

# *Spirit Synchronized Prayer*

## *Practices from Session 1*

Shared by Rev. Toni G. Boehm

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### *Practice 1 — The I Am Rhythmic Breath*

Breathe in intentionally, holding the intention of the Christ frequency / I Am presence for a few seconds — during which time it moves through every cell, tissue, and organ — then breathe it back out as a purified breath to be sent into the universe.

*Why: When we come together in collective consciousness, our prayer power is exponential — not just one, but 26 to the 10th. The rhythmic breath sets up a resonant field of energy from which Spirit Synchronized Prayer can move.*

### *Practice 2 — I AM Presence: Moving the Light Through the Body*

1. Close your eyes and visualize a radiant golden-white light at your third eye (between your eyebrows, at the pineal/pituitary area).
2. Place the words *I Am* into that light and sense the field.
3. Imagine an elevator shaft opening downward, and let the light drop slowly — past the third eye, nose, mouth, pausing at the throat chakra — down into the heart.
4. Rest your attention in the heart with the *I AM Presence*.
5. Experiment: pop the light back up to the head — notice the difference. Move it to the right hand, feel what is there. Move it to the small of the back (lumbar area), sense any warmth or tingling.
6. Return it to the heart. Rest there.

*Why: You are learning to change the field within your own body. Each location feels different because you are shifting your field awareness. The heart is the central point — the zero point — a gateway to multidimensional frequency. When you can do this at will, you can return to heart coherence in any situation. Energy always flows to the highest level, so when you hold heart coherence, the whole room begins to calm. Practice this 50 times a day — not in formal meditation, but woven quietly into the flow of daily life.*

### ***Practice 3 — “Ah — This Is Interesting”: The Practice of Self-Observation***

When something arises — a reaction, a motive, an ego impulse like wanting to be seen or validated — instead of judging it or pushing it away, simply notice it with the phrase:

***"Ah... this is interesting."***

No right, wrong, good, or bad. Just honest, curious observation.

***Why:*** Charles Fillmore taught that self-observation is the prelude to Christ consciousness. You cannot shift your frequency while lying to yourself about your motives. The moment you can see something clearly and honestly, you can change it — and if you can see it, you can be it. The practice is non-judgmental precisely so the ego does not go into defense mode. Gentleness is what allows the truth to surface.

### ***Practice 4 — I AM Presence***

A deceptively simple practice from the Sermon on the Mount: bring clarity to every response. Not "yeah," not "absolutely," not "I guess" — but a clear yes, a clear no, or "let me think about it" with accountability to follow up.

***Why:*** Every mushy or unclear word puts vague energy into your field. Clarity purifies the field. Your words carry vibrational power, and this is one of the most immediate and accessible ways to begin building a pristine energy field. Yeshua said the lessons are subtle — but watch what one week of clear yeses and nos does for you.

***You don't change people — you change the field.***

***And you change the field by changing yourself: through where your attention lives, what you honestly observe within, and the clarity you bring to every word and choice.***