

AWAKENING NEWSLETTER

#20

PRAYER AND INTENTION

The recent fires in San Diego, and people's different responses to it, provoked a lively interchange among a group of Awakening graduates. The dialogue included many offering prayers for assistance, and others eschewing the notion of prayer.

The words "prayer" and "God" have a million concepts around them, so when we use them we cannot assume others share the meaning we give to them. Here is the distinction I make between prayer and intention. Typically prayer (or begging) assumes that there is some Supreme Other that can be beseeched to intervene on your behalf. This implies a separation between you and Source, in which you, as the supplicant, are powerless and need to somehow manipulate and appease this Supreme Other (and how Supreme could it be if it was so easily manipulated? Human sacrifice, anyone?) to give us this or make that happen. Regarding the fires, it is probable that many who lost their homes prayed equally as much as those that didn't, and that many people who didn't pray at all avoided damage. If you look at your own experience with praying, sometimes you get what you ask for, and sometimes you don't. Just like when you don't pray.

Intention, or holding a vision, is different. It implies you and Source and not separate, and that holding true to a vision of what you would prefer has power. Then there is at least one energy being sent out in the direction of what you want. Holding a vision in spite of conflicting reality is an art form, and a great teacher. During the fire, I did not pray to something outside myself to intervene on my behalf, but I did hold the vision of returning to my intact home and the great relief and gratitude I would feel at that moment. I invested this vision with my belief and intention, while knowing that I am ultimately not in control of circumstances, and watched the fears and stories that arose and held them within the space of this vision. And when I stood in the exact place I had imagined standing and saw my house intact, and felt precisely what I had imagined feeling, the circle of energy was completed.

Did I create this positive result for myself? Would it have happened anyway no matter what I did? I don't know. But I do know that holding a vision empowers me as an active participant in my experience. I believe there is "something" (although not a "thing") that we have access to – call it the Qi Field or Organized Consciousness or All-That-Is – in which we have a greater power of influence than we imagine. In his pioneering work Dr. Masaru Emoto demonstrated that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. Water that has been exposed to loving words show brilliant, complex, and colorful snowflake patterns. In contrast, water

exposed to negative thoughts forms incomplete, asymmetrical patterns with dull colors. Miraculous healings have been associated with QiGong practice, in which one aligns with the already-healed state.

This is not to say that intention is a magic talisman that will deflect all unwanted circumstances. Challenging things happen even to extraordinary people. But rather than engaging in passive, other-has-the-power prayer, I encourage each of us to be bold and courageous enough to be our own Saviors, our own Sources, and see ourselves as powerful influencers of our experience based on what we hold true to. Those of you who are graduates of **Awakening** have directly experienced the truth of this.

Personal development coach Steve Pavlina says:

Do not ask the universe for what you want. Declare it. Don't ask. This is very similar to prayer, but you are not praying FOR what you want. You are praying WHAT you want. You are simply saying, "Here it is. Make it so." It is like planting a seed in the ground. You do not say to the ground, "Here is the seed. Please, can you make it grow?" You simply plant the seed, and it will grow as a natural consequence of your planting and tending to it. It is the same with your intentions. Simply plant them. There's no need to beg.

The common ground between prayer and intention is that both speak of alignment with what is desired. But while the first is passive and implies separation, the second is active and presupposes Unity.

"Our greatest fear is not that we are inadequate, but that we are powerful beyond measure." - Marianne Williamson, co-leader of the United States Department of Peace movement

AWAKENING

Awakening is the direct experience of coming home to yourself. It is the most real, no b.s. work you will ever do. In the Intensive you will clearly see, and break your energetic connection with whatever fear, unworthiness, or judgment that stops you in your life. This is strong work and is not for everyone, but if you are ready, miracles will happen.

Contact Jason Brody, M.S. at 760-489-8087 or visit www.awakeningseminars.com for further information. Next Intensive Jan. 11-13

Here are some quotes from the last Awakening Intensive –

I feel blessed and privileged for having had the chance, opportunity and courage to experience the most significant journey of my life. I got power! I got courage! I am fearless and ready! Welcome to my new life. It's my turn!. I thought it was so far away but I've always been here. I learned how to grab on to myself. I feel like a winner, so big, full of courage and vulnerability. Nothing, and nobody, is going to stop me! – Marcia, Retail Manager

This meant everything to me. I have been striving for this for years and finally found it. I am self confident, worthy, and deserving. I want to dance! - Jim, Parts Manager

This was the most powerful experience I have ever had. This got down to the point of it all. I went through the Hell of pain and come out the other side into Love. I have a foundation and I am really excited! I am in gratitude and peace. - Leiah, Graphic Designer

I heard the expression self love and thought I knew what it was. Now I know what it really is. Now all the love songs are for me. This is why I came to California – to find me. My whole life is waiting for me. I no longer need anyone's approval but my own. The world is going to hear me roar. And I don't have to be perfect! - Yvie, Writer

I feel like the most blessed woman around for finally discovering the freedom that I'm living today! I let the pain go. Now I don't have to look to others for acceptance, I don't have to lie about myself anymore. I know how to love my daughter. I can accept and give love more freely. – Lindsay, Salon Owner

I feel calm for the first time in my life. I put my demons behind me. I am ready to walk my path. – John, Options Trader

This was a big wake up call. My heart was closed for so long, I didn't feel free to open it. Now I can be present and be myself. Now I have a marriage and my children have a chance. I am a conscious, loving woman and wife unafraid to show myself and love my children. The door is open! I can see now! – Jennisse, Mother

I am a leader. I was aggressive, snarling at people. My anger was really fear. The demon of fear is gone – I'm free at last. Now I'm quieter, I see fear and don't have to buy into it.– Chris, Investment Advisor

I spent 30 years chasing and missing. Now I really know I'm not my parents. I slowed down. I am in control, I decide. I am here and present – ME! I went through pain and fear. I am love, I am my own God, in love with myself. - Darrin, Energy Trader

I realize my childhood can't touch me anymore. I had built a hard shell around me. I found a beautiful precious girl waiting for me. I have finally grown up. - Marilyn, Retired Legal Secretary