

SCIENTIFIC PRAYER

PRESENTED BY
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The following five step exercise is presented as a method to facilitate the transition from the material to the spiritual frame of reference. Daily adherence will aid this transformation, bringing one gently into ever higher paradigms.

1. A penetrating spiritual question is presented to consciousness. The answer to this question must come from the depth of one's being. (It must not be a quick, intellectual reply.) Therefore, be still and willing to penetrate the layers of your being for an honest response. Be willing to face the apparent imperfection without excuse or judgment. It is possible to acknowledge the appearance of a limitation while simultaneously keeping in mind and heart one's own divine promise.
2. While acknowledging the seeming imperfection, find within a true and deep desire for this imperfection to be eradicated. At each point hope, wish, want, desire, long, pray to be perfected; to come into line with the essence of the specific issue being addressed. With all your heart desire that specific place within you to be clear. One must long to know the essence of the spiritual fact or function; to feel it, to be so aligned that one totally senses it.
3. Now allow the creative impulse within to bring the desired point of perfection into expression. Let it spring forth from the center of your being. Bring out the desired quality or function by stating to consciousness: "Let there be . . . in me," "Let this . . . dawn and grow within my being." "May I allow . . . and align with . . ." Let it well up within you.
4. Affirm and trust that it will be so. Recognize that the quality and/or function being sought is an intrinsic part of your real being. Let the counterfeit be denied in you.
5. Embrace and accept the promise, knowing that from a more comprehensive/holographic point of view perfection, qualitatively and functionally, already exists. Consequently, the quality or state of perfection sought and acknowledged is already established in a higher dimension. Cherish it. Welcome it. Hold it.

II Prayer consists of the culturing of spiritual qualities in order to more clearly reflect the real essence of the Divine Being.

Through which spiritual qualities can this reflection be brought forth?

1. Through absolute consecration of thought, energy and desire.

a. ask:

Have I a willing heart? Am I ready to embark on a deep inner search; a spiritual quest, consecrating my thought, energy and desire to this end alone? Do I have the courage to journey beyond the laws of matter in order to discover a higher reality?

b. I hope so, for I long to tap the resources of my inner being. I want to touch into the reservoir of spiritual qualities that lies hidden there. I need to probe the depths of my heart until the sincerity and consecration necessary to my search are discovered.

c. Let it be so then. Let the Spirit of the Divine Being impel me inward on my journey. Let it filter out any impurity in me that would hold me back. And let me be open to it and allow it to permeate my being until the ability to consecrate is divinely natural. For only then will potential obstruction not be encountered on my road to reflection.

d. I know that it's worth it and that I will uncover my intrinsic ability to consecrate my thought, energy and desire toward the search for reality; that I can and will clear those areas within that would impede my investigation and that I will have the courage to depart from a material frame of reference. No belief of evil will prevent me from doing this or block my entry into the divine.

e. For goodness and virtue are upon me. I am forever experiencing the consecration required of a spiritual seeker. The law of Spirit is at work within me, lighting a fire in my heart. It is enabling me to enter a dimension where material law has no power. In that unlimited atmosphere it reigns and the perception of spiritual qualities is clear.

2. Through gratitude for the good already received.

a. ask:

As I move within and begin to focus on the spiritual qualities of my being, can I feel enough of their reality to fully appreciate

their presence? Am I willing to touch in deeply enough to encourage them to develop and grow until they spontaneously pour forth from my being into the universe? Can I understand that they are my greatest blessing and that from them flow all my gifts, even those I perceive as material?

- b. I hope so, for it would be unclear to ask the Divine for gifts or favors when it has already established within me all that it is. I need only to be thankful for what I have, for what I am; tap its resource and let it express. I long to do this and to experience the warmth and gratitude that will well up within me as the fruit of these divine qualities appears.
- c. Let the reality of Spirit permeate my atmosphere until it brings its pure, spiritual qualities into focus. And let them reign in my heart, not allowing me to turn my gaze outward for approval or affection; not allowing me to clutch at matter or reflect dualistically. Let my every action bear witness to the deep appreciation I feel.
- d. For Spirit is at work within me, enabling me to move gently into its clear atmosphere. It is dissolving the debris that would hamper this inward journey. It is dispelling confusion and establishing in my heart a deep love and appreciation for the good and enduring, for the transcendent qualities of the divine Being. It is eliminating within me the possibility of a cold or ungrateful heart. And I trust that it will ever be so. My heart will ever warm to the real and be thankful for its presence.
- e. For in the realm of Spirit all is experienced as the pure reflection of divine qualities; a blending of tones, a rhythmic transparency, a spiritual dance where opacity is not present to break the flow. In the purity of this atmosphere I can be found, openhearted and deep feeling, reflecting and appreciating all that is real. I am a listening device tuned to the music of Spirit.

