

LESSONS ON PRAYER

Teacher Welmek

Received Through
DONNA D'INGILLO

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Received Through Donna D'Ingillo
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Acknowledgement And Dedication

With gratitude to the heavenly hosts who lovingly and patiently guide us into love, peace and truth, this book is dedicated to those courageous men and women who have the faith to expand their minds and open their hearts to change themselves and the world.

"As a matter of fact, prayer is the only real action in the full sense of the word, because prayer is the only thing that changes one's character.

A change in character, or a change in soul, is a real change."

-- Emmet Fox,
The Sermon on the Mount

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PREFACE

My first experience with teacher Welmek began in Marin County, California, in early 2001. I dropped in on a group that met weekly to receive his instruction. Welmek's teaching style captivated me from the very start.

I hope you enjoy these simple yet magnificent lessons on prayer as much as I have. What I have learned from Welmek's masterful instruction is that prayer, in the act of connecting with our divine Father, is first and foremost an opening of the heart to allow the infinite flow of Love emanating from God to radiate through us to those in need, whether it be someone half a world away or for our own well being.

My greatest discovery was the realization that the words we formulate to communicate our desires to the Divine are unnecessary. In that moment when we call upon God for assistance, it is the intention within our heart that is heard even before the words are expressed.

I feel greatly enriched by these teachings from our unseen brother Welmek and I am delighted to have the opportunity to share this gift with you. May all your prayers be answered.

Richard Voss
Association for Light and Life
June 2007

LESSONS ON PRAYER

LESSON ONE

November 21, 2002

Greetings. This is your friend and teacher, Welmek. How pleased I am to be with you this evening, to share our camaraderie and to enjoy our being together under the watchcare of Michael¹ and our Mother².

Over the past several months I have been leading you in exercises for you to be able to distinguish those times when you are in more spirit communication and communion as opposed to being in your own space of thought. And I have watched your growth and heard your responses as we have moved through numerous exercises of sensing the Father's presence within, of feeling Michael's consciousness and his mind blend with yours, and how you have begun to be aware of the presence of the Divine Mind, our Universal Mother Spirit.

It is important for you to have some sense within you of what this feels like as a living, viable spiritual experience. Your mind is largely an untrained and

¹ Michael - Our Father/Brother, Creator of our Universe; Jesus

² Mother - Nebadonia; Divine Minister of Nebadon; Holy Spirit

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untapped reservoir of information. And these exercises are helping you to harness some of that mental energy so you are a better conductor of the thought streams and patterns that infuse your thoughts.

We have spent time on the idea of 'fullness,' and most recently 'mind-fullness.' And here again, I wish to add another layer upon this idea as we move now more into the realm of communication at the spiritual level, as we go into a deeper exploration of the power of prayer and how to use this most wonderful of communication tools for the spiritual uplift of your planet.

UNDERSTANDING PRAYER

Before I begin with this more in-depth instruction, I would like you to spend a moment or two in Stillness³. Gather your thoughts about the concept of prayer; and when you are ready please share with me, in one or two sentences, what you believe prayer is. And I will add my thoughts to yours. (Pause)

Student: Welmek, prayer for me now has become calling upon Michael's presence into a situation so that his will may be more fully activated within that person, whether for spiritual healing or physical healing. This is what prayer has become for me at this point in my life.

WELMEK: Thank you.

³ Stillness - Consciously listening for the still small voice within.

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Student: For me, before I read the textbook⁴, I had no clear distinction between worship and prayer. I've accepted the text, feeling that worship is just a joyful feeling of thanks to God for life, and prayer is actually asking for help; that the whole spirit world is in some way surrounding us with help, that we actually have to ask for it. I don't understand how this works. That seems to be the thrust of yours and Michael's teaching lately; we have to request and focus for this help to be available.

WELMEK: Thank you.

Student: For me, Welmek, prayer is an experience of the infiniteness within me communicating with the infiniteness all around on a particular topic.

WELMEK: Thank you.

Student: Prayer for me is just simply conversing with God, communing with my Father.

WELMEK: Thank you. R., do you have any comments on prayer?

Student: I don't really know what prayer is. I think it's something I haven't understood yet. There is petitionary prayer, which is asking God for things. But prayer involves a certain element of faith, and it can't be concerned with time. But I have a lot to learn about prayer. I don't know what it really is.

⁴ Textbook - The Urantia Book, this group's textual reference

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WELMEK: Thank you.

Prayer, in its simplest form, is the craving to become like the divine. There is a supplication in the yearning that speaks to a need for help, that you cannot become God-like on your own. We will use this simple definition to begin. Are there any questions about this definition?

Student: Welmek, could that be repeated again? A summary of that, at least?

WELMEK: Let me ask you, R., to summarize this, if you would.

Student: The best I can do at the moment, I think, is that prayer is a uniting with the Father's vibration, merging with it, to accomplish a goal that could not otherwise be accomplished alone.

UNITY WITH THE DIVINE

WELMEK: Yes, this is an excellent summarization. It is the yearning, the desire, to achieve that which is of the divine. Does this clarify this in your mind?

Student: So prayer, then, is a yearning to achieve a unity with the divine. (Yes.) Okay.

WELMEK: The potentials for perfection are woven throughout your being. Your evolutionary nature contains these potentials. Your capacity for truth-

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recognition ignites your search to manifest these potentials, and it is your prayers that fuel the yearning to continue to grow. For in this yearning is the request for assistance to be given to you in order for these potentials to be achieved.

We live in a universe that is dominated by the ideas of teamwork and service. And always are there helpers and assistants reaching to you to move you into those areas where you can grow. Prayer is your spiritual communication for this to occur. But, prayer has been relegated to the repetition of rote pleas for help.

UNIVERSAL COMMUNICATIONS

You who are becoming awakened to the vast spiritual friendliness of the universe are primed to learn more efficacious forms of communication. You are not just communicating with other humans, but you are now participating in something much greater than mere long distance communication around the country or your planet. You are now embarked upon the capacity to communicate throughout the universe.

I want you to think about this idea for a moment, and appreciate the implications of what this means. You are connected to an enormous spiritual circuitry that far exceeds anything that your telephone companies could have imagined. But it works in a very similar fashion. And it is much more efficient and much faster.

Tonight I would like to present some of the first and fundamental components of prayer, and then as we

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continue the discussion and practice I will add more ideas. I wish to enjoin within you first the idea of being in this spiritual encirclement of communication with the universe. I ask you to take this idea into the Stillness for a moment. Ask your Thought Adjuster⁵ to help you assimilate this idea. And then when you have felt an inspiring thought, please share with me your leadings on this. (Pause)

Student: Welmek, the first thing that occurs to me is the announcement recently that our whole planet has come out of a kind of 200,000 years of spiritual quarantine. It is now being reconnected to all kinds of circuits throughout the local universe, in which the Teaching Mission⁶ is part of this new renaissance.

WELMEK: How do you perceive this idea of being in universal communication, then, as something you can participate in as you pray?

Student: I'm not sure, Welmek, because it says the Thought Adjusters have never been affected by anything of the Lucifer Rebellion, nor Michael, nor Mother Spirit. I think of it in terms of all other kinds of agencies, maybe still unimaginable at my stage.

WELMEK: What I am referring to is your capacity to participate in a universal communication program, by directing your conscious thoughts into this circuitry.

⁵ Thought Adjuster - The still small voice within us that adjusts our thoughts spiritward.

⁶ Teaching Mission - a movement teaching friendship with God

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Think about this for a moment, and we will return if you feel so inclined to share.

Student: Thank you.

Student: For me, Welmek, this is a fascinating topic. I'm recalling, on one hand, the recent empowerment of Michael coming around in a circle. And when he came to me, one of the things he said - and really about the only thing I truly remember consciously - is that I am no longer a global citizen but a universal citizen.

And that point I am relating to the awareness more recently that the global type ministry, of whatever sort that I sense I have something to do with as a mission, is one that is infused with universal principles.

And so the prayer, as a yearning to be united with Father in accomplishing something, I see that as the linkage between just being designated as a universal citizen and being able to draw on that universal-ness very specifically for the will that is in my destiny.

CRAFTING REALITY PERCEPTION

WELMEK: Prayer is an effective tool for you to craft for yourself a larger composite framework of your reality perception. It is also used to help others, for them to craft this larger framework for themselves, and to move aggregate patterns of human thinking and institutions into those realms where they become infused and enlivened with the facts and the meanings and the values of God's plan for this planet.

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This is a fundamental departure from the way that most humans think. It is an active, cooperative team effort where you are bringing your conscious participatory thoughts into the making - into the *actual creation* - of Heaven on Earth. There is no other human thought form more important than prayer.

For this is how you actually blend yourself into the universal fabric that you are a part of. I do not expect you to appreciate the full meaning of these words yet, for this is a much deeper use of the idea of prayer than has been previously presented. But these ideas will sink in, and they will take root, and they will combine with your thoughts, and yield new awarenesses and desires to participate in prayer more consciously and consistently throughout the day.

Is there anyone else who would like to share?

Student: Welmek, I am very fascinated by this new concept of prayer that you are presenting here this evening. It is not just a form of communication to our Father, but also a form of communication to the universal circuits, to the universal mind, I guess I would say. Is this, in a sense, what I am hearing you say?

SPIRITUAL THOUGHT ENERGY

WELMEK: My dear brother, it is that and much more. It is hard for me to convey in words what this exquisite inter-lacing connection and communication

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relay point looks like or even feels like. It is quite beautiful. It is highly complex and highly efficient.

And these are spiritual workings that you have little knowledge of because your planet has been so isolated and so disconnected. But this is the point of the exercise: to stimulate not only your awareness of what prayer is, but your desire to be in prayerful thoughts throughout the day. For this will actually be a better use of your mental energy. And, as you know, harnessing your thoughts into a spiritual counterpart is what facilitates your Adjuster awareness.

And so, choosing to be in this prayerful mode during the day is what will stimulate the connection that you have with your Thought Adjuster and keep you motivated and desirous of even deeper and more meaningful communion. Does this answer your question?

Student: It certainly adds to the picture that you are painting. I guess I would like to ask for a procedure to tap more fully into the circuitry that you are presenting to us this evening - a type of prayer that perhaps would help me perform this exercise during the day.

WELMEK: We will be spending many sessions now on prayer as this is one component of the Correcting Time⁷ that needs further embellishment and education as part of the spiritual reclamation and rehabilitation of this world. So, my friend, rest assured. You will have

⁷ Correcting Time - the time of returning to a spiritual way of life

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plenty of time and opportunity to learn how to pray effectively.

Student: Does our text speak of this form of prayer, if I was to go back and read it and the different things it talks about prayer? I don't recall ever having it explained this way in the text, or maybe I just didn't understand it.

WELMEK: Spend some time communing with the Father about this. Reread those portions in your text that discourse about the nature and efficacy of prayer. Read it with a meditative eye, and enjoy what you are assimilating. See if it leads to new meaning and deeper pockets of awareness within you.

There is so much depth within your Urantia text. The more you learn, the more you will see just how rich this information is. But you always must experience some of what you read in your inner religious life to appreciate the fullness of what is revealed through its words. Understand?

Student: Yes, thank you very much for that explanation.

Student: Welmek, when you mention an activity that goes throughout the whole day, rather than just a formal session, would this be similar to an attitude which the text describes as the whole relationship of the living being to its environment, a kind of open-mindedness, a general receptivity?

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THE PRAYERFUL ATTITUDE

WELMEK: You must first be receptive to the idea of prayer in order to engage in it. So, first and foremost, must you be in a prayerful attitude. Then, once you feel the desire to pray, engage your mind in the supplication for those situations and individuals that you, in your own inner spirit longing, wish to help and facilitate their spiritual growth.

This is a different state of mind than asking for help on your own. This is adding to the spiritual dynamism of your planet. And the spiritual dynamism of your planet is composed of individuals and situations that affect individuals within them.

Engaging your direct conscious thoughts into those areas where you can add your requests for help will greatly impact your planet's ability to restore its spiritual equilibrium as part of this overall Correcting Time. Does this answer your question?

Student: Yes. Yes, it points at something much more conscious and willful, and thus other-oriented rather than just being open-minded and generally receptive. Thank you.

WELMEK: You are welcome.

PLANETARY TRANSFORMATION

Student: Welmek, there are a couple of points that I heard at the beginning of your fuller description of

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prayer that I would like to respond to, if I may. And that is the reference to large-scale consciousness transformation on the planet that occurs from prayer. And it sounded, when that was said, to be even an individual's prayer that would actually transform large-scale events.

Which leads to the other part that I wanted to respond to that seems now a reinforcement of the value and the power of an individual's prayer and that is multiplied synergistically by whoever else is involved at the same time, but that the individual truly has the capacity to effect this large-scale change.

And, to me, that sounds like a practical manifestation of the individual being more in alignment with the godliness within, the Thought Adjuster, and which is an even more practical and poignant way of understanding this term that I have been noticing certain groups of people using these days called 'co-creator' -- that we are co-creators of what is happening on the planet.

And, finally, the last aspect of that is that this power comes from the fact that we are now authorized, in our prayers, to be drawing on the energies and the resources and the power of the universe as a whole.

Student: That's pretty astounding. I'm very pleased to hear all of that.

WELMEK: It takes a certain spiritual maturity to receive these words. That which you are receiving is

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an expanded ideation of how the universe works, how it functions, how it is always creating new meanings as God works through each of us and through all of us cooperatively and simultaneously.

No longer are you to be downcast by your lowly human estate, for within you are the divine endowments that ennoble and dignify human life. Therefore, when you are awakened to this nobility, you are awakened to the creative potentials that live within you. And you become more of a conscious participant in the unfolding of the universe. And you become, as you say, co-creating with the very essence that gave you life.

Do you understand what a privilege this is, my brother, to be able to participate in universal life in this fashion? And through your thoughts - the very words in your mind - able to direct this co-operative venture through prayer to help others and your world grow? This is a high privilege, indeed. And I hope that this evening's discussion will stimulate your desire to serve as a prayer respondent in this Correcting Time of our Father.

Are there any more questions before we actually move into prayer this evening?

Student: This is not a question. It's more what I have been feeling as we have been talking about this: just how vast and expansive our consciousness is and how we can tap into the universal intelligence and mind that created and orchestrated all of this. That the same

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power and intelligence that keeps the planets in their paths, keeps this planet upon its path, can direct us on our own individual plan, path. That we tap into this, it's our lives. We are co-creators of our own little universes amidst this huge universe.

And I mentioned to Michael on Monday that I think the greatest prayer that we could state is: "I and my Father are One." If we fully understand that, our lives would change dramatically. We are divine! And when we do pray, we are affirming our divine truth of who we are as expressions of God, living, loving, creating, breathing expressions of the Divine. And that's what prayer is all about: living it, breathing it, affirming that I am the heart of God, the mind of God, the body of God; and that we are all of this greater body, this greater heart, this greater being, this greater spirit. It's just so overwhelming and so beautiful! Why would one want anything else?

WELMEK: My dear brother, there are those who still linger in spiritual darkness, and know not the truth of the words you say. This is why your prayers for them to come into the light can be so compelling and so satisfying to you. For what greater service can you render to someone than to pray that the Light of the Father's love open within them, and illuminate all the darkness and shadows within them?

NO GREATER SERVICE OR JOY

Truly, there is no greater service or joy than that of leading a lost soul into the light of our Father's love.

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Each and all of you are more fully established on your own paths of Light. God knows your needs, my friends. In your Stillness, commune with the Father, and reflect on that which is in your heart to grow and to learn.

But, truly, in your other times of wakeful thoughts, spend these moments in prayer for your less fortunate brethren who know not, and feel not, and understand not the ways and the love of our Father. Bring this more into your conscious forefront of your daily thoughts, and you will find so much refreshment and upliftment in this. And it will take you from your struggles and your tasks, and empower you with that thrilling sense of service. What is more satisfying than this?

You each have experienced the heights of joy when you can help one of your less fortunate brothers and sisters. And so you have the potential now to make more of your day. Be service-dominated through your prayers.

You need not have a direct experience with one of your fellows to achieve this high degree of satisfaction. The more you experience true prayerful thoughts, the more you will become comfortable with being in prayer; and the greater will your satisfaction grow, because you will be more consciously aware of the service that you provide. Are there any other comments before we continue?

Student: Just "Wow!"

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WELMEK: Yes, "Wow!" indeed. (Pause) Let us move into prayer, my friends.

I am very privileged to lead you now in this fashion, and ask that you merge now with me, in thought, as we pray for your planet and for the institution of Michael's correcting plans on this world. Envision with me now, if you will, in the center of the room, your actual sphere, the planet known as Urantia⁸.

Tonight, let us focus on that area of this planet that has been so focalized in your world's attention: on the Middle East. Join with me now, as we ask Mother Spirit to harmonize our thoughts. (Pause)

Mother, we call upon your harmonization power to anchor us in your unity of intention. We now make our appeals to the angels who are ministering to this part of the planet, through the angels who are here tonight gathering our petitions and executing the requests.

We pray that Michael's plan of peace, tolerance, and compassion be directed to this area. (Pause)

We pray for the stabilizing energy of tolerance, spiritual unity, understanding and forgiveness to pervade those existing historical patterns that are pervasive throughout this region.

