

LESSON SEVEN PRAYER

“Prayer often ..implies a last-ditch effort....There is no hope, so now we might as well ask God for help...

A METAPHYSICAL PERSPECTIVE ON PRAYER

Metaphysics is a way of thinking,..it is also a way of praying. The dictionary..indicates, the word has been submerged in stereotypes as it defines *prayer* as “to entreat, to implore, to supplicate, as to God...other words used are *intercession, exhortation, invocation, benediction* and on...this tends to imply an attempt to deal with God out there *somewhere*, God who is separate, God who is apart. God who is the Big Person in the sky...it’s important to let go of this absence of God image...”so God may fire us with his presence.” **We need to get away from the thought of God as *somewhere*, and think of God as present, active within us, expressing himself as us. We must let go of the tendency to pray to God, to reach for God, to supplicate help from God, and to get to the realization that God is present as the Allness in which I exist and you exist as an eachness...**This is a realization that we must work to realize..Prayer is conditioning your life with the activity of God, causing a change in your tendency, your consciousness, and your awareness, so that you can acknowledge that which already is. Jesus clearly says, “ The Father knows what things you have need of even before you ask” (Mathew 6:8). There is no need to tell God about your problems..no need to beg and plead and supplicate help..God has already done everything that he can *ever* do, period. **We are without end because God created you in the beginning in his image and likeness.**

CONSCIOUSNESS IS THE KEY TO PRAYER

...God is Spirit, present in its entirety at every point in space at the same time. God is the answer, and God is present so the answer is present. Whatever is that you’re seeking to understand, whatever guidance you need, whatever thing that you feel needs to be expressed or experienced in your life, it is present, total , complete, or it doesn’t exist at all.

We need to get into the consciousness of oneness with God. It’s not a matter of trying to get God into us, but of you and I getting into the awareness of that which is present. Consciousness is the key. We live in a Divine Mind, it is impossible to have a mind apart from Divine mind. You don’t have a mind that is separate and apart from the infinite , and if you think so, that is an illusion. Your mind is an activity within the Divine Mind, a state of consciousness of the Divine Mind. **Life can only be understood when we know that we are always in fluctuating states of consciousness. The key to healing and overcoming is changing consciousness. That is what prayer is all about.**

PRAYER AS THE SCIENCE OF BEING

...prayer is not simply a scientific way to do something; it is the vrysciene of being. This is an important distinction. Otherwise, the emphasis is placed purely on performing the ritual, speaking the words, going through the outward experience of that which we've learned to do.

PRAYER AS CONSCIOUSNESS OF THE ALLNESS OF LIFE

The key to understanding prayer is *Allness*...So often when we use the word God, we think out, we think up, we think something separate. **As long as we think of something separate, we've created a separation that exists only within us, and otherwise does not exist. Prayer can only be effective when we think oneness**...Allness means totality. It's not out there somewhere, it's the whole thing. In other words, you might use the word universe, the whole of things. All life is present. **If there's an Allness, the whole is present, all life is present, all wisdom is present, all substance is present, all guidance is present, all love is present.** We live and move and have our being in this Allness, which is present, not absent. **Prayer is not trying to get more life, to get more love from God, but instead to know our oneness.** The psalmist sang, "Be still and know that I am God." Trying to get more is to be still and know that I am, that I am the activity of life, all life, expressing at the point where I am. I need to know that....**When we're out of the awareness of the Allness of life, we experience separation and deterioration.** The need is not for God to give us more life, but for us to be more aware of the Allness of life, which is present in how I live and move and have my being. **The wonderful part of the creative process is that the Allness is ever seeking to fulfill itself in eachness.**

Jesus would say, "It is the Father's good pleasure to give you the kingdom," and the kingdom..is not here nor there, but it's within you. **The kingdom is the whole that is present even in the part...It's the Christ that is present even in the unbelieving person. It's the Allness of God that is present in the individual at the point where he is.**

GOD IS PRAYING FOR YOU

As Jesus told us, "It is the Father's good pleasure to give you the kingdom." **The Allness has but one intent as far as you're concerned: to perfect itself and to express itself in and as you. Life is seeking to fulfill itself in you, in the renewing process of your body. Love is constantly renewing itself in you.** The Bible says "For I have loved you with an everlasting love" (Jeremiah 31:3) Guidance is a principle that is ever-present, always seeking to direct you and guide you at the point of your experience, in every turning of life's way. Allness is always seeking to express itself in eachness, so that God is always praying for you.

Read this paragraph. It's too good to condense! Pg 161..The Bible

CLAIM AND YOU SHALL RECEIVE

"All things you pray and desire and ask for, you shall receive" (Mark 1:24)

But Jesus says, "you ask and you receive not because you ask amiss" (James 4:3) You ask in a begging attitude, you're pleading and supplicating for something, something that is already the reality of your being.....the word *ask* in the Hebrew Bible, ..Latin..Greek, the root words as they are translated from the scripture, you find that the strongest connotation is to *claim* or *demand*. Not to beg, but to claim ...the Old Testament says, "**Concerning the work of my hands,**

command ye me” (Isaiah 45:11)..this is a vital realization of Truth...You ask for health and for life by accepting it, by claiming it, by demanding it. You don't have to beg God to hear you because God, as far as you're concerned, is the healing principle that is ever-present. God is the perfect life and health within you.

The need is not to get God to heal us, but to accept the healing life that God is and which is present and can never be absent, except that we think it is absent in our own consciousness.

