



# STILLPOINT RETREATS

## Symposium

“I go forth in perfect faith in the power of the Omnipresent Good  
to bring to me what I need when I need it.”

### **A Prayer of Confidence**

### **An Infusion of Grace**

It would take an entire retreat to cover all the various aspects of prayer. Suffice it to say that prayer is the intention to connect to our Source. There are many ways to connect and there are as many purposes.

We are told that we are not alone in life. That ultimately God is with us, in us, around us and working for us. But all too often, our experience is a fearful loneliness and a profound sense of responsibility that seems at times overwhelming. Our energetic signature is weakened by doubt and concerns for aspects of life that appear to be well out of our control. Inner peace and perspective become fragmented to anxiety. Where is God?

Like most everyone else, I have been there too! I was in Southern California at the time and had the opportunity to spend some time at the shrines built by Paramahansa Yogananda.<sup>1</sup> I went into a Self-Realization Fellowship ([www.yogananda-srf.org](http://www.yogananda-srf.org)) and picked up a very small book called “*Scientific Healing Affirmations*.” The above affirmation jumped out at me in 3D. In the beginning of the book Yogananda explained the workings of the mind and how continually repeating affirmations conditioned our being to experience certain energetic patterns or

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<sup>1</sup> Paramahansa Yogananda is the author of one of my five favorite spiritual classics – Autobiography of a Yogi.

thought forms that altered our experience. In other words, considering that the mind is like water and takes the form of that which it focuses on or said in another way, our thoughts bring to us the consciousness of that which we contemplate, an affirmation changes our mental resident frequency and attunes it to a certain truth that is advantageous to our spiritual and human growth.

The resident frequency here is that we will get what we need when we need it – guaranteed by God, the Omnipresent Good. Notice the word “need” and not “want.” What this prayer – affirmation – thought form is really all about is confidence that we are not alone and that we will be taken care of. No, not in the way we might want, but in the exact way that God wants.

Projecting the thought form of confidence infuses us of this very state. We gradually move from uncertainty to a deep peaceful internal sense of calm when facing any situation.

I have recommended to many, over the past, to take a rosary or a set of beads and spend 20 minutes several times a day if possible, quietly repeating the affirmation using the beads as a tactile counting device.

Usually, after a few sessions, even the most anxious and worried, begin to report a gradual peaceful effect inside. We know this peace is a sign of His Presence and a reassurance that the connection to the Omnipresent Good has been established... and gradually and subtly there dawns a confidence that things will work out for our Ultimate Good.

It seems that God has gotten tired of waiting for us to join Him and is saddened by our rejection of His great gifts of inner peace, love, wisdom and joy. So, the outer toys that we choose above Him are in dire jeopardy. We are being asked: “Do you want the toys or the toymaker?”

So, the turbulent storms of economic, political, social, and cultural chaos swirl and swirl around us, never ending. It all may continue for generations until mankind realigns itself with the Laws that govern our evolution, our nature, and the great Love that is dwelling in our hearts, waiting to be recollected.

In the meantime, go in absolute confidence that He is with you always and you will get exactly what you need when you need it. Feel the Peace. Feel His Presence.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11 “For those who love Me with all of their heart. “

Now what this means is not so obvious. Jeremiah is not referring to this temporal life here on earth. He is referring to the true meaning of Hope which is confidence in what Jesus taught – the Presence of God and all His gifts lies in the Kingdom of Heaven within and the Father’s Kingdom of Many Mansions in the afterlife. “Love with all of your heart” – Love means “to become one with” and heart refers to the core of our being, our Self.

What is the mysterious, magical, mystical, ever so secret way to God's Heart?

Turn in! Or as Father John the Baptist proclaimed "Repent (tune in/turn in), the Kingdom of Heaven is at hand."

How easy is this entire process? OK. Pick a name of God that suits you. Father, Love, Jesus, Divine Mother, Eternal Light, Peace etc.<sup>2</sup> Sit quietly, eyes closed, and without concentration or exertion, gently repeat the name. Allow thoughts to come and go and when you are aware of a thought, gently bring back your attention to the Sacred Word. Approach God from where you are. And know that this is exactly where He has placed you – waiting for you to take a step toward Him. And when you do, He takes a thousand steps towards you. Slowly, the Love for His Presence within you grows. And even when this Presence is elusive, remember that the desire to Love God is the same as loving Him!

Go in His Peace,

Only Love, Jerry

PS -The question always comes up about the definition and distinction between the various spiritual practices – meditation, contemplation, prayer, practicing the Presence and selfless service. At their baseline they are all just different manifestations of the same phenomenon – each is an instrument that draws Grace – a Divine Infusion of Christ Consciousness. And over time, our human consciousness transforms into an expression of His very own Beingness.

We attract the frequency/energy of that which we dwell on.

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<sup>2</sup> There are several excellent meditation programs available to us today. We teach this Sacred Sound transcendental technique here at StillPoint([www.stillpointretreats.com](http://www.stillpointretreats.com)) as does the Transcendental Meditation organization ([www.tm.org](http://www.tm.org)) and the Father Keating program, "Centering Prayer" ([www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)) All three teach similar types of techniques which can be best expressed as simply "**relax in the arms of God.**" There is no stress or painful effort to produce a result or change yourself. All this comes naturally as a byproduct of the meditation and not the precondition for the meditation. (see bottom p.3)

StillPoint and Fr. Keating's organization teach free of charge through their various courses. TM, a highly effective technique, does charge a rather substantial fee, however, their results are impressive especially for those who feel that they just can't meditate or who have had negative experiences in the past. All three are forms of Mystical Meditation or the method of the Divine Feminine.