⁸ Urantia is the registered name of our planet Earth

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Michael and Mother, we call upon your legions of angels to draw close to the hearts and minds of the men and women of this region, as we ask for your Will to prevail. (Long pause)

Mother Spirit, we call upon your tenderness to soften the scars of brutality that have wreaked havoc on the psyches and souls of the inhabitants of this region.

We ask for your legions of angels to draw close to all the individuals who have been so horribly disfigured by this brutality and to soften all of those areas, and fill them with compassion, and mercy, and forgiveness. (Pause)

Creator Father, we ask that your very presence of peace and brotherhood take seed in these tender environments. And Mother, open these hardened roots of brutality to mercy and understanding. Cultivate your brotherhood, and spark new potentials of growth and peace awareness in the minds and hearts of all of the inhabitants of this region.

We ask that your angels pour out their loving ministry, and reach closely within the lives of all these people, helping them to step out of the centuries of enmity and find new meaning in your being. (Long pause)

And, in conclusion, Beloved Parents, we ask that the continued awareness of the need for peace to prevail in this region continue to grow within the hearts and minds of the inhabitants of this planet and become a stimulus for real and lasting change in accordance

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with the Father's Plan as it takes root in the lives and the minds of the inhabitants of this world.

Overwhelm this planet with your peace, Father. Stabilize it in your family of beloved worlds. This we pray to you.

Students: Amen.

PRAYER'S ENERGETIC INTENT

WELMEK: My friends, when you pray, go into the feeling of the peace and the spiritual restitution that is the component of your prayer. Let the immensity of these feelings anchor you in the desire to lovingly assist your brothers and sisters and this planet into a state of health.

Think not that this task is too big or too burdensome for you to try on your own. All you are doing is directing your thoughts, and asking that the power of Michael and Mother enter into the situation, and into the lives. This is all you need to do. Our parents will heal this world. But you are the ones who bring on the healing through your thoughts, and through your desires.

Your assignment this week is to begin to align your thoughts more in conscious prayer during your day. I will ask for your comments about your week's experience when we next meet.

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My dear friends, you are in my prayers; and the celestial friends who gather close to you hold you in prayerful thoughts, so that your growth is shaped and accelerated by those who lovingly watch over you.

We see things in you that you cannot see. So we can pray for those potentials in you to be actualized. You are our dear brothers and sisters, and we cherish you so dearly. It is our delight and our privilege to help you grow in this fashion and to see how we can cooperatively bring about Light and Life⁹ on this beloved Urantia. Good evening.

⁹ Light and Life is heaven on earth

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Lesson Two

December 5, 2002

Good evening. This is your friend and teacher, Welmek, and I greet you this evening after our one-week hiatus. I am very glad to be back with all of you.

I hope that your Thanksgiving holiday was enjoyable and that you took the attitude of prayerful communication into your holiday weekend and spent some time thinking about the previous lesson. Recall what we discussed during our last encounter.

We are beginning an in-depth study on effective prayer. And (last week) I encouraged you to try to pray more consciously and actively throughout your day. And now I wish to ask you, did you try this? And if so, do you wish to share some of your observations and insights with me now? (Pause)

THE LOVE CONNECTION

Student: Welmek, I had an experience this afternoon when I was thinking about your lesson on prayer, and the moment that it came to mind, I had a very unusual thing happen. It's almost like I felt this connection of

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the vast love of all the creatures in the universe. It was a very short-lived feeling, but it was very profound. And it led me into a few moments of thankfulness or gratefulness. I had said several prayers earlier in the day, I couldn't think of anything right at that moment after that happened, so I just took that moment for a little bit of worship. I just wanted to share that with you.

WELMEK: This is indeed a beautiful reflection of your experience, for you are beginning to sense the deep and wonderful friendship and love that is yours to enjoy as being a member of our universal family.

You have knowledge of this family through many years of study of your text, and now you are gaining a strong assurance of the feeling of what it means to be a member of this family. This is one of the elements of prayer that will be yours to enjoy, as you grow more firmly enmeshed in spiritual communication. You are operating as a cosmic citizen. This is a privilege and responsibility. And the enjoyment of this is part of your privilege.

All through your life as you ascend through the universe, you will come to a greater appreciation through your own enjoyment of feeling the love and the friendship and the support of your fellow brothers and sisters. As you gain more interest in praying, you are actually growing your level of spiritual maturity. You are gaining a greater range of spiritual responsibility, and therefore the privileges of life in the spirit grow as well.

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Are there any other observations or experiences you wish to share?

Student: Welmek, I am praying a lot more frequently than I ever have before, and last time when we were here and the time before that in which I was very depressed, and I noticed the next morning after the true prayer had an impact on me. So I'm becoming more prayerful and much more praying during the day, and during an activity I try to pray briefly to Michael and Mother Spirit.

PRAYER IS A FORM OF SERVICE

WELMEK: What are you experiencing in your inner life as you do this throughout the day? Would you be able to articulate that for me?

Student: I can try. I'm developing a separation - I'm only the observer, and what I've experienced, a week ago, I know that God is proactive. And I have a faith, which is by no means complete or deep, but it is the beginning. I would say that those two things are the evidence that I'm experiencing on a daily basis.

WELMEK: I find these to be quite significant that you are now beginning to sense this deeper reality within you. So you see, there is great benefit when you pray - is there not? (Yes) And so, this is the enticement. Your prayers will reveal new revelations of truth within your own being and open new doors of spiritual experiences to you.

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For prayer is a form of service. And this is a sharing of yourself with the universe. It is expansive. It is conscious altering. And so, the more you pray, the more you are in spiritual communion and communication, and the greater is your awareness toward the realm of spirit. So more can be added into you and in time discernible within you. Are there any other comments?

Student: Welmek, I was noticing that I was getting the validation to pray more often, and the idea of more [and] smaller practical prayers, like being in a book store and asking for something inspiring to happen. I prayed for a little task or person to meet.

For instance, I found a book on angels. It was a collection done in 1943, "The Voice of the Angel" (or Angels), and I found it very uplifting - and I thought that the speed of the answering of the prayer was thrilling, that maybe it means that my prayers are more down-to-earth, more small steps. I found that helpful, to be not only often in joyous prayer, but little prayers that might get answered quickly like that, that keep the mind focused on higher things rather than just mundane things.

WELMEK: These experiences are very confirmatory of the efficiency of spirit, are they not? (I think so.) And they will inspire you to be more faith-filled, will they not? For you find that your answers, your support, and your excitement is in the realm of spirit. And, as you say, it has been thrilling for you to experience this.

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And so I encourage you to continue to ask for these experiences through the prayers, and enjoy how it is that you see the outworking reveal itself in your life.

Student: Welmek, I would just like to say that for me prayer is something very utterly new, whereas I feel like I've discovered and used various forms of worship my whole life. Just a wonderful, joyous feeling of thankfulness and fullness. Prayer is very, very new, in the sense of a conscious thing, but it is beginning to just pop in spontaneously. It occurs about a dozen times a day. It doesn't last long, but it's always just a very cheerful little welcome note that happens occasionally.

WELMEK: Your consciousness is opening to a wider range of spiritual habits and ideas. As you sense these nudges of prayer come into your being, bring your attention into the full awareness - not only in your mind but also in your emotions. Let the prayer in your heart captivate your desire to serve and to assist another person in need. (Yes)

As you pray, ask Michael's love to be sent to that individual. You may not always be able to focus on His love for an extended time. But if you can only begin to direct that prayer and that love for the other person, you will have performed a mighty service for them. Perhaps this will be the only spiritual circumstance or encounter of their life for that day. And so, would that not be a wonderful component to add to someone's life, albeit brief?

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Student: Yes, Welmek, it helped. I have a friend, a very difficult relationship with a friend, who, I mentioned before, seems to be in some final stages of degeneration due to a lot of alcohol. And it helps to use Michael's mind as to how to handle this. I found myself just praying to do the right thing when I met him that evening. And that evening it occurred to me not to be critical, just to kind of be there for him, and accepting seemed to be the good thing. That is a wonderful thing to have this way of thinking about what to do. But maybe just acknowledging I didn't really know what to do with this friend.

WELMEK: You are learning well, my friend. That is all we ask of you. And you are doing very well in your task.

LIVING IN PRAYER

Student: Yes, Welmek, as I try to open myself up to living in prayer, I discovered, or experienced, a rich texture just pervading my entire being - that I sense a rhythm and a flow in my day-to-day life. In a sense, living prayer allows me to be in the moment, the eternal moment that you alluded to many months ago, and since changed my life - being here in the present moment, in living prayer in that present moment.

There's so much power, so much strength and focus in that moment. And this is where I live, or yearn to live from, in every moment. There's so much; this is who I am in this moment. And there's this connection with the circuitry of the whole universal consciousness, in

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this moment. And there's oneness with every being, in this moment of living prayer.

And it's a different, altered state of consciousness, like a shift within my being, like an earthquake within my being, from time to time, as I let go and let prayer breathe and live in my life, in my being. And yesterday I noticed, when I came home from work, there was such a deep longing and yearning to commune with the Father, like I had to do that, like I wanted to do that. I just wanted to let go of my life's burdens and just be embraced. And that's what prayer is for me, has been.

WELMEK: When you pray for others, would you say that your experience of expansiveness and unity is the same as when you are in communion with the Father?

Student: I think it's less expansive all the way around. But when I do pray for others, like I prayed for my mother yesterday, there is a greater increase of love and expansive-ness, just of my consciousness. I also have a sense too that my prayers, whatever they might be, are answered - in their own time and place - that I may not get immediate gratification or actualization, but, in God's time, things will manifest in their proper place and for the highest good of each person.

WELMEK: Can you sense within the person for whom you are praying an expansiveness within them?

Student: There's some, yes. Yes, I can.

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WELMEK: I am glad that D. shared his awareness of this expansive quality in others, for I wish to lead you now in an exercise of prayer for another person with whom you feel a particular closeness or affinity. I would like for you, in your mind's eye now, to select this individual and to feel a strong mental presence of them within you. (Pause)

And if you know this person very well, you may indeed be familiar with their struggle or an area where they need spiritual support and guidance. If you can identify that, open your heart and ask Michael and Mother to assist that person, so they can indeed receive what you so lovingly wish to send them through prayer. Spend a few moments doing this. (Pause)

Ask Michael and Mother to fill this individual with the spirit of your prayer request. (Pause)

After you have made your request, step back and notice any spiritual impressions that come to mind, or any feelings that you notice from your prayerful attempt. (Pause)

Please share with me now any observations or insights that you noticed during your prayer.

Student: Welmek, I noticed I felt a stronger, deeper, and greater love for the man that I was praying for. I often notice this experience when I do pray for others: a deeper bond with them, a stronger love for them, which is one of the more enjoyable aspects of prayer, I find.

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QUALITY OF CONNECTION

WELMEK: What do you experience in asking for Michael's will to enter into that individual?

Student: I experience a stronger connection with Michael and with Mother at the moment that I call on them. (Thank you.)

Student: Welmek, I have a dear friend who is very psychologically oriented. She is a wonderful, loving person, very brilliant, engaged in a lot of volunteer work. And my prayer was for her to find some of the spiritual joy that I have known these last few years.

And it occurred to me then that this might - I don't want any kind of disaster to fall upon her in that sense, but she's so bright and so much in her mind, so self complete, that I found myself almost praying for a kind of disquiet to overtake her, so that the hunger for something more might come in. So it seems kind of ironic in one way that I was hoping for something to happen in her life that would open her to this whole other realm.

WELMEK: And as you are making your appeal to Michael and Mother, were you able to discern any noticeable quality of connection with them to her in her life?

Student: Just that this might be the form that it would take. That the self-sufficiency she feels in her mind

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there would have to be a kind of wanting for something more. I got that as a kind of a mechanism that that is how it might work.

Student: Welmek, I noticed praying for my boy, that as I zeroed in on him, the prayer seemed to improve. I know he needed to feel loved. Then I realized, through the prayer, there's a sort of reciprocal thing happening. I realized he needed the Spirit of Truth¹⁰. He's at that point; he's very scientific. The Spirit of Truth is the better prayer. And it seemed to flow better. So I guess our prayers are ever expanding, and it's like co-creative with the people we're praying for to help the person.

WELMEK: And when would you say you noticed you made the shift in your mind from what you prayed for, for the feeling of him to know he was loved, and the prayer for him to be receptive to the Spirit of Truth? When did you make that shift?

Student: I think the shift came when the degree of self-interest, not selfishness, but the greater self gave up to more of spiritual hope and allowed the prayer flow even for his brother, A., so that I didn't have to limit it in any way. And, as I focused on the actual personality of the boy that I just made very good eye contact with about an hour ago. The element of self seemed to leave and the quality came in, the appropriateness came in.

¹⁰ The gift given at Pentecost, wherein we know that we know

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WELMEK: And was this before you made the appeal to Michael and Mother, or after, or during?

Student: It would be after. It took a little while to focus in on Michael and Holy Mother, and allow a little bit of time to go by. (Thank you.)

Student: Welmek, I have a daughter in her sixties, and she has cut herself off from the family. And I realized that through prayer I can be with her, on a higher level, as I wish. I can pray for her through the day, if necessary. So suddenly I realized that I do not need to be upset because she's cut herself off from the family. I can have a special relationship with her, and help bring her in close, and have some impact.

WELMEK: And as you notice the insertion of you into her life, in the realm of spirit, do you also sense something happening in her, as well?

Student: I don't know yet. I pray for, but I never know how to pray. Now, once I become a better prayer, I would be interested to see what happens with this profounder way.

WELMEK: When you made the appeal to Michael and Mother to come into her being, could you articulate what you experienced in that moment of time?

Student: I think I began to hope at least that I can now have that transcendent connection with her, and that

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that will grow in intensity and effectiveness. (Thank you.)

Student: Yes, Welmek, I prayed toward my roommate C., because prior to me coming here we had a situation that kind of turned towards conflict, that turned kind of dark on his part and unsavory. So, when I prayed, I prayed for love for him, and also that Mother and Michael would take care of him. And when I do-- (and I did this yesterday as well, and I felt more at peace yesterday). Today, I feel more conflicted, because of the decision we came to before I left to come here. So, I don't really feel any sense of great peace - but of some apprehension - because normally when I pray for somebody or something, there is a great swell of love and peace and a sense of certainty. But with this situation, I feel apprehension - and even a sense of fearfulness - because in a sense I've done all I could do for this person.

WELMEK: When you made the appeal to Michael and Mother for this individual, what did you experience in that moment or several moments after that?

Student: There was a letting go, a sense of sympathy for this person, a sense of sadness. (Thank you.)

PRAYER'S ENVIRONMENT

WELMEK: I wish to summarize some of the common elements of your answers. These prayers are an attempt to bring in something greater of spiritual reality into

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the lives of these people who are perhaps still sleeping in spirit and not yet fully aware of the potential of love and truth and peace and joy that can be activated within them. Your answers all carried the awareness that you were bringing something into their inner being that is good, that is helpful and nurturing, that they may not have even thought about in their own mind or their own lives.

In prayer, you are carefully planting a new spiritual ideal within the mindal environment of those individuals for whom you pray. Think of how a seed, when it has been placed in fertile soil, is conserved so that it can grow by having its roots firmly established in the soil in its home environment.

Prayer is your conserving of this spiritual ideal that you are now introducing into the mindal environment of your brothers and sisters. This might be the only time in their lives that they have something planted within them that goes right into their young, and perhaps yet uncultivated, foundation of truth.

You were all planting these seedling ideas, and you all experienced certain responses of hope, of empathy, of love, of joy that something new is happening within them. So, as you have planted this idea within them through your prayer - as it has been instituted in them through the prayer circuitry - let your continued prayer attempts for them be to foster this environment. Through your prayers, add the rain and the sun that they need for this seedling thought to take root in the

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soil of their mind - and to grow - to become a sprout and a bud and a flower.

Opening your heart, feeling the Father's love for this individual, will water this seed. Asking for Michael's truth will be the sun that illuminates this idea within their foundation. Asking Mother Spirit to continue to work within their minds, to open and to make that environment with them soft, receptive. This is how you can serve and grow this seedling within them.

So, as you pray for these individuals, keep these ideas of seedling nurturing in your mind. This is one of the most beautiful services you can perform for your brothers and sisters, for you are helping them in the very way that is gentle, that is compassionate, that is subtle. The ways of spirit do not try to coerce people to grow. No, my friends, spirit moves in the lives of these individuals by embellishing those ideas of truth, so that they become so enlarged within the mind and hearts of the individual - that will lead them to say "yes," and to receive and to become that which is growing within them.

When you pray for these individuals in the future, recall the experience that you had in prayer tonight, and let this guide you. Use this as a measurement within your own mind of the service that you have performed - for you have all gained a greater realization of the value of what you were doing. And so, continue to use this as your impetus to pray for these individuals.

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I will pause now and entertain your questions about praying in this fashion.

PRAY FOR THOSE IN NEED

Student: Welmek, I have a question for you. Can the younger brother pray for the older brother? And what I am asking, I pray for my brothers and sisters here on this planet, but can I say a prayer for you? Is there something that you would wish to have me pray for? Something in your life?

