

# How to Pray

## (even if you're not religious)



The word “prayer” comes from a root word that means “to ask” and is also the root for the word “precarious.” So prayer, in a sense, means to ask for help in precarious times, which is precisely why it is an appropriate practice for today. Pray because it will help you connect with others in the world who are suffering; pray because it will help you tap into the energy of all of life for sustenance; pray because it is an intentional act of goodness that far exceeds doing nothing.

### How to pray:

- **Create a quiet space.** Try sitting, kneeling or even lying down in a comfortable place where you won't be disturbed.
- **Calm yourself** by taking a few deep breaths.
- **Contemplate** the concerns you have and set your intention on holding them in your heart during this time. You may want to begin with concerns for yourself, then expand to others in your life, your community, nation, planet, etc.
- **Connect** with the flow of energy around you. Allow yourself to sense the pulse of life and creativity that infuses everything. For some this is called Spirit or God or the Divine, but you might simply perceive it as an energetic life force.
- **Communicate** either silently or aloud by naming your concern, then visualize sending your own love and compassion to that person or place.

Studies that have been done by Spindrift Research using prayer have shown that all forms of prayer can be effective, but that “non-directed” prayer can have the greatest impact. This means praying for the greatest good for all rather than asking for a specific outcome. In this way you acknowledge that there is greater wisdom in this Universe than your own and that you may not be able to see the best outcome for the situation, but you are still sending your own loving intention for the good to that person or place.