

Prayer - Part 1

Soul Power

Trance Library File No. 00-71

SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

William Allen LePar

AN INTRODUCTION TO THE COUNCIL

by

William Allen LePar

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mergence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited **Child of God**, one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the **physical plane**.

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1944. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

IMPORTANT

TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
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DISCLAIMER

These Trance Library Files are verbatim transcripts of psychically derived information. This information was given in response to questions posed by individuals in attendance at the Trances. These transcripts are presented for informational and educational purposes only. They should not necessarily be considered applicable to situations other than those of the person asking the original question. **SOL cautions that this information should always be considered in its original context.** SOL advises that the reader exercise judgment and common sense when considering this information. SOL cannot take responsibility for any abuse of the information contained in the Library Files.

From thousands of transcript pages, SOL has compiled the Trance Library Files, and will continue to do so in the future. Some of the information has come to us in concentrated form, while other Library Files are compilations of material given through the years.

As you experience more Library Files, you may occasionally notice the same or similar bits of information in different Library Files. This is done to maintain the integrity of The Council's message in each subject area. Please enjoy your encounters with the words of The Council. SOL heartily endorses the spiritual and educational value of these Library Files and firmly believes great benefit can be derived by those approaching this information with a sincere desire for greater understanding of themselves and their world. The material in this Library File is copyrighted and may not be reproduced without the written permission of SOL.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

Reincarnation⁽⁴⁾ was discussed on 80-06-28⁽⁵⁾, the 78th Trance⁽⁶⁾.

The word "reincarnation" was first found on page 1235, in line 387⁽⁷⁾.

386⁽⁸⁾

387 ***:⁽⁹⁾ Since we believe in reincarnation, and apparently have experienced death a number
388 of times, why do the majority of us fear death, and why do we not have a conscious
389 awareness of what it is like beyond the veil?

390

391 C:⁽¹⁰⁾ If you have reincarnated then evidently you have not fulfilled or let us say you
392 have not taken advantage of the opportunities available to you while in the material
393 manifestation, thus you have relegated yourselves to the man-made heavenly realms. The
394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

NOTES

(1) **Title** - This is the topic of the Trance Library File.

(2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.

(3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.

(4) **Key Word** - This is the search word used for this selection.

(5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (80-06-28).

(6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.

(7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.

(8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.

(9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.

(10) **Council** - The symbol C: indicates that The Council is speaking.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), and (***) (***).⁽⁵⁾

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

Prayer was discussed on 76-09-24, the 24th Trance.

The word "prayer" was first found on page 319, line 485.

485 ***: I have read many verses of the Lord's Prayer and was wondering

486 if you could offer the way it should be said?

487

488 C: We would have to go with this line of thinking. There are

489 more interpretations of the Lord's Prayer than you have fingers

490 and toes. But one must go with the most accepted interpretation in

491 relationship to the present religious or spiritual attitudes. Do

492 you understand this? In other words those interpretations of the

493 Lord's Prayer that fall into the category of the metaphysic

494 and occult are, shall we say, much less than desirable. It is

495 someone's personal idea as to what it means, which is not

496 necessarily the best attitude or the best idea or the best feeling

497 that was intended. Whether man wishes to accept this or not it still

498 remains that the general attitude as far as spirituality goes or

499 religion goes, that is the prevailing existence of spirituality

500 at that particular time in man's evolvment, and it is only when that

501 general attitude is uplifted or raised, then other enlightenments

502 can be brought about or accepted.

503

504 ***: Okay, thank you.

505

506 C: You do not understand the answer, do you?

507

508 ***: Not fully, I am sorry, I don't.

509

510 C: What good is it to receive an answer if you don't understand

511 it, (***)?

512

513 ***: Right. I should have just said I don't understand.

514

515 C: Yes, yes, it would have been much easier.

516

517 ***: Okay. I don't understand.

518

519 C: Very well. The general interpretation of the Lord's Prayer
520 would be more acceptable under the situation. Do you understand
521 that?

522

523 ***: Yes, I do.

524

525 C: Don't look for a more profound or deeper interpretation. Those
526 that are generally accepted by the religious standards of today are
527 what is sufficient for the average individual.

528

529 ***: That I understand.

530

531 C: One at times has a tendency to flatter oneself by feeling as
532 though a particular verse or prayer or what have you is not as
533 complete as it should be, so one has then a tendency to look for
534 a more mystical or deeper explanation or understanding. And this
535 is treading, shall we say, on dangerous ground. What is needed
536 for growth will come your way. As long as you keep your eyes
537 open, you will see it. When one must go out deliberately searching
538 and digging then there is a question that can arise, is that what
539 is to be or is that one's own ego? It is good to have an inquisitive
540 mind, but that too should not get out of balance.

541

542 ***: Thank you.

Prayer was discussed on 77-07-09, the 31st Trance.

The word "prayer" was first found on page 449, line 516.