WELMEK: My dear friend, how it endears you to me in what you have asked of me. And truly I am grateful and acknowledge the sentiment. What I would ask that you consider is that I have not need of your service because the need is so great on your planet and your thoughts are better directed toward others who are in greater need. I have no such need, my friend. My life is fully assured and well underway. Those who are in need are desperate for your prayers. Spend time focusing on them, and I will join in my prayers with you - and you can call on me to pray with you at any time - and I will be with you in spirit and add my efforts and attention to them as well.

Student: Thank you, Welmek. I will do that.

WELMEK: This would be an answer to a prayer for me.

Student: It seems to me that I'm aware that my daily life would be kind of a prayer. That would take some

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jelling to reach that state of mind or spirit or all three. It seems to me that I gradually would be able to break down the barriers between ordinary action and building that action with spiritual intention and active prayer. Every encounter is prayerful.

WELMEK: This is so true, my friend, and you have gained a greater illumination of the wonderful service that being in prayer entails. As your intention grows in this prayerful attitude, be not discouraged that your mind can wander and that you move out of prayer. It is the attempt at prayer that is significant. Each time you pray, you are "spirit-izing your thinking" and you are adding more depth and weight in your mindal environment and making better habits for yourself - to that eventual end that, yes, you can actually be in a state of prayer at all times.

But see this as a goal to be achieved over the eternity of your lifetime, and make your attempts each day as best you can. And be well satisfied that you did your best each day.

You will grow in awareness of prayer. You will grow in your ability to be prayerful. And you will find that it will not matter what the outcome of the prayer is, for your faith in what you are learning to mindfully focus on will become so enlarged within your mind that you will be very happy with the attempts at service that you are making.

Live each day as best you can - in prayer as much as you can - and we will bring this back to the table in

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several months; and it will be quite amazing to you to see your progress. And I address this last comment to each of you here this evening.

AN ELEMENT OF WORSHIP

Student: Welmek, I notice that each prayer has an element of worship in it. I feel that it must be the Thought Adjuster conducting the worship, because the minute you pray you are happy that you believe in prayer, and you are grateful you are in a system that uses prayer, and before you know it, it's converted to a worship experience. It's got to be not only a fringe benefit, but the feeling of growing into a larger and larger universe citizen. But it all happens kind of seamlessly, and I feel that the proportion seems to be almost 50/50 here. Is that a way of looking at that?

WELMEK: What you have described is very apt for it speaks to the very essence of how you use your mind as a spiritual tool. The two major components of spiritized thinking are prayer and worship. Prayer - in seeking guidance and help for yourself and others - and worship - as the awareness of the divine presence in your life and the celebration thereof.

And, as you say, this 50/50 relationship is the proportional balance. In time, as this becomes mastered, you will find that your day can be in this proportional relationship more consistently so that 100% of your day is spent in 50% prayer and 50% worship. And would that not be a wonderful awareness, indeed?

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Student: Sounds right.

Student: Welmek, I'd just like to make a comment to you and to my friends here about something I noticed that as I become more receptive to just being more emotional and *feeling* more, as it were, kind of loosening the soil of my emotional garden, that all kind of weeds are popping up that I thought I had gotten rid of long ago. I am determined not to be discouraged and to carry on. I'll get out my hoe and start weeding from time to time, because the flowers are popping up and the relationships are well worth it. But that is a side effect that I've noticed, that some old bad habits keep coming around. And it is because I am not acting like some kind of tyrant in my own mind anymore, and just squashing them.

WELMEK: My dear friend, how it pleases me that you sense this richness now in your emotional soil beginning to bud these new flowers; and it is true that for a time there are these weeds there. But, as you say, you are hoeing them out. And the more you turn to the Father for His love, the more his hand can be there in the soil and removing the weeds with you and for you and through you. And so, in time, these weeds will be troublesome no longer, and you will find that the habits that you have are clean and healthy and life and spirit affirming. Let the weeds come up naturally. Let the hand of the Divine Gardener remove them for you.

Student: Thank you, Welmek, it's the one thing I keep forgetting.

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WELMEK: I wish to draw us now into a prayer. I would like you all to think of the spiritual receptivity of this planet. Think about those people who live in the unknowing of the Father's love for them. Think about those you know who live in a vacuum, whose hearts are closed and empty. Let us center our attention on these individuals, as we pray for the Father's love to enter their lives. Pray to Father:

We place before you our intention to ask for souls who are lost on this world to be brought into your family, the family of love and truth. We ask for your angels to seek these individuals out; and for the environment of their minds to be opened by their ministrations, to activate the Spirit of Truth within them, to assign spiritual helpers to them to guide them to you. We ask you to pour your myriad of celestial workers into their lives connecting them to people who can guide them. We pray this for all of the lost souls on Urantia.

Continue to hold the focus. (Pause)

My friends, pray each day for those you know personally who are lost, wanting, in great need of the Father's love, but who know not to ask or to receive. Engage your prayerful attention on them. Each day ask for more love to enter their lives, for those agencies of spirit to be added into their lives to guide them to a new way of life.

My friends, you are so richly blessed. Share your riches with others through your prayers. Share the love

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and the guidance you have received through your prayers for them. Spread the wealth of these spiritual treasures. Your efforts will make Urantia the jewel of all Nebadon. And so it is, each time you pray, each individual is a facet of light that is glistening in an emerging jewel. Shine your light of love on these individuals. Let the Father's love flow through you to them. Make this a beautiful world, my friends. It will be the joy of your life. Good evening.

Lesson Three

December 12, 2002

Good evening. This is your friend and teacher, Welmek. Tonight I would like to continue our discourse on prayer as we go further into this exploration of what it means to be in this prayerful, spiritual communication throughout the universe as you grow in your ability to be of service. Tonight I would like to ask you: What does it mean to you to be prayerful?

We have spoken of the idea of fullness for several weeks. And I would like you to take this idea into the nature of prayer. Spend a few moments, go within; ask your Thought Adjusters to begin to illuminate your mind with this idea of prayerfulness. And then when you are ready, share with me what has come to mind about this idea. (Pause)

Student: Welmek, I have a sense of contradistinction between fullness I'm trying to associate with worship, kind of a bubbling over so you can't hold it anymore. You just *have* to be thankful. Last week we were directed to think of our friends who might need prayer, those who are lacking a kind of conscious fullness.

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Sometimes we are so richly blessed with the idea of giving some of our fullness to them, showing some generosity of spirit, and directing our intention and our love to them.

WELMEK: This is precisely the spirit of the exercise: to be so full of love for another person, that there is an almost automatic response on your part to want to serve them through prayer. With outpouring of your love comes the prayerful desire of your heart, and thereby you bring this attitude into the actual formation of the words of the petition. And that, combined with the essence or the spirit of the prayer, becomes a mighty tool.

We will look more closely into this experiential fullness as we progress through this evening's discussion. Are there any other ideas or comments?

Student: I find, many times when I pray, that I don't feel fulfilled, or the prayer isn't complete unless I ask that I do God's will. I have my desires and wants and thoughts, but somehow it does not feel complete without desiring to know what ... to do God's will. And then my prayer feels ... I feel good about the prayer.

COMPONENTS OF PRAYER

WELMEK: As we look more closely into the nature of prayer, we begin to assemble its components. One of the fundamental components of prayer is that the Father's will prevail in the situation or in the life of the

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individual for whom the prayer is rendered. Prayer is asking for the manifestation of spiritual reality. Prayer, then, is never effective, and as you say, does not feel complete, when the human expectations and ideas are dominating. This is when prayer is the least effective.

If you want to derive the greatest benefit from prayer, then find that place within you that knows the ideal, that can see the higher perspective. And then, when you feel that in your heart, ask that the Father's will prevail in this situation, or in this individual's life, or in your own life.

This is breathing the spiritual life into your request. And even though you may not always know what the Father's will is, when you are coming from that place within your heart of an attitude of desiring the highest manifestation that you can realize and feel - that opens the door to being in that desire for the Father's will to prevail. And this is what will make your prayer effective. Does this help?

Student: Yes, it does.

Student: Welmek, somebody mentioned last week that a wonderful by-product or consequence of prayer is worship itself. The prayer leads you to a wonderful feeling, like P. just mentioned. A side effect I'm beginning to notice, too, is that prayer sometimes leaks the insights into the situation and the person you are praying for. It is a wonderful thing. It gives you new ... it feels new ... a new understanding of what's happening.

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PRAYER AS SPIRITUALIZED THINKING

Welmek: My dear friends, you are all becoming more attuned with “spiritized thinking” and these spiritual thoughts are leading you into a deeper appreciation of prayer and worship and service. This is quite distinct from the ideas of self-fullness and being mired in your own thoughts and your own well being.

You are being taken from this realm into the realm of altruism and service and true love for your Creator and your fellows. You are using your mind in a new and heightened way. And there are distinct forms of spiritual communication that are now becoming more crystallized within your awareness.

This is, indeed, a great time of discovery and birth. And, as you use your exquisite mind in these new ways, you will find a depth and clarity in your thinking that you have not experienced before. And it will fill you with great anticipation and excitement. For, as you learn to use your mind in this spiritized way, you will see all new facets of information come into view and give you a glimpse of what life is like out there in the cosmos.

What a wondrous journey you are embarking upon! It is as if the portals of your eyes are opening to the spiritual realm, and you are seeing all the beauty and the goodness and the joy and the wonder that is yours to partake as children of the spirit. This is one small

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by-product of prayer. Is it not a glorious by-product, indeed? (Amen. Yes.)

Student: Welmek, I've noticed over the last few weeks, starting with when you introduced the topic of prayer, a pretty radical transformation in how I am experiencing life. It's a distillation process that has let go of a lot of irrelevant things. And remaining is, essentially, the fatherhood of God, the brotherhood of man, and loving service to my brothers and sisters in a manner which Michael, or Jesus, and the Mother Spirit would provide.

And, in that sense of awareness, what's come through is a recollection about what you said of prayer as being a communication, a connection, and an activation of the energies in the entire universe that can be brought to bear on whatever situation is on the screen at that time. And in that, the successful-ness and the activation of the will of the Father is most likely to happen, because the technique or the thinking process is strictly from the purest place.

And the other part regarding worship is very interesting. Last week, when you hinted and affirmed about prayer and worship being 50/50, I've been experiencing worship more lately. And worship, as you described it, I recall, being the recognition and the celebration of the presence of God in our life. So there's a combination there, where I'm beginning to feel that the entire day is just going back and forth 50/50, more and more now, between those two

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polarities. And they are very closely connected. And nothing else seems to be able to stay present anymore.

WELMEK: This is, indeed, the spiritualizing of your mind, of your thought patterns. You are yielding the currents in your mind to the influence of the spirit. You are allowing the highest knowledge and truth and ways of God to prevail in your mind. And that, coupled with the sincere desire of your heart to learn of God's ways - and to love God - is what is motivating your growth and triggering your awareness to the highest-most levels of universe living.

We have long prepared for those of you who were willing to follow us in this program of spiritualized thinking. And now you are ready for more in-depth study of the workings of the universe, and how you can, through your prayerful efforts, commingle your thoughts with ours to evoke great changes on your planet.

But as you have said in your answers this evening, you needed to be prepared for this. Your mind needed to develop and to mature, and it is still unfolding. We are going into this in-depth discussion of prayer so that you can engage in this form of communication in conjunction with the celestial workers who are so actively pouring forth all of their love and energy into the salvation of this world.

Do you fathom how important your contribution is through prayer? Do you appreciate how important it is for your minds to be so spiritized as to engage in this

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level of undertaking? Do you understand how important your faith is, as you grow, as you love, as you serve?

These new awarenesses within you are beginning, indeed, to reveal these new ideas in your mind. We who have watched over you and taught you are very excited about what we see happening. And you should be very proud of your efforts. For, as we have said before, you are the ones who are so richly blessed. You are the wealthy ones on your planet. And you are the ones who are healing your world. As you grow more spiritual in your thoughts, through prayer and through worship, you will find in time that these two states of being are the only possible places from which you could ever operate.

Student: Welmek, if I may be so bold, I would like to do a communications check at this time. This afternoon, I called upon you to join me in prayer for a dear friend, and had the experience that you did join me. We said this prayer together. I would like to know now if that was your experience.

WELMEK: I am not going to give you a direct answer on this question, my friend. And I know this may be a difficult response to receive. But I ask you to be in that place in your heart where you sense the communication, and where you felt the blending of our minds, and to just reiterate what you experienced within as your validation of the actual moment of prayer between us.

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These inner sensings within you are primarily a faith-based reality experience. Grow more confident in your own ability to sense this. Seek the validation in your own experience, through the leadings of your Thought Adjuster. This will give you more of your own spiritual dynamism and make you a stronger faith son. Will this answer suffice for now, my friend?

Student: Yes, your words ring very true in my heart. I understand your answer. Thank you for that.

WELMEK: You are most welcome.

Student: Welmek, I'd like to add something to this process, based on what you said a couple of minutes ago. I'm remembering that it's only very, very recently that this state of spiritizing is part of me as much as it is. And that the process I had to go through was a very long and drawn out letting go of everything I had done in the past - focusing on developing myself, and basically detoxing from that approach, while starting all over again at the bottom of the faith in God as the Father, and all of the variations of that, through Michael and Jesus and Mother and the teachers, and so forth. I noticed that.

And the other part that I noticed was that the recommendations and the habit of a lot of people and the beings that I have been hearing have been around, loving the Father and the Mother Spirit. I noticed during quite a bit of this period of time I didn't really feel that. I recognized intellectually how important it was to feel it. So I kept on practicing it, as if I felt it.

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And I would like to report that it's just a very, very short time that I've begun to be able to truly feel that love. And that the love is activated through the power of this process of prayer and worship.

The experience I had last week in the monastery, I think, was part of that breakthrough. I am very grateful for having had that opportunity. So I am very thankful now to you, and all the supporting team that's involved in this whole process, for the remarkable efforts and the remarkable results that are going on.

WELMEK: Each soul is so precious and valuable to us, that we - and I use this term as a collective unit of all of the spiritual divinities and agencies that hover around you - will do everything in our power to minister to you, and to bring you into the fullness of this most exquisite and loving of all relationships: the divine parent with the human child.

Michael's correcting plan has within it a very pervasive and dominant component of helping you feel the love for your Creator and your Creator's love for you. You are being taken into the realm of coming to understand this personality in a very real sense, in a relationship, just as you would share a relationship with another person.

To know and to love God requires that you first begin to understand the nature, and to sense the presence, and to feel the love God has for you. And then when you begin to sense this, your faith can grow, and your love for this Divine Being can begin to blossom. Your

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prayers to know God are answered. Your prayers for help in your life are answered. You see, my friends, all you need to do is ask. And, if what you are asking for is of the spirit, then you are given it freely and lavishly, and in a way that is palpable and experience-able by you.

And now that you have all sensed this within you, you are being drawn into the family of God, the family where we all love and nurture one another, and help one another. Now you are being asked to help your younger brothers and sisters - to help them find ways to experience the love that you are receiving.

This prayerfulness of being in the awareness that the help that you desire is achievable is there for the asking. It is so fundamental for your continued growth, and for the growth of others. Be the prayer for those people close to you, that they cannot say for themselves, for they do not have the faith that you have. Be in that place - the fullness of appreciation of what you have been given. And say a prayer for these people that they experience this as well.

You will not know how this will unfold in their lives. You will not know the environment of their mind and how this prayerful seed will be implanted and emerge within their conscious mind. But that is not your responsibility. You are the spiritual workers in the field. And it is your job to lay the seeds in the soil. After you have planted the seed, call on the Father's love to nurture this each time you think of this individual or situation, and ask for more love and more

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truth and more of the Father's will to grow within the environment of this individual or this situation.

Ask for those spiritual agencies that can assist this individual or situation to bring their energy into this circumstance, and to be the spiritual drawing power and essence that the Father's will can be manifest.

I would like to lead you now in a prayer for those individuals within your life who are very spiritually wanting. We will spend a few moments in a prayer for these individuals. And then we will go into more general prayers for circumstances on this planet. Center yourselves now in this attitude of loving service. Find that place within your heart that is so full of a desire to serve. (Pause)

When you have sensed this desire within you, find that place of intention that the Father's will prevail. Be of that trusting nature that the Father's will is the only and best possible outcome - and be in this place of sensing this intention. (Pause)

Now, what I ask you to do is to bring into your mind those individuals who you know to be spiritually wanting. As you bring them into your mind, place them visually in the center of the room, where the energy ball is located; and as you place them in there, we will offer a collective prayer that I will lead you in, once we have finished bringing everyone into the center. Spend a few moments now, and we will continue in just a moment or so. (Long pause)

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Now lift your hearts with me, as we offer these individuals to our Creator Father Michael and Creative Mother Nebadonia.

Oh divine Mother and Father, we offer these, your children, to you as needing of your ministry and salvation in their lives. We ask for them to be encircled in your presence. We ask that your Spirit of Truth take deeper root in them, and that their minds be opened to your mercy ministry. Guide them with your celestial presence. Nurture them in ways of spirit. Open their hearts to comfort and peace, forgiveness and understanding. We pray this for each child presented before you, as we celebrate their spiritual rebirth in the love that you so freely bestow to them. And so it is. Amen.

