

Br. Allen - "On Prayer"

June 2, 2011 - Glendale Temple

A simple way to look at prayer: We're looking at the supreme being to help us with some desire.

Prayer is like a magnet to draw something into our lives or someone else's lives.

Whatever we want, it churns inside us. Our desires are like prayers.

Gandhi: "Prayer is a reminder that we're helpless without God. Prayer is a call to humility, self-purification, the inward search. Humility brings God into our lives."

Real humility is that we are one with God.

Humility brings God into our lives.

How can we make prayer more effective?

- 1) Have focused attention
- 2) Be relaxed and calm
- 3) Use willpower for intensity (not tense, but relaxed)

Prayer helps give us devotion. Concentration, peace and calmness are found in prayer.

Plenty of Christian saints have found God through nothing but prayer. We have meditation techniques and prayer supplements these.

Prayer, when we practice it, reminds us that we are a part of God. Praying for others expands our consciousness.

Even if a prayer is not answered, we still get the benefits. It's a form of meditation. We are controlling our minds, thinking of others, being with God.

Our life's prayer: We all want the avoidance of pain and want the attainment of permanent bliss.

Subcategories of prayer differ. There are good ways and bad ways; even the evil person is trying to attain the same goal. Finally we realize we need to go beyond creation to have our inner prayer satisfied. This is what led us to our spiritual path.

Prayer is mentioned in the Science of Religion. Prayer brings us ever new joy, bubbling up inside of us all the time. We go through incarnations and realize something isn't working. Nothing in this world can give us permanent happiness. It's only found by knowing God.

Incarnation after incarnation, we thought "things" were important. We put so much attention on "things" that we worry too much. Then we realize it was all just a dream.

The only way we won't be disappointed when we look back on our lives is to put the effort into knowing God. In prayer, ask for that which you really need. What do we need to be praying for? Finding God should be the overwhelming priority.

Effective prayer should:

- 1) Ask only for what you really need.
- 2) Think about whether your prayer is for a bad or a good desire.

Great achievers have great concentration. Our minds are very powerful when they are focused. If we focus on too many things, our attention is dispersed. Maybe we don't pray for little things that aren't that important. Focus on what is really important. Keep that priority and your real needs will be fulfilled. Simplify your life and pray for the things that matter—this is how we make prayer effective.

Story of Solomon in the Bible. He prayed for an understanding heart. "God, I want to know you." God was very pleased with his answer. Because he asked for discerning judgment, God gave him Solomon what he asked for, but He also gave him riches and honor.

We're more attuned when we keep the focus on God.

"Pray for His response. This is the only prayer that is worthwhile." ~ Master

Pray for God's presence in your life. The secret to successful prayer is to change your status from beggar to child of God. Then your prayer will have power and wisdom.

Change your perspective. See yourself as a son or daughter of God. Then you'll see yourself as a part and an image of God. If you're a beggar, you see yourself as separate from God. There is virtually nothing we don't have a right to in this creation.

God can help us through intuitive thoughts and other people. When we pray we have to do our part—we can't just pray and then sit on the couch in front of the tv with our feet up. Pray: "Guide me, inspire me, lead me." Give the prayer, but then do your best to accomplish.

When calling on the Gods, a man himself should lend a helping hand. As we make the effort, God will make the effort. I want to do it, Father. You must inspire and guide me.

We must help God help us—that's the rule! Every time you try, you become stronger. You're using more willpower. Even when we fail we get stronger. When we pray and make our effort we get stronger and better.

When we pray for good things, we have to realize they may not be right. Don't be discouraged. We don't get our prayers answered the way we think they should be. Things may not happen the way we want, but our prayer may be answered in a better way. Others can be instruments to answer your prayers.

Keep God the priority. Pray without ceasing. Practice the presence. Talk to Master, the Gurus, Divine Mother all day. Picture the Guru in the spiritual eye throughout the day—that's how you can pray all day. This will help us become more focused on what's really important. Keep the Guru's appearance and attributes in mind and follow his teachings lamb-like. Think about the Guru and talk to him. Follow him and you'll be in tune with the Guru.

St. Teresa of Avila – “Prayer of Communion” – keeping company with the Guru by talking to the Guru. Union – oneness with God.

“Keep company with the Guru.” ~ Sri Yukteswar

To Sum Up:

- 1) Take times of prayer and treat them like spiritual practice and meditation —CONCENTRATE.
- 2) Concentrate only on what you really need and God realization before all else.
- 3) Find ways to simplify.
- 4) When you pray you have to do your part. God won't do everything for us.
- 5) Appeal to God as His child—feel a part of God. Our souls are His children.
- 6) Don't be a beggar.
- 7) There is NO if about the effectiveness of real prayer. Prayer does work.
- 8) Keep desires at bay—if we get distracted our concentration is diverted. The magnet of prayer becomes stronger with attention and concentration. When your will is very strong, it touches the Father.
- 9) Keep company with the Guru. Keep in tune with the Guru.
- 10) Make your will one with God's will.

“If you have in your consciousness to please God before all else, He will look after you.” ~ Master

Meditate and sincerely pray to God and you will find Him. Don't wait – delusion is very strong. Keep on praying. Pray with sincerity and believe that your prayer is answered. When God wills, all nature takes notice.

A prayer that is strong and deep will receive God's answer.