503 ***: Can you help us at times when we are not here, if we
504 call on you?
505
506 C: At no time should any of you call on us. Absolutely never call
507 on us. First, we could not answer you. If you are to call on
508 anyone for help, by all means call on your Maker. Call on His
509 Love, not us. We can when it is in the Divine Plan speak to you,
510 shall we say, from a spiritual level, and then your spirit will
511 feed the information down to your physical. Just as we did
512 at the time you suggested a Bible Class. Now you are not aware
513 that we spoke to you but we did. If you were to call for help
514 from us, it would be wiser if you were to say or request from us
515 that we pray for you. Then by all means we would pray. The most
516 that we can hear from any of you is a request for a prayer. This
517 should offer an opportunity to give some explanation as to how
518 we know all that there is to know. Those of a higher spiritual
519 development can always extend themselves down to those of a lower
520 spiritual development. Those of a lower spiritual development
521 can never raise their spirituality or their vibrations up to the
522 higher. It is only by the higher reaching to the lower that the
523 lower can climb, can be raised up. In being able to render
524 information to you that helps in your spiritual development, every
525 breath that you take, every thought that you think, every motion
526 that you make is left in eternity. There is a mark. There is a
527 stamp. There is an expression. And, shall we say, it is like
528 opening a book and watching the story unfold. With less than a
529 wink of an eye we can cover everything that you have ever
530 experienced in all your incarnations, because the information then
531 becomes a part of our very awareness, our own knowledge. Just as

532 when the time comes that you rise up to our development, you will
533 experience the same thing. This awareness is not reserved for just a
534 few. This awareness is the rightful ability of each and every
535 creation of God, if one chooses to achieve it. Although at times we
536 may say, "we see here," or at times we may even refer to looking at
537 the book, there is in reality no book. There is nothing for us to
538 see, but it is a knowing. It is an existence of complete creativity,
539 complete awareness, complete joy, complete love, almost complete
540 godliness which we hope to achieve soon. It is an existence that
541 very, very few in the physical have any awareness of. But it is
542 every much a living existence as the existence you have. It
543 is much more full of life than any of you can ever dream of.
544 Very well, next question.

Prayer was discussed on 77-09-24, the 32nd Trance.

The word "prayer" was first found on page 467, line 37.

37 ***: I can best do this through prayer and meditation? I haven't
38 been meditating at all recently.

39

40 C: One can be in a constant state of meditation, if one chooses,
41 simply by allowing the inner self through the processes of the mind
42 to be constantly open to the guidance of the Infinite Father. It does
43 good to set aside times where one actually meditates as a specific
44 form but one can be in a constant state of meditation if one chooses.

45

46 ***: How do I best accomplish this or any of us, please?

47

48 C: Through the thought processes. Constantly keep yourself open to
49 guidance from the Father. Simple little things like, "What do I do
50 next, Father?" is a form of meditation. Grant that it is not a
51 prolonged meditation, but the Father needs less than a split second
52 to guide you.

Prayers was discussed on 77-11-19, the 33rd Trance.

The word "prayers" was first found on page 489, line 100.

85 ***: When praying to the Father, either verbally or silently, is it
86 necessary to use the words, "in the name of Jesus the Christ"?

87

88 C: And why should you object?

89

90 ***: I'm questioning this, because am I correct Jesus is the Divine
91 Love of God?

92

93 C: Yes.

94

95 ***: And through praying to the Father in love, is this necessary?

96

97 C: Most assuredly, you acknowledge to the Father that you accept His
98 Way and His Love and in the manner in which He gave it to you.

99

100 ***: Then the prayers that are given to the Father without doing
101 this, (can't think of how I want to word this), are you saying that
102 they would not be effective?

103

104 C: No, one can express a request, help, of the Father not
105 necessarily having to say, "in the name of His Divine Son, Jesus
106 Christ," but their entire attitude may be that very thing, but to
107 constantly be a reminder to one's self, to you, you should always
108 make it your point to repeat the words, because you are voicing then
109 what is in the heart, and why should you not do such a thing?

110

111 ***: Thank you.

112

113 C: Mental talking is as much as physical talking, and although your

114 mind and heart may be such that all petitions are in the name of
115 Jesus Christ, the Father's only Divine Son, it would only add to you,
116 and the recognition of His Love by repeating it.

Prayer was discussed on 78-01-14, the 37-A Trance.

The word "prayer" was first found on page 609, line 409.

401 ***: Do prayers that you say for people after they're dead, do they
402 help them?

403

404 C: Oh certainly, certainly.

405

406 ***: To a great extent or not really.

407

408 C: Yes, to a great extent. Of course, this depends on what your
409 intentions are for offering up the prayer.

410

411 ***: What if you offer up prayers for somebody that's dead hoping
412 that they get to see their Father and have peace and live with Him?
413 How do you ever know whether you should still keep on praying that
414 they're somewhere that needs your prayers or whether they are happy
415 and really don't need your prayers anymore?

416

417 C: Well, if you pray for someone who does not need your prayers,
418 those prayers are not wasted. A good example would be this: if
419 someone were to give you a ten-pound box of candy and you were not
420 allowed to eat all of it, but you had a friend or two with you, would
421 you not choose to give them some?

422

423 ***: Yes.

424 C: It is the same with prayer. Those who do not need the prayers
425 simply share with others.

426

427 ***: Then you could offer up prayers almost at anytime and know that
428 they would be helping someone even though you might not know the
429 person?

430

431 C: Yes. It is good though to pray for certain individuals, then you
432 are sure that those individuals are receiving the help necessary.
433 Then if they do not need the help, then that help is passed on to
434 others.

Prayer was discussed on 78-07-08, the 47th Trance.

The word "prayer" was first found on page 791, line 884.

880 ***: What can we do to avoid negativity?

881

882 C: Develop spiritually within, inside yourself. Place your entire
883 being in a positive frame of mind at the very beginning of your day,
884 simply by starting your day off with a prayer and committing yourself
885 to a godly existence for that day, that is your first means of
886 protection. But from there you must take a constant watchful eye on
887 each and everything that transpires. It is not an easy task at
888 first, but once you attune yourself to such a day, over a period of
889 time it becomes quite natural and you automatically protect yourself
890 as long as you are willing. You see, it first comes through the
891 inner change and attitude. Make each act of yours an act that you
892 are offering up to your Infinite Father as an act of prayer and each
893 act then that you find yourself engaged in, check and see if it is a
894 godly act, if it is something you wish to offer up to your god or
895 not. You see? Very simple little things like that can help keep
896 your entire day a godly expression, thus eliminating any effects of
897 negativity, at least to the point where it would be detrimental to
898 you. Very well.

