

10 Meditations for effective prayer

1. **Be still mentally.** "Be still and know that I am God," is the primary prerequisite to effective meditation and prayer. By act of "will," put duties and problems out of your mind.
 2. **Affirm God's presence.** Meditate upon God's love and guidance, and address Him in loving adoration.
 3. **Confidently ask God's help.** Ask Him to take all fear, tension, selfishness and worry from you, that you may have an open, unbiased mind and rightly meet the problems of today.
 4. **Thank Him specifically for each blessing,** His presence today, and always for His love.
 5. **Ask that weaknesses be removed and forgiven.**
Name these weaknesses specifically, such as: jealousy about (of)...., worry over (about)...., resentment of (about)...., self-will in such-and-such a situation today....
 6. **Confidently ask God to help you understand and completely surrender your will to His.** Wait, quietly, for a moment that you may be ready to receive His directions.
 7. **Ask God to use you as His servant, and direct you in carrying out His will.** Wait, quietly and patiently, for directions. He will, in His own time, and in the best way, direct you and answer your prayers. Jot down any thought that comes, however silly-seeming; it may come clear later as a "nudge," or insight into His directing you.
 8. **Pray and wait.** The answer will come when you are ready to receive it - "Now, later or not ever!" When answers simply do not come, help yourself with meditation questions honestly answered.
 9. **Meditate on God's will.**
God, what would You have me do?
Where would You have me go?
What would You have me say and to whom?
Is something blocking me from God (or from another person)?
Do I have a wrong to right?
Is there: Something to be thankful for? Something to pray about? Someone to pray for? A neglected duty?
Someone needing help? An experience advantage or new thought to share with someone in need of encouragement?
 10. **Find direction from other resources.** Anything in spiritual literature, a daily reflections book or a prayer book that might give me an answer for today?
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A White Eagle Meditation

"Dear Ones, enter the Silence often. Be still at least for a short time each morning and night. Surely God is worthy of a little attention in your busy life? Whenever you can, withdraw from the crowd and seek contact with that divine life, which you will recognize in yourself as a vibration or feeling of peace, of love, and of great light. You can carry that light in your heart as you go amid the crowds.

"In your meditation, think often of the beauty of God, the love of God; and as you do so you will begin to feel in your heart a pulsation of love, divine peace, and kindness towards the whole world, and see God manifesting in all life, in all form. Those who thus 'practice the Presence of God' can enter a crowd, or a room full of people, and consciously or unconsciously they are radiating light, they are projecting the light of the divine spirit. This is the healing light, the light of the world. Christ through Jesus said, 'I am the light of the world.' I AM. The Christ in you is the light of your world and the light of mankind.

"Seek the will of God, and not self-will... Go into the silence; seek there, and then when you have found it, let it manifest in your own lives. Put aside all temptation to harbor unkind or critical thoughts. In their place let there be consideration and thoughtfulness, remembering the difficulties that all, including yourselves, have to encounter. This is the law of Christ, and this is what Christ did through Jesus of Nazareth. Go ye and do likewise and you will have nothing to fear. Instead you will unfurl your wings and rise into the world of great joy and peace.

--White Eagle (in the Fall 2001 White Eagle Newsletter for the Americas: On Eagle's Wings)

10 Meditations - Just For Today

1. **Just for Today** I will be happy. I will have no expectations nor will I make demands today. I will give up my need to “know” anything or “understand” anything. Instead, I shall pause and seek the will and guidance of God, which will come intuitively, if I just become still and quiet.
2. **Just for Today** I will adjust myself to what “is”, and not try to adjust everything to my own desires[What I want doesn’t matter]. I will take my "luck" as it comes, and fit myself to the “Stream of Life”.
3. **Just for Today** I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.
4. **Just for Today** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.
5. **Just for Today** It is none of my business what anyone thinks about me or about anything else and I don’t have the power to make anyone change. That’s God’s job. [My life is none of my darn business!]
6. **Just for Today** I will remember that it is not the experience of TODAY that drives men mad -it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW, may bring. I will remember that **The Past is gone**--it’s just an image in my mind. I also have no stake in **The future** for it is as yet unborn. Therefore, **The Present Moment is the only real moment and it is only in The Present Moment that a conscious contact with God can be found!**
7. **Just for Today** I will cease fighting anything or anyone – even alcohol because, what I resist persists.
8. **Just for Today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful. I will remember that I am a Spiritual Mirror and I will choose to believe that as I give Love to the world, so the world will reflect Love back to me.
9. **Just for Today** I will have a quiet half hour all by myself, and relax. During this half hour, I will try to get a better perspective of my life. My goal is a “sane” peace of mind through spiritual living.
10. **Just for Today** I will exercise my soul in three ways: I will do someone a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do just for exercise.