

## **SOUL LIGHT - Thirty Three**

### **Change and Real Prayer**

Just 43 years ago coloured Americans for the first time gained the right to vote across the United States.

Today, one of those who at his birth was automatically subject to both segregation and vilification has been asked to lead their country and accept the office of President of the United States and Commander-in-Chief of their armed forces.  
Everything is changing.

Just 32 years ago, Mao Zedong, the communist leader of China died, marking the end of the revolution that brought the country to its knees, destroying much of its history and culture, smashing its economic infrastructure, obliterating its educated class and killing an estimated twenty million people.

Today, China proudly leads the world in technology and manufacture of everything from tractors to air conditioners and satellites to women's clothing.

Nothing that once was will ever be again.

Religion is changing almost as fast.

On July 28, 1999, Pope John Paul II rejected a physical, literal hell as a place of eternal fire and torment. Rather, the pope said hell is separation, even in this life, from the joyful communion with God.

According to an official Vatican transcript of the pope's speech, Pope John Paul II noted that the Scriptural references to hell are only symbolic and figurative of "the complete frustration and emptiness of life without God. "

He added, "Rather than a physical place, hell is the state of those who freely and definitively separate themselves from God, the source of all life and joy." He said hell is "a condition resulting from attitudes and actions which people adopt in this life."

A black American president; Chinese control of the world's economy; and the end of 2,000 years fearing eternal damnation in hell - what can we expect next?

More change.

Faster change.

More radical change.

In such an environment, we must each learn how to handle dramatic and rapid change.

And the answer I believe is through prayer.

Not the prayer that happens on bended knees by the bedside and starts with "Help!".

Nor the prayer that starts with an apology "I know it's been a while, Lord, but I've been genuinely busy...."

I mean Real Prayer.

Real Prayer is the very act of Life itself.

It's the way we wash up the dishes.

It's the way we speak to our children.

It's the way we treat our neighbours, work associates and even relatives.

It's the way we play sports.

It's the way we spend our money.

It's the way we deal with the past and the way we approach the future.

It's the way we use love.

It's the way we respond to the world.

Real Prayer isn't a three minute under-the-breath exercise at the end of the day - but rather the very way we move and interact throughout the day.

This fortnight, choose to Pray your Way through it.

This means being aware each moment of what you are doing, thinking and saying - and coming from your Higher Self in each of these areas as often as you can remember.

Intentioned Practice will make this exercise easier - until one day the remembrance of the divine being you are will flow naturally.

Such remembrance will help you to effortlessly embrace change.

And you'll find the change you embrace arises from deep within yourself.

You become the change.

You become the future.

Love and Blessings,

*Les*