3. Through unselfed gratitude for the divine, infinite Being and not primarily for its qualities or its blessings.

- a. ask:

How profound is my search . . . how earnest? How willing am I to break through my self-made barriers on the journey inward? Can I fully detach from material symbols and move beyond the need to ask for gifts and favors? Can I leave behind my sensitivity to material atmosphere and my fixation with

outward forms? Can I love the deep qualities of the Infinite enough to secure them in my focus? Can I feel the joy of their reality well enough to pierce through them to their core, their source, to that which has called them into existence, to the creative impulsion of the divine subjective Being, Itself? And if I can, can I fully appreciate the wonder of that Being?

- b. I pray to be that resolved, even if it means the purging of the false ego attachments that would block my way. I want to be clear about the source of all good; to know from whence it comes, and not look elsewhere for my blessing. For it alone determines the fruit of the land as it characterizes its reflection. Let me not determine then what the fruit should be, but desire only that it come from the highest source.
- c. So let the immortal Spirit crystallize my focus on the root cause of all good. And let it hold it in place lest the onslaught of the apparent vibratory pulsations of a material realm beckon me to look elsewhere for the source of my blessing. Let it be pre-eminent in my heart; its pull so strong that the temptations of the material world cannot reach me. Let my inner response be secure.
- d. I know that it can. I have faith that it will. I will not give up hope or turn back from my inward journey. But will allow Spirit to wipe away the selfish, emotional, insecure feelings that would obscure the unfolding path and stand in the way of my ultimate reflection. I will allow it to melt away the apparent accumulation of hurt, damaged feelings, restoring them to their beneficent office. No broken heart will be found in me.
- e. For the unction of Spirit is ever filling my heart with its therapeutic balm. It is steadying the beat when sorrow would imbalance it. For, like Spirit, my inner being is incorruptible. It is aglow in the warmth of its true feeling. It is free to reflect the imprint of its source and bask in the purity of its innate substance. It is truly centered in Spirit.

4. The keeping of Jesus' commandments furnishes proof of our gratitude.

- a. ask:

Can I be so centered, so fixed in the absolute Spirit of Being that it governs the structure and operation of my response mechanism? Will I allow it to stimulate within me the correct reflex activity? Can I hook up to the heart of that Being and echo

its feelings and intentions in my life? Can I follow its commands; the commands Jesus heard in the sanctuary of his being and translated for the ear of mankind?

Am I willing to come out of Egypt/darkness/ignorance into the light of Mind?

Am I willing to have but one God/Spirit cleaving only unto Spirit thereby separating myself from matter?

Am I willing to make no graven image, not false concept or model but identify divinely with the selfhood of Soul?

Am I willing to keep these commandments, to obey an infinite Principle thereby gaining proof of that Principle?

Am I willing not to take the name of the Lord in vain; not to allow vain or empty concepts to live within me but to live in accord with the divine Life?

Am I willing to labor six days; to be consecrated to the realization of Truth until error fades away?

Am I willing to be hallowed and blessed in the seventh day; to rest in the consciousness of Love where all is fulfilled and at peace?

- b. If I find it difficult to follow the commands it is only that I have not as yet been able to stay fixed in the center of the divine reflection. If this is the case I wish with all my heart to relocate that clear place within my being and stay there. For who would wish to be out of sync with the immaculate response mechanism of the divine Being? I want to respond to its requirements automatically.
- c. So let the Spirit of the Divine surge within me. And let it attune me to the response modes of its orderly reflection. Let it regulate my reactions that they may correspond naturally with its own; and plant within me a firm resolve to do its bidding. May its requirements be felt in the deepest reaches of my heart, and may my reply be evidence of my willingness to obey.
- d. For my actions will speak louder than any words and demonstrate the degree of my understanding. If I have clearly discerned the divine transmission and responded in accordance with its demands, I will be blessed by the fruit of my labors. If, on the other hand, I have failed to respond correctly to the command, I will feel uncomfortable and eventually discover that I am not harmonizing with the activities of the divine

reflection. Consequently, the blessing I've yearned for will be delayed until I can.

- e. But it won't be delayed forever, for in actuality I am centered and fixed in the absolute Spirit of the divine, subjective Being. It is governing the structure and operation of my inner response mechanism just as it governs its own. It's signals are felt in my heart; it's commands obeyed without question. My reactions are clear, automatic and in harmony with the pulsating rhythms of the Divine.

5. Through a habitual struggle to always be good.

- a. ask:

Is my spiritual quest dedicated enough? Am I really willing to journey through the first four stages of Spirit, over and over and over if necessary, until I am locked into the heart of Being and can spontaneously express its nature and intentions in all that I do? Am I willing to put every day needs aside; separate myself from frivolous or destructive activities and struggle continually to be good?

