I. Introduction

A. What is it to pray?
   1. It is a process of good discipline.
   2. It involves principles like a science.
   3. It is a natural function of life.

B. New Insights in Truth (Butterworth)
   1. Consciousness:

   ______
   ______
   ______

   2. Meditation:

   ______
   ______
   ______

   3. Affirmation:

   ______
   ______
   ______

   Impress your consciousness.

   “Your Father knows what you need before you ask him.”

   (Matt 6:8)

   “It is your Father’s good pleasure to give you the Kingdom.”

   (Luke 12:32)
C. Let us experience an exercise in prayer.

II. A History of Prayer

A. Why do we say, “Hope springs eternal in the human breast?”
   1. Every person has dreams of better things.
   2. The Universe calls to human creatures to
      “______________________.”

B. Primitive creatures had a praying impulse.

C. People have always had a need to revere “higher powers”
   1. Primitive altars
   2. Human sacrifice
   3. Burnt offerings
   4. “The lamb of God”

D. The concept of “the gods” and “one God” evolved from human imagination.
   1. God’s will
   2. Rituals
   3. Formalized prayer and worship
   4. The prayer specialists

E. We are challenged to break with the God of tradition regarding prayer.
1. Discover God’s presence

2. Prayer is a consciousness

Prayer is not:  
1. Something we do to God.  
2. Conditioning God with our needs.

Prayer is:  
1. ____________________________  
2. ____________________________

III. THE MIRACLE TRAP  
A. There are no miracles.  
B. There are laws of nature.  
C. Jesus understood mental and spiritual laws.  
D. Miracles are the natural fulfillment of divine law.

IV. WHAT ABOUT KARMA?  
A. We must “unlearn” some concepts about prayer.  
1. Western religions have been influenced by Eastern religions.  
   a) meditation: ____________________________  
   b) self-realization: ____________________________  
   c) karma: based on Hinduism and its three basic laws:
1. The law of identification
2. The law of karma
3. The law of reincarnation

2. The New Thought Concept - the law of compensation - is a fundamental law of the universe.
   a) Mind and body, consciousness and experience are inter-related.
   b) All experiences are related to consciousness.

3. Eastern concept of Karma centers on:
   a) Past and ultimate destiny
   b) Hopelessness on a futility

4. New thought concept centers on truth.
   a) You are punished by your sins, not for your sins.
   b) God loves us unconditionally.

5. Retribution can be transcended.

V. CONCERNING GRACE

A. Grace is the natural flow of the creative process.

B. God’s will is to be fulfilled in his creation.
   1. We are dynamic expressions of God.
   2. We are the “self-livingness” of God.

C. We should live in a disciplined awareness of God’s flow.
   1. The law of consciousness is __________________________
D. Grace is not “earned”.

VI. THE PRAYER PROCESS

A. The Cosmic Counterpart is a cosmic force that is ever present.

B. All prayer is answered.

C. Guidance is a principle, not direction.
   1. God’s guidance is:

   ______________________________________________________
   ______________________________________________________

D. The equipment of prayer is ____________ _____________
   1. Prayer expands the awareness of _______________
      _______________________________________
   2. The Christ mind (super conscious phase of mind) is the whole of divine mind at the point of oneness with your mind.

E. The Counterpart and Healing
   1. There is a pattern of perfect wholeness within each of us.
   2. “Man is an inlet who may become an outlet to all there is in god.” (Emerson)

F. True prayer is a supermind process - the answer is the divine counterpart and always present within.
1. The “answer” is at the “still point.”
2. There is nowhere to “go” in prayer.

VII. RELAX, LET GO, LET GOD.

A. Prayer is a personal experience.
   1. It is for ourselves.
   2. It lifts us to an awareness of God.

B. Prayer is a symbolic act or gesture.
   1. The folded hands imply unity, wholeness.
   2. It is a gesture of saluting the divinity (Namaskar).

C. Prayer is to condition us to know God as the infinite resource within us.

D. God already is! God does not “come in.”
   1. We do not have to coax or bargain with God.
   2. God IS the answer to all needs.

E. There are steps you must take for true prayer.
   
   Step 1. Relax the involuntary mental tensions.
   
   a. Let go of past attachments.
   b. Let go of negative feelings.
   c. Prayer accepts the answers that are already within.
SOME THINGS YOU CAN DO TO LET GO

1. List all the “troubles I’ve seen”
   Destroy them. You do not have to wait for a Burning Bowl service to LET GO symbolically.
   
   d. Physically relax your body.

SOMETHING ELSE YOU CAN DO TO LET GO

Perform the drill in relaxation on page 73.

   “Prayer is letting God be God in you”

Step 2. GO WITHIN TO BECOME ONE WITH THE INFINITE POWER

   a. Meditation is not “doing” something, it is “not doing” anything.

   b. There is no one “best” or particular way to meditate and cannot be “learned”.

   c. The “Silence” is a state of consciousness.

