

Session Two: Preparing for Prayer Part 2

Session Two Outcomes:

1. Learn to become PRESENT also known as CENTERED within the body prior to prayer.
2. Forgive prior to prayer, if needed.
3. Able to identify the perceived problem.
4. Know the Quality of God as solution.

Welcome back to session two. Isn't it amazing to spend a week contemplating a quality of God? Imagine doing this daily for the rest of your life. Who would you become tending to a God Quality or Quality of Being? Hmmm. This is worth pondering.

Review

Last week we focused on preparing for prayer by becoming clear about the prayer's intent by identifying a perceived problem and its solution. I use the word perceived problem purposefully. As we awake up from living unconsciously to living a life of conscious choice we begin to realize that EVERYTHING works together for our good. Problems then, aren't problems as much as they are Soul contractions preparing us for a new and current self. They are opportunities for us to practice more of the Presence of God as us. This is where the idea of Qualities of God came in as solution. We shift our focus from what isn't working to what wants to emerge through and as us. This practice, I promise, changes our lives from ones of limitation and pain into great Joy.

More On Preparing for Prayer

This session we are looking at some additional steps to prepare for answered prayer. The two preparation practices we are exploring are being centered within our body AND identifying if there is forgiveness work for us to do.

Individuals with trauma in their body live emotionally splintered and often outside of themselves. The impact of unhealed trauma exists nowadays within most everyone. The emotion and physical body heals naturally and with its own unique intelligence when we are present within our bodies.

The practice of becoming present is so very powerful and can be foreign as well as scary if we have been living to the side of ourselves for a while. I found for myself

that the potency of my prayers took on a completely different power when I was energetically in my body. When I was able to speak of God as the *I am that I am* when at home in body was vastly different than speaking of God from my head without the zesty energy of my emotional body. Full body engagement made all of the difference to the manifestation of my prayers.

Some Ways to Become Centered in Body:

- The practice of Yoga.
- Conscious walking. Mindfully feel your feet upon the ground.
- Practice mindful living through being sensually-awake. Feeling and sensing the very present moment with sight, smell, sound, taste, touch.
- Brain Gym activities.
- The practice of “tapping.”
- Chakra meditation.
- Root meditation. This meditation focuses upon the body’s root.
- Intention: if you are practiced up and have some level of mastery with your attention.
- Focused exercise of any type. This is being in the zone physically.
- Conscious breathing. This is worth working with someone trained in the field.

Forgiveness

And whenever you stand praying, if you hold anything against anyone, forgive them.

Matthew 11:25

Forgiveness means to give-forth Grace. Grace is “no matter what” consciousness.

Rev. Dr. Bonnie Barnard

To forgive means to give – forth. What are you giving forth? Are you judging another instead of loving them? Judgment means living in a field of right and wrong making. When we awaken to the realization that no one is right and no one is wrong that each of us tends to operate out of unconscious patterns based upon core human issues, we can *not* like someone’s behavior and yet understand. If we get stuck in the need to judge we cut ourselves off energetically from another and ourselves. It is painful. Over time we come to realize whatever was the source of pain hurts because it (or its partner opposite) was active within us.

As we become conscious our choices expand. As we are unconsciously bound to patterns we play them out with others in different context over and over again. Even in the midst of our unconscious pattern replay, we realize deep within us that we are surrounded by the love of God; we are the love of God; and whatever happens,

including death, we've made peace with, for we know as the Bible says that not even death can kill love. We learn we can love despite life's conditions.

To love is a life long deepening practice and it doesn't come with a rule book. Darn it. What we do know, though, is forgiveness is a big part of the loving practice. We are literally choosing someone's innocence and well being over our own opinion. Forgiveness opens the door to acceptance. What is love but acceptance, appreciation, witnessing and sharing?

Forgiveness expands spaciousness. Where we have been small and petty we become open and compassionate. Forgiveness is pardoning. Forgiveness accepts.

Forgiveness affords the choice to determine to remain in relationship with another or to end the relationship; whichever choice is made is made from love not attack. Get this, when we hate another person, want the worst for another, or desire some form of revenge – where is this energy living? It lives within us. It is eating us up from the inside and destroying OUR quality of life.

I have found it quite ironic that I have spent more time in prayer praying for people I don't care for over the years than people I actually love. The more I dislike someone, the more resentment I hold toward another, the deeper I enter into sending love and compassion in my spiritual practices. Why because it gets all over me. The spiritual practice is to love one's enemies to pray for those who persecute you; why? Because, the residue and the potency is birthed from within side of us. We need it. We must for our Soul health. The deeper the wound, the greater the capacity of the Soul once it rises.

Forgiveness Practices:

Identify whom you have put outside of your heart.

Dedicate your prayer time to someone you consider to be an 'enemy.'

Pray for your most juiciest desire. Pray that my enemy experiences the Good as well.

Or

See the person in front of me during meditation and see the Light of God around this person. Practice seeing the "other" as a Presence of God in front of me.

Or

Seeing the other as a baby, small child, hold in arms in my mind and rock them speaking to them of High Holy Love; who they are as a child, who they can be when they grow up. I speak to the core of their being. I speak of God qualities. Being the parent love.

Or

Recognizing any enemy is an idea in my head

Ask the question how can I bring forth Love or Grace

Or

Write on a piece of paper 70x7 "I forgive you, I love you."

Or

Speak blessings until I am clean inside.

Your Assignment This Week

1. Conscious walking. Beginning today, feel your feet as they touch the ground. Place your attention upon the sole of your foot and feel the heel, center and toes as they move across the ground. If you haven't done conscious or grounded walking, this may feel funny and within minutes you may be back in your head thinking of what you need to do next, didn't do and should have, or worry about what could happen. Notice that all of this mental action is focused on "doing." We are training ourselves to shift into "being." Start today with feeling your feet as you walk. Start small, maybe five minutes then work your way daily into a practice of grounded walking.
2. Carve out an hour this week of uninterrupted time on your calendar. If you doubt you have an hour, give up a television show or combine this with an existing habit like drinking tea in the morning or soaking in the tub at night. Grab a notepad and begin writing who you have unfinished emotional business with or who you hold strong negative emotion toward. Choose one of the forgiveness practices and have at it.
3. Select an area for your Power Prayer. Email me your perceived problem and your Quality of God as your solution. I will join you in prayer this week.