



Natural Prayer

Natural prayer wells up and radiates from the heart. It cannot be taught; it is linked to life experience and is a gift which naturally expresses through us.

There are several aspects of prayer. They are part of the human experience towards self-realization.

The first aspect of prayer is gratitude. It is mostly experienced in relation to the outer world. For many, expressions of gratitude never go further than repetitions of thankfulness from a trading mind. Trade often leads to disappointments and dissatisfaction. When gratitude is expressed naturally from the heart, it mirrors inner contentment and peace.

It requires both courage and sincerity to contemplate one's expectations towards life, and we will always have the choice to focus on blessings or suffering.

The second aspect of prayer is regret or repentance. These are both connected with our conscience. Forgiveness and compassion are their counterparts.

Hazrat Inayat said that conscience is something we have made ourselves. If we go against it, it creates pain in the heart; which can be often felt as inner shame. repentance is a purification of conscience. It restores and renews our attitude towards life. And it helps to curb the selfish ego - we naturally start focusing on the well-being of others as well as on our own.

The third aspect of prayer is prayer - asking for the fulfilment of needs. It expresses itself through wishes, will, longing and ideals. There is a saying: "Be careful what you wish for, you may receive it." Throughout life, by our individual choices, we develop the faculty of discernment which can lead to a deeper exploration of the self.

Natural prayer reaches beyond opposites and lets us meet our needs - not our wants. Our sincere prayers develop and mold our personality. Eventually, this will help recognise the true Self.

The fourth aspect of prayer is invocation, which is rooted in self-acceptance and trust in the purpose of life. Its deepest expression is praise. Whenever we are ready to accept our darkness; expressed for example in fear, anger or greed, some false ideas about ourselves can be released.

Feelings of praise naturally radiate from the heart, connecting us with spiritual freedom and inner purpose. Natural praise becomes ever-present when we learn to control our minds.

The fifth aspect of prayer is communion. No words, nor mental efforts can bring us here. It brings us to our divine inheritance.

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