The little-known secret is that spiritual energy is not only something that we can attract to ourselves for our own spiritual development – it is also something that can be radiated outward. And not only can it be radiated outward to everyone we meet, but it can also be radiated outward to people on the other side of the world whom we may never meet, and, most importantly, to humanity as a whole.

Spiritual energy is no less real than electricity. It is a powerful, tangible force. We can all attract it to ourselves through visualization, and transmit it outwards. After a little practice, you will even begin to feel the energy flowing through you. This sensation eventually becomes so intense, and so uplifting, that the practitioner can no longer have any reasonable doubt that what he or she is doing is really working.

The energy can be transmitted outwards, by the power of intention, to the whole of a place, to a particular region, or even to a single individual in need, in such a way that it is conditioned only by selfless love. The person radiating this power is not trying to change anyone’s mind in a particular way, or influence or control them for their own will. They are sending out a thought of wanting the best possible outcome for this person or these people, in harmony with the will of the Cosmic Whole. This energy can then be picked up by them, on an unconscious level, and it will help to inspire them to be the best possible people that they can be, in a true spiritual sense. In other words it will selflessly help to free the higher part of themselves and transmute the lower part of themselves – so the power is directed upwards, surely along their own journey through experience.

This is the essence of prayer. Prayer is not about asking a mythical, whimsical, vengeance deity for a favour. Prayer is about invoking a sacred energy which comes from the all-present Divine Essence of creation, and sending it outwards to do good. !

How to pray:

- Stand, or sit with palms face downwards on the knees, with the back straight. Close the eyes and breathe deeply and evenly through the nostrils.
- Visualise a bright white light, or a beam of light, through and through space into your head, charging every cell of your brain with this Divine power. Take this light down through the neck and shoulders and out into the heart chakra in the aura, a few inches in front of the physical braincase. See this chakra being filled with the white light and shining outwards. - Also take the light down the arms into the hands.
- Take the hands so they are roughly parallel with your shoulders, palms facing outwards in front of you, fingers together.
- Visualise the white light flowing out through the palms and the heart chakra out to the focus of your prayer. See the person or people you are praying for, filled with the white light. Make your visualisation entirely positive – visualise selflessly to free the higher part of them, and let them experience joy; not war and suffering etc.
- Maintain this visualization of the light flowing down through you and outwards to the focal point.
- You can also add words to your prayer – appealing to the Divine Source, using whatever name, wording, style or terminology makes you feel most comfortable with.
- Make your prayers passionate and heartfelt.
- When you have finished, you may say a few words of simple gratitude, and then brush the right palm over the left, away from you, which helps seal the energy flow.

The more people do this, the more energy will go out. And the more energy that goes out, the more the world will change.

One of the most effective systems of prayer for world healing is called The Twelve Blessings. These beautiful blessings were channelled through Dr. George King, an outstanding yogi master and trancendence master, by the Master Jesus in 1958. They consist of prayers to bless the energies Operating now on Earth and advanced cosmic beings, with beautiful prayers for the upliftment of mankind.

Every Saturday at 5.30pm Pacific time and every Sunday at 5.30pm British time on The Twelve Blessings online. For more information about Mark and his work at The Aetherius Society, please visit www.aetherius.org and www.markinfo.co.uk.

“Prayer is not an old woman’s idle amusement. Prayer is understood and applied, it is the most potent instrument of action,” - Mahatma Gandhi

About Mark Bennett

Mark Bennett is co-author of the award-winning title Gods, Guides and Guardian Angels and Prayer Energy. He is also an International Director of The Aetherius Society, and recently appeared on BBC1’s “The Big Questions”. On 2pm on Sunday, May 24th, he will be presenting a workshop on Prayer Energy at The Aetherius Temple, 36 Kelvedon Road, London SW5 5BW (tel 020 7736 4187). For more information about Mark and his work at The Aetherius Society, please visit www.aetherius.org and www.markinfo.co.uk.