



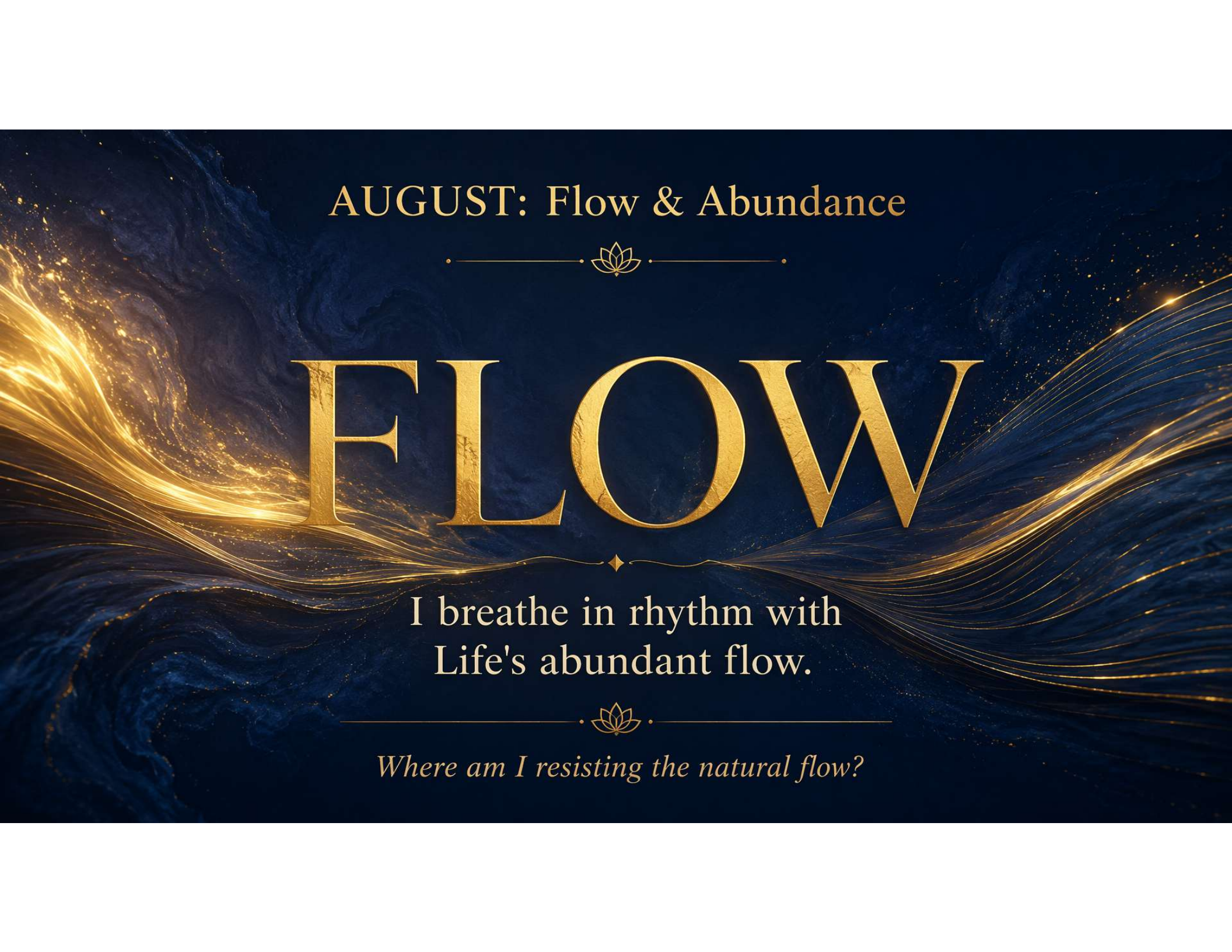
SPIRIT-SYNCHRONIZED PRAYER

Bonus Practice Session ~ From Knowing About It to BEing It

Facilitated by Rev. Bryan Sawchuk

TONIGHT • 7:00 – 8:30 PM • ON ZOOM

Unity of Fort Lauderdale



AUGUST: Flow & Abundance



FLOW

I breathe in rhythm with
Life's abundant flow.



