Prayer note IDC4O

-What is prayer for?

 -ask/request

 -thanksgiving

 -contrition

-When do people pray the most? When they put God to the test or when they are in despair.

-What do Native people do when they pray?

-Mrs. Mack had a vision; she experienced God directly (mystical experience).

-Book of Psalms/King David was first acted out in a liturgy, then written in Hebrew (etc).

-\*Prayer is more about listening not talking

-Prayer heals (Mack/Justin M…)

-Prayer quiets/clears the mind= less stress

-Mack Meditation

-Contemplative prayer is for all peoples and is the best way to teach yourself to pray. God speaks to us in a space of silence.

-Types:

 1. dialogue

 2. rosary

 3. novena

 4. biblical

 5. canon

 6. perpetual adoration

 7. meditation

 8. praying for signs (Mack- raven)

Deepak Spiritual Laws Note

-all of creation is the result of the unmanifest manifesting

-“pure potentiality”

-divinity in motion🡪 apply in our lives to create success -> fulfillment of desires

-Law 1: Pure potentiality: we are pure consciousness. Infinite creativity and knowledge, bliss, silence= essential nature. Know who you really are.

-What gets in the way of this? Our fears which lead to a quest of power (eg. Wanting to control others).

-ego= social mark (always wants power and acceptance)

-Higher self= feels beneath no-one but is humble yet does not fear criticism.

-How do we access this law?

 -meditation

 -silence

 -non-judgment (constantly labeling creates turbulence into internal dialogue literally draining you of energy and you don’t want that).

 -spend time with nature

-all your relationships in life are a mirror of your self.

-LAW 2: You must give/receive to be healthy.

-flow v. strangulation

-what goes up must come down, what goes out must come back.

-most precious/powerful (wishing happiness, prayer, complimenting)

-Never visit anyone without giving them something

Make an affirmation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_--

"Riches untold, frankincense and gold, pale before the Glory we behold! The Father's gift of love come down, sacrifice beyond all measure. Heavenly hosts proclaim this sound, come and see the infant King Bethlehem's Treasure!" (1)

The scene is a very familiar one: The crisp December breeze blends with the colorful lights, distinctive music and busy shoppers to paint an unmistakable portrait of what we know as the Christmas season. However, beneath all of the festivities, this beloved season is a time for both joyful celebration and somber reflection, as 4000 years worth of Old Testament prophecies come to a climax in the tiny town of Bethlehem: When the Son of God became the son of man, so that the sons of men could become the sons of God.

 Although it is true that Jesus probably was not born in the winter (the shepherds would not have had their flocks out in cold weather-see Luke 2:8-18), this is, nonetheless, the time we set apart to reflect on this wonderful event. (It is interesting to note, however, that December 25 has been observed as far back as the sixth century, AD). Think of how much Truth the world is exposed to during this time of year. How many other times can we walk through a shopping mall and hear "Joy to the world, the Lord has come?" People tend to focus more on the person of Jesus during the Christmas season than any other time of the year.

From elegant Christmas cards and town square displays to sentimental pageants featuring children in bath towel turbans, the Nativity scene is a familiar object in communicating the Christmas message. Although, as we shall see, modern trends have given us a somewhat inaccurate image of the event, it still reflects the fascinating and very diverse group of people involved in the Christmas narrative.