

# More to Life

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**Julie Rosenberg**

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# Channel the Power of the Universe

## Affirmation of a Disciple

I am a point of light within a greater light.

I am a strand of loving energy within the stream of love divine.

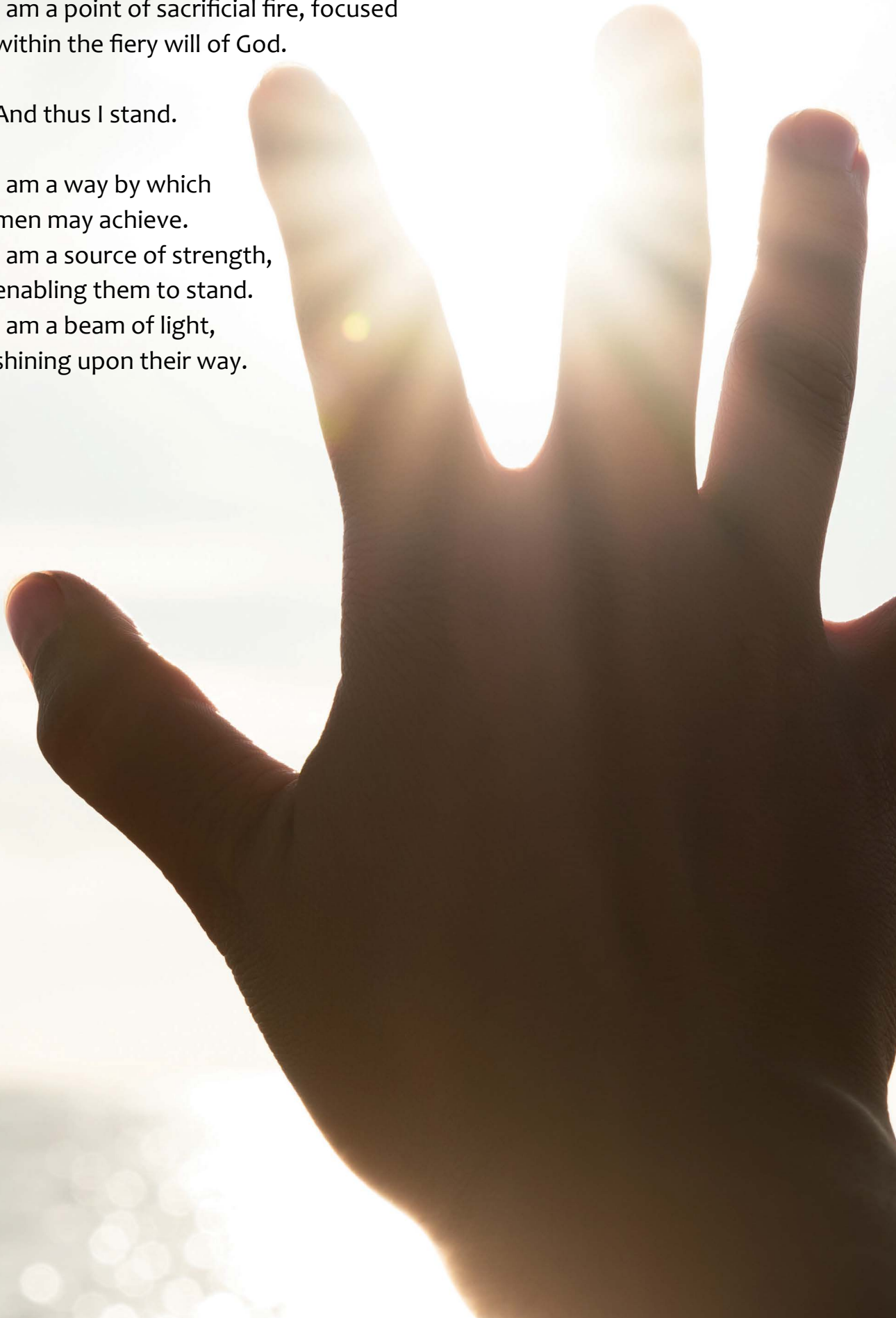
I am a point of sacrificial fire, focused within the fiery will of God.

And thus I stand.

I am a way by which men may achieve.

I am a source of strength, enabling them to stand.

I am a beam of light, shining upon their way.





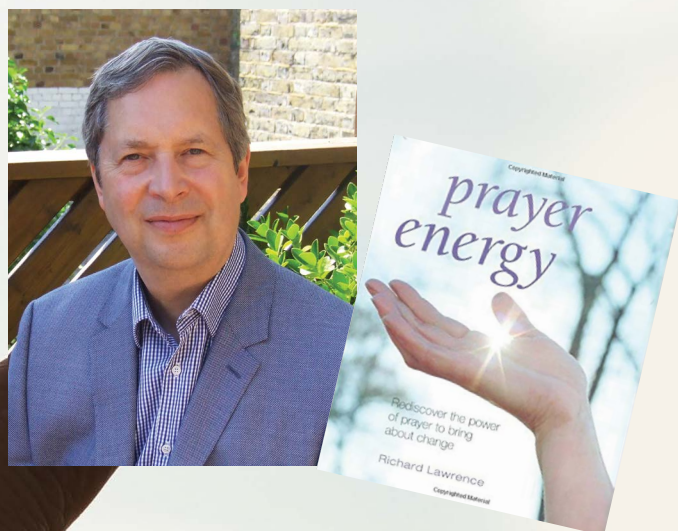
# may there be deep abiding peace throughout the universe

*This is an extract from words that were telepathically conveyed to the theosophist, Alice Bailey, by her mentor on a higher realm of existence, the master Djwhal Khul.*

Known as 'Affirmation of a Disciple' it is not exactly a prayer and yet it could be used to channel prayer energy because the affirmer is becoming a beam of light which can be radiated to others to shine upon their way.