Students: Amen.

WELMEK: Now, as you recall these individuals throughout the day, focus on them in spirit. You may not know the environment of their mind, the quality or the nature of the thoughts that they think. But you can align with them in your spirit, and feel the love that you have for them and ask that the Father's love flow more fully through them.

Bring them into the presence of our Father and Mother. Present them before our parents, and ask that their love flow into this individual. Raise them up, let them be uplifted in spirit, and you will have performed a wonderful service for them.

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PRAYERS FOR OUR WORLD

I would now like each of you to think of a particular situation on your planet that you find to be distressing to you, and in want of spiritual correction. When you have thought of this situation, spend a few moments asking the Father: "What is the highest truth of this situation I can pray for?"

When you have received your answer, place the situation into the energy ball in the center of the room, and we will pray for all of the situations when everyone is finished. (Long pause)

Draw this situation now into the very healing hands of Michael. Place this in front of him, and ask that the situation be brought into his bosom. (Pause)

Creator Father,

We ask that you take all of these situations and draw them into your presence. We ask that you heal these situations through your love, through your truth. We ask our dear devoted Mother to encircuit these situations within Michael's actual being, to open the environment of the situation, to release all the spiritual negativity and error and sin and rebelliousness and pour forth your cleansing action on the situation, and make it whole and righteous in your being. Release the repression of truth in the years of this situation. Establish within it a new foundation, a new revelation of goodness, of beauty, of righteousness, of truth. Send forth your angels of ministry into the very fray, the very center of this situation. As you re-encircuit this

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within Michael's being, we begin a new era of spirit reality that is the Father's will. This we ask as your children. And so it is. Amen.

Students: Amen.

WELMEK: My friends, do not underestimate the power of your thoughts, as you add more spiritual pressure to bear on any situation on this planet. The years have taken a heavy toll. And the spiritual fabric of all of the social conditions, all of the environmental conditions, on your planet must be corrected, as part of the rehabilitation plan. Your prayers add more spiritual pressure, and actually begin to reestablish that fabric within the lives and the situations themselves.

This spiritual fabric is a living and dynamic fabric. It is very real. It is the foundation of your new social institutions, and it must be tightly woven in order for it to make its mark in the material lives on this planet. You are creating a new identity for your world, and it is this foundation of spirit that is the new creation. For each time you pray, you are adding more threads to this fabric, when you are bringing it into the realm of the material, as it begins to integrate within the nature and fabric of your society.

I say this to stress the importance to you in your own awareness of the effectiveness of your prayers, and to encourage you to be more prayerful - that what you are doing is of vital importance now. Are there any questions that I may clarify for you on this nature of being in the state of prayer fullness?

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PLANETARY SPIRITUAL AWARENESS

Student: Welmek, the question that comes to mind-- All the love and power of the universe -- I know it can change things here in an instant -- yet it seems only our prayers can really bring about this change. I am having a difficult time understanding this concept. In my heart I do know the answer. I would like you to speak about it, if you would.

WELMEK: You well know the evolutionary nature of the growth of spiritual awareness for a planet and for the individual. This is part of the Father's plan for the worlds of time and space. And while it is true the Creators could step in and instantaneously change this world, you, my friends, are given a great opportunity to participate in the outworking of the evolutionary plan, both on an individual basis and collectively.

While it may seem to be a struggle, and even discouraging at times because you do not see progress, that is not the point. The validity of the exercise comes in building this deep, strong, flexible, spiritual foundation that grows very slowly over time and gives each individual the opportunity to participate, as they grow more in spirit accord with the plans and the over-workings of the Supreme Being¹¹.

So, as you ponder this answer, I encourage you to think about the Evolving Supreme¹² and re-read in

¹¹ The experiential God, created through our becoming spiritized.

¹² The evolving nature of this God of perfecting experience

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your text the function, and the overcontrol, and the reason for this to be so. And you will see more of the divine wisdom as to why this evolutionary plan is so important. Does this answer your question?

Student: Yes, it does. Thank you very much.

Student: Welmek, I'm in this echo of R's quandary, because centermost in my mind for the last two weeks - because prayer seemed in one way so new - the nature of the spirit you are revealing to us, at times, strikes me as really, really strange. And I pondered it.

What is this mechanism that enables Michael, in any way, shape or form, to love someone more? And I came to that same conclusion that enables me to participate. And I accept on faith what both you and Michael have told us, that it does work - because, as you say, the results in an objective sense are not there. I trust further what the text says, that the nature of divinity is something called sharing, which is maybe why God has this whole universe to begin with.

WELMEK: My dear friend, you are emerging from the shadow of your basic evolutionary nature. You are coming into the reality of life in the spirit; and as you say, it is new. It is different, challenging, and strange, and yet an exciting and wonderful experience all at once. You are being acclimated to a new reality, and so it is quite understandable that it would all seem to be somewhat disorienting, strange, foreign, at first.

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But as your faith grows, and as you begin to see more with the eyes of the spirit, you will see more of the subtleties of the workings of the spirit. Your spiritual vision will become more finely tuned, your senses more richly honed to the subtleties of the spirit. You will find your senses to be magnified, as it were, to these subtle impressions that grow and weave through you.

You are in a time of transition and integration of the new, with that which you have experienced. This is a great time of discovery. And it is even, I would say, more compelling, because it is happening at the level of the material realm, whereas some of your brothers and sisters must awaken on the morontia spheres to experience what you are now partaking of as you live your life in the spirit.

Enjoy this time in your life, my friend. It will be unique in the whole universal career that awaits you, this being awakening. The spiritual rebirth in a mortal of time of space is the most wonderful awakening there is. I honor that which you have accomplished, and look forward to that which you will see unfolding within you. (Pause) Are there any more comments or questions before we conclude this evening?

CULTIVATING THE SOIL FOR PRAYER

Student: Welmek, do you have any suggestions on introducing this wonderful thing called prayer, any suggestions to introduce it to members of family or friends - people who are, essentially, unaware or in

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some cases skeptical and maybe non-believing? I want so much to share this with folks that are close to me, and find it very difficult to do that - although I pray for that, whether they know it or not. And sometimes I just want so much for them to have this wonderful gift and tool to use in their daily lives. Do you have anything to suggest on this?

WELMEK: When you engage in conversation with them, before speaking with them, bring in prayer an idea that you would appreciate an opportunity to share these ideas of spirit with them. Make an appeal, and then begin to talk with them as you would normally do, being mindful in your speaking of being led by your spirit. And practice this many times, and wait and see how the conversation meanders; and when you feel so inspired, then the time will be to share with them more of what you have experienced on your own.

This may take several attempts, and I do not want you to be discouraged when, after the first, second or third or fourth time, it does not seem to work. All the time that you hold this focus in all of your conversations will you be adding that spiritual connection from your mind into theirs. And you can make an appeal to their inner spirit before you engage in conversation with them, so that your spirit and their spirit can communicate one with the other. And allow some time to elapse before you speak, and thereby be assured that more of this spiritual connection is well grounded.

At this level of your engagement with them, at the spirit, you will find that what you say will flow more

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effortlessly, and you will not be so concerned about trying to convince them about the validity of what you speak. They will sense a dynamism within you of the spirit - at some level - and in time their conscious mind will respond. So I ask that you be patient as you try this, and see it emerge over the course of several weeks, as opposed to the course of several conversations.

Do you understand? (Yes, thank you.) Does this help? (Yes, it does.)

My friends, what we are embarked upon is a very enriched course of study. You are using your mind in new and improved ways. And so I encourage you to be not discouraged if your attempts to be prayerful are not as optimal as you would like. There are still many habits of the past that are still to be weeded out of your being.

And so be patient with yourselves, and try to be in this state of prayer-fullness as much as possible. Do not be discouraged if your other thoughts get the better of you. Simply acknowledge them and return your focus as best you can to the realm of spirit. In time, you will feel this environment of prayerful-ness grow within you. All we ask is that you try. Your spirit will guide you. It will lead you more assuredly into deeper realms of spiritual communication. Know that any attempt you make is honored and accepted and loved and appreciated. Good evening.

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Lesson Four

December 19, 2002

Good evening, this is your friend and teacher, Welmek. I welcome you here this evening and look forward to our time together spent in prayer. As we have been discussing the elements of effective prayer and the nature of being prayerful, it is now time to put the instruction into practice. And I wish to lead you in an exercise in prayer-fullness, as we have done so in recent weeks.

Do you recall from the previous instruction, where you were asked to pray for someone close to you, and to sense that connection you had with that individual? Do you recall this?

Students: Yes.

WELMEK: I would like you to again revisit that experience by praying for this individual again, and this time what I would ask you to do is to ask Michael to give you a deeper appreciation for that other person – a snapshot, you might say, of what that other person is experiencing. And when you sense this, say the

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prayer that is in your heart for this person. And when you are finished, we will have our discussion.

Before we begin, are there any questions on what this exercise is about? (Pause) Let us begin. (Long pause)

Who is ready to share their experience? (Long pause)

Student: Welmek, the experience that I had was not much different from any experience I have when I pray for this particular individual. And that experience is I just feel a deeper appreciation for this man. I did have a conversation with him today, and he shared with me his feelings about his self-worth. And obviously that he doesn't feel that he has loved very much. So I asked Michael to shine his love upon him. But I do not experience any more than that. I know that through prayer Michael can show you the heart of another individual. This thing happened several times with other people, but I have yet to be able to accomplish that myself. And so that was my experience.

WELMEK: What was it about this person that made you choose to pray for him in the first place?

Student: He is a good friend from times past, a college friend that has come down with a deep debilitating disease: multiple sclerosis. He has very little use of his arms and legs, and some time ago I decided I wanted to heal this man through prayer. I had hoped to visit him this holiday season, but that didn't happen. I was hoping to actually attempt to heal him. So, I continue to pray for his healing, and to understand and help him

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understand possibly why his body is breaking down the way it is.

WELMEK: Where in your desire to heal him would you say your feeling of affection for him is?

Student: I feel a love for this man. The friendship that we shared was always very enjoyable. I feel I can talk with this man. I've always enjoyed talking with him. I always enjoyed his company. So I feel the desire to bring healing to this man is just because of affection I have for him, the love I have for him.

WELMEK: When you pray for him, are you in that place where you feel your bond of love?

Student: To the best of my realization I would say yes. I think about him. I think about my feelings for him, and the experience I have when I think about the times we had together.

WELMEK: And would you say that in your prayer you open the door to allow the Father's love to flow through him?

Student: That is my intention. Whether that is taking place is just a matter of faith on my part.

WELMEK: Do you sense within you any of the first faint impulses of the Father's love flowing in him?

Student: Just for an instant I did feel a sense of that, as you spoke of it - a faint impulse of a sense.

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WELMEK: That is a start. And when did you experience that, at what point?

Student: After you asked the question. This allowed my feelings to come into my mind, and I sensed it for an instant.

WELMEK: That is the attitude. That is the feeling to be in as you pray for him, and to allow that feeling to expand and grow strong within him. This is the healing power of your prayer. The intention begins to set the tone, and it is a door opener. But it is your feeling - and then asking for the Father's love to flow into this person - that makes this prayer more effective; and thereby being the conduit through which you can administer the Father's love to this dear friend of yours.

Healing is a matter of bringing the Father's love into the lives, into the bodies, into the minds of those individuals who yearn for this depth and purity of love in their souls. Most people are not, at their level of development, able to access this reservoir of love within them. And so you are, through your prayer, opening the spigot so that a few drops can begin to flow into their lives.

And even though it is only a dropperful, it is a start. And as you pray, and as you open to feeling more of the Father's love, then you will allow more of that love to permeate into that individual as well. Being in the attitude of having healing as your intention is best acknowledged by wishing for the Father's love to be so

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heightened in that person's being that at some point they will consciously become aware of it. Do you have any comments or questions on this idea?

Student: Yes, when I pray for this individual, I call on Michael to go into his spirit and deliver or shine his love upon him. I guess my question is, should I direct my prayer to Michael, or should I direct my prayer to the Paradise Father, or does it matter?

HOW SHALL I DIRECT MY PRAYER?

WELMEK: Prayer is a spiritual communication throughout the local universe, and it functions in this domain. It is a matter of appealing to your immediate divine parent as the means for the prayer. But the attitude within your heart of feeling the Father's love, and then sensing it coursing through your being into another person, is how you directionize that flow into an individual. So, it is a matter of engaging your intention and directing your emotions toward that individual as you 'pump' him, as it were, with the Father's love. Does this clarify your question?

Student: Yes, it does. I enjoy you using terms that are of a mechanical nature, since I have been a mechanic most of my life. It helps me. It deepens the lesson that you are teaching. Thank you.

WELMEK: You are most welcome, my friend.

Student: Welmek, I have been praying for one friend for a while, because he keeps popping into my mind

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the first thing, if I sit down to pray, as the most needy of all my acquaintances. The insight I just got is that someone who is feeling very trapped, and is in so much pain, he is just kind of killing time, just a way of kind of getting through the day.

The dangerous thing I've caught in the last year or so is this individual sees himself as a kind of cosmic sacrifice. He lost his mother when he was only a few years old, and now he gets into some kind of Western mystic jargon about sacrifice. And, to me, that's just the insight I got into the way he sees things.

And he is getting more and more isolated. He'll visit his brother's house, but when we are all sitting down to eat, he'll be very conspicuously absent. And his drunkenness is getting to where it's not only kind of sloppy but also very vicious and angry and frustrated.

So I pray mainly that Michael knows better than I, the Father knows, what he needs most in terms of an opening up - some rebirth of wonder, of curiosity, as to what this day might hold *sober*.

WELMEK: When you prayed for him, were you at all able to tap into the pain he feels at being this sacrifice?

Student: I think so, Welmek. He's very rarely spoken directly about the loss his mother was, except that I think that without having a real woman around for a long time, the whole female sex for him is something kind of abstract, like an angel.

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WELMEK: I am not talking about what his concept or feelings of the sacrifice are. Were you able to sense any of his pain?

Student: I don't think so, Welmek. I know the pain is there. But exactly sense it, no.

WELMEK: Would you be willing to sense his pain, in order to administer Michael's love to him?

Student: Yes. I've done that when we were together - just acting like a sponge and not reacting sometimes when he gets kind of angry or mean-spirited.

WELMEK: And when you have done that, what effect have you noticed?

Student: It will calm him down momentarily. He senses my love for him, and the fact I am acting out of love towards him.

WELMEK: Exactly. And so, as you pray for him, as you sense now this idea of being the sacrifice and sensing how painful that must be for him, do you think you could, as you pray, go into that feeling and be there with him? And then asking for Michael's love to flow into him as you administer this most healing and nurturing of emotions to him? Do you think that would make your prayer more helpful to him?

Student: I really don't know, Welmek. The thing is, the whole situation is so complicated with the concept of enabling that I'm really not sure to what degree that

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kind of agreeing with him, supporting him, enables him to continue as he is.

WELMEK: This is not a matter of, as you say, enabling him. This is a prayer that you issue on his behalf, doing this here and now, and being there with him in his emotional pain, and sensing that to the degree you can. And when you sense that, ask Michael to step in, and to give him the love that he needs. Do you think this is something you could try?

Student: Oh yes, Welmek. Thank you. I think you've clarified that very much in my mind - the difference between the prayer and my particular behavior with him. They are two distinct things. Thank you.

THE HEART'S ATTITUDE

WELMEK: Prayer is an attitude of your heart. And the more compassion, the more understanding, the more you are willing to go into the realm of what another person experiences, the more you will appreciate what that person is living and experiencing, the more understanding and compassion you will have, and the more your heart will open with the intention to love, and to ask Michael and Mother to administer their love into this individual.

This is what makes your prayer effective. It is being with that person in their spiritual darkness, in being the comfort and solace, and allowing the greatest healing power to enter into them. This may be the only time in their life that this is allowed to happen for them,

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because you have opened the door. You have planted the seed. You have turned the spigot of the Father's love, for it to flow through them and to begin to nurture them – to nurture this seed of love that you have planted within them as your intention to help them. Do you have any comments or need for clarification on this idea, my friend?

Student: No, Welmek, I thank you for reminding me, from your point of view, what it is that really works. Thank you very much.

WELMEK: You are most welcome.

Student: Welmek, I'd like to take advantage of this time, this opportunity, to deepen the quality of my prayer and its effectiveness. I'm praying for my former wife, who is the mother of my two younger children. I've not had much contact with her for the last 18 years. I am not able to have any communication with her because of her mental illness. And I've been sensing lately that she's been reaching out, and is isolated. So there's compassion welling up in me, and a willingness to take the risk that opening this door again will work out better because of the connection that I have now and am developing with Michael and this instruction on prayer and healing.

EXERCISE: EMBRACE THE PAIN

So I've been praying tonight, and the comments and discussion that we've just had are helping. I have yet to get a lot of feeling. But I do sense something. I guess

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compassion and some empathy is in there already now for this particular experience - and an uprising of courage to just go ahead and step into the situation and take the risks that there won't be any fun. That's as far as I've got at this point. I'd appreciate your communication on that.

