

**The Lady on Prayer**  
**Spoken at the 1995 May Retreat**  
**GMP Series, Talk 15**

This is tape number 15, and it's the last tape before you start to listen to your guided meditation tapes. And it's a tape of the Lady speaking to you about prayer. The Lady Gayle, she is here to help teach you how to pray from a very real place within your heart. Her prayers are incredible, she is incredible and this tape on prayer is meant for you to listen to throughout your whole life, whether you practice the GMP or not. You can listen to this prayer tape because always you can pray, no matter what, no matter what, you can always turn to prayer.

So the Lady speaks so incredibly on prayer. She teaches prayer, she is the embodiment of prayer. So this tape, whether you embrace the GMP or not, this specific tape from the Lady is a lifelong gift to you, to remind you that you can always pray. So always keep this prayer close by you.

It's like God just wants to get inside of everybody and dance and play, but no one will let go. They say, "I want, I want, I want", but what about letting go? What about letting go?! The energy of God wants to dance, and play, and be joyful, and peaceful, and loving. That's what's waiting. And there's a big jump to do to help others break free. So it's both. You have to keep going until your life, your whole life is a prayer. There's no separate endeavor. Your whole life is a prayer, your whole life is a meditation, your whole life is giving, your whole life is forward progression into God. And more, and more, and more surrender into the will of God. It's a daily happening. Doing, doing, doing, doing, doing, done, and then more. It's a daily happening, no matter where you are. Prayer is so beautiful.

Prayer is such a beautiful state. You've all been meditating for a while, most of you have, some of you are well practiced at it, need more practice with the new

meditation practice that we recently brought in, but. And you reach those places inside where there's nothing else but you and that communion. And when you find that place, nothing of this world matters. It is everything in that place, it is everything. The material world doesn't matter, relationships don't matter, power doesn't matter, money doesn't matter. It's so rich, and complete, and has no lack, that state of prayer. Prayer is an experience. It's an experience. And from that prayerful place if you don't let that experience alter you in some way, then you're not praying properly. You're not meditating or praying deeply enough, if those prayers, those heartfelt and sincere prayers don't alter your life and your consciousness. The illusion, these are just things I wrote down, the illusion doesn't want you to pray. It doesn't want you to pray. It doesn't want you to find that richness of communion within, so it will distract you in a multitude of ways to pull you away from the depth of prayer. It wants you to think that you don't need prayer. You don't need prayer... How else are you gonna commune with the Universe, with the All That Is, unless you turn your attention within and have some kind of heartfelt communion with or without words?

There is so much to say about prayer. You can look at prayer as an invitation, an invitation to God to come into your life. You're inviting, "Please, I want to know you, I want to feel you, I want to love you, I want to serve you. I want to find my place Home again with my Beloved." It's tender, it's powerful, it's all consuming when you find yourself in those depths of prayer. It doesn't mean because you are praying that you are lesser than. That's the illusion [fear] speaking to you, that you're lesser than.

And perhaps you're going about your prayer in a state of worship and that is one of the developmental stages on your journey back home, going through those states of worship. But that is a lesser form of a relationship with God. Because God doesn't want worship. He wants communion and union, not worship. So some negative things have been said about prayer, only from maybe, perhaps, from that place of

worship and ignorance. Show me a great saint, a great master, a great yogi whose lives are not immersed in that inner communion and dialogue and feeling within. It takes a lot of humility to pray. And when I speak of humility I'm not talking about humility being less than or worthless, there's great beauty in humility and power in humility, and that's how you need to approach God. It frees up God to begin to come into your life and act in your life. It's your way of giving permission to God, "Help me," from a humble place.

Not, "Help me cause I'm worthless." That's not what I'm talking about now. It gives, God will never go against your will. Impossible. There are certain spiritual rules out there. One of them is: you pray ceaselessly and want God with every fiber of your being, God will come. He has to, He must. The Divine will come. You don't know when, you have to prepare. So your life is all about preparation for that union. So you give your life over to that, and then do everything humanly possible that you can for that attainment, and then you patiently, simultaneously, wait. He will come to you in His time.

So you prepare, do everything that you can, and be patiently waiting. If you want total union you have no choice but to pray. You " One of the keys to prayer is, of course, desire; and your strength of your desire determines how much of your time you will devote to prayer and turning your attention to God. Your desire determines that. And if you find yourself faltering, you're out there on that spiritual desert again and turning your back on what is happening, or God's pull on you, or "I don't want it right now," or "He's not manifesting the way that I want Him to manifest." In those times you need to increase your spiritual endeavor and especially your prayer.

When you're immersed in a state of prayer, the illusion has little hold on you, can't. Because you're choosing to reside with the presence of God. It may have it's chatter

going on over here, the illusion, while you're even praying, but it won't have a hold on you and capture you, and pull you down under, totally away from God.

