

Listening to Truth
Conscious Prayer

We ask for teachings on conscious prayer and its effects.

Jean: Guidance speaks to me saying; we create each other. There is not a separation amongst being that your self nature would think. We create each other. You create others. You create others in the ways of love, the ways of high intention. Through prayer you create others. Through doubt you create others. Through defining them with doubt, you define them with criticism. You create others by holding them in the highest light of prayer, in the intention for the best outcome, from freedom of pain and suffering. Realize you create each other all the time. You are one web, one field of beingness. You are not separate. You create the inner state of those you live with. Prayer is taking that dynamic consciously with purpose. Deciding to create in that being the best, the most conscious, the most free. To hold that being in prayer you must create the state in your being, remember you are not separate. If you pray for peace for another being, you must create the state of peace within, by holding that being into your state of peace, you are creating the state of peace in their possibility, in their potential into their being. Whatever you pray for in another hold that state within. If you pray for strength of purpose, hold strength of purpose. If you pray for liberation, for freedom from repression, hold liberation and freedom within your being. Hold it in their name, hold it within your consciousness to the best of your ability, in their name. Hold it upon them, hold it within them, hold it upon your being and within you. As though in that moment of prayer you have merged your being consciously with that one, and are holding that state within them, within you at the same time. How can you know that it is true prayer? It is not that you would pray for the end of sickness, you must pray for what survives the

sickness. What is the sickness leading to? Pray for that which is eternal. Don't pray for burdens to be taken away, pray that the burdens can be understood, can be used to the fullest extent. Pray for the strength burdens lead to, and the wisdom. As you hold the state within your being you understand what is true prayer and what isn't. It is useless prayer to pray that another's process be taken away. It is true prayer to pray that their process bears fruit. Hold that fruit within your being. Conscious prayer is simply that. Creating other beings in the light of God, in the highest beauty, within your being and holding them within your being, holding the state you pray for within your being, with their name on it. There is no time, there is no measure, there is no end, there's no knowing how this state of being you create is received, when it is arrived at. It is just holding it there, knowing them that way, knowing what it is about and holding that in your eyes, and in your being. When you pray you become the creator, you become the guardian, you become the one who holds the truth of that beings journey for them within you. It is know that you pray to another being for intervention, there is no separate being, there is only the great omniscient presence or design within all. You are that, they are that. Through pray you are activating that highest consciousness within your being and within the other. You are creating the divine state when you pray. You are not asking another entity to do the work for you or for another person. You are doing the work within yourself. And you are holding the vibration of active beingness within you in their name.