Where am I resisting the natural flow?

Wisdom Untethered *Class*



Facilitated by
Cynthia Roberts,
*Co-Spiritual Leader &
Licensed Unity Teacher*



August 11 – September 15, 2026



Tuesdays at 7:00–8:30 PM Eastern



Live on Zoom



Opening Prayer of Alignment ~ Rev. Toni G. Boehm, Ph.D. 8/4/26

Spirit and I are ONE, and it is Spirit's good pleasure to give us the Kingdom.

- o "I AM free ~ I no longer manage other people's perceptions of me or of anything."
- o "I AM free ~ I no longer negotiate my worth."
- o "I AM free ~ I no longer abandon myself for acceptance."
- o "I AM free ~ My energy communicates my truth."
- o "I AM free ~ My presence teaches others how to treat me."
- o "I AM free ~ I honor myself without apology."
- o "I AM free ~ I live from inner authority."
- o "I AM free ~ I am the standard for my life."
- o "I AM free ~ I am the energetic guideline."
- o "I AM free ~ I am the original guideline ~ for there are no boundaries in consciousness."

· Pause.

· Feel these words moving through every cell. Not as affirmations ~ but as a DECREE of KNOWING. As realization and recognition of the Truth of who you are.

In and from this awareness, I claim Divine Life, Divine Peace, and Divine Guidance for our time together tonight. Thy Will IS Done ~ in accordance with Universal Law!

PART ONE

The Prayer of Alignment

“Do not supplicate or beg God to give you what you need, but get still and think about the inexhaustible resources of Infinite Mind.”

– Charles Fillmore

IN PLAIN WORDS

What Is the Prayer of Alignment?

The shift underneath everything we'll practice tonight

In plain words: prayer isn't asking God for stuff. It's pausing long enough to notice you're already connected to Spirit — like tuning a radio to a station that's already broadcasting. You're not creating the connection. You're remembering it's already there.

THE OLD WAY

- Begging and beseeching
- “Dear God, please fix this”
- Praying FOR a specific outcome
- My will be done

THE NEW WAY

- Pausing, connecting, aligning
- “I rest in what is already here”
- Praying FROM Spirit's gifts
- Thy Will Be Done, in accordance with Perfect Law

PRACTICE 1

The 10-Second Prayer of Alignment

Pause · Connect · Align · Silence — yes, it's that simple

1

PAUSE

Stop whatever you're doing. Close your eyes for a moment.

2

CONNECT

Bring your attention gently to your heart center.

3

ALIGN

Sense the Presence / the Field that is already here, right now.

4

SILENCE

Rest in stillness for 10 seconds. No words needed — just BE.

Tonight's practice: do this hourly. When first learning it, repeat it 10–20 times a day until being synchronized with Spirit becomes instant.

LET'S PRACTICE TOGETHER

Guided Practice — Right Now

A simple script you can read aloud to the group

“Let's do this together, right now. Settle into your chair. Feet on the floor.”

“Gently close your eyes. Take one slow breath in... and let it out.”

“Now, PAUSE. Just stop. There's nowhere else to be but here.”

“CONNECT — bring your attention softly to your heart center.”

“ALIGN — sense the Presence that is already here with you.”

“And now, SILENCE. Ten seconds. No words needed...” [pause 10 seconds]

“When you're ready, gently open your eyes and notice what shifted.”

Spirit-Synchronized Prayer STEPS — Full Process Individual

- 1. Pause, Connect, & Align**
- 2. Feel it, Sense it — (Pause, Breathe, Allow, Realize).**
- 3. Connect, Synchronize, Align — Consciously tune into the Golden/Radiant Christ Frequency in your heart.**
- 4. BE the Prayer / Embodiment Practice. (I AM Light, etc.)**
- 5. Close. It is sealed in the Trust of Truth ~ (Thy Will be Done) It Is So!"**

Start with the Request:

- * Health – I am not feeling well or I have a diagnosis
 - * Money – I don't know if I will be able to pay the bills
 - * Relationships: I am not getting along with spouse, mother, community member, etc.
 - * Stress: I am stressed to the max
- What is my request? Write it out:

Retranslate the request into one of Spirit's gifts. Not "fix this problem" but "let this gift flow through them." Divine Life, Peace, Wholeness, Abundance, Wisdom, Faith, etc. (there's a list to circle from).