899

900 ***: I feel that you have answered number seven. What positive
901 actions can we take to deal in a godly way with negativity, have you
902 not?

903

904 C: Basically, yes.

905

906 ***: What is the best way to protect ourselves from negativity?

907

908 C: There are many ways, if you are talking of, shall we say, little

909 gimmicks. There are many ways of doing that. But basically again
910 they are only, shall we say, amplifiers for the mental attitude that
911 must be present, such as protecting yourself with the White Light
912 which is a very strong form, because it necessitates visualization
913 which is a strong tool. The gemstones that we have given you in the
914 past can be a form of protection, but you see, these are all, shall
915 we say, little gimmicks; they are little amplifiers. The real
916 protection comes first in your own mental attitude. Now, there are
917 times in rare occasions when some individuals have no means of
918 protection at all in themselves; this becomes part then of, shall we
919 say, a situation which is governed under the karmic law but this
920 comes to very, very, few. As far as your own beings and protecting
921 yourself, keep yourself attuned to godly ways, and that is your
922 safest means of protection. Use the visualization process of the
923 Light that represents Christ and His protection. Those would be the
924 simplest and most productive. A good foundation in what is godly and
925 what is not as far as knowledge goes is very beneficial. A certain
926 amount of knowledge is good. Then from that knowledge allow your
927 God-given wisdom to put it into practice and to magnify it so that it
928 becomes useful in many areas of your day-to-day existence. Very well.

Prayer was discussed on 78-12-12, the 52nd Trance.

The word "prayer" was first found on page 906, line 1076.

1071 ***: Then a little further you state, "A more personal understanding
1072 is that we must search for that quietness so that the spirit of God
1073 may begin to instruct us in the proper path. We must build
1074 conditions around us that separate us from the materialistic world
1075 that we have placed ourselves in." Are you referring then for us to
1076 be introspective through prayer and meditation?

1077

1078 C: Yes. It is necessary for you to make an effort to allow the
1079 Divine to speak to you, to guide you, and it is through proper prayer
1080 and meditation that this brings the opportunity.

Prayer was discussed on 79-03-12, the 59th Trance.

The word "prayer" was first found on page 971, line 287.

272 ***: Have our prayers helped (***) or (***)?

273

274 C: You should continue to say prayers for her. They are all there

275 waiting, the minute she opens up, she will accept them. If she

276 finally refuses not to, then those prayers will not be wasted but

277 will go to others who have no one to pray for them. Possibly those

278 will be more appreciative of your efforts.

279

280 ***: Prayers are energies, then?

281

282 C: That should be no surprise. Everything is energy; everything

283 is energy.

284

285 ***: And prayers would be so filled with love energy?

286

287 C: Yes. Very positive, very positive thing, prayer.

288

289 ***: I don't understand how that would work, how that could be

290 such a aid, help?

291 C: Well, if you could understand what the existence is at this

292 level, then it would not be hard at all, but just think of it as a

293 ball of total love, positive, of God, of all the beautiful things,

294 all the holy things; and as that ball hovers over you, you have the

295 option to accept it and put it into your heart, and it helps you

296 shine out. It enters your body or your system or your soul or your

297 spirit and radiates outward. It acts as an amplifier when your,

298 shall we say, batteries are down a little. It brings new life, new

299 hope, into you, new strength. It clears out the old fog and allows

300 the Divine to speak with you; but since it is a part of your soul,

301 since it is a part of God, you must remember that when you reach a
302 level of being able to pray for others out of love, God is talking
303 to you and He is using you as an instrument, He is flowing His
304 energies through you into that prayer; and you are directing it to
305 a specific person or a specific thing; and if those things or
306 persons do not wish to accept it, then it goes to someone else who
307 is needy; and it will go until it is accepted. None of God's
308 efforts are in vain.

309

310 ***: You have told us to say, "Thank you," in prayer. Any
311 religious belief that is into the affirmations, I don't see any
312 "please" or "thank you" being used. Is this effective?

313

314 C: Is what effective?

315

316 ***: By just simply affirming -- well, for instance, "for the
317 whole world or for others we are illuminated ..."

318

319 C: If you only were.

320

321 ***: Rather than asking, "please grant us illumination, thank
322 you."

323

324 C: Well, egotistically, you could say you are illuminated, but in
325 all sincerity the world is far from illumination, as your papers
326 and television shows inform you of. Affirmations are very good,
327 providing you remember that they are just that. They are just
328 positive words to be utilized in the conscious mind, but you must
329 always give thanks to the Divine.

330

331 *** Thank you, I felt that.

Prayer was discussed on 79-03-12, the 59th Trance.

The word "prayer" was first found on page 974, line 410.

409 ***: Yes. I was wondering as the time goes on if there would be,
410 is there a special, maybe new prayer, that we can pray to the Holy
411 Mother, Mary, for?

412

413 C: Why do you ask for a prayer to the Blessed Mother?

414

415 ***: That I really don't know. I pray to her and the idea came
416 across my mind one day, so I thought I might ask it.