      1. True prayer is what you experience beyond words.

      2. There is no power in human consciousness. We must be lifted up into the Christ consciousness to do the “great things” of which Jesus spoke.

      3. Guidance and creative ideas are forever present in everyone. We must learn to tune in to the presence within.
4. The Silence is a prayer process in which we pray not “to” God but from the consciousness of God.

5. Do not seek to receive answers in the silence but to get into the flow of what already is.

6. You can have silence anywhere at anytime.

7. The Silence is not an end itself but a means to becoming imbued with power.

“BE STILL AND KNOW…..”

Step 3. Project your inner power with an Affirmation or Treatment.

a. All prayers are answered. God mind is the great affirmative.

b. Jesus constantly affirmed the truth for himself and others.

c. The Lord’s Prayer is a classic spiritual treatment of affirmative statements.

d. The true affirmation is I AM.

F. A Preparation exercise for Prayer.

Follow the instructions on pages 96, 97 & 98
G. Spiritual treatment is a conditioning of life-affirming words which conditions your mind and entire experience with God-consciousness.

1. Say “Yes” to life and success.
2. Synchronize your consciousness with the inner flow of God.

VIII. THE GREAT AMEN

The Old English word AMEN meant:

…so it is
…it is done
…it is finished
…now

The Hebrew and Greek AMEN meant:

…verily it is established
…it is true
…this is the truth

The Egyptian AMEN meant:

…master or ruler

A. Whatever you unite your “Amen” to becomes your master and rules you.

B. “Amen” is a force of consciousness.
1. Relationships change for the good when we say AMEN to the good in a person.

2. Saying “AMEN” to good puts your full mental and spiritual acceptance on it.

C. Always say “AMEN” to your good.

IX. HOW TO PRAY FOR OTHERS

A. Traditional Prayer, such as the Lord’s Prayer and/or 23rd Psalm lifts our spirits but is not to be raised perfunctorily.

1. They set the tone of our consciousness.

2. We must understand their implications.

B. Change, through prayer is a growth process from within, therefore, we cannot change others with our prayers.

1. We must change our thoughts about them.

2. We must see others rightly.

3. We should heal our own concerns about loved ones and release them into God’s care.

4. Our concern can be part of the problem.

5. We help others by turning from the appearance.

C. We say affirmations of Truth or spiritual treatment to identify with wholeness.

1. We infill ourselves when we pray for others rightly.
X. **A WORD ABOUT JESUS**

A. Jesus discovered the divine depths as a potential within all persons.

B. He demonstrated this full potential in manifest form.

C. Jesus attained no more than what is expected of each of us.

D. We must have an understanding of the distinction between Jesus and the Christ.
   1. Jesus discovered the principle of the divine sonship in himself.
   2. Jesus came to teach people how to find the Christ within and to walk by its light.

E. Jesus set the inward-outward tone of prayer.

> “When thou prayest, enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father shall reward thee openly.”

XI. **WORSHIP AND THE POWER OF GROUP PRAYER**

A. Discuss the traditional practices that have influenced Christianity’s “Sabbath Worship”

Worship: ____________________________________________

________________________________________

Prayer: ____________________________________________

________________________________________
B. The power of the group prayer is the coming together in a commitment of spiritual union.

C. Love, humility and commitment to the greater good for all is the power in group prayer.

D. Steps in effective group prayer sessions.
   1. Meet frequently
   2. Interact in fellowship and love
   3. Discuss and exchange ideas
   4. Individually make contact within one’s own being
   5. Join together as a group dynamo
   6. As a group, project light to concerns

XII. PRAYER PRACTICE FOR HUMAN NEEDS

A. Prayer is finding the point in you where God is BEING YOU.
   1. You can only know God as you know yourself.

B. Prayer for human needs is not asking for a “handout” but claiming your rightful inheritance.

   Form the consciousness and results are inevitable.
For a healing need: Work for the realization that health is natural.

For a prosperity need: Know the truth of omnipresent supply.

Making decisions: Get the realization that there is an answer in God’s mind, even before you ask.

Prayer for a business or any activity in which you are interested:
Reflect on the flow of universal harmony.

C. THE FORMULA for readying for a prayer experience.

1. Reflect on what you are praying about.
2. Have a period of relaxation.
3. Concentrate your attention on a point of light deep within your mind.
4. Call to mind that for which you want to pray.
5. Feel grateful.

AMEN! SO BE IT! IT IS DONE!

XIII. AFTER PRAYER, WHAT?

A. Remember that prayer is not for God.

B. Wait on God – This is not a matter of time but of consciousness.

C. Keep the inner eye open beyond prayer.
D. Live within the divine law.

E. Trust the process.
   1. Your answer can come from any means.
   2. God works through human hands to bring about good.

F. GIVE

G. Discipline yourself to maintain a transcendent perspective.

I am doing a good work and I will not come down.

THE UNIVERSE IS CALLING……ARE YOU LISTENING??