Choose 2 or 3.

Once you have selected your Gifts of Spirit write out your decree to BE. For Example (Decree / BE) I AM Whole, I AM Light, I AM Abundance.

They begin with I AM _____

WORD BANK

The Gifts of Spirit

Every retranslation lands here — this is Spirit's vocabulary, not fear's.

Divine Life

Divine Peace

Imagination

Creativity

Beauty

Infinite Supply

Power

Abundance

Wholeness

Zeal

Illumination

Wisdom

Divine Ideas

Faith

Divine Will

Divine Love

**Harmonic
Resonance**

Strength

Order

Release

Spirit-Synchronized Prayer STEPS — Practice

- 1. Pause, Connect, & Align**
- 2. Feel it, Sense it — (Pause, Breathe, Allow, Realize).**
- 3. Connect, Synchronize, Align — Consciously tune into the Golden/Radiant Christ Frequency in your heart.**
- 4. BE the Prayer / Embodiment Practice. (I AM Light, etc.)**
- 5. Close. It is sealed in the Trust of Truth ~ (Thy Will be Done) It Is So!"**

Before anything else, get into the base state:

(1) *Pause, Connect, & Align— A. stop what you're doing. B. bring attention inward to the Field/Spirit. **Gratitude** — close your eyes, drop into the heart, feel gratitude for your connection to Spirit. C. **Align** — synchronize with that Presence

(2) *Feel it, Sense it— wait in silence, be authentic with whatever arises, don't deny anything that comes up (Pause, Breathe, Allow, Realize).

(3) *Connect, Synchronize, Align— Consciously tune into the golden/radiant Christ Frequency in your heart. Let it erupt from stillness — allow the Presence to build from that silent, deep place rather than forcing it. **Silence** — hold for 10 seconds, no words, no thoughts.

(4) *Hold their request in that reframed (retranslated) form — not "fix this problem" but "let this gift flow through them" For Example (Decree / BE) I AM Whole, I AM Light, I AM Abundance.

BE the Prayer / Embodiment Practice (p. 46)

(5) *Close with Pick language (select one (simplest) or more) that fits the moment — these are meant to be decreed with conviction, not begged, and integrate, this breath sequence:

Breathe in: *"I AM in-breathing Christ Light"* → hold → breathe out

Breathe in: *"I AM absorbing the Infinite Christ Light"* → hold → breathe out

Breathe in: *"I AM amplifying the Infinite Christ Light"* → hold → breathe out

Breathe in: *"I amplify this Light through the heart, now"* → hold → breathe out

Breathe in: *"I AM radiating Infinite Christ"* → hold → breathe out

Decree: *"I AM unified with Source Energy... I amplify these energies now."*

→ **"It is sealed in the Trust of Truth ~ (Thy Will be Done) It Is So!"**

Share Opportunity

PART TWO

Retranslating Prayer Requests

“As you consider your request, you are invited to retranslate it into the language of the Gifts of Spirit.”

— Prayer of Alignment Card

Prayer Request Prayer of Alignment Card

We are reminded that what we focus on expands according to perfect Law. As you consider your request, you are invited to retranslate your request into the language of the Gifts of Spirit, higher dimensional awareness, I AM Presence.

Please check the gifts you are requesting:

- ☐ Abundance
 - ☐ Beauty
 - ☐ Clarity
 - ☐ Creativity
 - ☐ Divine Ideas
 - ☐ Divine Life
 - ☐ Divine Love
 - ☐ Divine Order
 - ☐ Divine Peace
 - ☐ Divine Will
 - ☐ Ease
 - ☐ Faith
 - ☐ Grace
 - ☐ Harmonic Resonance
 - ☐ Illumination
-

- ☐ Imagination
- ☐ Infinite Supply
- ☐ Power
- ☐ Release
- ☐ Strength
- ☐ Wholeness
- ☐ Wisdom
- ☐ Zeal

First Name *

Last Name *

Email *



Please write the name / names or regions of the world that you would like us to retranslate your request into the language of the Gifts of Spirit, higher dimensional awareness, I AM Presence.