Prayer is an expression of your desire, and your desire, your ever increasing desire determines how much of your time you will devote to prayer. If you're sitting here saying, "I have no time for prayer, I'm so busy," then I say, "you have no time for God because you're too busy." You can pray any time, any place. You don't have to wait to go to the center, you don't have to wait to go to the sanctuary of your own place of prayer within your house. You can pray anywhere and at any time. You can pray while you're doing grocery shopping, you can pray in a sanctuary, you can pray even while you're at some pretty high pressured meetings taking care of your material life. You can pray while you're dealing with your children and the demands of the family world.

There's a part of you, internally, that can stay in a state of prayer no matter what kind of chaos and distraction is going on around you. It takes discipline and desire to come into that state of prayer. You can be doing something very mundane, watching television, and yet because of your desire, even though something within you is engaged in watching the television, but there's something greater that's happening within you because of your focus and your desire. That also is a constant asking and a turning around of your energy into prayer, so simultaneously you are watching television and yet you're moving, you're not asleep. Your consciousness is not dormant and controlled by the television. Something else is happening within. In any activity, in having sex, in any activity, you can turn yourself over to a state of prayer.

You can have twelve children and two full time jobs cause you need that much money to raise all of those children, and the demands of the material life is that you have no time for yourself at all, and yet you can be prayerful. So, the demands of that kind of life: twelve children, two jobs, you know, can you go to meditation and

all of that, you know that's kind of hard to do, but you can always pray. You can always, always, always pray. And in that state of spiritual endeavor something is happening.

How do you pray? You just pray. You just pray. And for many it may feel awkward at the beginning, it may not feel so natural because of all of the concepts that have been built up around prayer and the ritual of prayer, which if it is performed without the heart it's just empty practices. But for a person in that kind of situation they can always pray.

----- the tape for a few minutes, when you put your head on that pillow to be alert enough, awake enough, to fall asleep in that state of prayer, giving God permission to work with you while you sleep. And the key is for that kind of prayer, and I'll just say it again to remind you: you go to sleep with that prayer in your heart, that openness of asking, so you go to sleep consciously, not unconsciously. You are worked with throughout the evening because the eternal self never sleeps. So that's the part of you that is moving. The key is, in the morning, when you come back into this material place and you wake up, "Oh, I'm here" is to remember that you put yourself to sleep in that state of prayer so you can wake up with awareness and begin to approach your day with that kind of conscious awareness, watchful, "I prayed last night, how is God revealing Himself to me now?" And then you have to look and be alert. If you're not looking with alertness and awareness, how God is trying to answer your prayer will go right past you, you'll miss it. And then you fall into this slump, "God does not hear my prayers, etc." You have to look for how He's coming to you in your day. And it usually, for that kind of prayer, it doesn't take very long. Things will be revealed.

How does He come to you anyway? I see Him in how He works with other people. Wow! Look at what He's doing over here. Look at how He's showing Himself to me over here. Look at that over there with what He's doing with these people. Look at

that here, He's answering my prayer. I needed to talk to somebody, that person called, and more got revealed just in that discussion with that person. That's how He acts in your life, that's one of the multitude of ways that He shows up in your life.

But start looking to see, "How is He showing up in my life?" You have to do that, you just have to. You have to learn to pray. Sitting on an airplane, pray. Anywhere I go, anywhere. I can sit on a curb on some kind of street side, close my eyes, and I'm totally within and immersed in prayer. It takes no effort, it doesn't take a special setting. It takes you going within and wanting that, wanting that, wanting the truth, desiring that. Sincere prayer. Praying with sincerity, a genuine calling out, a genuine dialogue and conversation will begin to give you a power to your thoughts and to your actions. You won't be so easily distracted and swayed, like you know, just swayed, moved from this thing to that thing, to this thing, to that thing without any consciousness about it.

When you allow yourself to find prayer, you'll be much more serious and focused within. So it gives you a power, it lends you a power to your thoughts and to your actions. This is a question people commonly ask, "Can I pray for material things?" I never got into praying for material things because it didn't matter to me. I wasn't, on my journey, I wasn't a victim to the material world. I knew what I had to do to exert myself to have some kind of mastery over the material world so I wouldn't be a victim to it, and, you know, it's very simple what I did and I did it, so that I would have some kind of mastery over the material world. So I never really was interested in praying for things to happen on that level with me.

But I shared this with a group a while ago, so I'll share it again. But I caught myself praying for something material because I wanted it to, to help me in who I am. And that was, you know, for quite a number of years we've been living, you know in a house with nine people, and this bedroom over here and that bedroom over there,

and never really fully situated in a house, and I haven't been that way in a long time. So a house recently came up and I have a lot of, I went ahead and I thought, "well, I'm gonna put out all of my needs and I'm not going to hold anything back, all of my personal needs so that I can be more in this mission.

