

## Deep Prayer — Relationship

Christians, in deep prayer, having expressed their thoughts, feelings, needs, and loving concern for others, often become so absorbed in love or adoration of God that they enter into deep meditation. Through prayer they become centered in their higher consciousness and connected with the source of being and life. In this way of prayer and meditation they often enter into an awareness of the Divine presence. They sense the person of Jesus Christ present in the room or in their hearts and minds, or the Spirit — the Holy Spirit.

Prayer has many levels, beginning with devotion, a humble love and appreciation for the privilege of approaching the Lord, along with a faith in God's care, goodness, and perfect response. Prayer often begins by an addressing of the Lord and an articulation of one's situation, including one's thoughts, feelings, hopes, and fears. Including one's pain and turmoil also. And sometimes prayer is concluded after a situation report to the Lord.

### How to Practice

Many Christians enter meditation through daily devout prayer. In other words, many Christians go on beyond the making of reports and requests to adoring and appreciating the Lord to surrender and a seeking of the Lord's compassionate will. In this higher level of prayer, the deep thoughts and deep feelings of our being are brought into awareness and flow Godward. The deeper level of prayer encourages meditation to occur. If this flow of devotional and adoring love is allowed to grow and expand and become more intense, the flow of awareness becomes clear and one-pointed on God, the Beloved.

Then prayer matures into a high state of personal communion with the Lord of one's heart in rich, magnificent, glorious meditation. Awareness of the Lord fills the mind and whole being. The Spirit of God moves within and fills every cell of the body, often bringing more joy, or ecstasy, or love than one feels one can hold. This high state of meditation is called a spiritual mood. One usually abides in this state for 20-30 minutes because the nerves gradually get fatigued from such intense energy.

## **Benefits**

The goal, as some of the saints through history have indicated, is to become able to live in this high state not just for a day but continuously through the years, experiencing varying levels of intensity, but always in consciousness of the Presence, living in the Spirit of God.