

Secrets OF PRAYER



Author Mark Bennett
draws on his experience
to make the case for the
power of prayer

THE DIVINE SOURCE

God is the name that we give to the creator of the universe – that existed literally before time began – and that will still exist after time has ended. What we call God – Brahma, Jehovah, the Divine, the Great White Spirit, and so on – does not matter at all. God, unlike much of humanity, does not discriminate on the grounds of religion.

God is not a man or a woman. God does not live in a particular place. God does not smite people in anger, or unfairly favour some people over others. The God of much of traditional religion is a myth – the deluded belief in the existence of a supernatural overlord with weaknesses and quirks similar to our own. In other words: the vision of an angry, whimsical deity is a case of man having fashioned a false god in his own image, rather than the other way round.

The true nature of the Divine is infinitely greater and infinitely more beautiful. It is the essence of us all – from which we all came in the beginning, and to which we will all return in the end.

SPIRITUAL ENERGY

When we pray, we are invoking spiritual energy from the Divine Source. The way it works is not supernatural; it is simply a facet of nature that science as we know it doesn't yet understand. The spiritual energy invoked through prayer is not

imaginary; it is not a flight of fancy or wishful thinking – it is a tangible energy – no less real than electricity, and far more important.

Different quantities and qualities of spiritual energy are required to bring about different results. A good analogy for this is water. In terms of quantity: one cup of water will not fill an empty reservoir; likewise one little prayer will not bring about instant world peace. In terms of

quality: a cup of muddy water might be fine to water a plant, but will not be good for a thirsty child; likewise a prayer of an ordinary quality might be enough to help in an ordinary situation, but would not be elevated enough to bring about results on a higher plane of inspiration.

Spiritual energy affects wellbeing on all levels – especially in terms of raising consciousness. Most, if not all, of the problems on Earth boil down to the wrong thought of mankind – leading to the wrong action of mankind. War, violence, poverty, would all disappear immediately if human consciousness were above negative emotions such as greed, hate, resentment and so forth. Correctly directed, spiritual energy does not hypnotise people into thinking different thoughts, it transmutes the barriers of the lower mind, freeing the higher aspects of human potential – aspects closer to the Divine essence within.

However prayer is performed, it will always invoke a certain degree of energy, whether the person praying believes in, or understands, spiritual energy or not. However, some techniques are far more effective than others – precisely because spiritual energy is a real tangible energy and therefore operates according to certain natural laws as would any more commonly understood kind of energy.

I have been using the technique below for some 20 years, and have been amazed by its power. With practice, anyone who



performs this technique with an open mind – and heart – will feel the energy coursing through their aura, bringing about feelings of peace, inspiration and wellbeing within them. This prayer technique was taught by Dr George King (1919-1997), a master of yoga, and the founder of The Aetherius Society, of which I am now fortunate to be an International Director.

HOW TO PRAY

- Stand or sit in silence with your back straight, breathing deeply and evenly through the nose, eyes closed. After a few moments raise your hands so they are roughly parallel with the top of your shoulders, palms facing outwards, fingers together. This is known as “the prayer mudra” (mudra being a Sanskrit word referring to the hand signs used in yoga). This mudra is ideal for energy flow because the heart chakra and chakras in the palms are not physically blocked off, as they are in the traditional Christian posture of palms together over the chest.
- Visualise a brilliant white light flowing down through space into your head, charging your brain with its power. Then visualise this energy flowing down through your neck and shoulders, down into the chest and out into the heart chakra – a point outside of the physical body a few inches in front of the breastbone. Visualise this chakra filled with scintillating white light. Also visualise the light coming from the shoulders down through the arms and into the hands.
- Then direct this energy as streams of healing white light flowing out from your palms and heart chakra.
- Begin your prayer by addressing the great Divine Source of all life – using whatever name or language you wish. The prayer can be out loud or silent.
- As you say the prayer, you can direct the energy wherever you choose, to bring about a positive result. For example – to a person who is ill, or to a region in crisis.
- Visualise the target of the prayer as being filled with white light, and imagine them glowing with spiritual happiness and wellbeing. Do not dwell on the negative visualisation of the problem which you are trying to alleviate.
- At the end of your prayer, brush your right hand over your left, away from you. This helps stop the energy flow and marks the completion of the practice. This is known as “the sealing mudra”.

WHAT TO PRAY FOR

The all-pervasive law of karma is that action and reaction are opposite and equal. Therefore it is very important to consider the karmic repercussions of any prayer you say, rather than just praying for whatever you want at any given time. Misuse of prayer for selfish, materialistic purposes is spiritually degrading and in the long run will only hold us back in our spiritual evolution, and bring suffering as a result. Conversely, the more selfless a prayer is, the more it will raise our consciousness and bring positivity into our lives.

