(Recognition) All of life is surrounded by and connected by an Infinite Energy that is pure Source. It is called God by some, Divine Mind by others, but It is the only thing there truly is. This Spirit is the very fount of Joy, of the bubbling forth of the Goodness of Life, every flowing forth. It is Wholeness and pure Love in Its most natural form.

(Unification) Source Energy is the Truth of who I am, as I am literally made of It and express It in all that I am. I am an emanation of Divine Joy, shining forth the pure Goodness of my nature. Made in the likeness and image of my Creator, there is nothing else for me to be but It's Love, Wholeness and Joy.

(Realization) And so I speak my Word right here and right now, recognizing and affirming that I am absolute Joy. The spiritual quality of Joy that has been built into the perfect pattern of my beingness is activated powerfully, shining forth and calling into my life a sweet positivity, ringing laughter and deep friendship. I simply allow it to rise to the surface, as my Joy has always been the Truth.

(Thanksgiving) My grateful heart wells up to overflowing for the wonder of my Joyful life, right here and right now. I'm so thankful to know that the Word I have spoken is already done.

(Release) I Joyfully release this prayer into the Law, knowing that it is already rushing into manifestation in my life. I let it go, knowing that the entire Universe is conspiring for my good. And so it is.