

Lesson XXII

UNCEASING PRAYER

- 1 Unceasing prayer is the capacity to spirit-
ually comprehend all things. It is a con-
sciousness of Being attained through keeping
4 Mind stayed on Truth. It is the realization of
Omnipresence, the capacity to relate all things
to the Principles of Being.
- 8 It is the unceasing prayer that availeth
much. Since one cannot be on his knees all
the time, unceasing prayer is something of a
different nature than that associated with
prayer in the orthodox religious thought.
- 12 How can one be in unceasing prayer and par-
take of the life of this planet, which one of
necessity, born into the world, must do?
Prayer must be reduced to righteous thought,
16 to the thought of Truth. Yet, the thought of
Truth is not the prayer, but the discipline that
leads to consciousness of Truth by which one
may see or understand all things in their
20 relation to the Spirit.
- Prayer is devotion; but devotion is loyalty
to Truth. One may be devoted to many things,
and not be in unceasing prayer. Prayer is
24 communion with God, made possible only
when one comes into the understanding of all

things in relation to God. All things include 1
both good and evil. The understanding of
one of these dual factors without the other
does not permit genuine prayer. To love 4
one's friends and to despise one's enemies are
not the way of Truth. To love the good and
despise the evil are not conducive to a proper
spirit. Without a proper spirit one is not able 8
to commune with God. Hence, genuine prayer
is possible only in Truth. When one attains to
Truth one is in the ceaseless prayer, but is not
praying in the formality, common to the old 12
or to the new school of religious progression.

The letter killeth, while the spirit maketh
alive. It is as much in the letter to repeat an
affirmation of spiritual ideas or of Truth over 16
and over, without getting the spirit of it
(which would offset the repeating), as it is to
supplicate God after the manner of ortho-
doxy. Any ritual of prayer is of the letter and 20
destructive to the spirit of prayer. Prayer
Books, filled with forms of prayer, serve those
well who gain the spirit back of the prayer.
But when the spirit is gained these discard 24
the Prayer Books, and become worshippers
of the one true God in Spirit and Truth.

Meditations of Truth, common to the newer
religious school, promote capacity to think, 28

1 to concentrate, to seek after the Inner Spirit
through words that suggest a connection; but
unless one catches the spirit of them, they
4 availeth little. When meditations contain
statements of Truth they help to promote
righteous thought, and thus aid in promoting
unceasing prayer. All forms and rites of
8 prayer are disciplining in their character, and
for this purpose, serve the unfolding ego. But
prayer itself springs up within the conscious-
ness, and is the means by which one connects
12 with God and its Qualities.

Unceasing prayer is a mode of thought and
living by which all things are seen in the
relation they bear to the Creation and its
16 Laws. It is the result of all discipline in
relation to prayer. Unceasing prayer is the
capacity to maintain connection with the
inner Spirit. This is possible only when the
20 Spirit of Truth is identified in the conscious-
ness; and all the forces of one's being are
under the control of the Divine Will.

Prayer is more than thought. It is the spirit
24 of spiritual ideas, thought and realized in
the life of man. It is a consciousness of God
with man, a resting upon the bosom of the
Father-Mother in surety and trust, like a child
28 depends upon its parents for protection and

care. Unceasing prayer is the consciousness 1
gained in alignment to the Principles of
Being; by which one walks with God and God
with him, united in a common cause, that of 4
service to God and Man. To be identified in
unceasing prayer is to be a Light unto the
world, an agent in the Hand (Power) of the
Almighty, dissolving darkness. 8

The prayer of supplication cannot be un-
ceasing, nor can the emotional prayers of
religionists, made in the sentiments of reli-
gious beliefs, be continuous. The affirmations 12
and denials of metaphysicians are not unceas-
ing. When these are really understood as the
“Yea” and “Nay” of consciousness, they are
present in their spirit in the acceptance and 16
rejection of all things in relation to the Truth.
But something more than affirmations and
denials are required to come into the spirit
of ceaseless prayer. These discipline the 20
consciousness, affording opportunity to con-
trol thoughts and emotions. Unceasing prayer
is an attitude of consciousness outwardly, but
inwardly, it is a state of being; a conformity 24
of the forces of one’s being to the innate Laws
of God.

Unceasing prayer is an understanding 28
heart, a united spirit and will (body). One so

1 advanced is not in a state of super-piety, but
in a childlike state of understanding and love.
The true expression of Life is a prayer; a
4 conscious alignment of all the qualities of
consciousness, spirit, soul, mind, and body, to
the governing Laws of God.

Unceasing prayer is developed as one turns
8 away from the outer things to the inner Prin-
ciples, gaining spiritual insight. When one
puts into practice in the life what is known,
the being of the Principles known is identi-
12 fied. In this action is the union of spirit and
body, the within and the without. When both
of these poles of one's being are united as
One in the love of the Lord, one is in constant
16 communion with the Laws of God. This is not
as though one were thinking and talking of
ideas of Truth, or elucidating Principles all
the time, but one is in qualities of being an
20 *organism* with which the Principles of Being
continually commune. This is the condition
of consciousness required to identify the
unceasing prayer.

24 To be in the world, and yet not of it;
To walk with God, and sojourn too with men;
To be human, yet filled with the divine,
To have His good—and yet to others lend.
28 This is to live and know God's love.

MEDITATION

1

I keep my mind stayed in Truth which is
unceasing prayer.

I understand all things in relation to God, 4
maintaining ceaseless communion with Him-
Her.

I am established in conscious alignment of
spirit, soul, mind, and body to the Principles 8
of Being.