This is just one example of dozens of prayers from many cultures and faiths which can be used for this purpose.

The idea that prayer is a one-way communication with God, or whatever name you use for the divine source, in which a particular request is made, which may or may not be answered according to whim or favour, makes no sense whatsoever. It implies that God could stop the suffering of humanity but chooses not to. The truth is it's down to us.



The western master of yoga Dr. George King (1919 to 1997) understood this better than any other teacher I have come across. He expressed it brilliantly in his liberating aphorism: Miracles are not performed by God for man, but by man for God. The power is literally at our fingertips to send out far and wide whenever we decide to do so.

Oh mighty God, in great humility do I ask you to send forth your power.

To give to me this great lasting privilege, of being a channel so that my suffering brothers may be helped and guided and healed and lifted into thy light.

This is part of a beautiful prayer transmitted by the Master Jesus through Dr. King. The humility expressed is a powerful force in invoking the energy of the universe to flow, in this case to the suffering people of this world – helping, guiding and healing.

Methods of prayer are many and varied – from vigorously performed dance rituals, to kneeling in a pew with the hands covering the face, and many other forms between these extremes. The posture taught by Dr. King in his technique of dynamic prayer is, whether standing or seated, to raise your hands facing forwards so that the energy can flow from the cosmos through the head, down the arms and out through the psychic centres in your palms. You will then be able to radiate this energy to others. The whole procedure is enhanced by two key factors. The first of these is to visualise white light flowing into you from above your head, and out through your hands and heart chakra.

The latter is a psychic centre located opposite the sternum a few inches in front of the body in the aura – the psychic body which surrounds each one of us.

The second is the all-important force of love. The more compassion you feel for those to whom your prayer is directed, the more effective you will be as a channel.

As Dr. King put it in his classic book, *The Nine Freedoms: Prayer is a way to transmit energy from point A – the prayer, to point B – the person who needs that prayer. The prayer energy is carried safely to its destination by the power love.*

How often do we watch the news on television with its frequently depressing content, only to feel a sense of powerlessness? We rail against governments, including politicians of all stripes, for their failure to bring peace and aid to war-torn and devastated regions. The pictures of starving children in Yemen or Sudan cut to the very core of our being, as do so many other images from around the world – and if they didn't there would be something wrong with us.

Such helplessness is not only debilitating but thankfully redundant. Because there is something we can do about it; we do have the power to bring change, in a small way maybe, but in a sure one. It is not the politicians who will save the world, and history has shown us that they probably never will. But we can channel the power of the universe and from this, sooner or later, results must come.

May absolute peace reign over the whole world. May the war come to an end soon. May all nations and communities be united by the bond of pure love. May all enjoy peace and prosperity. May there be deep abiding peace throughout the universe.

Who would argue with this sentiment of the great Swami Sivananda? And, more importantly, who will pray for it?

**Richard Lawrence is an international bestselling author and speaker who has frequently appeared in the media on a variety of new age topics. He is also Executive Secretary of The Aetherius Society, a worldwide spiritual organisation. His book, Prayer Energy, co-authored with Mark Bennett, will be published in its second edition by Cico Books on January 8th, 2019. [www.richardlawrence.co.uk](http://www.richardlawrence.co.uk)**



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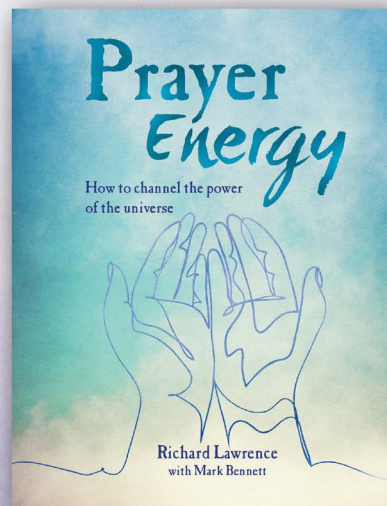


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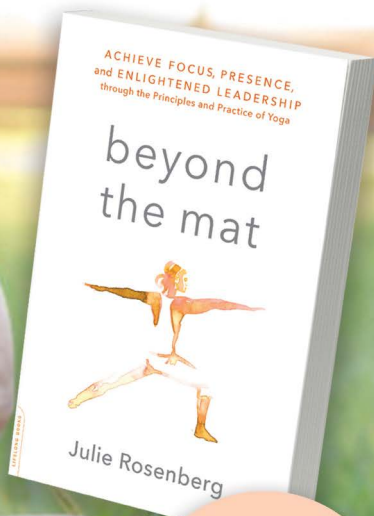
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