



### **Prayer is the language of your soul.**

There is no one type of prayer, but there is only one purpose for prayer; connection to your Source. Each syllable and sound create a divine vibration which sets the conditions for your soul to be fed. This state of being allows the mirror of your soul to be polished to reflect the qualities of your highest self.

**Prayer lifts you above your lower self.** Its vibrational power dissolves fear, judgment, insecurity, doubt, unworthiness and all low vibrating energies. Prayer burns away your veils and gives you a "knowing" that you are safe. When we detach, our hands open to release our need to control. In the same instance we open ourselves to receive all the good waiting to drop in.

**Prayer is a state of surrender, love and a source of power.** Once you connect, your inner light will radiate. The light behind your eyes will become your soul presence.

**Prayer is the life of the soul.** This activity is a pathway to growth, enlightenment and true nobility. It is a cord connected to your creator, pulsing with spiritual power, knowledge and healing properties. Through it we become purified and able to better cope with the changes and challenges of everyday life.

### **Some approaches to prayer.**

Reconnective prayer. These prayers invite spiritual power. They include prayers for detachment, enlightenment, spiritual qualities, humility, service to others, greater love, humanity etc. These prayers are all about helping us to becoming the best versions of ourselves.

Actualized prayer. These are stated as if they are received.

Sample: Thank you God for all the joy in my life. Thank you for the guidance leading me to right path and for the never-ending grace that fills my life...etc.

This makes your emotional body feel as if you already have it. This manifests strength, solutions, relief from pain or peril, healing for yourself and others, new spiritual awareness and physical realities.

Activating and Affirmative prayer. These are stated with authority. They are asking and acknowledging receipt at the same time.

Sample: I know that all I need is here for me now. I know that I am the surrounded by God's grace and abundance now. I acknowledge my eternal goodness and receive all that is meant to come into my life now. I am open to receive and accept now.

They manifest strength, solutions, relief from pain or peril, healing for yourself and others, new spiritual awareness and physical realities.



## SAMPLE PRAYERS

### Strength and Surrender

From this day forward God let me pray from a place of peace, from a place of love, from a place of power. I now release my resistance and put my trust in you. Today you will open my eyes to my true worth and allow myself to see me the way you see me. Today you will help me detach from fear to embrace the light and surrender. Today you will bring healing light into my mind so I can see the truth of who I am. God, I am ready to embrace my worthiness and nobility and accept all the good you have destined for me. I am ready to let go of things that are no longer serving me. God I now accept your light to heal my darkness. Holy Spirit fill me now and help me remember who I am. Shower me now with your power of forgiveness towards myself and others. Set my heart towards your light, keep me steadfastly on the path to oneness with myself and my spiritual family. I am open to receive and accept now.

—me

### Spiritual Qualities

Create in me a pure heart, O my God, and renew a tranquil conscience within me, O my Hope! Through the spirit of power confirm Thou me in Thy Cause, O my Best-Beloved, and by the light of Thy glory reveal unto me Thy path, O Thou the Goal of my desire! Through the power of Thy transcendent might lift me up unto the heaven of Thy holiness, O Source of my being, and by the breezes of Thine eternity gladden me, O Thou Who art my God! Let Thine everlasting melodies breathe tranquility on me, O my Companion, and let the riches of Thine ancient countenance deliver me from all except Thee, O my Master, and let the tidings of the revelation of Thine incorruptible Essence bring me joy, O Thou Who art the most manifest of the manifest and the most hidden of the hidden!

—Bahá'u'lláh

### Trust in Divine Presence

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.

—'Abdu'l-Bahá

If you would like to learn more about applying prayer to everyday life, enroll in our MDP program.