



Part 2

Prayer skills

“Prayer is to enter into a conversation with the Divine.”

We start daily by performing the Sungreeting to warm up the body.

See *scheme* of Sungreeting.

Sungreeting video: <https://www.youtube.com/watch?v=hPttZiz5pL0>

(made by my friend Vibhutam, and performed by my twin sister Vera)

One can do it on the rhythm of the *Our Father*. In this way, one is already praying.

Then we learn how to sit for prayer.

How to sit in prayer? There is no real prescription what the best would be, unless you belong to a specific religious tradition. Bringing the hands together, or only the palms, is the most usual, and to do this while sitting or standing. By using the same body position every time while in prayer, the body and mind start to remember this. That is why after a time when one closes the hands in prayer it is as if one starts already unconsciously to pray.

<http://www.spirithome.com/prayer-positions.html>

(The reasons behind different body positions for prayer you can find on this site.

Spirithome.com is an information resource for spiritual walk.)

When we know the basics, we do every day 15 minutes prayer after the Sungreeting.

We first sit silent, just be, and open yourself to the Divine, God, Jesus, Mary, Allah.

Then go over the events of the day, or night, and try to see how the Divine is at work through these events. What does He try to tell you? This is the aspect of meditation within prayer, the listening aspect.

After this you can start talking to and with the Divine, and ask Him by the end for more guidance in your life. One can find online guided daily prayers, or join a religious community nearby, to support your daily exercise.

Last, surrender to what the Divine is telling through these events, and be thankful for whatever comes on your path.

Guided prayer: <https://clicktopray.org/>

(Click To Pray is the app of the Pope's Worldwide Prayer Network (including the Eucharistic Youth Movement). The app connects you with thousands of people who, in all the continents, are praying every day for the challenges of humanity and for the mission of the Church as the Pope proposes in his monthly prayer intentions. Pray, live and build a world which tastes of the Gospel. Give meaning to our live and put you prayer into action.)

We can prolong the time we sit in prayer as long as we feel the need to, till you feel you got an answer, an insight, that can help you cope with the problem, or enjoy better life.

Longer ways to pray alone or in group can be through following a course on

Centering Prayer, <https://www.youtube.com/watch?v=1aQmQu4lufo>

(Centering Prayer is referred to as "a receptive prayer of resting in God." Centering Prayer emphasizes interior silence and prayer as a personal relationship with God and as "a movement beyond conversation with Christ to communion with Christ." Its roots are found in the contemplative Prayer of the Christian Fathers of Christian Democracy, in the Lectio Divina tradition, and in Christian mystical works like The Cloud of Unknowing and the writings of St. Teresa of Avila and St. John of the Cross.)

Lectio Divino, <https://www.youtube.com/watch?v=VSJmcl58qrQ>

(In Christianity, Lectio Divina (Latin for "Divine Reading") is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's word. It does not treat scripture as texts to be studied, but as the living word. Traditionally, Lectio Divina has four separate steps: read; meditate; pray; contemplate. First a passage of scripture is read, then its meaning is reflected upon. This is followed by prayer and contemplation on the Word of God.)

or to follow a short or longer retreat in a monastery, such as one based on

The Spiritual Exercises of St. Ignatius of Loyola: <https://www.youtube.com/watch?v=SeysvzF8EJg>

(Divided into four thematic "weeks" of variable length, they are designed to be carried out over a period of 28 to 30 days. They were composed with the intention of helping participants in religious retreats to discern the will of God in their lives, leading to a personal commitment to follow Jesus whatever the cost. Their underlying theology has been found agreeable to other Christian denominations who make use of them and also for addressing problems facing society in the 21st century.)

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