WELMEK: There are several components of the prayerful nature of your experience with her. One is the budding internal sense within you of what she is experiencing as an individual. And I encourage you, as you pray for her in the coming days, to allow yourself to become more amenable to sensing what she experiences. You can certainly ask Michael to reveal to you a different perspective of her than you have seen, and to ask for you to have deeper empathy and compassion for what she is experiencing.

Know that if you ask this, and you are sincere and truly wishing to aid her through this prayerful intention, that you will begin to sense this new understanding of her, and give you a greater platform of forgiveness, mercy, tolerance and forbearance from which to go into a relationship at a more material level.

The other component of what you articulated is in asking for yourself to be imbued with this courage that you need to move forward in a deeper personal relationship with her. You sense the difficulty ahead of you, and so you do not need to enter this relationship alone. You have spiritual agencies behind you - and in front of you - who will act as the buffer when you spend your time in stillness and communing with them,

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and asking to be encircled in their guidance and in all of the spiritual tools of courage and patience and understanding and forgiveness that you need.

So you are well-armed and well-protected, so that you can act as a true spiritual minister to her - and not be mindful that your own internal spiritual equilibrium will be disrupted by her mental instability. I will pause and ask if you understand this or need further clarification.

Student: There was one word that I wasn't sure that I heard clearly. I think I heard you say more 'mature' level, or maybe it sounded like more 'material' level. I think you were saying more mature level at the end of the first part of what you were saying.

WELMEK: It was the 'material' level, and by that I meant being actually in the physical presence of this individual.

Student: I need or would value for you to give me a better idea of who are the buffers in front of me and behind me. That might be nice to identify.

WELMEK: Well, would you consider me to be one of them?

Student: Wow, yes! Absolutely. I am very inspired by the manner by which you have been instructing on prayer, and I would consider it to be a great honor for that to be.

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WELMEK: You have your spiritual brothers and sisters surrounding you at any given moment. You have guardian angels assisting you. You are imbued with the Holy Spirit and the Spirit of Truth from your immediate Divine Parents. So you see, my friend, you are encircuited if you connect with this, and the buffer around you is great, indeed.

We understand that these are new ideas. But we are hoping that you will use them, so that you will become more familiar with the feeling of this softening of the hard edges of human interrelationships; so that you can be the very essence of love that will impinge on another person's heart and soften them, open them, make them more pliant and resilient.

So open yourself up, ask for your spiritual support network to help you grasp the situation and get a spiritual handle on ministering to this individual and other individuals in this manner. Does this clarify your concern?

STUDENT: Well, it's opened me up to feeling. I'm feeling now more like what you were just describing. Or I'm feeling what you're just describing. So that's very pleasing and empowering to me. And I can build on that.

WELMEK: And it will build, and it will bring to you a new enthusiasm for prayerful living. (Pause)

As you can see, tonight's lesson on effective prayer is all about feeling what another person experiences - and

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developing compassion, understanding, empathy, tolerance for that individual. And feeling that deeply within you, asking for the Father's love to flow from that center of understanding into that other individual. This is the heart of prayer.

Let Father set the intention that is your feeling that delivers the prayer into the very soul of that needy individual. Are there any other comments on the experiences that you had in your prayer?

EXERCISE: LET GO AND LET GOD

Student: Yes, Welmek. What I was just thinking about is, and I've come to understand, is letting go of my own - what I feel the outcome should be or the results - in any prayer that I have, for any human being, and for myself. And in the case of the prayer for this one person, my roommate, is that-- I remember three weeks ago when we first started the idea of living prayer ... and I was troubled; and I felt it physically ... and when ... and during that session I came to understand that just letting go, and in a sense letting God take care of this human being, letting go of my own intention for this person, accept just the Father's love, and his own divine plan for this human being....

And since then, certain things have been activated, and I feel a greater sense of peace with this relationship, even though there are some unresolved issues. But I also get a sense that things are being put in motion that ... in a sense, the ball is in this person's court.

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I said this to this person "The universe brought you into my life. The universe can take you out of my life." And so, it's like I just released my own intention how this person ought to be living his life; but allow the Father's love to take care of him and guide him in the way that is best for him.

WELMEK: Are you finding that this person responds to you better when he does not feel your agenda operating on him?

Student: Yes. And not only with him, but all my other relationships as well. But with him, yes. From the moment he moved in, there has been that change.

WELMEK: And so this is what the prayerful attitude is all about. When you sense that other individual's experience of life, and your heart swells with understanding and compassion, there is an immediate opening for you then to ask for the Father's love to enter this individual. And in the Father's love is the Father's will. And if you sense the Father's love, then do you not also sense that the Father's will for this individual is for this individual to learn and grow and to experience a depth of the Father's love heretofore unexperienced?

You cannot know what the Father's will is for any individual. But you can pray for the Father's will for that individual to prevail in that person's life when you open the door and feel His love for this individual come through you and go right into the essence, the

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core, the hurting, the needful place in that person's soul.

And if you are in a prayerful attitude as you interact with this person, they will begin to respond to you, or they will sense that you are not threatening them in spirit, that you are not trying to coerce them, or judge them, or change them. You are simply loving them, and opening the place within them where love can then enter and proceed to take root and grow.

What an exquisite pairing of heart to heart, of soul to soul, in this newly developing spirit relationship that you share with this brother or sister!

Each time you pray effectively in this attitude, this is what you are building: a new relationship with this individual. And even though you may not physically be in that individual's presence, you are nonetheless sharing a spiritual experience with this person if you can, as you are in the physical presence of this individual, bring this prayerful attitude to your interaction. Think of all of the potential for spiritual dynamism to occur!

And perhaps we will discuss that at our next session. For this is truly a new spiritual energy and bond that you are bringing forth into the universe. But we will not discuss this so much this evening, as it is still important for you to develop this prayerful attitude, this heartfelt connection, of being in that person's experience, being compassionate and understanding.

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Are there any other comments or questions?

EXERCISE: PHYSICAL CONDITIONS

Student: I find it very difficult to pray for my daughter, when my own physical situation seems to be deteriorating rather rapidly. But I do hold her within the Light. And I hope that my prayers have gotten to her somehow, since I've been praying for her for a long time. I find it is very hard for me to read the Urantia material. I feel like an outsider in this community, that I haven't practiced enough the material that you have so wonderfully shared with us. My hearing is one obstacle. I can only read for a short stretch of time. So I feel like I'm so much out of it.

WELMEK: It is important that you pray for your daughter. For I assure you there is great benefit to hold her in compassion and love, and to sense that within you and be a conduit for her to receive this love from Paradise, from her Paradise Father, into her being. When you sense your compassion and love for her, make your appeal to Michael, and ask for him to flow his love into her. You may not sense this yourself. But just the mere intention and prayerful attitude of your heart is enough for that to be conveyed and added into her ... in time, over time.

Will you know the impact of your prayer? You may not. Will this [physical condition] impact your ability to pray for her? I pray it will not. So, as much as you can, and for as long as you can, be in that state of love and understanding and true spiritual empathy for her.

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And then open your heart and ask Michael's love - love from Paradise - to flow into her.

As for your other comments, you have many challenges in your life. Many people do not face what you face. And yet you are here, and you are willing, and you are desirous of an in-depth spiritual relationship. And for this you are admired greatly, as we who watch you draw close to you and applaud your efforts. You are encouraged to applaud your efforts, as well; and even though you may feel that you are not as advanced as you may like to be, you are advancing by your mere desire to grow.

Your physical debility is not impairing your spiritual growth, for it is your heart's desire to be in a more loving and inspirational relationship with the Father and with Michael. And as long as you carry this desire within you, this is how you grow your faith. And so we say to you: be proud of yourself. You are making progress in the midst of some very difficult adversity. And many of your fellows on Earth would not even dare to take on what you have chosen in your life. I would like to imbue you with my approval and my encouragement. Will you allow me to do this now, for a moment? (Certainly.) (Pause)

Not one ounce of spiritual growth is lost due to your physical debility. Everything that you are earning through your faith is adding to your soul. And this is the new body that you are growing within you. Your physical form, in time, will cease to be. But the real part of you is growing more beautiful and stronger

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each day - as you practice stilling your mind and communing with the Father, learning to love and to know Michael. This new body within you is becoming more real and more vibrant; and I ask you now to begin to, in your own mind, attach yourself to your soul as your true self, as the things of the physical change about you. Do you understand this?

Student: Yes, it is a great comfort to me. I am very grateful.

WELMEK: Do you have any other questions about this?

Student: I'd like to know how to be better communing with the Father and the Mother Spirit.

WELMEK: What do you do when you want to get to know another human being? Do you ask that other person to tell you about their life and who they are? (Oh, yes) Then bring this question into your stillness, and ask for them to show more of who they are to you, and then listen.

The listening becomes difficult at first, because you may not hear a response. Nevertheless, practice listening, to the best of your ability. Ask to know who these spirit people are that we talk about all of the time. Ask them to reveal themselves to you. And after you have asked this, listen for a few moments. Does this help?

Student: Very much, thank you.

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WELMEK: You are most welcome, my dear friend.

EXERCISE: HAVE MERCY

Student: Welmek, I've been in a courtroom situation the last couple of days - just about praying for everybody - and then it dawned on me today to pray for the poor accused man, who didn't know English, who is in serious trouble. And suddenly I realized the downpouring of spirit help for this man. And it was what I was praying for, but it seemed to work because there was a tiny moment of the selfless element - just a pause to maybe stay open to the possible loneliness and suffering of this man, without any personal estimate.

And that's when it seemed to work best, that pause and just a looking at that person: maybe feeling that he had some Christian background - he's Spanish - but without any kind of estimating and analyzing. And there seemed to be an actual downpouring of spirit to this person. And he did seem to brighten up, almost like sober up, as the day went on. And I thought that was great.

WELMEK: Where do you find your sensing focused, as you pray? In your emotional center of feeling the experience of another person? Or on the analyzing what a person needs?

Student: I find that this worked because I was more on an emotional level and I remember a long time ago

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with my lawyer watching a woman who was so depressed that she was ready to pee, and I linked the two today to realize that - without me forcing the issue - just looking at somebody, maybe as though Jesus was right behind me, that's when I actually see what's actually there, and have the better compassion. I don't have to do any work.

WELMEK: I would suggest that you go even deeper into this experience now, and imagine that it is not Michael behind you, but that it is Michael within you, and that you are not seeing another person, but you are experiencing what that person feels. This is the actual point of connectivity between Michael and that other person. Michael accompanies a person into their experience and thereby adds His Spirit into that person, and you are the link as you pray.

And so it is not just a matter of being able to see what a person needs - it is your ability to connect Michael's healing ministry into that person. And the way you do this is by sensing what that person needs through feeling, for the actual exposure of that individual's need or neediness, and bringing Michael into the essence of that need and making it whole, and filling it with what that person truly, desperately must have for their spiritual survival. Do you understand the distinction I am making here?

Student: I think I could feel it as you were describing it. It makes it more unified.

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WELMEK: This unification will make you a more effective pray-er and increase your prayer-fullness as well. And as I said earlier, the prayer is effective because of its intention and because of its heartfelt attitude. Are there any other comments or questions before we go into a collective prayer and conclude our meeting?

Student: Welmek, this ability to feel another's pain - to see into another's heart - to step into their shoes - to know what it is they most truly need; does this come in time through prayer? Does this come through asking Michael to expose us to me? How can I grow stronger in this ability to feel another's pain so that I can bring Michael's love and healing, and the Father's love, into that person's spirit and the soul and heart?

WELMEK: These are big shoes to fill, are they not? (Laughter) And yet it is so admirable to want to fill them. You have asked an important question, and I am glad you raised this. For truly your ability to empathize and to feel this individual's need, their spiritual yearnings, their hunger will come in time the more you grow into your own ability to feel loved, and to be that love of the Father as it flows through you.

A MORE EFFECTIVE PRAYER PARTNER

And, as we have stated to you many times, the best way for you to feel the Father's love is to be in the state of Stillness - and communing in worship - in feeling the Father's embrace encircling you and immersing you, in your mind and in heart and in your cells, with

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the greatest energy and force in the universe - His love for you. The more you open up to this, and the more you gain greater release from your own internal spiritual and mental struggles, will you be able to be a more effective prayer partner for your friends and family and acquaintances and world situations.

And so, as we discussed in an earlier lesson on prayer, there is this interesting interplay between the spiritual attitudes of worship and prayer - that as you commune with the Father and feel more love, feel more celebration of spirit, which comes in worship, the greater will your capacity be to release, to be released from your own spiritual deprivations.

Being filled with light, being filled with peace and joy and love, will make you want to share that with others. And going to that place of another person's spiritual neediness will not seem to be a chore or a burden. It will become a joy and a service. For you will be bringing into that person's life the very essence of joy and peace and love that you now feel deep within you. So, as you begin to adapt this prayerful attitude, know that it will grow in time. But to truly be as effective as you wish, you must be a more effective and dynamic and living embodiment of the Father's love. Does this answer your question?

Student: Yeah, there's always a catch. (Laughter) I hope I can accomplish this in my lifetime. I certainly have tried and will continue to try to feel the joy of worshipping the Father.

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WELMEK: And if you continue to try, you will eventually meet with success. Will it be on this planet in this lifetime? Will it matter so much, if it is or is not? For truly this is going to be your whole life, your *eternal* life! And so all you are doing now is beginning this beautiful habit that will be yours to enjoy, accompanying you all the way to Paradise and beyond.

Student: It does matter to me that it is in this lifetime. There is so much need for this love for my fellowman, through my brothers, my sisters, my family, my friends. And I would love to be able to accomplish at least some of this in this lifetime. So it does very much matter to me - because I can't see beyond this lifetime, other than what my faith allows me to see.

WELMEK: But you are already accomplishing this, my friend. And continuing to do this will further your ability, your goal, one day at a time. And you have our encouragement, and you have our support, and you have our instruction to use as a focusing energy when you feel you have lost your own ability to stay connected or centered on this prayerful attitude.

Now I have given you much to consider tonight. But I sense within you all a deepening awareness of this idea of prayer - this service of prayer. And so, as we conclude, let us go into a prayer for your world, and for the peace that is the wish for your Christmas season to prevail upon this world. Let us join our hands. Let us all now focus on the instability and the turmoil of the world. And let us sense this within ourselves, to the degree that you can or you want to. (Pause)

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*Beloved Michael, Father Creator,
Beloved Nebadonia, Creative Mother,
We place before you this beloved planet Urantia. We
feel within ourselves the turmoil and turbulence of this
planet. We ask for your peace to flow through us and
into this turbulence, and anchor this planet in your
peace, your peace fullness, to cover the earth, to be
instilled within the hearts and minds of men and
women who carry within them the yearnings for peace
- bringing peace into the very turmoil of their souls
and into the very soul of this planet.*

Now open your hearts and let Their love and peace
flow into this beautiful planet. (Long pause)

My friends, may our Creator's peace flow through your
hearts this season of light as we celebrate our Master's
birth. Let it connect you with all living things on this
world, keeping the light of love alive on Urantia. May
His light illuminate the celebration of His birth, and
carry within it the peace of the universe. We are the
peace of Urantia. His peace is the hope of the world.

LESSONS ON PRAYER

Lesson Five

December 26, 2002

Greetings, this is Anatolia presenting this evening. I am filling in for your Teacher Welmek tonight, and I am very well versed with the course of instruction that he has been presenting to you on prayer effectiveness. We will continue with this instruction.

PRAYERFUL INTENTION

You have a long journey ahead of you as you ascend the ladder of perfection acquisition, rung by rung, through each thought, each experience you live through and learn from. How is it that you could grow without your prayerful intention – to be guided, to be supported – to find the means that you must to help you along the way? The prayerful intention to grow spiritually invites the assistance of an unseen realm into your life.

Sensing this, then, becomes a matter of advancing your faith perspective into the domain of the spiritual reality that becomes so real to you that you could not conceive of life without it, that your life is actually the life of the spirit. The prayerful intention that you hold

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deep within you to foster your own growth and then, as you proceed from that, to love and serve others, will become the anchoring within you that keeps you moving forward as you ascend this ladder of perfection.

Tonight we will go into the prayerful intention more in-depth. And to begin, I ask you to consider how or where you are when you pray, of the heartfelt intention that you present as you voice the words within your mind. I would like to hear your comments now.

Student: Anatolia, I hope that's the correct pronunciation. [a-nat'a-LEE-a] This is the first time I've spoken.

When I pray I seem to focus on trying to find the right words to convey my heartfelt intention. So, at this point, that's usually what's in focus, or the main focus of my prayer, is trying to get the words that express my intention. Although I know that to the Father, the words are not that important. It really is what's in the heart that he knows and listens to. So that's the best answer I can give for that question.

ANATOLIA: My friend, there are no best or worst answers. There are answers. But what you have said is actually at the core of what I want to convey to you this evening. The intention of your prayer is the soulful expression of what the need is for the spiritual improvement in a person's life, in your own life, or in a situation.

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The words are truly unnecessary – and I would even add, to some degree, they interfere – because the concepts that you convey pale in comparison to the longing, the striving within your heart for the Father's will to prevail. Do you not find this to be so? (Yes)

So the intention, then, becomes more of a conscious recognition in your own mind of what the Father's will is to prevail in this situation. And while you cannot know what the Father's will is, what you can center yourself in is the desire for the Father's will to prevail. And to be so full of that desire that it overtakes your mind and you enter into the prayer from that feeling, and say at some level within you: I ask for your will to prevail in this situation.

