



How long has it been since you have gone to sleep  
with nothing on your mind but prayer?

Praying specifically,  
“Lord, take me fast while I sleep.  
Lord, please come to me during the night.”

And for the many of you that long to be with  
and see and feel the Heavenly Host,  
focus on that specifically as you fall asleep.

Remember falling asleep with these types of prayers  
will speed up your transformation drastically.  
He will quickly begin to answer your prayer in many ways  
- very personally, and very real - and shake the roots  
you are bound by. How blessed we are.

Try to keep a journal of what happens  
as a result of your single-minded prayer.  
Many experiences will occur. Be attentive to your journal  
as you intensify your prayer upon sleep,  
especially during this month of August.

Every year in August we can collectively double our efforts  
- remember the power of prayer upon sleep,  
and for one month fall asleep in sincere, alive, pining prayer.  
Be worthy of His answer. Be humble in your approach.  
Yearn as you fall asleep.  
Expect rapid movement.

*Eternally yours,*

**Kalindi La Gourasana**

*Voice of God and Spiritual Master for the World*

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