

Western Wisdom Bible Study

How to Pray

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily, I say unto you, They have their reward.

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.—Matt. 6:5-8.

“PROPERLY performed, prayer is the most powerful method of soul growth known,” we are told in the Western Wisdom Teachings. Since every student of the occult is taught that soul growth is synonymous with progress, it behooves everyone on the Path to understand how to pray — and to give daily time to scientific prayer.

In the above words of Christ Jesus prayer is described as a “secret” process — a process that, to be efficacious, takes place within the sacred precincts of man’s inmost self. It is born from a yearning for our Father in heaven — from a need for communion with our Divine Source.

We are admonished to “enter into thy closet” to pray, for the place of prayer can be a tremendous aid in effective prayer. In *The Web of Destiny* it is stated that: “No gossip or profane conversation may take place in or near it for that spoils the vibrations; voices must be hushed and the attitude reverent; each must bear in mind that he stands upon holy ground and act accordingly Every prayer, spoken or unspoken, every song of praise, and every reading of parts of the scriptures which teach or exhort, if done by a



properly prepared reader who loves and lives what he reads, brings down upon both the worshiper and the place of worship an outpouring of spirit. Thus in time an invisible church is built around the physical structure. This invisible edifice is a living thing, vibrant with divine power of immense aid to the worshiper, for it helps him in adjusting the tangled vibrations of the world which permeate his aura when he enters and to get into the proper attitude of prayer. Then it helps him to lift himself in aspiration to the throne of divine grace, and to offer there his praise and adoration which call forth from the Father a new outpouring of the spirit.”

The position of the body matters little in solitary prayer; that is best which is most conducive to concentration of purpose. When soaring from a heart filled with love and aspiration, praise and adoration, prayer reaches its goal, regardless of the posture of the body.

“When we offer thanksgiving and praise we put ourselves in a favorable position to the Law of Attraction, a receptive state where we may receive a new downpouring of the Spirit of Love and Light When upon the wings of Love and aspiration, propelled by the intensity of our earnestness, we have soared to the Throne of our Father, there may come a time of sweet but silent communion more delightful than any other state The soul rests in God, all desires satisfied by that feeling of at-one-ment expressed in the words of Christ, ‘My Father and I are One.’”