0/3000

Your gifts will be held in a high energetic consciousness for the next 30 days and then be sent to Silent Unity.

“Do not supplicate or beg God to give you what you need but get still and think about the inexhaustible resources of Infinite Mind...It’s constant readiness to manifest Itself for you when It’s Laws are complied with.” Charles Fillmore

PART THREE

Praying With Others

“Retranslate concerns into the Gifts of Spirit, and notice what arises as you do.”

– Retranslating Prayer Requests

PART THREE

Praying With Others (In Person or By Phone)

Note: This can be practiced on your own, or used as a Prayer Chaplain — at the prayer table, walking up to someone, or calling on the phone.

Step 1 — Open Contact

By phone:

"Hello, my name is Reverend Bryan from Unity of Fort Lauderdale. I'm calling to pray with you."

In person: "What would you like prayer for?"

– Retranslating Prayer Requests

PART THREE

Praying With Others (In Person or By Phone)

Step 2 — Listen & Silently Retranslate

Listen to their request. Internally retranslate it into the Gifts of Spirit (Abundance, Light, Wholeness, Peace, etc.) — don't fix, just reframe.

Step 3 — Reflect It Back

"What I'm hearing is you'd like prayer for _____ (repeat the gifts back to them)." Gently ask: "Is there anything else?" Add one more gift if needed — 2–3 gifts max.

– Retranslating Prayer Requests

PART THREE

Praying With Others (In Person or By Phone)

Step 1 — Invite Into Prayer

"Okay, let's pray together." *If in person and you'd like to hold their hands, ask permission first — only touch if they say yes.* "Let us close our eyes and begin."

Step 2 — Pause, Connect, & Align *(spoken aloud, guiding them with you)*

"As we turn inward, and breathe, let's bring our attention inward to Spirit as we drop into the heart center, and feel gratitude for the connection to Spirit." Align — synchronize with that Presence. *(You can speak softly through this so you're being the Presence and breathing with them.)*

– Retranslating Prayer Requests

PART THREE

Praying With Others (In Person or By Phone)

Step 3 — Release & Align with the Light

"In this consciousness we release any worry..." — align with the Golden, Luminous Christ Light. Say aloud: "**Pause. Breathe. Allow. Realize.**" "Feel it. Sense it." Hold 10 seconds of silence — no words, no thoughts.

Step 4 — Decree / BE (spoken aloud)

Speak the Gifts of Spirit as a decree: "**I AM Whole. I AM Light. I AM Abundance.**" This is the embodiment practice — BE the prayer.

PART THREE

Praying With Others (In Person or By Phone)

Step 5 — Close (spoken aloud)

"I AM unified with Source Energy... I amplify these energies now. It is sealed in the Trust of Truth ~ Thy Will Be Done. It Is So!. Amen

Or any varying degree of words.

PART THREE

Praying With Others (In Person or By Phone)

With practice, you begin to realize it was never about memorizing the right words — it's about becoming so consistently present in the heart that Spirit can use you as a clear conduit, until BEing the Presence is no longer something you do, but who you are (BE). This is the real work of heart-brain coherence: dropping out of the head's noise and into the field of the heart, where energy, vibration, and frequency stop being ideas you think about and become something you actually live and radiate as a conscious conduit of Source Energy.

– Retranslating Prayer Requests

Unity of Fort Lauderdale

PART THREE

Praying With Others (In Person or By Phone)

When prayer becomes an experience of that coherent field rather than just a pass through your emotions, it stops being something you say and becomes something you BE — and that shift is the whole difference.

– Retranslating Prayer Requests

Unity of Fort Lauderdale

WHAT THIS SOUNDS LIKE

Share / Practice

CLOSING

A Shared Prayer of Alignment

*In the Name, and through the Power of the Ever-Present Presence of the
Living Spirit ~ Thy Will IS Done ~ in accordance with Universal Law!*

Spirit and I are ONE!

*In and from this awareness, I claim Divine Life and Divine
Abundance, here and now!*

Thy Will IS Done ~ in accordance with Universal Law!