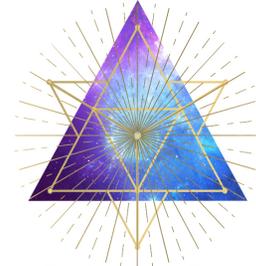


Module 3

How To Pray Effectively



The Institute For
SPIRITUAL MASTERY

"Prayer is the experience, the expression of our feelings and emotions."

~Gregg Braden

Has your belief about prayer, up until now, been that there is a mail-order God 'up there' who sincerely hears and listens to your prayers and takes orders like your TV's On-Demand App? And, how could you make your prayers more effective?

"Through a passion for the highest and best for another on all levels, prayer should emote perfect health of body, mind, and spirit as swiftly as possible in alignment and connection with the Divine." ~ Debrah Goetz



Notes:

Exercise: Think of something that you'd like to experience in your life. This could be the return of vibrant health to recover from a physical condition, abundance, or finding a partner to share your life with. Whatever your intention, rather than asking for it to become present in your life, feel like it has already happened. Breathe deeply, use your imagination, and feel into what it would look like to experience your prayer fulfilled in every detail, in every way.

Feel gratitude for what your life looks like with this already present in your life. Note the ease and release resulting from giving thanks rather than longing and yearning from asking. The subtle difference between the ease and the longing is the power that sets receiving in motion.

Did you notice the difference between ease and longing? How could this make a difference to you in getting your prayers answered in the future?



“Feeling is the prayer, and we feel all of the time.”

...“the fear, the suffering the pain, the hurting, the anger and shame, blame and guilt, the controlling, the manipulating – it all stops with me! Because at this moment I am choosing love – in every moment there is potential to transmute dense vibrations and memory of betrayal, and hurt back into love.”

“During this time of great awakening, we must look at the part we play as Masters in the realm of prayer.”

Create your own prayer:

Think of special words that are meaningful to you, and you alone, to serve as a sacred and secret prayer between you and the Divine. Write your prayer below.



“You are an alchemist of Light”

Exercise:

If you do not already have one, build an altar. An altar is a portal of communication that we can open simply by the act of creating one. An altar is a designated spot for our intentions to be presented. Through prayer before an altar, we can commune with the Divine, the Angelic realm, a loved one who has crossed over, or anyone we want to connect with.