Karmically ill-advised prayers include:

- Any prayer that affects someone else’s free will, eg praying that someone changes their political or religious outlook to match your own, or praying for a particular individual to fall in love with you.
- Any prayer that affects anyone else negatively. For example, if you pray to win a football match, that means you are attempting to stop the other team from winning.
- Any selfish or materialistic prayer, eg praying that you, or even someone



else whom you love, becomes rich and famous in order to lead a frivolous life of ease and pleasure.

- Obviously any prayer that causes someone else harm – regardless of what harm that person may have done to you. Vengeance has no place in prayer. If someone has done you harm, pray for them to be inspired to become better people.

Karmically beneficial prayers include:

- Praying for world peace and freedom.
- Praying for those engaged in humanitarian work eg doctors and nurses in disaster areas.
- Praying for the upliftment and healing of the victims of catastrophes.
- Praying for an individual to be healed or inspired.
- Praying for yourself to be healed or inspired.
- Praying for something that is genuinely needed to achieve a spiritual goal. For example, if you are running a charity orphanage and money is urgently and desperately needed to keep it going, or else all the orphans will be homeless – this would be a viable case for praying for money.

Tips to make your prayers work better:

- **Say it with passion** – always say your prayers with as much feeling as you can muster. It is amazing that many people can shout their hearts out in an argument, or supporting a sports team, but when it comes to prayer, they mumble halfheartedly. Passion will directly affect the quantity and quality of spiritual energy you transmit.
- **Believe in what you are doing** – it is much easier to believe in prayer when we understand it as an energy, rather than thinking of it as some strange supernatural thing which defies logic. By focusing on the fact that our prayers really do make a difference – however small that difference may be – we will be inspired into putting all our concentration into what we are doing.
- **Gratitude** – saying any truly spiritual prayer is a privilege. It is virtually the closest thing you can get to an audience with God. Divine power is flowing through you to bring about positive change on Earth. It is therefore good to end your prayer session with a few words of genuine thanks for the spiritual experience you have just had – and for the good that will be done through you.

➔ **Be practical**

Mahatma Gandhi said: ‘Prayer is not an old woman’s idle amusement. Properly understood and applied, it is the most potent instrument of action.’ There is nothing impractical about prayer – it is in fact sometimes one of the most practical things we can do. However, there is a time for prayer – and there is a time for other forms of action. If someone collapses in the street in front of you, don’t just stand there praying – help them – call an ambulance. When the person is in the safe hands of medical professionals, and your physical help is no longer required – that is a time to pray for the person, and for those caring for them.

Prayer should never be regarded as an alternative to proper medicine and medical care – or indeed as a replacement for any essential sensible course of action. Prayer is a catalyst for positive change – not an alternative to common sense or hard work.

➔ **Be dynamic and free the soul urge**

Dr King described praying dynamically as ‘the song of the soul and the soul wants to sing...’ Prayer is a way of expressing the soul urge within us – an urge all too often repressed in this strange world of ours; a world etherically poisoned by mankind’s materialistic insanity. Through prayer we will grow as individuals in many different ways – with the potential to improve our outlook, positivity, intuition, spiritual healing ability, confidence, concentration and even psychic ability.

- **Balance humility and confidence** – we should feel confident that the energy will flow through us, even if we don’t feel it at first. We should feel confident that we have the ability to channel Divine power. But we should also, at the same time, feel humble in our smallness in cosmic terms – relative to the all-encompassing presence and power of God. This correct balance will greatly improve the energy flow within us.

- **Allow the energy to flow** – pray with all your heart and soul, but do not allow this intensity to manifest as undue physical or mental tension. “Allow” is the key word; allow the energy to flow through you, rather than trying to force it, because force in this sense will cause a blockage of the natural flow through your body, aura and chakras.

- **Spiritual self-development and lifestyle** – yoga breathing, meditation, balanced healthy living, a positive outlook – all these things will help us on the spiritual path. The more spiritual we are, the better we will be able to act as channels for spiritual energy. The best and by far the most important aspect of being spiritual is, of course, selfless service to others.

- **Love** – this is the great key to successful prayer. Love for others, and love for the Divine – including the Divine aspect of yourself. Not emotional love – not “like” – but a selfless, all-encompassing spiritual desire for the wellbeing of all.

THE TWELVE BLESSINGS

These blessings, channelled through Dr. King in 1958, are a beautiful system of prayer which is perfectly balanced from a karmic perspective. As such, they are a fantastic way of raising global consciousness, which will also give anyone who practices them an enhanced cosmic appreciation, greater enlightenment and positive karma. **KS**

Find out more

- The book, *The Twelve Blessings* is available from The Aetherius Society shop (£14.99), and also on CD/download – enabling you to actually hear the words of the Master Jesus as he spoke through Dr. George King in samadhic trance. www.aetherius.org
- Services of The Twelve Blessings take place weekly at Aetherius Society centres around the world, and also online at www.12blessings.org
- Mark Bennett is an International Director of The Aetherius Society, and co-author of *Prayer Energy* and the award-winning title *Gods, Guides and Guardian Angels*. www.markinfo.co.uk