417

418 C: She is a Lady that more people should be devoted to, and more
419 people should request her intercessions, for she is extremely
420 powerful in the heavenly bodies, in the heavenly realms. As she is
421 the Mother of your Divine Saviour, the Lord Jesus Christ, as an
422 obedient son He respects His Mother, and that which she asks of
423 Him, He gladly does. If you wish a prayer to the Holy Mother, the
424 Blessed Virgin Mary, possibly a short one would be:

425

426 Mother of Heaven, Mother of Christ, our Lord and Saviour,
427 intercede for me to your Divine Son; let your mother's loving
428 heart listen to one of your children's prayers of need.
429 Please beseech your glorious Son and my sovereign King on my
430 behalf.

431

432 And then state your petition or your prayer.

433

434 ***: Thank you.

435

436 C: And then if you wish you may follow that with a Hail Mary.

437 ***: Thank you.

438

439 C: You are most welcome.

440

441 ***: I have no other questions at this time.

442

443 C: It does no harm to request assistance in prayer or assistance
444 with prayer from any of those who are now presently in God's
445 heaven; and the more that you ask those divine beings or those holy
446 beings to pray for you, the more help you will have, because in a
447 way then you are also giving them an opportunity to express their
448 love through their prayers.

449

450 ***: Are prayers for you of any help to you?

451

452 C: Why would you want to pray for us?

453

454 ***: Well, I don't know. The thought has come into my mind a
455 couple times and I have . . .

456

457 C: Why not pray for the needy around you that you can see?
458 Certainly we would appreciate the effort, but we do not need the
459 prayers.

460

461 ***: That is what I was wondering.

462

463 C: And if you were to do such things, we would send them on to
464 those who need, but you can do that yourself; and in doing so you
465 give yourself a greater opportunity to raise in spirituality and
466 consciousness. When you see someone in need as you are moving from
467 place to place during the day, all that is necessary is to say,
468 "Father, in the name of your Divine Son, our Lord and Saviour,
469 Jesus Christ, please help that soul." Say it sincerely. That is
470 every bit a prayer as any lengthy churchy-sounding prayer would be.
471 Any good words or requests made to the Father in the name of His
472 Divine Son for someone else is a great prayer, a great prayer.

Prayer was discussed on 79-08-20, the 66th Trance.

The word "prayer" was first found on page 1075, line 174.

138 C: A point that we might make is a little change in attitude.

139 Become a little more consistent in your entire attitude towards

140 life. Do you understand? You have allowed yourself to sink down

141 to too many lows, (***) , and this affects your entire being. Do

142 you understand?

143

144 ***: Yes, but I am not sure in how you mean?

145

146 C: Well, in, shall we say, fits of temperament or despair. Do you

147 understand?

148

149 ***: Yes.

150

151 C: Begin to level these off and push yourself to a brighter

152 attitude, a higher attitude. Do you understand?

153

154 ***: Yes.

155

156 C: And in this you begin to send out more positive vibrations

157 using those terms. Do you understand?

158

159 ***: Yes.

160

161 C: The emanating force or field or aura is much more positive; and

162 also praying adds to this. You will have to begin to learn to be

163 more responsible for your actions. Do you understand?

164

165 ***: Yes.

166

167 C: As we look ahead, we see some possibilities of some
168 breakthroughs. We will do our best on that.
169 So that all of you understand very clearly, if we had to, we
170 can manipulate the material manifestation, but that is not our
171 purpose and we do not intend infringing on the right and free will
172 of any of you or anyone outside of this family. At the risk of
173 sounding again a bit egotistical, our prayers can be somewhat more
174 effective because we have learned the power of prayer. The rest of
175 you are only flirting with it. Do you understand?

176

177 ***: I do not understand.

178

179 C: Well, the more you are aware of the effectiveness of prayer,
180 the more effective it becomes. Do you understand? In other words,
181 the stronger your faith, the more powerful prayer. Do you
182 understand that?

183

184 ***: Yes.

185

186 C: We do not have to worry about faith because we have gone
187 through that stage already where faith is not something we flirt
188 with or think about. We are completely aware of faith. We know
189 that faith is a real thing. Faith basically is the fact that you
190 realize that God works through you, with you, and that whatever you
191 want that is spiritually uplifting for you that when you believe
192 that the Divine will give it to you, it is yours. You see, we know
193 that whatever we wish, we already have. We have established our
194 faith. It is easy for us because we are not hindered by the
195 shadows and veils of the physical where you are, so our prayers are
196 much more effective than your prayers, but you still have the
197 obligation to pray. It is like this: we may pray for you and we
198 may pray, shall we say, in particular areas so that the
199 opportunities will be given to you, but if your prayers are not as
200 sincere as ours, then we can do nothing for you. Even though you
201 may say you wish this or you wish that does not necessarily mean

202 that your words are as true as your heart. Now we are not
203 referring specifically to you, (***) , but are making these comments
204 as a general comment. Do you understand?

205

206 ***: Yes.

207

208 C: So, many times people question, "Why aren't my prayers
209 answered? I prayed so hard." Certainly they did, certainly. But what
210 they fail to realize is that what they prayed for may not have been a
211 simple thing, it may have involved other people or an individual.
212 If that individual has chosen not to accept those prayers, then,
213 unfortunately, those prayers are not answered. So now, we will do
214 our bit, our little thing, but you must cooperate. Do you
215 understand?

216

217 ***: Yes.

218

219 C: And as we said there are a few things up ahead that we see that
220 possibly we might be able to bring something about.

221

222 ***: Thank you. I appreciate that.

223

224 C: Now again, do not expect too much at first or let us put it in
225 a more positive way, do not be too surprised what comes your way.
226 Do you understand?