- b. If not, and if I seem to have a tendency to hold back my commitment, I want to try hard to be better. If the demands feel too great, and this kind of dedication is not, as yet, second nature, I wish to make it that way. I want daily to understand more, to develop, improve and spiritually progress until I can proceed from a place of absolute clarity.
- c. It is Spirit that is taking me on my inward journey. It has beseeched me to consecrate my thought, energy and desire on its behalf. It has bid me to focus on the real, spiritual qualities of my being and to feel and fully appreciate their presence. It has even carried me beyond them to their source; to the creative impulsion of the divine, subjective Being. It has pulled me into the center of that Being and fixed my position so clearly that its desire is my command, and obedience to it as natural as the breath I take. If it signals a move, I move. If it desires to express its nature, I too desire to express that nature. So let the natural order of Spirit unfold within me. And let it bring me to the point of reflection where it is my customary practice to transmit only good.
- d. I know that it's in the natural order of things for evil to pass away and good to be expressed. So therefore, I must be

progressive and turn away from the appearance of evil at every opportunity. It must be my habit to hold the divine qualities in the forefront of my focus and see them reflected everywhere, despite apparent evidence to the contrary. I must not turn my gaze backward or allow the memory of past events to haunt me, but continually forgive, detach and go on.

- e. For the fact of the matter is that, in reality, I am good and so are all. The appearance of negative qualities in me or others is merely a dream that will fade with the passage of time. Everyone will experience themselves anew as soon as they are able to reflect in the pool at the base of the bubbling spring of Spirit.

6. Through striving to assimilate more and more of the divine character.

- a. ask:

Can I imbibe these divine qualities and exemplify them in my life? Can I love them enough to let them saturate my being until I am fully conscious of their presence in me? Can I shift perspective enough to understand myself an aggregate of these special qualities which do blend and combine in orderly reflection?

- b. I pray to be clear enough to do so, to allow the baptism. I want my consciousness to be bathed in spiritual ideas; so much so, that all that is not a part of them will be washed away. I want to realize that I'm a spiritual being, not a material one and as such I must withdraw my affection from the forms of matter.
- c. There is, in reality, a deep impulsion going on within the Spirit of the Divine, causing it to bring to focus the entirety of its reflection; a clear reflex image of the assemblage of its qualities. Let that impulsion be felt in my heart, and let it bring to focus within me the true form of its image, the totality of its facts and combinations; the entire calculus of its reflection. And let it cause within me an awareness of all that has been brought forth. May I quietly, but diligently, labor to assimilate the whole of it into my being.
- d. I know I can do this. And I trust that it will seep into my heart and alter whatever false images may be stored there. I know that the essence of these qualities is strong enough to infiltrate any barriers that I may have put in their way, and that ultimately, I will realize the full potential of them in what translates as my

character. Neither doubt nor inertia will prevent me from dissolving the material obstructions that would stand in the way of the full consciousness of this orderly, mathematical reflection.

- e. The glory is, that success is guaranteed. For the reflex image of divine qualities I've been trying to adopt is, intrinsically my own image; just buried and partially forgotten under a pile of erroneous material beliefs to which I've paid homage. All my striving will be rewarded as I become conscious of myself in the Divine image.

7. Through spiritual devotion and worship.

- a. ask:

Have I been clear enough to follow the pathway of Spirit into the land of understanding? Have I loved and respected the journey enough to be faithful to it; to not be led astray by other loyalties? Has the Spirit behind it, indeed, been my highest loyalty? But most of all, have I been still enough to enter its sanctuary and unify with the entirety of its reflection?

- b. I pray so. For what could be more wonderful than unifying with the all-encompassing reflection of divine qualities? I want to be able to do this. I want to be able to devote myself to the spiritual quest until its aim is fulfilled in me. I want to love and worship it enough to follow the divine order of its unfoldment until I am in the midst of its glorious and fulfilling reflection.
- c. Spirit has, from the well of its being, brought forth the elements needed for its complete reflection. It has, in so doing, brought them forth for every facet of its being; for all, and as such has brought them forth for me. It is, therefore, my birthright to be imbued with these elements, with the clear qualities of Spirit, and to be unified with and embraced by them. Let it be so then. Let these spiritual qualities come to birth within me. Let them bubble up from the eternal spring of Life. Let the birth commence.
- d. And it will, for it's a natural function in the Spirit of Being. The ideal image must evidence itself. It is the office of Spirit to bring it out; to combine the well-spring of qualities and view them as a whole; as a magnificent self-sufficient ideal. As I'm able to conceive its existence, I cannot but be in awe of it, wonder at its presence and prepare for its delivery in my experience. I must appreciate it so much that I allow each and every aspect, each

and every quality to flow and move in the focus of my deep, inner attention. I must allow them to blend and blend and blend until they bud and bloom within my heart.

- e. As a fulfillment in the divine order the image appears; pure, transparent; a holographic reflection. It needs no channel through which to express, but acts on its own volition; each and every aspect collaborating in a unity of divine purpose. How could I not wish to find my place in this reflection? How could I isolate myself from its gentle, tender care? My heart is overflowing as I appreciate the opportunity I have; the unique but integrated position I fulfill. The Spirit of the Lord is upon me and a song of praise in my heart.