



"This is My Summer to Pivot"

Session Three - July 29

"BECOMING THE PEACE WE PRAY FOR"

Every meaningful pivot begins with a shift in consciousness. Before we can transform our lives, we must first remember who we truly are. From that awakened identity comes the resilience to face life's challenges without forgetting our divine nature. And as we live from that truth, transformation becomes not something we force, but something we allow.

In today's session, we'll explore Day 210, in *The Pivot Year*. In this reading, Weist gives us a profound spiritual proposition:

"Like most of us, what you are really working toward is being able to have peace in the quietest, simplest moments of the day."

And then she ends with:

"The ending is not a place you arrive, it is a way you become."

Day 210

Like most of us, what you are really working toward is being able to have peace in the quietest, simplest moments of the day. You can only get there by practicing again and again, disengaging with the tempting thoughts that lead you nowhere but self-destruction. You can only get there by reacclimating to an entirely new way of walking through your hours, becoming comfortable in the new life you've carved out of the unknown. The ending is not a place you arrive, it is a way you become.



Affirmative Prayer

Affirmative prayer is a powerful tool used to clear away fear and doubt, anchoring your mind in the absolute truth of your inherent wholeness and connection to the Divine.

Ernest Holmes did not conceive prayer primarily as begging an external God to rearrange circumstances.

He defined affirmative prayer as:

"... a recognition of Spirit's Omniscience, Omnipotence, and Omnipresence, and a realization of humanity's unity with Spirit..."

— Ernest Holmes, The SOM, p. 149

And Holmes described treatment more fully as the process of changing our thought—clearing it of "negation," "doubt and fear," so that it perceives "the ever-presence of God."

Wiest says we practice: **"disengaging with the tempting thoughts that lead you nowhere..."**

Holmes says treatment clears the thought of negation, doubt and fear.

Different language. Similar spiritual movement.

We are practicing withdrawing our allegiance from the thought that disturbs us and returning our conscious attention to the Truth that sustains us.

That is why Spiritual Mind Treatment isn't about convincing God.

Treatment treats the consciousness of the one praying.

We are not informing God that peace is needed.

We are awakening ourselves to the spiritual fact that God is present, so Peace must already be present.



Centers for Spiritual Living teaches five steps of **Spiritual Mind Treatment: Recognition, Unification, Realization, Thanksgiving and Release**. These steps are presented below in a prayer for peace.

1. RECOGNITION — GOD IS.

There is One Infinite Presence. God is Wholeness, Harmony, Love, Intelligence, Order—and Peace.

Before I talk about the problem, I establish the Presence.

God is Peace.

2. UNIFICATION — I AM.

If God is all there is, I cannot be separate from the Peace I seek.

The peace of God is not somewhere “out there.”

The Peace of God is present as me, in me, through me, right now.

This is the great shift from seeking peace to being peace.

3. REALIZATION — I ACCEPT.

Now I speak my word.

I do not deny that there may be conflict, uncertainty or difficulty. I deny that those conditions have authority over the Truth of my being.

I am peaceful.

My mind is peaceful.

My heart is peaceful.

I respond from peace.

I carry peace into every room I enter.

Note: I am not saying, “God, please give me peace.”

I am declaring: Peace is the truth of me, and I accept it now.



4. THANKSGIVING — I GIVE THANKS.

Gratitude means I am no longer waiting for evidence before I believe.

Thank you, God, for the peace that is already present.

I give thanks because consciousness has shifted before circumstances necessarily have.

5. RELEASE — I LET GO.

In Day 210, Wiest invites us to disengage from thoughts that lead us nowhere. Holmes teaches us to release our word into Law.

We stop checking: Is it working? Has anything changed yet? Why hasn't it happened?

No. I have spoken my word and I stand on it. I release it into Divine Law. I trust the Law.

Then, I finalize it: **And so it is. Amen. Ache'.**



Day 210: "...Peace is not someplace we finally get to. Peace is something we become."