So what is it that I truly need? And the people around me, I want them to live nicely also, so that meant a bedroom for each of them, a bathroom for each of them, I have to have an office, I have to have a room in the house for meetings. I'm very much in touch with the natural beauty of who I am within, which has nothing to do with this physical form, so external beauty is very important for me now. It's very important for me. Like there's an exchange that happens internally when I have natural beauty around me. So this is the kind of house that I was asking for. And I just thought, "I'll throw that out there, OK, let's try it and see what happens." And it happened, I got a very beautiful house to live in. But it's more not for me but for who I am for the people, you see, so it wasn't like a selfish desire in there, so that's why I could venture forth and ask for that.

And I also would have been perfectly happy living, continuing to live very simply as I was doing, you see, so there's no attachment to it. What you wanna pray for, instead of material things, is for His will to show up. For His will to truly show up. And in His will you have everything. You're very content, and peaceful when you know that you're executing the will of God.

Do I pray for people? Absolutely. I pray for individuals and I pray for all of mankind. That prayer throws me into my deepest state with God. That's the only prayer I have. When you approach God in a state of prayer, don't fool around with the illusion that wants you to believe that there's no receptor to your prayers, that God isn't listening to you. God is by your side all of the time whether you want Him or not. Whether you turn your attention to God or not. So when you're in your deepest states of prayer believe that He is there. The unique characteristic of God is

that He gives Himself to each one of us completely. In your most trying times of trying to find Him, that's when He is most present.

So today, when we go into meditation, let yourselves just believe that He is there and He is there for you personally. Even Jesus said, I just pulled this out the other day, "Pray believing." Pray believing. Kalindi and I did this once. We were about, maybe a year and half into our transformations, and we were sitting in our little bedroom and we were meditating, and she looked at me cause we didn't feel like, we didn't feel like we were getting very far, and she said to me, "Gayle, let's just believe, let's just switch the whole thing around and just believe." And in that instant we did it! We said, "OK, all right, there is a God, He is with me, I'm talking to Him now, I believe!" and the state of that meditation that we went into was so deep, and rich, and profound, and incredible, because we let go of our minds. We just let go and said, "OK," and we traveled very far.

So go into this meditation and let yourselves just believe. Beyond the concepts of what God is. Beyond the concepts of what you think a personal aspect of God is. Beyond the Hindu concepts, beyond the Christian concepts, beyond all man made concepts. We use the word God as convenient. Use something else if you don't like it. You want the love. Where do you think the love comes from? It's an energy. God is all love. God Himself, that energy, that universal cosmos beloved energy is all love. And that love wants to take you.

Go to the mother, you have problems with the Father, go to the Mother. "Mother, divine mother, I love you, come to me, show me your graces, show me your love. Father, take me, I love you. I don't even know that I love you, but I do love you, take me. I want a loving exchange with you." God does not want worship. He wants a loving exchange, your hearts open to a loving, reciprocal exchange. Giving and receiving. Become like a yogi if that appeals to you. A yogi, or a monk, and wherever you go you have captured that sense and that state of prayer. Wherever they go, you

know the yogis, imagine them, they are always in a state of prayer. They are baking, they are in a state of prayer. They are sitting, they are in a state of prayer. They are talking, they are in a state of prayer. They are walking, they are in a state of prayer. They are bathing, they are in a state of prayer. They are eating, they are in a state of prayer. They are sleeping, they are in a state of prayer.

And then see when you lose that state, how much you suffer. When you forget, how much you suffer. The prayer is a way of expressing your desire, your hunger, and the yearning for the Almighty, for the All That Is. And that calling out will be answered. It's just that you've gotta wrestle with the material mind that would rather be distracted in a multitude of other endeavors. So it's going to take discipline to capture a state of prayer in your life.

You want divine fulfillment, you want to carry the presence of the Lord, the presence of the Love. You want to be an open vessel for the truth, then nurture yourself with prayer. Nurture yourself with desire, nurture yourself with right action. Nurture yourself with remembering instead of forgetting. Nurture yourself with awareness, and with that awareness, place yourself in the presence of God and His will. Prayer is food for the soul. The soul thrives on prayer. The mind will resist it. The mind is a material thing. So where do you want to be? Do you want to be with your heart's desire, your soul, your eternal self? And commune and begin to reside within yourself in that place.

Everything else is meaningless, ultimately. It's not hard to pray. It's not hard. When you pray fully, and deeply, and to the greatest depth that you can reach within, it's everything. It's there that you find peace, not in the material world. Find peace with God and then the pleasures of the material world will be there. But put your attention and your focus on God first, and let everything else follow.

