

# Have faith IN PRAYER

You can transform your daily life by learning to connect with this universal energy

## Create a prayer sanctuary

The space doesn't need to be large, just free of clutter and clean so your mind doesn't become distracted when you pray. You may want to create a mini altar using a low table, a stool or shelf. Decorate the space with a small statue, pictures, flowers, incense – objects that have some spiritual meaning for you. When you meditate, get into the practice of lighting a candle before you begin. This simple act will trigger the message to your brain to slow down.

Over time, your sanctuary will become imbued with the energy that's practiced there so ensure it's positive.

## Connect to prayer energy

Sit comfortably with your hands in your lap. Breathe deeply and close your eyes. Visualise a beam of white light coming down from above into your head, charging your body. Take this energy down through your neck and shoulders, through the chest and into your heart chakra. Sit for a few breaths and charge this chakra with the white light. See the energy of this white light moving from your heart, into your arms and down to your hands.

You are now ready to say your prayer but, before you start, you can ask the Divine Source for help as this will boost the energy of your prayer. When you've finished your prayer, brush your right hand over your left away from you.

This gesture acts as a seal for the energy and is symbolic of the completion of the practice.

Finally, offer up a few words of thanks to the Divine.

## A prayer to banish fear

Release your worries with this prayer.  
*'O eternal light, shine into our hearts  
 Eternal goodness, deliver  
 us from despair  
 Eternal power, be you  
 our support  
 Eternal wisdom, scatter  
 our ignorance.'*

## Prayer aids

**MALA BEADS** are used in meditation/prayer practice in Eastern-based religions. Traditionally, these comprise 108 beads. Use them to help you keep count if you are saying a round of prayers. The 108 repetitions will give your prayer added power.

**INCENSE** is used as part of the purification process in rituals, as well as for protection. Whenever you begin prayer time, light some incense and soon your brain will associate the smell with 'quiet time', meaning your breathing and heart rate should slow down, helping you to slip into a meditative state more easily.

**CANDLES** have been used by Eastern religions for centuries to help calm the mind. Light a candle and stare at the flame as you pray. The flame can help you to keep focused even though you are in a calm state.

✿ **More info** *Prayer Energy: How to channel the power of the universe* by Richard Lawrence is published by CICO Books, priced £7.99.