You can identify in your own mind, based on what you perceive as some of the spiritual shortcomings in your own life, perhaps in the life of another person, and perhaps in a situation that requires improvement, and once you have, in a sense, captured the essence of what is necessary, then to be in that desire for the Father's will to prevail, brings the heart-full intention into the prayer energy and dynamic – and builds upon more spiritual momentum being applied into that situation. Are there any thoughts or comments on this idea?

Student: It would seem that what you're saying is when I wish to formulate a prayer, the essence of the prayer is simply to wish or intend that the Father's will be done in the person, the recipient of the prayer, whether it be myself or someone else. I believe that's what I am hearing.

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PRAYING WITHOUT WORDS

ANATOLIA: At a certain level, the words of "the Father's will to prevail" in a situation are mere strings of individual words to formulate a thought pattern. And thus they are thought patterns, they are inert, there is no life. They are just words. Anyone can say them. Where your prayer has punch is in the feeling, the desire, the true spiritual longing within you that says 'your will prevail.'

This is not something you can articulate in mere words. It is in your heart, in the deepest emotional center that you have – that your love, your longing for the Father becomes so paramount in your heart that anything less than the Father's will to prevail would be inconceivable, because the Father's will and the Father's way is the only way, the best way, the most beautiful way, and the truest way. There is a qualitative distinction that we are making here that underscores that the mere words in and of themselves can be empty. Do you see the depth at which I am trying to take you this time?

Student: It comes to mind, then, that this removing the words from the prayer and just going with the heartfelt desire, it seems would almost make prayer more effortless, easier. Can you pray without words? Or should I say, can we at our stage pray without words?

ANATOLIA: Let me ask you this. How many people have you encountered in your life that have come to

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this level of understanding, so that they could feel so attuned to God's love and God's beauty and God's truth that they would have that sincere desire for the Father's will to prevail? They could be in their heartfelt intention and ask for that to enter into the lives or situation of an individual.

Student: I have no idea.

ANATOLIA: Well, do you think that most people have an understanding of this?

Student: I feel I have an understanding of it, so I would assume that others would.

ANATOLIA: But you are receiving more in-depth instruction. And so most people will need to use the words, because the words can take them into a place where they can, perhaps, feel more of that love. But if you, as a more attuned individual, can be in that place first, then the words of your heart are not necessary. For you will have found the essence of the prayerful intention that uplifts your desire for the Father's will to prevail – into the spiritual domains where their energy and dynamic can take action. Do you understand?

Student: Yes, I do understand. It's almost like just the thought, the desire, as it enters into my consciousness, can become the prayer. This is at least a partial explanation.

ANATOLIA: It is. It is. And the more you stay in that heartfelt intention, the more you will have allowed that

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spiritual circuitry to connect into that individual's life or your own life – and add more dynamism, more life, more light, more love, into the situation. And, after all, is that not the Father's will? (Yes)

Any other comments? And I am addressing this to all of you collectively.

Student: Anatolia, I get the sense that what you are expressing is simple, very subtle, and takes some concentration, and true sincere feeling that may happen. And yet I get a sense of almost fear – even a slight anxiety – that the effectiveness of prayer in this way might not happen. Because I may not be practiced in truly getting into the feeling, and allowing the feeling to arise – or go deeper – and to permeate more fully. So I hesitate to embrace what you are saying fully, without maybe the assurance that I just need to practice or that maybe I don't have to consciously feel it as much as I am thinking that I do.

ANATOLIA: You cannot be misguided as to think that a prayer with words – without the deepest level of sincerity and spiritual depth and warmth – will be useless. It is a matter of degree. It is a matter of mastery. And you who are here tonight have professed a deep spiritual yearning to understand the spiritual workings of the universe, and how to grow deeper in faith, and to use your spiritual potential. So your instruction is, as you might say, going into some very intricately configured instruction, so that you have a better understanding of how to use the potential of thought and feeling within you – to its spiritual zenith.

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LET YOUR PRAYER EMERGE

Will you master this all at once? No. It will take time for all of this instruction to work through all of your experiences and thoughts, and render a new meaning and value within you. Let your prayer begin to emerge from your deepest yearnings to be identified with the Father. Let this prayer for another person come from your desire that the Father's love is so wonderful, so appealing, so healing, that you would want this person to experience that to the deepest recognition that they have – and to actually go even deeper into their life, into their heart, into their essence, to uplift them and to bring greater hope and meaning and enrichment to their life.

The more you identify with the Father, and the more you experience his love for you, and to feel how much love that you can enjoy in your innermost core, will make it easier and more spontaneous to pray. It will just, in a sense, flow out of you. 'Oh Father, I am so happy, and I wish to share this with another person.' And then a needy person can come to mind and you can, in your joy, just focus on that love and ask it go into that other person's being.

I will leave you this evening with that thought.

Lesson Six

January 2, 2003

Greetings, this is your friend and teacher, Welmek, and I bring to you the good wishes of the Teaching Corps who assemble here on these evenings to bid you a New Year of peace, growth, enjoyment, and an increased awareness of the presence of your indwelling Spirit within you as you increasingly open your mind to its leadings.

As you know, we have been looking at prayer very carefully over the last several weeks. And last week through teacher Anatolia you were instructed on the intentional aspect of prayer through feeling, through going into your heart and allowing the prayer to be said from the depths of your being. And tonight I wish to expand on this instruction, as we go into the idea of what does it mean to live a prayerful life.

But before we begin, I wish to ask you if you have any comments on the instruction of last week or on any of the previous weeks of our instruction? Are there any comments or ideas that you need clarified before we speak about our topic this evening?

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Student: Welmek, I have a comment. I'm transcribing these sessions, and this last week's session was not clear because the battery in the tape recorder was run down. So I was only able to catch the first part of that session. And it has not yet been sent out to people. So there's a possibility that some of us or all of us may be not that clear on some things that you might have otherwise been relying on us having heard last week.

WELMEK: This is why I have asked for your comments now, so we can recap and re-instill those ideas within you that need further solidification within your mind.

INCREMENTAL DEVELOPMENT

Student: I'm having a problem. I find that I don't recall what I've read. I've read several of the transcripts three or four times, and it's very frustrating that I don't recall them so that I can then put them to use.

WELMEK: I would suggest that you read them in small increments. And after you have read them, spend a few moments in stillness and ask your Inner Spirit to take that information that you have just read and blend it more deeply into your conscious mind. Do this several times each time after you read something new.

I would encourage you not to read so much at one particular time, but to do this in small increments so that your mind has the ability to expand more and more fully with each small morsel that you digest. When you read too much, and read it over and over,

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based on your capacity to capture and retain information, your mind does not absorb as much as you might like. So instead, read small portions and be still and let this grow within you over a period of several weeks. Do you understand this?

Student: Yes. How much do you recommend I read at one time?

WELMEK: You will find within your own soul a level that seems comfortable, especially when you are reading about new ideas. Take one idea and let that digest. Too many ideas will confuse and have the reverse effect. You will not absorb all of this information at once. Do you understand?

Student: Yes, I do. Thank you.

WELMEK: You are welcome.

Student: I have another comment, if I may? I was wondering if it might be useful for me to give a brief summary of what I recall that more recent lesson was a continuation of what you have been teaching already and that might facilitate this evening's session.

WELMEK: Please do so.

Student: What I recall was that the emphasis was on prayer intention. The intention became stronger as we would step into the feeling of what it is we want to pray about. That would be another person, a situation, or even our self. Once we have stepped into the feeling

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and allowed that feeling to become more present within us, we would get to a stage where we start to tune into the love of the Father for that person or the readiness of the will of the Father to step in and accomplish whatever it is that the will of the Father is for that person, that situation, or for our self.

It was also stated that we are unlikely to know the results directly; that is not the measure of success. And further, that using of words, themselves, are actually not as essential as we might have thought. Even in some instances the wording is a little bit detrimental, in that it's the feeling which is most effective. And sometimes when we are striving to find words it will give us a mental stream of developing understanding - but not the access to the power of the prayer to accomplish whatever it is that this intention would call forth. That's my recollection of what that lesson was.

WELMEK: I would say that your recollection is accurate and you have presented an excellent synopsis of the prior week's instruction. For those of you who have been attending these discourses and discussions on prayer, what would you say has been your experience as you prayed for individuals - insofar as you have taken this instruction and applied it to your prayer life? I would be interested to hear what has been transpiring in your prayer life, if you are so open to sharing this now.

Student: I may not be recalling this exactly, but our recent transcript really struck home. When praying for

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someone, you have to enter into his or her pain. That was a very powerful idea.

WELMEK: And were you able to use this in your own prayer life for another person?

Student: That's what I am just beginning to do now. I will focus on one person in the complex I live in, and see if I will tell him what I am doing and see if any changes take place.

WELMEK: Do you recall the idea here was to develop empathy and compassion for this individual, so that, as you pray, the will of the Father can enter into the person and uplift this person in spirit to help them begin to feel greater spiritual support in his or her life? Do you recall this idea, as well?

Student: Not as such, but what you have said reminds me that I'm not clear about what I should pray for this person. Whether I should pray for physical improvement or spiritual insight. What you said suggests I should be focusing on his spiritual life.

WELMEK: As a general rule, to be in that state of prayer fullness takes you into a place of feeling of compassion, love, understanding of that person. And when you are so imbued with this overwhelming feeling for this individual, ask for the Father's will to prevail in this person's life.

The Father knows what this individual needs, and you are opening a door for the downgrasp influence of the

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Father's love into a person's life. This may be the only time in their life that someone is opening a door for them, for they may not have the tools or the understanding to open the door for themselves. And you can do this for them. You can pry the door to their soul open just a little bit more, and thereby help them tremendously. Does this idea ring a bell within you?

Student: Oh, yes. It rings a very loud bell. And I became excited recently about a life devoted to service in this sense: praying for people, not passing opinions about them, but taking them only as they are. And I think you put it rather well, opening a doorway that might never have been opened. I thank you for that.

WELMEK: It warms my heart to hear you speaking of your interest in being of more service, and for this I am very glad. (Thank you.) Are there any other comments before we continue?

THE GIFT OF INSIGHT

Student: Welmek, I'm having a wonderful kind of feedback. That is, I pray for individuals and it seems like I'm getting insight into their condition. And it's given. I seem to have a fuller grasp of their totality. Maybe it's in trying to see them from the Father's viewpoint. They seem to be more whole, more complete. And I'm struck by the fact that these individuals I'm praying for all have a very good heart. In spite of our human frailties, they mean well.

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WELMEK: What would you say is the most significant aspect of your praying for them? By that I mean, when you pray for them, are you able to sense a deeper grounding of the Father's will that you are bringing into their spiritual space through your prayer?

Student: I think so, Welmek. I have a feeling that we're surrounded by the Father and Michael and Mother, and it's a kind of openness that is called for. And as the Father's love is coming down like a driving rain, we simply need to perceive it and be open to it and just be like a blotter and just absorb it and let it affect us. So, not knowing what they need as well as the Father does, I just kind of pray for openness, a kind of rebirth of wonder.

WELMEK: And do you sense within you that this is, indeed, what is transpiring in spirit around them?

Student: Well, not to be too optimistic, but several of my dear friends are really turning their lives around. I mean enormously, in a very spiritual way. So, I don't know what the cause is, but the Father is definitely getting through. They are happy. They are radiant.

I have a friend who just takes a delight in what could be, I think, a year or two ago he would have seen as just a menial job, just to make a few bucks to keep alive, transporting handicapped people around. He is making this seem one of the most enjoyable, the whole idea of making this for them a special, wonderful thing they can look forward to every day. It's meeting this

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strange character who rides them around. It's just amazing.

WELMEK: And when you see the results of a person's spiritual self opening, does this not give you more faith that prayer does indeed work, and that your prayer efforts are bearing fruit even though you may not know to what degree?

Student: I hope so. At the same time I try to be humble and not think that I'm actually causing this. I'm just delighted in their growth and in their happiness and their finding God. It's just wonderful.

WELMEK: And there is a distinction to be made about feeling that you are the instigator of this. But what you are doing is holding a thought seed for this individual or individuals, so that their Thought Adjusters have more room and substance to work with within their own minds - and thereby lending their minds more amenable to spiritual development.

So, while it is true that you cannot know the degree to which your prayers are influencing a person, do not lose sight of the fact that your prayers for other people are valuable - and valued - as a service. Any amount of service for another person is important, respected, and valued in the universe. And if this is what you are providing, as you pray, then you are acting as a responsible universe citizen. And this makes you a very upstanding citizen.

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Student: Thank you, Welmek. It's such a rewarding thing in itself to see people more wholly, more completely. It lets them into your life more.

A PRAYERFUL LIFE

WELMEK: So, upon this note then, let us explore tonight this idea of: What does it mean to live a prayerful life? So I would ask you to take this idea now into stillness, and ask your Inner Spirit to lead you into a deeper understanding. Spend a few moments in asking, and when you feel you have gleaned an insight about this idea, please share this with me and I will add my comments. (Pause)

Student: Welmek, I feel that being prayerful allows us to tune into more fully the Father's will, and therefore we would be, we would say and do the right thing - or do the best. If we remain prayerful we would know how to behave by being attuned.

WELMEK: This is so. For you are, as you say, tuning your mind to that spiritual channel of information that teaches you about the Father's ways of responding to life and to people with love, understanding, devotion, self-forgetfulness, mercy, forgiveness, and many other noble and divine qualities. When you are so attuned, do you find a distinctive difference in the quality of your life? What would you respond to this, C?

Student: I feel a weight removed from me, and some of the burdens lifted, and freedom from worry, and a faith and trust that things will turn out okay.

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WELMEK: Do you find this to be a more desirable lifestyle?

Student: Yes, it's wonderful.

WELMEK: So, then, would you say that leading a prayerful life would be an enticing kind of a life, a life that would be something to aspire to?

Student: Yes, of course. I don't know why I don't put more attention on it, or make more space for it.

WELMEK: Have you asked yourself that question?

Student: No, I guess I really haven't, very clearly at all. I can't imagine a good excuse for not doing it. I think it's just a bad habit.

WELMEK: And here we are learning how to develop spiritual habits, are we not? (Yes) And it is all a matter of time and growth and putting your attention on what it is you wish to achieve in your life.

Perhaps this is a question now that you might like to take into your own meditative time of reflection at home, and ask for increased understanding as to some of the barriers that are operative in your life that prevent you from being more now in this prayerful state of being. It is a matter of spiritual attainment. The more you grow, the greater understanding and desire you have to seek and to be in this prayerful state.

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Are there any other comments from your experiences now?

Student: Welmek, the last couple of weeks of the prayer helped me to realize, to experience, that between feeling and thought the feeling is a more fundamental reality. And then this, coupled with Anatolia's point about the intention, your lessons on the intention, to me this is a wonderful way to relate to other people. It's like I have a connection with them, as long as I can be mindful of it.

And this connection is feeling. It's almost telepathic. It's empathy. And this helps my intention, then, towards them, to be open. The whole part of it is I'm rewarded, because I have this not some cartoon figure in my own mind of who they are, but I have a living, breathing, infinite kind of being standing in front of me. It helps me to actually perceive that. To me this is the glory of a prayerful relationship.

WELMEK: You are coming into a deeper understanding of how the Father loves the individual uniquely, how the Father perceives that individual completely. And while your ability to attain this deep level of the Father's understanding and love is growing, nevertheless it is in obedience to the commandment Jesus left when he said, "Love one another as I have loved you. Serve one another as I have served you."

When you are in this state of empathy through your feeling, your intention will always be to share and to

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bring the Father's love into that person's life. And you are obeying the most important directive of the Master. And is this not soul-satisfying and adding to the depth and substance of your own inner growth?

Student: Oh yes. That's actually the immediate reward.

WELMEK: And it is the eternal reward, too, my friend.

LIVING IN THE SPIRIT

Student: I have a comment I would like to add at this point. It was stimulated maybe ten minutes ago by, first, when you asked us what our experiences were in prayer, and a little bit after that when you made a comment regarding our prayer opening the door even a little bit, even for the first time, to someone who may not have that access.

What happened to me was an awareness that was very powerful that just smoothly came into me - that the feeling of empathy, the feeling of the pain of the other person fully is an experience of being as God is, of being as Jesus was and is. So the distinction I'm noting here is a little bit less of me as some individual having more and more spiritual experience, as it is a noting of more fully experiencing and a fuller oneness with - and an identification in - exactly how Jesus and the Father and yourself and all of these teachers have been indicating.

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I'm recalling so many instances where I hear statements such as 'how much I feel the love there.' So at this moment my summary of what I just said is that I'm feeling an enormous joy in the awareness of, and the feeling of more and more being experientially one with the Father. Not separate like the Father, but just really being the Father - in that, as I pray, it's the Father praying and it's not some guy like me or somebody else praying.

So that's quite profound, I perceive. I wanted to make a note of that, because I think it might be useful to the expansion of this process for all of us.

