

Prayer: Touching the Sacred

Think of prayer as a way for you to plug the “laptop computer” of your individual self into the big universal “computer mainframe” of Divine Grace. Prayer is an active communication with God through whatever form or formlessness you relate to on your personal journey.

People pray for different reasons, including:

- Asking for something you want for yourself
- Asking for something that will benefit others
- Giving loving thanks to God for what you’ve already received
- Asking and listening for divine guidance on what steps you should take
- Offering your mind, heart, life, and soul into the sacred presence of spirit

Prayers are declarations to God and yourself that powerfully affirm the connection of your individual soul with the divine soul, and your individual will with the divine will. After all, if you didn’t think your prayers had any impact, you probably wouldn’t pray, right? If you didn’t think your blessings were actually going to help someone, why would you bother to give them?

God does respond to your prayers

A fellow was climbing a tree when suddenly he slipped and grabbed at a branch that caught him and held him out so he was hanging over a huge cliff. Soon the man felt himself getting exhausted and unable to hold on. He looked up to the heavens and cried out: “God, help me, please, help me.”

All of a sudden, the clouds parted, and a voice boomed out from on high. “Let go!” said the voice.

The guy paused, looked up at heaven once more, and asked: “Is there anyone else up there?”

Spiritual Wisdom

As long as you believe that God is only in heaven and does not fill the earth — let your words be few. Only when you come to know that you too contain His presence — only then can you begin to pray.

—Hasidic prayer

Spiritually aware prayers are kind of a “Thy will be done,” plus a little extra. You enter into an active state of open communication with your image or sense of God and speak to that image or sense of the divine in words and feelings. You may have a special request — for yourself, for a friend, or for the entire world: “O Lord, please help my friend, please heal this world, please protect me, please guide me to find the right career, please take away my sadness, please help me to gain a spiritual vision, please take care of this person who has just died, please let things go smoothly and in accordance with everyone’s best interests.”

When you pray, always remember that God knows best, and that what you ultimately want is whatever is best. In true prayer, you’ll find beneath every request the whisper of “Thy will be done.” By keeping your prayers centered in faith and surrender to “Thy will be done,” you’re allowing the universal will to use your positive thoughts, intentions, and energies in the best way.