I spoke about the saints, and the masters, and the yogis, and the incarnations. I speak about them a lot because I love them so much. And I ask you that you read of their lives. Because they, in each of their own way is an example of God's love. In this meditation that we are going to do this afternoon, pray to all of them. Krishna, Buddha, Jesus, God the Father, the Divine Mother, Kali, wherever your heart goes to, trust that. Great masters that you've been with, Osho, trust that. They are all connected to the same source. Different manifestations of the same. Let them come to you, let them help you, let them give you trust and faith. I pray to all of them.

I sometimes speak to Kali, and ---m, Saint Francis, Saint Joan of Arc. I have a very, very beautifully sweet connection with Jesus. I know the wisdom of Buddha. I know the love of Krishna. It's all God showing up in different ways. They will help you through the challenges and the obstacles of spiritual transformation. Let them help you. If it wasn't for my connection with Jesus during a critical part of my own transformation, I would not have made it. He gave me everything. Enough trust and faith to be able to continue when everything was dark. I love Rama Krishna, I love Yogananda. Yogananda, oh, you just read his words. It's all about the love of God. That's all he spoke, practically. Mother Meera, very, very beautiful inspiration feeling for God she carries.

And just like it really does matter who you associate with on your spiritual journey back Home, it really does matter. It's important to have association with people who have a similar feelings and goals, purpose. In the same way, when you chose to read, pick the finest, the highest spiritual books that you can find. When you read about the saints and the masters from the past, translate what they experienced into what you're experiencing today. Don't get hung up on the past and thinking that it's like that. But while you're reading those books, read them with a little pencil and you'll have many like little aha!... experiences along the way. Because did they struggle with doubt?

Absolutely. I mean, Joan of Arc, look at what she was asked to do? Absolutely they struggled with doubt. She recanted and then she resented. Saint Peter denied Jesus right in front of his face. You don't think that they were any men struggling with the illusion? You have to pray. It's one of the most powerful tools that you have to defeat the illusion. Like I said, when you are immersed in prayer, sincere and genuine prayer, the illusion, it may still be there, on the side, but it doesn't have you. What the saints and the masters went through in the past, you won't have to go through in a physical way. Not like that. But the internal struggle with doubt, whatever else, the pain and the suffering, etc., the unworthiness, the self hatred, all of those negative feelings, yeah, they had to face that too.

So the internal struggle is the same. So surround yourself with good reading, surround yourself with good associations, surround yourself with spiritual practices and keep moving forward. It takes a lot to overcome the pull of the material world. So pray for yourself, pray for the people. Your prayer for the people is God within you. Prayer has so many faces, has so many feelings to go with it. Like I said before, sometimes it's just tender, and soft, and peaceful, and other times it's, I wanna say demanding, but it's, you don't demand from God, but there's like an urgency in that. And so when that demand is coming from a place of sincerity, of desperation, of "please I can't tolerate it any longer until I know you're with me, give me a sign," that's what I'm talking about. You have to sweat your prayers. Sweat it out with prayer.

When you get into spiritual trouble, start sweating your prayers. When you forget, you go by, you know one day, you know two days, one week, three weeks, one month, two months and you're not praying, Uhg!! Do something right away to remember and open yourself up. Find all kinds of ways to pray, find all kinds of places to pray. Create new places to pray. There is this one place in Maui that I drove by on this road, had all these rocks stacked up. The whole place was green and low grass along the cliffs, and there was the ocean and then the hillside, and all

these rocks, these volcanic like rocks were everywhere you could see there are these piles of rocks like this. And I thought, “Wow, what a holy place this is, what a holy place. Look at this.” And I began to wonder about the history of the people that were there that stacked all these rocks on top of each other. “This is really beautiful.” And it made me stop, and it made me sit still, and just look, and ponder, and wonder, and go within. And so finally I asked one of the local people, you know, “Tell me about those rocks.” And she said, “The tourists do that.” You see, so they created this beautiful spot in Maui with all these rocks on top of each other. It’s us that did it. That’s why I say, create new places to pray.

So collectively people just went there, and I got out of my car and started to do my stacking also, you know, I gotta put a rock over here, a rock over here, you know, so I did my little thing. So create new places and new ways to pray. Iuh! Please God. That’s what’s fun with God too. Do things to please Him. You know, I know it’s a struggle and I know it’s hard. But, you know, you can have some fun with Him also. Do some things to please Him and you feel that joy in your heart. Your heart will like quicken like that. Well, when your heart quickens like that, what is that feeling but Him? What is that feeling when you do something to please God? So I wrote that up in my bathroom: “My dear Lord, I only wish to act in ways to please you. Please help me to remember.” You see, you can start having a lot of fun in your developing relationship with God. So let’s move on to meditation.