



# REDISCOVERING THE NATURE OF PRAYER

MALAYNA DAWN

The power of prayer comes from attuning to the divine energy that is already there, ready and waiting.

I experience prayer as an *attunement*—getting my body still, my mind focused, and my heart open so my spirit can make the connection with Source. To *attune* is “to bring into harmony; tune; to make aware or responsive.” I have experienced this while singing in vocal groups and while twisting a peg to tune a stringed instrument. It also reminds me of tuning in to a radio station.

Radio was a tool Unity cofounder Charles Fillmore embraced quickly when it was new. How excited he must have been to connect through the ethers to share a spiritual message far and wide! A radio is a tool that makes the most of the power already there—the electromagnetic spectrum with waves to carry sound and light and information. The nature of the universe is already laid before us, waiting for us to understand.

## Connecting Through Nature

There was a time when I had to relearn how to pray. As a third-generation Unity student, I thought it was something I could never lose, but a painful experience within my spiritual community left me feeling raw and discarded by the God I thought I knew.

As I looked out my bedroom window searching for hope, I saw a small, gnarled tree, alone and bare—a living thing that looked like how I felt. I noticed it wasn’t giving up. Its roots held, and I sensed it was waiting.

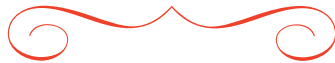
As my heart and mind reached out to it, wondering what it held on for, I watched a flock of small birds land, seeming to enjoy a firm grip on the thin branches with access to the morning sun,

unblocked by leaves. The message I took from that moment was that creative ideas would come to me, and feeling stripped bare was preparation for a new purpose.

The next morning, I glanced at the sawed trunk of a recently cut bougainvillea, previously full and lush with color, but overgrown. Instead of looking wounded, the flat surface hosted a green tendril, and I saw life reaching forward, knowing it would grow



The message I took from that moment was that creative ideas would come to me, and feeling stripped bare was preparation for a new purpose.



to strength and vibrance once again. As I interpreted the message, cutting back from overextension into my community seemed abrupt and painful but allowed me to refocus and begin again.

My renewed prayer process became: See, Feel, Know, and Love:

**See**—I look at natural beauty to bring me to the present moment. I attune myself to all that is already there waiting for me.

**Feel**—My senses connect me to the energy of life. I feel the sun, the breeze on my skin, my beating heart, and my breath.

**Know**—I realize that the loving life force within me is also within other people. When I trust the guiding light within,

I no longer need to question myself in dealing with others. I acknowledge that prayer changes *me*, not the infinite power in the universe. My nature is to be one with divine life.

**Love**—As the connection becomes clearer and inspiration connects knowledge with poetry, I remember that my body is made of the same stuff as stars and oceans, and I am filled with wonder and awe. I open to all the Divine has to share with me. I am connected with Source and I bask in the oneness.

The power of prayer is realizing wholeness. This attunement was my cure for the pain of feeling disconnected. It led me back to spiritual principles with wonder at the intricate, elegant orchestration between all the diverse aspects and expressions of divine nature, which lives in me, as me, and through me and all those with whom I interact.

Both mystical and down-to-earth, prayer reminds us that we are never truly separate from the Truth of our divine nature.