HOW TO ASK FOR HELP

A creative way of asking for help is to create the condition that makes the result inevitable...**You create the condition in consciousness that makes healing inevitable when synchronizing your thoughts and lifting yourself to a high level of consciousness in which you believe you are a spiritual being, one with divine life.** You accept God's healing life, not begging, not supplicating, but you accept it. You claim it, you demand it. Synchronized in consciousness, the result of the healing flow is inevitable..Problems in our experience come because of our negative or “no” awareness. We ask for divine help by getting to a positive or “yes” consciousness...When you alter your thoughts,you don't change God's will toward you, because God's will toward you is fixed and final. It can never be anything else, except the infinite desire to perfect himself in that which he has created--to health, to be guidance, to be life, to be love, to be substance in you and for you and through you....**True positive thinking is simply synchronizing yourself with the great positive, with the great yes of Spirit, and thus you create the condition that makes the result of health and healing and guidance inevitable.**

LIFE-NEGATING CONSCIOUSNESS

If we could just become aware of how negative we are much of the time, we'd see how we are creating our negative conditions.

In the name of “being realistic,” we spend our time in a life-negating consciousness, when our great need is to turn to a life-affirming consciousness. “Be ye transformed by the renewing of your mind” (Romans 12:2). This is what prayer is. It's not dealing with some special appeal to the heavens, but it's a systematic, scientific way of changing your thoughts and getting yourself in tune with the divine flow. **The important thing to understand is that there is no way that God can answer your prayer without something happening to change your consciousness...we can also say there is no way that God can change your consciousness.**

...God can only do for you what he can do through you. There is no way God can answer your prayers except by the change of your consciousness, and God cannot change your consciousness--only you can....If you're doing something wrong, you have to stop doing it. There is no way that you can change your life without being involved in the change process.

GETTING TO A 'YES' CONSCIOUSNESS

All we have to do is say yes. That's what true scientific prayer is. It's getting into the “yes” consciousness. God always says yes. We have to say yes to God's yes...**sometimes we spend so much time trying to treat a problem. We get the problem at the center of our**

consciousness... Emmet Fox would say, **“Don’t think about the problem. Think about God.”** Basically, the need in prayer is to let go. **Let go, and let God. Know that God knows, and God is always saying yes, and you say yes to God.** Get into a “yes” consciousness, and you create the condition that makes the result inevitable.

PRAYER AS AN AFFIRMATION OF THE TRUTH

It’s crucial we understand that affirming the Truth does not make it true....There’s no power in the affirmation. The affirmation or the treatment is not the power, but it can, if used properly, lift your consciousness to awareness where the power may flow through. When it does, as Jesus said, “The words I say are not my words, but the words of him who sent me.”

True prayer is not in words at all. The words may help us get into a consciousness of prayer, but you can pray without any words.

Words simply say *yes*, or should do so, ..to the transcendence of life. Jesus warns, “Use not vain repetitions, but enter into the inner chamber and close the door” (Matthew 6:6-7)..You’re not going to be heard because of how many times you speak the prayer. Instead, enter into the inner chamber and close the door. Enter that consciousness of wordless silence...in this quiet or Silence there is no pressure to achieve anything. There is nowhere to go. It’s not running from self to find some transcendent vision of reality. **It is letting go of the masks of human consciousness, to know oneself at the point of God expressing as you.**

AFFIRMATIONS BEGIN WITH STILLNESS AND THEN LISTENING

Often missing (in the Silence) is the first step, “Be still, and know that I AM” (Psalm 46:10). **In that knowingness, in that stillness, listen...In all experiences, something within you is seeking, even if sometimes unsuccessfully, to communicate itself to you....Every problem..is life trying to communicate something to you....**If all we do is start mouthing affirmations, we miss the beat..Instead, repeat: Be still, and know that I AM.” Be still, be still, and listen. Listen and realize what you’re listening to.

Listen and then say what you’re listening to and if what you’re listening to is silence, then give an articulation of Silence. Sometimes it’s better not to speak a word than speak a word perfunctorily...**Listen, and then say what you’re listening to. The principle is to listen--be still and listen. In that point of Silence, something dynamic is a work within you, and you experience it, and you project it.**

Speak (the word) as if you’re in tune with the power that does the great thing. You simply whisper the word, and you let it go, and the word goes forth. Again, as Jesus would say, “The word is not my word, but the word of him who sends me.”

THE SILENCE

True meditation, or..the Silence, is not going somewhere. It’s not reaching something, it’s not even reaching for something. It’s giving up the very desire to reach. This requires a great change in consciousness because most of us are doers. I want to get it done. I want to meditate...We have a tendency to use the unconscious to try to reach up and into the very levels of consciousness, up there somewhere. But when you do this, you haven’t gotten any closer to spiritual reality..this is because God isn’t up there on top of the mountain. **God is the depth within you. Enter into the inner chamber, and close the door.** The presence of God is not

something to get into or something that you can fall out of. **The presence is present here and now. Any attempt to find or to reach the presence is to practice the absence of God. You want to practice the presence, not the absence.** If you're talking to God, reaching for God, meditating to get into a higher consciousness up there somewhere, you're practicing the absence of God.

PRAYER AS CONCENTRATION FROM THE CENTER

I like to make a distinction between meditation, or the Silence if you prefer, and prayer. Meditation is concentration at the center, while prayer is the concentration of thought from the center..**One is to center yourself at the point within you, which is God expressing himself as you--not doing anything --just knowing it.** This is meditation, this is the Silence. This is inner prayer. What we call prayer, the affirmation, the treatment, as a projection of this consciousness, is something else, ...In one case, we get centered, we know our oneness, we get the feeling of wholeness and Allness at the center...We get this feeling that Plotinus expresses when he says, "the whole universe rushes, dreams, and puts into me from all sides while I just sit quiet." Just know that prayer, as we normally think of it, is the projection of this consciousness.