WELMEK: As your consciousness - the thoughts you think, the feelings of love expand in your awareness, you are reacting less and less from the person that you were and moving more and more into the combined unification of your nature with that of your indwelling Adjuster. You are becoming more God-like. As you sense this internal union blending together, you naturally operate in your outward behavior and inner thinking in a new way. It becomes more seamless and self-less, especially when you direct your attention toward helping others through prayer or other acts of service.

What you are actually doing is administering Father's love into another person's life. And I tell you, my friend, as you already are experiencing, there is no greater joy than this. For it feeds you as well as it nourishes another individual. There is a completeness and a repletness, in that it feeds you and spurs on your

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own development. And that you are sensing this is a vast distinction to make in the way that you once lived and perceived.

So I say to you now, my friend, get used to it. This is the new life, this is the life in the spirit - and it is a thrill to hear you speak of your increased recognition of this. This is your life now, for your eternal future. And we are overjoyed to hear you speak of your experience in this way.

Student: Amen.

WELMEK: Prayer, then, at this level loses its rote-ness. For then it becomes a privilege and something you look forward to doing, because you know that what you are doing for another person is valuable, is important, and is helping that individual - especially when that person cannot do it for himself or herself. This elevates prayer to its highest level of universe responsibility, and it becomes a privilege then to pray - something you do wholeheartedly with love, because you know it is the best possible thing to do. And what more could you do for that individual?

Your life, then, becomes a living prayer, because you are living in the state of feeling and thinking about another person and that takes you into the realm of active service. And the next step after the prayerful intention is then to assist that person in whatever way you can, to help him or her achieve a new level of the Father, and to experience the Father's love. (Pause)

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Did I stop your comments by that last statement? It was rich food for thought, was it not?

Student: Yes, Welmek, in listening to everyone and what I have experienced over the past year - and you know what I have experienced over the past year, the challenges that I have met and overcome as I allow myself to experience my oneness with the Father and with Jesus and with the Spirit of Truth, and you know how deeply devoted I am to living prayer, and how my heart has opened immensely, and how my sense of compassion and empathy have greatly increased and expanded.

I have been greatly blessed by the experience of my oneness with universal consciousness and love. It's beyond words, in a sense. I just feel a sense of increased wealth and richness within my being and it's so gratifying. And as I told Michael /Jesus on Monday, I look forward to experiencing the days to come, because of what I have experienced in the days that have gone past. It seems my faith has greatly increased and deepened, and my capacity to be in the moment has greatly deepened and increased.

Living prayer is seeing the good in each and every person, and experiencing the light beyond the darkness, and seeing the love beyond the pain and depression, seeing God in each and every person.

WELMEK: When you pray for those close to you, are you able to perceive the Father's in-workings in their spiritual dimension?

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Student: For some, yes.

WELMEK: Are you aware of the duration of the in-working of the spirit within that other person's spiritual dimension?

Student: I don't know if I am or not. I don't know if I completely understand what you are asking.

WELMEK: What I am interested in now is to help you bring in the Father's love and the Father's will into that individual more and more, and to help you hold that focus within that person's spiritual space so that this opens the door in their minds more fully. Is this something that appeals to you now?

Student: Oh yes, and I've seen that happen; not maybe so overtly, but I have seen it happen subtly in people.

WELMEK: And this is what I am asking you now, if you are able to perceive this.

Student: Yes, yes I can. Even with people who have been very spiritually dense there have been changes - subtle, but there have been changes.

FACILITATING ILLUMINATION

WELMEK: Yes, it is not a big burst of light within their mindal environments. The door opens very slowly, so that each person has the capacity to grow at their own rate in conjunction with the leadings of their

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indwelling Spirit. And this is, of course, not your prerogative to know how they grow. But it is (to offer this idea to you now) to begin to hold the focus more fully on the other individual as you sense this expansion of the Father's love in your own life, as when you are in this place to outwardly direct this now on the other individual.

After you have felt sated in stillness, then bring your awareness into the realms of other people for whom you wish to pray and hold this focus on them like a laser beam of love going directly into the pain of that individual's life. This will thereby render - you - as we have talked about before - a spiritual surgeon applying the Father's love, and thus making you a more effective prayer as you increase your capacity to live a prayerful life. Do you understand my meaning now?

Student: Oh, very much so. And what's really neat about it is that it's done in secret. It's done privately. There's no big fanfare. I like that. In the Father's love. And what's, I think what's important too - and you alluded to it - is just opening up a little crevice of light within them. Because sometimes if they explode with light they don't know how to handle it. And that could do them more harm. Just giving them a little crevice of light, a little opening; and allowing the Father and the Mother to do their will. Sometimes that's all it takes.

WELMEK: And where you apply the light is important: to apply the light on that area in their life that is in pain, in despair, in spiritual darkness. And this is the important idea to convey to you tonight: to

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actually direct that light upon that place within them. That if you are able to perceive this within them, then there is the service of applying this direct light on their wound and thereby bringing the Father's love to heal it. This is, after all, the purpose of prayer: to spiritually uplift and heal another individual or a situation. So I ask you now to direct your efforts in prayer in this way. And I will be interested to hear your perceptions in the coming weeks.

Student: I look forward to it.

WELMEK: Are there any other comments about these ideas tonight before we conclude? Are there any ideas that bear further elaboration or clarification for you?

Student: I haven't been able to get into the Urantia materials. And I don't know what to do about that. A few pages a day. I just don't know how to do your counsel about that.

WELMEK: You *are* into these teachings, heart and soul. Reading is designed to expand your conceptual framework, and it is important in your development to have enlarged concepts from which to trigger your spiritual hunger, but I say to you that it is not so much a matter of reading your text, as it is to live the teachings. And I would encourage you to spend more time in prayerful thinking, than in outward reading of these concepts.

You have been fed with much information over these past months of your involvement. And it is important

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to let this information and material digest within you. Thus it is not so important to read as it is to experience what it is you have learned. And in time when you feel you have better powers of retention and an ability to read without being frustrated, then it would be time to pick up and do more in-depth study. Do you understand what I mean by that?

Student: Oh yes. You have given me just what I needed, as usual. Thank you.

WELMEK: Well, I do aim to please, and to help you in whatever way I can.

Student: I know that. I've found my life is undergoing a fundamental transformation. That's a very exciting experience. I want to thank you for your contribution.

WELMEK: You are most welcome, my dear friend. And it is exciting for us, too, to watch your transformation, and to assist you in whatever way we can. (Thank you.)

I will ask you now to go within, to spend a few moments in prayer for those near and dear to you. Find that place of empathy, of sensing that other person's need of spirit and finding that place where you feel the Father's love. And see if you can direct it into that actual place of need and ask that the Father's will prevail. As you do this, join hands together, as I pray for our Father and Mother's presence to add into your prayerful desire. (Long Pause)

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May the love and the presence of our Mother and Father prevail in the lives of these individuals. What the faith child asks and the Father wills is.

TEACHER WELMEK

Lesson Seven

January 9, 2003

Greetings, this is your friend and teacher, Welmek. I am pleased to see you here this evening - especially because of the inclement weather – and welcome you tonight as we conclude our in-depth study on prayer. And so tonight, in culmination of this series of discourses, I would like to take you more fully into the idea of living a prayerful life.

As we went on this exploration of prayer, I led you through a series of exercises to be in prayer, to be in the intention of asking for the Father's will to prevail in a person's life or in a situation; helping you to get into the emotion of the prayer by encouraging you to experience deeper empathy and compassion for another person.

And so, in our closing discussion, let us now go into the heartfelt intention of praying for someone or some situation to which you wish to add your spiritual energy and loving service that the Father's will prevail. Spend a few moments in the quiet of your mind now, finding that place of deep compassion within you. Let

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this compassion fill your being. Words are not necessary. (Pause)

Go into that place of darkness for that person or situation. And when you sense that to the fullest degree that you can, ask that the Father's will come in, come into that place, to fill it with light, to fill it with energy of spirit, a new dynamism of the Father's actual being. (Long pause)

I will ask you now some questions. Sense within you, and then we will go into our discussion. When you are in this state of prayer, do you feel a slight opening of a door for the Father's love and the Father's will to enter into that person or situation? Spend a few moments in ascertaining this. (Pause)

Are you able to sense a qualitative distinction in your thinking when you are in this state of prayer, as opposed to your thinking in your everyday waking state of consciousness? Spend a few moments in ascertaining this. (Pause)

And the final question for you to ascertain your awareness: What would be the value you perceived in entertaining prayerful thoughts as a mode of thinking in everyday life? Spend a few moments here, and when you are ready, I would be interested in hearing your comments about what you have perceived during this exercise. (Pause)

Student: Welmek, I had an unexpected experience. I placed my attention, prayerful attention, on people that

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I thought might benefit from it: a sick friend, an elderly parent, etc. And it felt like I was just opening a little door with each person there, but I was not compelled to stay there.

A MORE EFFECTIVE PRAY-ER

And then -- as they say, charity begins at home -- I found myself back feeling blockages in my body and feeling I could be a more effective channel for prayer, prayerful results, if I could open up and release some body tensions and mental blockages, etc. So I felt some great releases beginning, and some pain that came up and was beginning to release. So, perhaps I sound selfish, but I ended up sort of praying for myself, in a sense.

WELMEK: But if you had these areas of blockages, why would you perceive that to be selfish, if this is what you need to have corrected within you to be a more effective prayer for others?

Student: Yes, and during the past week I have prayed for other people much, much more than ever before as a result of last week's lesson. And so I'm grateful for that, and it is good to allow myself to pray for myself and make myself more effective in praying for others, I think.

WELMEK: As we began this in-depth study, we defined prayer as the spiritual communication that is necessary for the Father's will to prevail within human life. And if you are using prayer in this way for your

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own benefit, what you are asking for, my friend, then, is for the Father's will to prevail in your life. And there is nothing selfish about this.

Father shares everything with you. But you must ask for help, you must ask to receive that which He can give to you. It must be your choice. And the more you do this, the more the Father's will can intercede and correct those areas within you that you say are blocked or have pain.

At this level, prayer is not what we would consider to be self-centered, but a necessary component of your growth and development as a mature spiritual being. And if you perceive the value in what you were praying for in others during the week, then does it not also follow that to pray for yourself would lead you to be a more effective pray-er for other people?

I will ask you to consider this now in the following week, and in the weeks to come, so that you are able to open even more fully to the Father in asking His will for your life to become so imbued within you. And it will render the times of prayer for others greater in mind and give you an opportunity to keep the door for another person open just a little bit longer each time you pray. Do you understand my meaning? (Yes, thank you.)

Do you have any more comments or need for clarification or elaboration? (I don't suppose so.) Thank you for sharing your experience.

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IN THE PEACE OF PRAYER

Student: Welmek, to be in a state of prayerfulness constantly, I feel ideally would be a wonderful thing. For when I'm in this state I feel the Father's love and I feel the peace that isn't normally experienced. But in day-to-day living, there often are tasks that need to be accomplished, work that needs to be focused on. Can a person be in this prayerful state and still be focused on their task on hand? Or are these two separate experiences? I guess that's my question.

WELMEK: It is a matter of mindal development and control. These ideas are presented to you for you to try on and experience more fully in your day-to-day living. But by no means do we perceive that you will be able to master this for many years to come because the level of spiritual development and mindal affinity with the Father's will still is being adjusted and conformed within the superconscious level of your thinking.

It is possible to be in this form of prayerful communication at all times. This is what your text refers to as the state of being our Master was so beautifully able to achieve and experience in his human life. And from an earlier discussion, we talked about the proportional relationship between worship and prayer as being perhaps 50:50 when you could spend your time in worshipful contemplation for part of your day and prayerful communication for the other part of your day as a service to your brethren and to your planet.

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The experience of being in prayer is one you will grow into the more you develop your rugged self-discipline in stilling your mind and allowing the Father's spiritual current to blend within your own human mind and making it more Father-like. Bring your awareness of the Father into your tasks. See if you can, while you are doing your task, also hold another thought of a prayerful nature. Experiment with this. See how long the prayer is retained before you go back to your, well I would say the word here is 'mundane thinking'. It is not mundane, but there is a stream of consciousness in human thought that runs rampant, even in the midst of an effortful task.

When you find yourself in the midst of a task, you do not always stay focused on the task. Sometimes the mind wanders, and you must bring your attention back. So if your mind wanders while you are doing this task, would it be such a large step to take in turning your attention to the spirit and praying to fill in this thought? Try this. Be aware of how your thought streams pervade your thinking. Elevate them to the spiritual level when you catch yourself as your mind becomes diverted. And practice this many, many, many times over. This is how you develop that rugged self-control and better mental habits. Do you understand my meaning?

Student: Yes, it definitely gives me something to work on. I suspected as much, and I haven't been able to actually accomplish that. I guess I haven't tried. I always felt that prayer was one thing and the task at

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hand was another. But you have instructed me differently. And I appreciate that.

WELMEK: Think of the musical instrument of the piano. The piano has many notes that can be struck at various times. And at one time you can play a chord that has many notes. These notes are thoughts in your mind, and you can hold different notes at the same time. So as you expand your ideas to encompass what we are discussing, let your mind elevate to the spiritual level and see how it responds at the material level as well. For, as you have said, when you are in prayer, you feel at peace and you enjoy what you are experiencing. If you are in prayer in going about your daily tasks, would that not add to the enhancement of your life? Therefore, see how many notes you can strike with one chord of thought, and practice this many, many times over until you are the master musician of the notes of your mind. Does this help?

Student: Yes, it does. And someday in the future I will play a wonderful melody for you.

WELMEK: Try your best. We empathize with the difficulty that you have. But as much as you can, practice, practice, practice. For that leads to eventual mastery and that sublime achievement that will be yours to enjoy for countless years to come. (Thank you.) You are most welcome, my friend.

Student: Welmek, what I have come to experience in my daily life, living and working and relating, is that as I go out into the day there is this, no matter what I

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am doing, there seems to be this flow of consciousness within me, within my mind and my heart that I can tap into at any time. Whether I'll be working in someone's garden or riding or in a grocery store, or even watching TV, or playing basketball with my son. Because I am always aware of it, and that if I stop what I am doing I can fully experience it. And then it kind of pervades what I am doing. And one thing that it does is it brings me back into this present moment, and really harnesses that energy and transforms whatever negative or fearful thoughts I might have. It just transforms it and disintegrates it.

And I still remember the lesson I learned a few months ago of the eternal now and living prayer. They are kind of synonymous. They are one, because during living prayer you are living in the present moment - not separate from the Father - but one with the Father. And what I also noticed, too, and I mentioned this to my lady friend yesterday as we were working, she was experiencing her mind really getting scattered because a lot of things were going on. And I said, "Just focus, see what you are doing now. You are raking, you are breathing the fresh air, and the sun is shining. This is all that matters, right here and now. And in that moment, spirit is here; and we are one with that spirit." And it changed her for that moment. So that's what living prayer is all about. It's one with the universal consciousness and mind and body and heart and soul.

WELMEK: The experience of God-consciousness is the full expansion of the human self with the Divine. As a form of spirit communication, prayer takes you

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into the active realm of service, which is -- I would draw a distinction here between the actual state of being in the Father as actively introducing the Father's will into another person or a situation. Do you understand the difference I am drawing for you here now?

Student: Oh, very much so.

WELMEK: When you are actively engaged in prayer, you are focusing your thoughts now more into others for their upliftment. There is a unity that you will experience in doing this. But what I am encouraging you to share with me now is if you are able to perceive the Father's current going into another person and seeing how the spirit opens the door in their life. And what your prayerful attention and intention can do to help them in a way that they will not necessarily be consciously aware of, but that adds spirit value to their life that they may not be able to ask for themselves. Can you share your comments with me on this point now?

Student: Yeah! I remember from last week, and I have been focusing on that with certain individuals (but with my mother who had to have surgery) and with other people; and I do have a sense of the Father's love pervading their being. And there has been, and I notice in many people who I have prayed for a subtle change within them. It's been quite remarkable, and very, in a sense, growing in my faith. My faith has grown because of these experiences.

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WELMEK: So I encourage you now to place more of your mental attention on this idea of prayerful service for others and for situational conditions on the planet. As your mind expands into the current of the Father's will you are focalizing His will on what you think and what you direct your internal gaze upon.

The quality that you articulated in the beginning of your sharing with me I would say tends to be more in the realm of worship. Prayer is an active engagement outward in service. And I would be interested to hear what your internal gaze yields to you as you begin to spend more of your mental and spiritual attention in prayer. Do you understand the distinction?

Student: Yes, I do. I can feel it, as well.

OVERCOMING HUMAN LIMITATIONS

WELMEK: Is this something that interests you now? (Of course.) As your mind begins to expand, let the full range of your mental capacities be directed outwards toward service. This takes you into the realm of delightful self-forgetfulness, and will increase your faith tenfold, because you are sharing the Father's love with many people throughout the day. And as much time as you give out of spirit, you will naturally bring that in to you for your own replenishment and nourishment.

This is one of the most important components of prayer, and how it can renew you. Just as worship renews you, so does prayer replenish you in spirit. So

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that if you were to be engaged in these spirit forms of communication throughout the day, you would be constantly renewed and refreshed and living the life that our Master led. And would this not be a wonderful blessing to all of your brethren to lead such a life? (Yes, very much so.)

