

THE ART OF PRAYER

1.



Meditate on your improvement focus.

Before starting the prayer meditate to become more aware and in contact with the points you wish to improve in yourself. Try not to select more than three so as to focus your consciousness well. A good connection is only possible by acceptance, so if we hate or dislike parts of ourselves we go into a state of internal conflict and internal conflicts can only be fought and won by ourselves. Other powers will not interfere. The only way to pray effectively is as a whole, albeit imperfect being.

2. Attune to the power.

We have to affirm our connection to the power we pray to. This can be done externally by placing a representation of this power upon our altar and providing an offering as well as welcoming them verbally. More importantly this should be done internally by focusing on what you have in common. Once it is made clear to the power you are walking the same path the power will decide on what help it will be willing to offer or what conditions it will place on its assistance. When you feel the connection with the common tradition or path is strong enough we can commence with the prayer.

3. The Call.

It is important to always maintain control because even good powers can become troublesome in too large quantities. To maintain control you can use either personal authority i.e.

'We welcome you into our circle' or indirect authority i.e. 'In the name of our master and saviour Jesus Christ'.

When praying to several powers at once start with the ones you have the best relationship with so they can help you controlling the powers you call upon later. When calling multiple powers it is generally best to start low, go high in the middle and end somewhere in the middle i.e.

'Join me spirits of my ancestors in performing this ritual. We call upon Great Spirit to share his medicine with his children. Be welcome Power Animals and Spirits of the Land'

4. The Blessing.

When the power is present we should show it what we want from it and then be prepared to receive it. When it is blessing us we should cease our asking, because the very act of asking is denying that we have it and is therefore also denying and rejecting the blessing we have just received. This is not very wise and actually considered extremely rude by spirits. The best statement of what we want comes simultaneously from the belly, heart and head and thus shows that we are totally committed to receiving the blessing and not being half-hearted about it. This unity between desire, feeling and consciousness is very important to be strong and stable enough to work with the blessings you receive. *Prayers when your condition is worse physically or mentally tend to have less effect and because of your own lower or negative vibrations can attract the wrong kind of attention.*

A common mistake is for the asker to also want to be in control of the giving. To receive a blessing we need to be humble and submit to the judgement of the power we are requesting aid from. It will decide

what help we should get and in what form. If we take control we are implicitly denying their control and therefore not submit to their influence.

A blessing is an addition in the form of guidance and sometimes power, not a blockage or removal of something. Blockages and removals are curses, they can also be helpful in achieving your goal, but praying for such things is not as good karmatically since they add nothing to you nor improve your essence. It is more like being demoted so a lower category.

Blessings, like water, tend to follow the path of least resistance.

This means you tend to get what you need, not necessarily what you want. You will get it in the way and at the time it is most easily provided to you.

5. May it be so

After the blessing has been received it is important to acknowledge the change and the significance of receiving this blessing for your relationship with the power. A blessing is showing you are indeed on the same path and that the power regards you as it's spiritual family. This kinship can be acknowledged with a simple '*Amen*' or a giving of thanks and dismissal or unbinding.

Star Hawk Dreamer, Jan 2016