227

228 ***: In other words, I won't keep my hopes high.

229

230 C: No, no, no. Keep your hopes high, but if you have an
231 opportunity, do not pass it by, even though it may not be in your
232 chosen field. Do you understand? It is wise to have something to
233 tide you over until something better comes along. Do you follow?

234

235 ***: Yes.

236

237 C: Very well. So that you understand, shall we give you an example
238 that would give somewhat of a clearer picture. Say a gentleman has a
239 business who could use a person with your abilities. Very well. We may
240 pray that that soul would choose you as an employee. Do you understand?

241

242 ***: Yes.

243

244 C: Very well. We say our prayers and you realize we are
245 telling you this in a very simple form; we do not pray as you pray,
246 but we say our prayers that that individual will see fit to hire
247 you. Very well. If that soul can hear our prayers, that soul will
248 answer those prayers, because in hearing then they have
249 automatically chosen to work in some area of the Divine Plan. Do
250 you understand? And so, choosing then other situations come into
251 play where your path and that individual's path cross at the proper
252 time and the point of contact is made. Do you understand?

Prayer was discussed on 79-12-01, the 72nd Trance.

The word "prayer" was first found on page 1163, line 422.

409 ***: How may we aid in bringing our subconscious mind to the
410 forefront?

411

412 C: If you wish to do this for the purpose of, shall we say,
413 bettering your awareness so that you are creating something more
414 positive for yourself in the life to come, then we could answer
415 that question.

416

417 ***: Yes, that is what I wanted answered.

418

419 C: Very well. The safest way of, shall we say, getting in tune
420 with yourself or becoming more aware of the things that you must
421 deal with and the proper way in dealing with them is meditation.
422 But meditation should always be preceded by prayer, whatever form
423 of prayer you choose. In true meditation many things take place.
424 The more positive aspects of your higher being, along with the
425 Divine In-Flow will relate avenues of correction or means of
426 correction in your everyday life. Also, you have, shall we say,
427 certain affections in your present experience; and if they are
428 positive affections, then those beings who are beyond or in the
429 spiritual realms are attracted by that affection and can add
430 positive strength to your situation. Now we are speaking only in
431 positive terms, now, in positive terms. Very well.

Prayer was discussed on 79-12-01, the 72nd Trance.

The word "prayer" was first found on page 1165, line 516.

463 ***: The next question is on dreams. Do dreams play any
464 significance to our spiritual growth and development in our life
465 beyond and our present one?

466

467 C: It would be wise if that question could be brought closer in
468 line to the subject being questioned, if at all possible. (***)?

469

470 ***: (***), if you want to think about that, (***) could ask hers?

471

472 ***: If we pray for an understanding of where we will be going
473 when we die, will we be shown in our dreams the kind of world to
474 which we will move?

475

476 C: Some individuals receive a great deal of information through
477 the dream process. Whether every individual would receive such
478 information is, shall we say, doubtful. Does that answer your
479 question?

480

481 ***: Yes, thank you.

482

483 ***: Is there any way to tell whether or not you are able to see
484 something in a dream that you will be experiencing beyond or is
485 there any way to judge the value of your dream in that sense?

486

487 C: When it has to do with what exists in the state of death, no,
488 there is actually no way of telling whether your dreams are
489 accurate or not, but if you have a degree of accuracy in your
490 dreaming, then it would be fairly safe to assume that your dreams
491 would be correct.

492

493 ***: In dreams where we feel we are communicating with a relative
494 who has died, is this an actual communication with that relative?

495

496 C: Now, when you are dealing with entities, oftentimes people in
497 the dream state have communication with those who have crossed
498 over. This experience would be more, shall we say, valid than
499 being able to, shall we say, gain insight into the hereafter
500 through the dream process.

501

502 ***: Is there any way to tell in such a dream as that where you
503 are seeing a relative or a friend who has crossed over, is there
504 any way to tell if that is valid or if that is maybe wishful
505 thinking on your part or wishful dreaming?

506

507 C: Take into consideration what transpires in what may appear to
508 be a dream. In most cases when a departed friend or relative
509 appears in such states it is for a purpose and it should be for a
510 constructive purpose, either to enlighten that individual of
511 something or to affirm to the dreamer that there is an existence in
512 the hereafter.

513

514 ***: Well, if in the dream state we see and hear a relative or a
515 friend who has crossed over crying out for help in some way, is
516 this a request to us to be in prayer for that particular person?

517

518 C: It can be. It can be.

519

520 ***: You say it can be; what would the other options be, please?

521

522 C: It can be your own self informing you that possibly you
523 should do something for the individual who has crossed over, such
524 as praying for them. You see, prayer is nothing more than an
525 energy, and so it is simply a matter of sharing, and if it is done
526 properly with the right affections or attitudes, then it becomes a

527 renewing force for all those involved. That is something that one

528 should keep in mind. Very well.

529

530 ***: At the same time would these people know that you are doing

531 this?

532

533 C: Your question is not clear.

534

535 ***: The people that cried out to you or you have prayed for,

536 would they know that you are trying to help them through prayer?

537

538 C: Certainly. You see, all that is on the other side of the veil

539 or all that there is in the state of death is nowhere but here.

540 All things are transpiring right here; and if they are in need of

541 such things, they are well aware that you are helping them.

542

543 ***: Thank you.

544

545 C: You are most welcome.

Prayer was discussed on 80-09-05, the 82nd Trance.

The word "prayer" was first found on page 1302, line 172.