Student: I found among the terms of prayer that I engaged in, I felt a great warmth to the person, a healing warmth, as a scarlet color. And also I forgot myself for awhile, and that felt very good. And what I said was a little bit less selfish because I wasn't praying for myself. I have to labor under the idea that I now need 24-hr care in which we don't have the funds. It's a very bad situation. And in the manner of this practice I feel that I am not having as much success as those of my colleague's experience, although I must say I feel challenged as an example and a rule and paradoxically, I'm excited about the prospect of continuing on this path. I only wish I had begun many, many years ago.

I also found that the medication that keeps me from shaking does not work very well anymore. And so I have found that my legs are weak, and I will need 24-hour care. It's a very embarrassing confession to make, but that is so. I don't know how much time to spend at just healing myself and healing other people. So I really have to say benign confusion, and need any clarification that you can give me.

WELMEK: My friend, your attempt and your desire to achieve greater spiritual growth is honored and is admirable. Spiritual growth and attainment of higher

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degrees of love and peace in your life is like anything else: where you put your intention and effort will produce fruits. You have shared with me tonight that when you pray for others you feel a great warmth, and you have a feeling of forgetting yourself and your concerns. Would this, then, be advisable to you to spend a good portion of your day in prayer for others as much as you can? (Yes).

What is it that you want to achieve now? You must ask yourself this. This is not a question to answer to me now. I advise you to take this into the stillness. Ask yourself this deep question. What is it that I want to achieve now in my life? You have been given many new ideas to consider. Your plate is full, my friend. Where you place your effort and attention, there will you find the greatest results and satisfaction. And if you are now experiencing greater peace and warmth and self-forgetfulness in praying for others, perhaps this is an experience that you might like to enjoy throughout your day and thereby finding release from some of your mental confusion. Do you understand my meaning, R.? (Yes). Have you any comments about this idea that I am conveying to you now?

Student: Only it's quite a challenge that I have to move into a different situation in which neither I nor my family can afford this. That is a clear and present necessity which must be answered or solved somehow. I certainly feel my day would be happier and more balanced if I can pray for others. But there's an economic reality, which can not be denied. That gives me a great deal of difficulty at this time. It deflects me

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from a one-pointed commitment to prayer. So I experience and recommend the value of prayer and yet the medication, which is not having much effect anymore, presses heavily on me.

WELMEK: How you occupy your mind with thoughts will affect your emotions. If you spend more time in prayer and find this level of self-forgetfulness, it will release some of the pressure you are feeling about your physical conditions and the material considerations that you are now facing. Spending more time in prayer will occupy your thoughts away from your troubles. Where do you want to put your attention: on worry and fear? Or on helping other people bring the Father's love into their life?

Student: My choice, of course, is to help other people. But at the risk of being repetitive, the economic problem has to be solved, as well as the seemingly unsolvable problem of the diminishing efficacy of the medication and it may be ultimately that I must make an all-out commitment to my spiritual life as the only possible answer anyway. So that is why I have faith that things will work out. I've been a control freak and I think I will have to let go and let God prevail in this situation.

WELMEK: You are coming into a greater understanding and awareness of the choices that you now have available to you. And you have rightly ascertained that spending more of your mental efforts on your spiritual development will grow your faith and bring you comfort and peace. This is your choice. You

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will still need to deal with your material life circumstances. There is no escaping this. But if you can, bring your prayerful attitude of asking for help for yourself and others now more into your mental environment, more consistently, you will distance yourself from worry, and be more in the place of comfort and security.

But you must walk through the experience for you to know the validity of that which I speak to you. It is your choice how you want to engage your mind now. You have been given much spiritual guidance. And now I encourage you to put this to the test and to see where your walk of faith takes you on your journey. Do you understand?

Student: Yes, you speak the truth. It's time for me to make an all out commitment to my spiritual life wherever I'm being led.

WELMEK: You have the prayers of your brothers and sisters. And when you feel weak, call upon them and ask them to pray with you, to uplift you in spirit.

Student: Thank you. That's a wonderful idea, and I will endeavor to do that. Thank you very much.

WELMEK: You are most welcome.

Student: Dear Welmek, when I was praying for my little boy I realized that my mind would focus first on him and there was an opening, makes me think of like an octopus' mouth, and then a clearer mentation and a

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happier feeling and a reduction of like Paradise tension which I think you were talking about like worship, it's energizing to get that release of that hunger tension for Paradise perfection.

Then I got this idea that I'm really expanding to maybe I'm asking you if I'm hitting on something correctly. I couldn't stay focused on my little boy for too long before I'm praying for myself and those within the affect range of his needs - his brother, his mother, us here. I'm wondering if there is a technique used where you kind of pulsate that down to the little boy and then up to the affect range, back and forth, so that it's visual and maybe even sonic and a little more relaxing and can maintain a longer focus that way. Is that a good idea?

THE EXPERIENCE OF LOVE

WELMEK: The ingredient for you to focus on for your prayer, in your circumstance, would be for the love you have for your son, and to let that swell within your heart to the degree that there is nothing else within you but your love for him. When you are so filled, simply ask for the Father to come into your son and to bring what He wants for your son to prevail in his life. It is not necessary to do this articulation of thoughts, as you say. What is important is to be in the experience of love. That is the most important ingredient.

Spend time feeling this soulfully. Sense the Father's love entering into his soul and filling him so

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completely and repletely that there is nothing else within your son but the Father's will. This is not something that you will master here and now in one prayer sitting. This is the idea, an experience to take into your prayer life now and to spend time in mastering that.

When you pray for another person, feel the love you have. And if it is difficult for you to feel love for that person, open your heart and ask for the Father's love for that person to overtake your being. And then when you feel that, then the Father is ready to step in to that other person's spiritual, mental, physical domain. Do you understand my meaning?

Student: Yes, I do. As usual, it makes it a lot easier! Thanks.

WELMEK: Controlling your mind is difficult enough as it is. And it is always best to follow the most simple and direct path. How can you go wrong in feeling the Father's love and praying that into another person? This is always the best route.

Student: To what extent does the prayer that you are describing actually affect the other person?

WELMEK: It will be almost impossible at the human level to ascertain that. And that is not the role of effective prayer. For the amount of growth that one person achieves is their own domain, in conjunction with the Father's will for them. But what you are doing in prayer is providing a much-needed spiritual service.

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The more you feel the Father's love for that individual, the greater capacity of receiving the Father's love grows into their mindal environment. As you pray the Father's love and the Father's will into a person, you are seeding that love into all the places of darkness within that person's mind. Depending on that person's environment of mind and soul, the prayer can be very effective if there is spiritual affinity for what is being prayed in.

For example, if a person is already conscious of their relationship with the Father, and is having a problem in dealing with their life's situations with patience and understanding, if you were to ask for more of the Father's patience to be imbued within that spiritual domain of that individual, that person may be able to sense that within them. But if a person is closed in darkness, and knows not of the love of the Father, praying for patience may take longer for it to seep into their mindal environment in order for you to see a more outward manifestation of that particular quality in their behavior.

But the most important thing that you are doing is that you are shedding light on their spiritual darkness. You are adding value and love into another person's life. And this, my friend, is always effective no matter the degree to which that person can experience it. The seed will grow in time the more you water it with your attention to make it grow within them. Do you understand my meaning?

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Student: Sort of. Is there any kind of active corollary to this prayer, vis-a-vis some kind of direct communication? Or in other words, an activity directed to this person, through actual communication? Or any activity that would enhance the service of the prayer? Or any kind of, in other words, worldly corollary, besides the actual kind of prayer that you are describing? And would that make any difference? And if so, what would that be? For example, the Urantia Book says prayer is effective if the person knows they are being prayed for, is one example. And might there be other things or activities? Does that make sense?

WELMEK: I understand the meaning of your question. To put it in a nutshell, as you would say, when you are engaged in conversation with an individual, it is incumbent upon you as a spiritually receptive person to spend a few moments prior to speaking to them to ask for the mind of Michael - to borrow His mind - so that his words that you speak and any activity that you engage in will be from Him. You may certainly inform another person that you are praying for him or her. That is important.

But you cannot know the attitude of their soul to accept your words. So it is important to render yourself open to Michael's mind, so that He can speak the words that will touch their soul. If you will remember from your text how the Master engaged people in conversation, spend some time in engaging your mind with Michael's first. And then the words you speak, or any other communication you have with them, whether it is silent or through gestures, will be Michael's words

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of love. And it will penetrate to their soul, because it will be conveyed over the Spirit of Truth within them and leave an impression within them. Do you understand my meaning? (Yes) This is the simplest and most direct activity you can engage in with your brethren. Has this satisfied your question?

Student: I think so.

WELMEK: Are there any further comments?

PRAYING WITH SPECIFICITY

Student: Yes, Welmek, I wanted to ask on the subject of specificity in prayer. And it's my understanding; it has been my understanding, that specific prayers are more effective than general prayers. And that in line with that I try to pray for things that are in particular domains of a person's life that are practical and can be addressed by their angels or by the attending angelic corps, their seraphim, that are appointed and specific. I wonder if you might comment on that practice and how you advise on specificity in prayer.

WELMEK: There are two tonal qualities of effective prayer. We have been discussing the intentional, emotional quality of prayer: to be in that space of love and understanding and compassion for the needs of another person so that the Father's will can prevail in that individual's life.

The one tone of love that you bring is the heartfelt feeling that swells within you that opens the door. The

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other tonal quality is the specificity that the Father's will prevail. And in that idea, does not that person's indwelling Adjuster know what is best for that person? And do not the angels work in harmony with that person's indwelling Monitor to cultivate the conditions for the effective manifestation of that prayer? (Yes)

So, in your tone of specificity you can certainly in your own mind articulate to the degree you can of what you feel is important for that person. But you always must understand that it is not your idea that will prevail but the Father's will that will prevail. But, if it is that your will or your idea is consistent with the Father's will for that individual, then yes, that would be a specific idea that you could bring into that person's life.

So what you can in your own inner experience ask is 'what does this person need to grow? *"Father show me from your perspective – your will for this person - and how I can, through my love, seed that in, so that your will will prevail in this individual's life?"* Do you understand this distinction I am making for you here?

Student: I'm sure I need more instruction. But that's a very good foundation. I am getting the distinction. Should I understand that it is the case that because of the free will restrictions under which the universe operates, that angelic action and divine action in a person's life is in some sense dependent on the specificity of the prayer? Or is it simply that you are saying that, what I guess where I'm unclear is, if there isn't something in the will of that person, or in the will of the person praying, asking for specific things, that

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there may not be movement in that area from the side of divine helpers? I hope I stated that clearly enough.

WELMEK: I understand your question. It is as if you are trying to nudge that individual's growth and development along a little bit more. And this is a noble gesture on your part. You are adding movement into a person's life where they may not have had the awareness within their own mind for this to occur. You must remember that individuals are at various places in their development. Some people will be very amenable for the Father's will to prevail in their lives and be willing to be paced with the growth that the Adjuster has planned for them. Other people will need to be nudged a little bit along the path - encourage, inspired. And this is what your prayer will do for them. You are adding more fuel for them to stay on the road for their spiritual journey. Does this help?

Student: It does help. And perhaps I will leave it there for now. It's up to you.

WELMEK: I would only ask one other question. Do you have any confusion in your mind now or is it just a matter of allowing yourself to grow into this idea?

Student: I think it's the latter. The confusion will be easily -- I hope, I pray -- be amenable to experience and testing.

WELMEK: So be it. I will leave it here if you feel satisfied.

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Student: I do. Thank you, Welmek.

WELMEK: You are most welcome.

Student: Welmek, earlier you spoke of, or asked us if we were able to sense a door opening for another when we prayed for them. And I'm afraid my senses aren't quite as sophisticated, my spiritual senses, to sense that although I do sense a reassurance from the Father that my prayer is valid and is working within that person. So I wanted to share that with you and ask if that was what you were asking, or if it was something even greater that I have yet to experience in prayer.

Welmek: If this is what you experienced, then I commend you on your ability to sense this. For if you have the Father's assurance that the prayer is effective and valid, then would it not also follow that the door opened for him to get in there? (Yes, it would). This is what I am suggesting. Your ability to sense this will grow in time; your sensing abilities expand. And as we have talked in earlier lessons, you are always adding greater perception into your being the more you grow and follow the Father's will for you. Are there any other comments or questions before we conclude our series on prayer?

Student: I have one more question. And that is, how is prayer, how can you use prayer, in relationship to the incessant screaming voice of the demanding ego as it breaks into the thinking and consciousness? What do you respond to that?

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WELMEK: Follow the Master's prayer: "Father, it is my will that Your will be done." And the ego will eventually yield to this ever-expanding desire in your heart. But it must be the desire in your heart to do the Father's will. Otherwise, the entity within you that you call ego will be difficult to suppress. This is what our Master was so superbly able to demonstrate in his life in every situation. And in following His example you will, in time, tame this unruly member within you. (Thank you).

CONCLUSION

My friends, this series has been very valuable. And I request that you give it the serious attention that it deserves. For you are all being called now to be greater spiritual administrators on your planet of the Father's love. It is your prayer - your spiritual communication - of actually instilling the Father's love and the Father's will into the lives of your brothers and sisters, into the situations of your planet that will actually change this world.

The stillness practice that we have instructed you in over these long years was meant to help you quiet your mental environment, to engage your spirit mind in spiritual communication. And prayer is one of the greatest components of this spiritual communication. Please render this the attention it deserves. Please afford our Creator Sovereign your willingness to participate in the cleansing of this planet of all evil and darkness through your prayerful living. I leave you now with this prayer. Will you all join hands?

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Michael, our Creator Sovereign, on behalf of these your children gathered here tonight, we, the celestial teachers that You have appointed to Urantia, send our prayers into these children - Your ministers. We pray for Your love, Your wisdom, to pervade within their mind. Fill them with every nuance of your being, to strengthen them, to guide them, to give them the spiritual stamina and fervor they need to be the healing agents on this world. We, who have been privileged to instruct them, send our love with yours into each and every individual here tonight, and ask that their range of influence in the outward world be expanded. And their ability to be Your love magnet to increase one hundred fold. We hold them up to You. We ask Your being now to pervade them.

May the peace of our Creator fill you to the zenith and to the depths of the very core of your being, my friends. Be in His peace. Good evening.

Donna D'Ingillo

Founder & Director

CENTER FOR CHRIST CONSCIOUSNESS

I have been immersed in the pursuit of the ways of Spirit all my life. Since early childhood, I searched for God, always wondering how things worked in the universe. I sensed something invisible that I could not name but have come to understand as spiritual *presence*.

My early religious training was in the Lutheran church, studying the Bible extensively during my formative years. Upon reaching adolescence, I began to question my religious training. In 1975 I was introduced to The Urantia Book, which satisfied my intellectual curiosity and my spiritual yearning.

Throughout the '80's I was involved in Urantia activities then in 1992 I learned how to attain "Stillness" through a meditation technique. Soon I became aware of the Teaching Mission and its expanded teachings of the Urantia revelation. Through utilizing a process called "transmitting / receiving" [T/R'ing], celestial teachers come into contact with people and bring them spiritual messages. These messages give practical guidance and encouragement about daily spiritual living and about overcoming our mental and emotional handicaps.

All over the world, those participating in the Teaching Mission were apprised that this was part of the planetary spiritual uplift that was occurring, designed to open us humans up to the ways of spirit in order to correct the problems of this world.

I developed an ability to listen within to what the teachers were speaking and to relay that information to others through the T/Ring technique. For a number of years Teacher Welmek, among others, spoke through me. I was so grateful to be able to participate in this, and to receive the wonderfully simple and applicable lessons of living in the spirit that were given to me and to the group in which I participated.

Concurrent with my spiritual adventures with the celestial teachers, I developed an interest in holistic healing techniques, including "hands-on healing" and energy medicine. Beginning in the early '90's I studied Anatomy, physiology, nutrition, homeopathy, essential oils, flower essences, energy work, reflexology, spiritual and hands-on healing, and I began to practice healing with family and friends, eventually beginning a private practice in energetic forms of healing. I also received in-depth information from the celestial teachers about how the human body-mind-spirit connection functions, and developed techniques of healing based on what I learned.

Acting on my desire to help more people open to Spirit, I founded the Center for Christ Consciousness in August 2002. I began to publicly T/R our Divine Parents, our Spirit Father Michael and our Spirit Mother Neadonia.

They trained me to explore the unconscious mind and the hidden recesses of its inner workings to see how Spirit functions within us.

Michael and Nebadonia trained me to hold the space for them to heal their children of subconscious blocks through a healing technique called Generational Healing. This technique re-patterns ancestral memories and trauma, cultural conditioning and distorted institutionalized beliefs embedded in the deep unconscious mind and in the body. My passion is to help people find and live their true soul self by facilitating healing sessions that will allow for our Divine Parents to step inside a person and truly heal them, from the inside and out.

In addition to transmitting celestial teachers, I conduct workshops on getting in contact with one's Divine Parents and celestial guides, on the Stillness practice, Generational Healing, and other topics of spiritual interest. I authored the book *Teach Us To Love* and produced the CD *Come into the Stillness*. For further information, please contact me at the Center for Christ Consciousness at www.ctrforchristcon.org.

May you be blessed on your journey to Spirit!

Namaste,
Donna D'Ingillo