My Prayer for Peace

Use the affirmative prayer steps to complete your prayer for peace:

There is only One Life.

This Life is the life of God.

This Life is Perfect.

This Life is my life now!

I know that I am one with this great and wondrous Life.

Therefore, I know that I am one with all that this life is.

And because I know that this Life is a source of infinite

_____, and _____, and

_____.

I know that these great and wondrous qualities are also an expression of my
very own being.

So, here and now I choose to express these qualities in my experience of
Peace/Life in the form of:

As I accept this good into my Life, I give thanks with an open, joyous and loving
heart.

I know that as I release these words into the power and action of the Law, they
return to me fulfilled.

I am grateful God is gracious. I am grateful God is good.

And so it is! Amen.



Session Three Activities

Day 210: "...You can only get there by reacclimating to an entirely new way of walking through your hours, becoming comfortable in the new life you've carved out of the unknown."

Activity 1 — A Prayer for Me

Write a prayer to support you in focusing your attention on your intention.

Step 1

Step 2

Step 3



Step 4

Step 5

Activity 2 — Peace Requires Practice

The Pivot Year, Day 210 says:

“You can only get there by practicing again and again...”

Spiritual practice does not mean that a disturbing thought never enters our minds.

The practice is learning that we do not have to give every thought residency.

A disturbing thought can knock without being invited in.

**1 - What disturbing thoughts have/may knock to gain entry?
(list at least 4)**



2 - What empowering thoughts will you invite in and offer residency?
(list at least 4)

3 - I make the great shift from seeking peace to being peace by...



Homework – Session Three

Read/Review Day 210 in The Pivot Year

Complete ALL Activities (above)

Our “My Summer to Pivot” Daily Practice:

Begin **each** morning, during SS’26, by completing these four sentences:

1. Today I **intend** to...
2. Today I **choose** to embody...
3. Today I **focus** my attention on...
4. Should I lose my center, I will gently **return** to...



Session Three Assignments

1 – A Slight Pivot

Daily **INTENTION** setting (see above)

Weekly **READING** (see above)

+ Write a weekly affirmation: **My affirmation for this week is...**

2 – A Half Pivot

Daily INTENTION setting

Daily **READING** in The Pivot Year

+ **Commit to show up next week**

+ **Complete sentence stems:**

"If Peace were living as me, I would enter the rest of this week as..."

"Everyday this week, I practice peace by..."

+ **Write a supporting daily affirmation:** My affirmation for **today** is...

3 – A FULL PIVOT

Complete all of the above (daily intention, daily reading, sentence stems & write daily affirmations, commit to show-up consistently). Plus... making a sacred commitment to yourself – to consciously participate in your own transformation throughout this five-week journey by becoming **A FULL PIVOT** subscriber.*

+ **To become A FULL PIVOT subscriber**, please use the QR code.

** Your subscription generates daily worksheets, suggested meditations, etc. via email.*

Available on a Love Offering basis

☐

1– A SLIGHT PIVOT

☐

2 – A HALF-PIVOT

☐

3 – A FULL PIVOT



Affirming Prayer for Peace

There is only One Life. This Life is God's Life. This Life is Peace itself,
whole and undisturbed.

This Life is my life now. And because I know that I am One with the Life of God,
I also know that within me is the Infinite source of calm, harmony, and goodwill.
This is the Peace of God that is living me now.

I choose to let this peace show up in my life. Today I choose peace within.
My mind is quiet. My heart is settled. My body knows that it is safe.

I choose peace in my intention toward others, so that what I mean is clear and kind,
without any need to control or defend.

I choose peace in how I show up. I listen before I react. I speak in ways
that heal instead of wound.

And I choose peace for this world, so that the peace I claim for myself
is revealed in people and places still caught in conflict.

In all things, I choose the primacy of peace.

As I accept this good into my life, I give thanks with an open, joyful, and loving heart.

I know that as I release these words into the power and action of the Law, they return
to me fulfilled. I am grateful God is gracious. I am grateful God is good.

And so it is. Amen.