118 ***: You had stated that once a soul achieves the Angelic Level
119 and the Celestial Level that they are able in their growth to take
120 advantage of all the things, all the avenues of growth that are
121 available to them. They can go into the Spirit Level and influence
122 the entities there; they can go into the man-made level, man-made
123 realms, and influence the entities there. They can even influence
124 the material manifestation, the entities in the material
125 manifestation. Could you give any examples of what form these
126 influences would be on the material manifestation?

127

128 C: We cannot influence the material manifestation; we can OFFER an
129 influence.

130

131 ***: Okay.

132

133 C: Now, it is your free will to accept. How do we influence? How
134 do we offer an influence? Those of us who have found ourselves in
135 the same situation that you are in undergo or feel an emotion. Do
136 you understand? We have an understanding of what you are going
137 through, depending on the situation. Say you are extremely ill.
138 Very well. Those of us who at one time endured much illness have a
139 sympathy, a feeling, a relationship to what you are going through.
140 What we offer you, now this is not consciously, you are not
141 consciously aware of it, is our presence to fortify you spiritually
142 or at a soul level. Do you understand?

143

144 ***: Yes.

145

146 C: Suppose you were to meditate or pray. Our presence near you

147 may clear your mind out so that you can understand things clearer.

148 You may receive mental strength. Do you understand?

149

150 ***: I believe so.

151

152 C: You may meditate on something and receive insight. Now, this

153 does not necessarily mean that we are giving you the insight. It

154 may be something you are drawing from your own inner well. Do you

155 understand? Your own inner spring of water.

156

157 ***: Yes.

158

159 C: You understand now, influences?

160

161 ***: Yes, I believe so. We had a question on the . . .

162

163 C: We generally do not make appearances in the material

164 manifestation and neither do those from the Angelic Level. In

165 other words, you would not see us as a phantom figure. Do you

166 understand?

167

168 ***: Yes.

169

170 C: Our influences are of the soul nature. If you pray to your

171 Father, to Christ, for inner strength, He may permit us to add our

172 strength to you and thus answering your prayer. Do you understand?

173

174 ***: Yes.

175

176 C: We may add our prayers along with yours. We may take our

177 prayers and add them to your prayers so that they are raised up to

178 God the Father in unison.

179

180 ***: Then you are adding strength in the way you are in what I

181 would think of as an invisible form much as we might feel that we

182 gain strength from being in the presence of someone who we care
183 very deeply for here in the material manifestation.

184

185 C: Yes. Have you not noticed how being with someone at certain
186 times just seems to strengthen you even though there is nothing
187 said?

188

189 ***: Yes, absolutely.

190

191 C: Well, on a higher level it is the same way. It is not for us
192 to interfere with the material manifestation, and influences from
193 the Angelic Level and from our level, the Celestial Level, is
194 always in most cases through the spiritual aspects.

195

196 ***: That helps me to identify more. Thank you.

Prayer was discussed on 80-09-14, the 83rd Trance.

The word "prayer" was first found on page 1329, line 586.

575 ***: (***) has a question on some information that you had given
576 previously and you had stated that prayers that you say for people
577 after they are dead help the souls who are dead, and then later on
578 in that same piece of information you had stated that during the
579 review of one's life, and I quote, "In your reviewing of one's
580 life, those points, those experiences in your lifetime that are not
581 in accordance with God's Divine Plan, that are not expressions of
582 love, those portions of one's life move by in review at an
583 extremely slow pace." And (***) has a question on those two pieces
584 of information.

585

586 ***: Does prayer help the soul then pass through these bad parts
587 of the review faster and thereby lessen their agonizing effects on
588 the soul?

589

590 C: It helps to give that soul a greater insight into what it has
591 done. Whether it helps the soul to pass quicker through those, in
592 your words, agonizing portions or parts is determined solely on the
593 individual soul. You see? You have full control, full decision,
594 full judgment in what you experience. The more enlightenment that
595 you gain, the less you are going to, shall we say, chastise
596 yourself or judge yourself unduly hard. Do you understand?

597

598 ***: Yes. Then I am not sure how prayer exactly helps the soul to
599 grow?

600

601 C: It is a positive thought, a positive form, that extends out to
602 whomever it is intended for. If that soul accepts it, then it gives
603 them, shall we say, greater insight. Do you understand that?

604

605 ***: Yes.

606

607 C: You see? The purpose of your reviews in the next expression,
608 the next form of existence, is to become more aware of what you
609 have done. We may say you must have a deeper understanding of why
610 you acted in the way you did. You must have a greater realization
611 why you acted the way you did. Underlying all these actions is a
612 deep knowledge, is a deep knowledge, that you acted in selfishness
613 which is unnatural to your true state, and the guilt then comes
614 from that knowing that it is an unnatural act on your part, yet you
615 have chosen that action. You see?

616

617 ***: Yes.

618

619 C: So prayer, again, helps those who wish to accept it in the
620 afterlife. If a soul deems that they do not need prayer or do
621 not wish it, then that form is moved on to whomever may need it and
622 would be willing to accept it. Do you understand?

623

624 ***: Yes. Thank you.

Prayer was discussed on 80-12-20, the 86th Trance.

The word "prayer" was first found on page 1406, line 1054.

1016 ***: The next one I also feel they have answered, but I have a
1017 question regarding communicating with loved ones, can I ask that?
1018 Is it wrong for us on this side to try to communicate with a loved
1019 one who has crossed over? Can we take them away from what they are
1020 doing over there?

