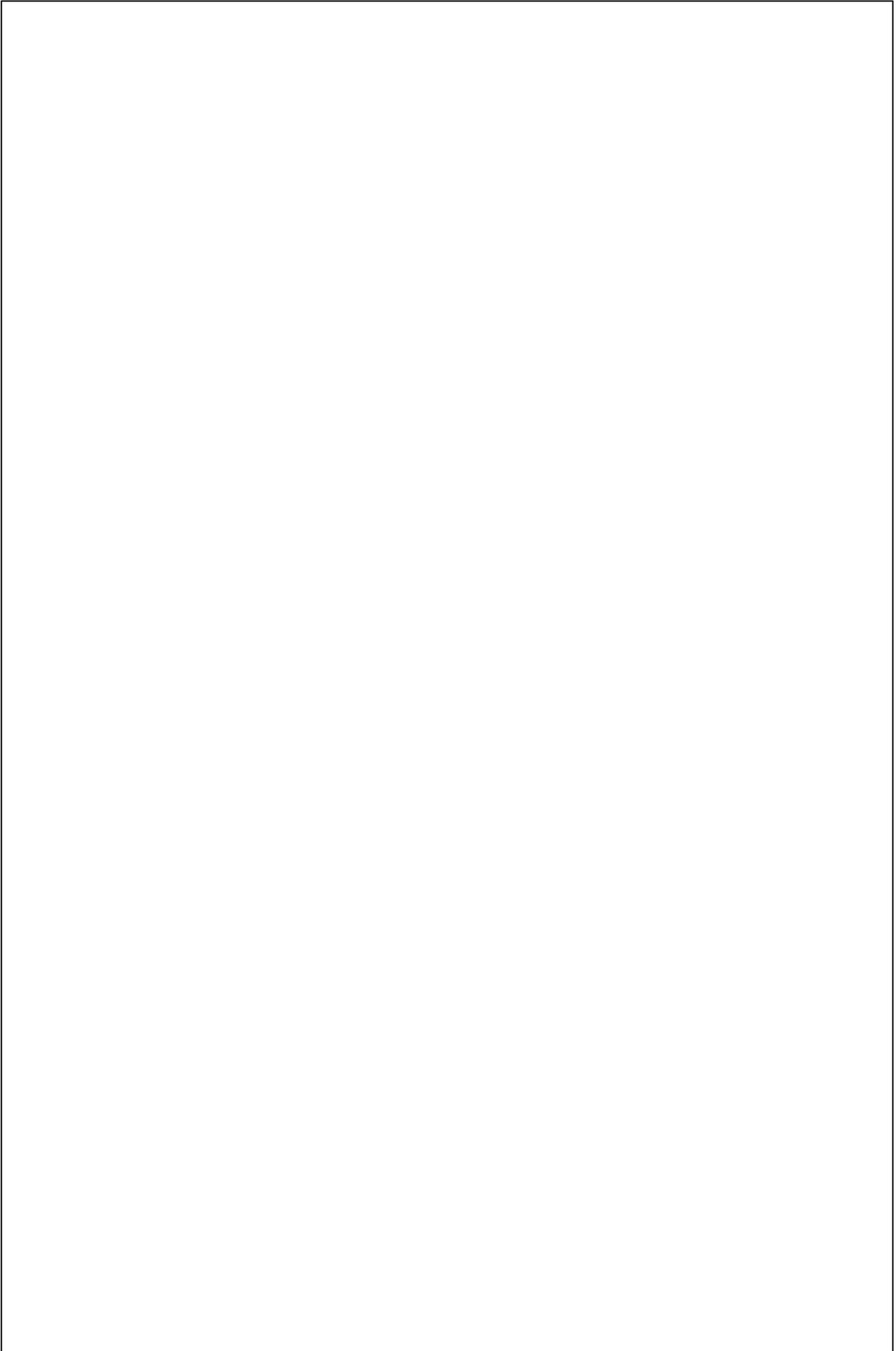
I've added a video of notes on the whole activity of prayer. I want to emphasise that *you* know your truth and *you feel* the depths of your sentience, so it is vital that you use your own inimitable language to express your prayer. I ask that you go as deeply and as sentiently as you possibly can; that you really inhabit and mean this statement of intent.

It feels important to remind ourselves that this is about gratitude, but not a lip-service 'Thank You God'. We are making a vibrational contract here, to something that we are already connected with, in synchrony with. The unique language that we come up with is likely to need some correcting (by ourselves) - to find the most **humble, sincere, heartfelt *sureness*** of the thing we're describing our intention towards.

Creating a Life Prayer is the most potent way of externalising our not-yet-manifest vision and is different to daily worship. This is about speaking out the dream that we never dared admit to ourselves, or God, and which has been sitting quiet inside us, waiting.

There are further aspects of keeping this expansive dynamic in movement: keeping the prayer where we can see it each day, or regularly; infusing it with colour and gesture by creating a painting or printed poster of it; speaking it out loud - to ourselves or to a special other; even declaring it to the world via social media... We'll know ourselves what the right way is: it'll call us, resonate with us, feel expansive and/ or joyful.





Again, allow a free-flow of words around **anything blocking** that came up for you in this inquiry. It's potent to keep a physical practise around this too - just getting up and shaking our bodies and making spontaneous sound from our throat, can help keep moving whatever wants to awaken, and can stop us from getting either stagnant or overwhelmed whilst doing this work.

A large, empty rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write their response to the prompt above.