



THE LADY ON FALLING ASLEEP IN PRAYER

May you be inspired.

The teachings of Lord Gourasana about the benefits of being in a state of prayer as you go to sleep at night is not a lightweight suggestion.

Rather, it is an essential meditation practice.

When you are sincerely focused in a state of prayer as you fall asleep, your Real Self actually enters into another realm, which is not of this material realm of illusion. As your material self of mind and body sleeps, your Real Self is actually being spiritually moved quickly through illusory circumstances because of the desire, trust and faith, pains, longing and love expressed through your prayers.

For example, you can pray . . .

*Lord God Father,
please tonight move me quickly through binding illusory conditions
so that I may awaken to the true love of being with You.*

*Although I often feel lost and alone,
this anguish actually drives me into more desire
to be with You, only You.
Please help me.*

Or...

*Please Father, I am a lost blind fool.
Help me to awaken so I may see
the dark matters of my illusory self
in order to embrace the freeing practices and actions of swift changes . . .
to become a vessel of Your Light and Love,
which is so desperately needed on this earth at this time.
Please guide me, help me.*

When you fall asleep engaged in prayer and desires for spiritual movement, it is wonderfully beneficial because the material body and mind are not blocking the movement. It is then that God, and the Heavenly Host of God, can be with you, work with you – and you can be with THEM.

In the morning, you may or may not be able to articulate what happened that night. But you will eventually begin to recognize and acknowledge that something powerful does happen because of the practice of going to sleep with the conscious intent of prayer as expressed through your desire, trust and faith, pains, longing and love.

*Lord God Father,
take me over,
take me Home.*



THE LADY
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