1021

1022 C: As a general rule, we would suggest that you not attempt to
1023 call them. If you should experience an appearance, then enjoy the
1024 experience, enjoy it. Even if you were to go to the extent of
1025 calling a spirit, you cannot really disturb what they are doing
1026 over there since they are right here, and there is no such thing as
1027 disturbing what they are doing. If they were to appear, it would
1028 only be part of what they would need as an experience or what they
1029 would wish as an experience; but it would be best not to make
1030 efforts to call because in so doing you will not be sure what you
1031 are getting when you call.

1032

1033 ***: So the best that we can really do is just pray for them?

1034

1035 C: The best? That is the greatest thing you can do.

1036

1037 ***: Yes, but that is kind of (this is selfish, I know) one-sided.

1038 If you were very close to someone on this side and they cross over,
1039 your relationship has ended for all practical appearances.

1040

1041 C: No, it has not ended.

1042 ***: Well, if you cannot call on them how do you know they still
1043 exist?

1044

1045 C: It is your belief. If you were to see a ghost or you were to
1046 see someone who departed, what guarantee would you have that
1047 what you saw was real except your willingness to believe it
1048 was real. How do you know it isn't just your imagination,
1049 your desire to see something that is causing hallucinations? Do
1050 you see?

1051

1052 ***: Yes.

1053

1054 C: Do not take prayer lightly; it is an extremely powerful energy;
1055 and even though you may offer up a prayer for a soul that may not
1056 need it, it does go to places that will accept it or to souls that
1057 will accept it.

1058

1059 ***: Well, then, it is basically wrong for us to expect feedback
1060 from a loved one?

1061

1062 C: It is not wrong to expect appearances from loved ones who have
1063 passed on. We advise you not to call, because in calling you are
1064 placing open a channel that can be tapped by any soul, you see.
1065 Simply thinking of loved ones or acquaintances is all that is
1066 necessary to provide the conditions for their appearance, if they
1067 choose; it also, shall we say, is somewhat of a safeguard in
1068 preventing unwanted experiences.

Prayer was discussed on 81-03-13, the 89th Trance.

The word “prayer” was first found on page 1448, line 691.

664 C: What we have tried to present to you this evening goes far
665 beyond the normal acceptance or thought that we have given you in
666 the past. We hope very sincerely that what we have said this
667 evening you do not take lightly, and as we have said it, we saw
668 where there was some, shall we say, shock or amazement in what we
669 have said. Why there should be, why there should be, amazes us
670 because what do you think you are doing at a spiritual level? Are
671 you in a state of non-activity? Is your only function of creation
672 what you are consciously aware of? No, no. There is such great
673 activity within you that your conscious mind could not begin to
674 fathom, your conscious mind cannot begin to accept. Your every
675 breath is capable of some tremendous action, some tremendous
676 activity. We spoke of creating entities; those of you who have
677 become involved in these activities and who are sincerely searching
678 have contributed to an entity as a group, as a group, and this
679 information that you have shared in seeking out will become alive;
680 that entity, through your actions that has been created, will live,
681 will grow, will influence those who will allow that or who wish
682 that. It will not only exist in the material but in that world or
683 that level of formation where it will also be active and alive and
684 create. It will seek opportunities to come before man again and
685 offer itself for his growth, for his development in relationship to
686 his God. That is why we have encouraged prayers for others,
687 prayers for the world. We have encouraged you to create beautiful
688 things for those in need. And in so doing, what are you doing?
689 You are giving of yourself, but you are also making room within
690 yourself to be given back to, to gain, to grow; for every good
691 thought, every prayer that you send out is one more helpmate for
692 you when you leave the material manifestation. It is one more

693 soldier in your heavenly army that will sustain you, that will help
694 you in your strive to gain a greater relationship or a closer
695 relationship to your Divine Father. Why should you not understand
696 this in simple terms? Why should you be deprived? That is why we
697 have given you the information that we have given you tonight. We
698 feel that it is a fitting climax to this series of questions. It
699 is the dessert at this banquet we have offered you. And we hope
700 that what we have offered you has been spiritual food that will
701 bring you a quality to your spirituality, a far greater quality than
702 what you have had before. What is today's date in your
703 understanding?

704

705 ***: February 13, 1981.

706

707 ***: March 13, 1981.

708

709 C: (***), it would seem you are lagging behind.

710

711 ***: Yes, I have been feeling that.

712

713 C: The thirteenth, most would consider it a day that is unlucky,
714 but that shows they have no understanding of the number 13, for the
715 number 13 means this: it is the figure of death and rebirth. It
716 is doing away with the old and taking on the new, and it is a
717 fitting day that this first session of questions should answer the
718 thirteenth day of the third month. The third month, the number 3,
719 consists of a 1 and a 2, 1 signifying the godliness, the 2 the love
720 of that godliness, and the total of that is the figure 3 or the
721 child or the manifestation of that love which would be a child of
722 love. The thirteenth, the 1 and the 3, the Divine and the child
723 uniting to make a 4 which would be a firm foundation. The third
724 month, the thirteenth day would be a 7, the mystery, the mystic,
725 merge and become aware.

726 What we have tried to do over this time is bring you a degree

727 of relationship with all that you have known before or have read

728 from other sources, to explain, to give you insight in what has
729 been given to man in the past, that which has been clouded over,
730 misunderstood, what have you; we have tried to bring a clarity to
731 that. We have tried to bring to you a degree of understanding, and
732 then on the final day we have given you, hopefully, some insight
733 wherein you can start anew for yourself in your steps of spiritual
734 growth, where you can start over and realize that now you have some
735 concept of your abilities to create for yourself and for your
736 fellow man, and with this we hope, we prayerfully hope, that you
737 will begin creating a new world that is based on a respect for one
738 another and a love for your Divine Father and His Desire to give
739 you all that you wish. Let us this evening leave and make an
740 effort to start anew, to create a world that is based on unselfish
741 love and respect. We ask that you accept our prayers for each and
742 every one of you. We ask that you accept the Divine Essence. We
743 ask that you accept our love. Thank you.

744

745 All: Thank you.

Prayer was discussed on 81-04-10, the 92nd Trance.

The word “prayer” was first found on page 1473, line 191.

175 ***: You have stated that you are what you are because of the
176 resistance to this spiritual electricity, to the Source of it, so in a
177 proper understanding then all things are as an In-Flow of this
178 spiritual electricity. The question was, is meditation the best
179 way to increase the In-Flow of this spiritual electricity?

180

181 C: To be able to increase the In-Flow of this spiritual
182 electricity or the Divine In-Flow is, shall we say, somewhat
183 egotistical. All are given an equal amount, but it is your
184 receptiveness to that Divine In-Flow, your willingness to accept
185 the responsibilities of it. Do you understand?

186

187 ***: Yes.

188

189 C: To feel that you can increase the Divine In-Flow is somewhat
190 silly, but through meditation there can be a greater awareness of
191 it in your conscious mind, shall we say. Prayer, if you
192 distinguish between meditation and prayer, then prayer is another
193 way of increasing the awareness of this Divine In-Flow. Your
194 conscious attitudes towards each other, towards the events of the
195 world, towards the needy in the world, can increase this awareness.
196 In fact, when a thought such as the needs of others becomes
197 apparent in your conscious mind that is an effect of the Divine
198 In-Flow. The more you consciously ponder on such things, the more
199 you desire to become involved in such things and help those who are
200 in need, the more you open up the awareness of that Divine In-Flow,
201 the more it begins to work in the world through you. Do you
202 understand?

203

204 ***: Yes.

205

206 C: Prayer is a great thing; meditation is another great tool; but
207 what good are these tools, these avenues, if you do not bring it
208 beyond that point. Certainly, we do not object to those who pray
209 constantly, but you should also allow time for yourself; you should
210 also bring about opportunities for yourself where the benefits of
211 that prayer and meditation can be manifested in the material. As a
212 soul grows in spirituality, as he tries to develop a greater
213 relationship between him and his God, he must demonstrate that love
214 that Christ showed us. So a life dedicated to prayer and
215 meditation should be equally dedicated to good deeds. As we have
216 said before, one need not start, shall we say, a great campaign,
217 but within your own personal families, within the circle of
218 friends, how much love do you demonstrate? How much concern do you
219 demonstrate for each other? It would be better to hide in a corner
220 and pray and then come out in life and act that prayer out in
221 concern for others. Say nothing of your meditation and praying to
222 others, but do a deed of love toward someone else. Very well.

223

224 ***: When you had said by accepting responsibility and practicing
225 love and that would be the way that we would reduce our resistance
226 to the spiritual electricity?

227

228 C: Yes. You see, what you must begin to understand in the life
229 that Christ has showed you you must live is that His Life was not,
230 how shall we put it, a life of talking; His was a life of action.
231 He had a living concern for those around Him, and He demonstrated
232 that concern. Certainly He prayed, but He allowed that prayer to
233 live in the world by demonstrating His love and His concern for
234 those around Him, having the time for those who had need. Do you
235 see?

Prayer was discussed on 82-08-03, the 106th Trance.

The word “prayer” was first found on page 1678, line 390.

379 ***: If a soul is stuck in that system, like you said, and can
380 progress only on their own or by themselves, then if someone here
381 prays for their progression out of there, that is not going to help
382 them?

383

384 C: Certainly, prayers always help. When you pray for a soul that
385 has left the material manifestation, what you are doing is opening
386 a channel of positive thoughts or positive influences or positive
387 vibrations, whatever terms you care to use, and those are sent up or
388 out so that that soul can accept them, if they choose. If the soul
389 deems that it does not need those prayers or positive thoughts,
390 then that effort goes to whoever may need it, so that no prayer is
391 wasted. Does that answer your question?

392

393 ***: Yes, thank you.

394

395 C: Very well.

396

Prayer was discussed on 82-10-08, the 108th Trance.

The word “prayer” was first found on page 1736, line 943.

931 ***: Yes. And then following the first question, If the souls
932 appreciate our prayers, what does it do for them? Just let them
933 know that our thoughts are still there, the love bond is still
934 there?

935

936 C: No, it does far more than that. They already know what your
937 feelings are, so the prayers do not acknowledge it in any way or
938 communicate to them in any way of your love other than you are
939 receptive to a loving activity. Do you understand that?

940

941 ***: Yes.

942

943 C: Very well. What it does, prayer, basically, is a positive source
944 of power or energy that they can utilize for their benefit. And again,
945 a prayer does not mean it has to be a formalized prayer or
946 something that is time-consuming. Prayer can be a very loving or
947 positive thought directed towards that soul or entity. Do you
948 understand?

949

950 ***: Yes.

951

952 C: It would do no harm if all of you would send out a general
953 prayer a number of times a day for those souls that may need that;
954 for there are souls who have no one to pray for them; and in such
955 activities then you heighten your degree of spirituality because it
956 does take a conscious effort on your part to think of such an
957 activity; and since it is an extension of love, then it adds to
958 your own soul and your own enlightenment and your own spirituality.

959 So, again, returning to the old thought, what you give out you

960 shall receive. When you give out good, it will be returned to you

961 many times over.

962

963 ***: Thank you very much.

964

965 C: You are most welcome.