I've found that prayer can be a way to organize priorities, sobering realism, and faith into an integrated focus. Doing this with the fuel of the Higher Power it facilitates the connection of existing resources into a stream of logistical support. That stream helps to carry me into the prayed for situation. As I become more conscious of this process occurring, my "feel" of the cause and effect dynamics (that already link one situation to another) often increases. Like anything else, it takes practice to clarify what connections are real, let alone whether a connection is strong or weak, permanent or temporary, (on many energy levels or just a few), and what factors make how much difference in (any of) this. It's a feeling and yet I know these other things weigh into it. I'll elaborate some:

These realizations cannot be technically precipitated although the last sentence may make it look that way. They occur naturally with intent and focus on balancing in "Surrender to the Will of the Higher Power." On the other hand, too much attachment to one's own idea of what is desired, or even of what is right or just, prevents the openness necessary to gain (receive) a balancing clarity during the prayer process. Often my prayers do not end up the same as how they began. It's like an editing process - with the Higher Power guiding the editing.

Healing energy flows like electricity does, obeys the same basic laws of physics, but uses systems of conduction that form the support matrix of biological life. This includes voltage, current, watts, resistance, and all the other electrical properties as well as the applicability of the formulas used in electrical engineering. Our bodies are designed to conduct energy throughout each molecule of each cell modulated in strength, frequency, or other coloration according to its needs and the priorities of the whole at any given time, in an organized symphony of synchronization with all other bodily cells, the balancing and rebalancing of which is continuous and based on the myriad of experiences of the body-mind (past & present, incl. genetic instructions, memories, and beliefs about the future, conscious and unconscious.) Beliefs, in this electrical system, serve as switches which control and/or limit e-flow to various cells or systems. Thoughts and feelings serve as switches also, but do not generally carry the strength, long term, that beliefs do. But thoughts
and feelings are the basis for beliefs and can be consciously used to create beliefs that regulate switches effectively¹.

It really doesn't matter how one gets convinced of the connectedness to the Higher Power; its the CONNECTION that counts - at least in the short run. Disillusionment may follow to the degree that one's faith is attached to the practitioner's authenticity in relation to one's own values. Even then, one's system cannot discount forever that (dramatic +/-) change occurred based simply on faith. This means that one's internal perception is at least a primary key to changing one's physicality, as well as one's experience of external events. This says that perception or focus can be employed by oneself to create desired change. This implies directly one's capability or "personal power" in (and credit for) OPENING TO AND ACCEPTING one's healing process. This point is dramatically, if not obviously, illustrated in Leap of Faith, starring Steve Martin as a con-man whose ability to inspire faith in others was only exceeded by his own (initial) cynicism toward any god other than the dollar.

I believe the mind-body system is capable of anything it focuses on long and strongly enough - even so called "miracles." Focus and enough are key words here¹.

We benefit when we program the (mind-body) system with focused thought and verbal affirmations ("Prayer," if you will) and sleep on it with faith and persistence and acknowledgement of the capability noted above. The "faith factor" is essential depending on what kind (degree) of change is sought. I believe Prayer "works" because one is in alignment with the above AND because it usually connects one (according to one's belief) to an external (and/or extended) source of power and capability.

But so long as I believe, the "whys" are not really essential. And yet, for most of my life, my mental body has sought logical reasoning in order to prove (to others probably more than to myself) the validity of my feelings and views. Hopefully the good fruits (of that minor obsession) will end up being of some benefit to someone. Still, I do my best to keep the need to prove (with logical reasoning) off of the steering wheel of my life.

The fact that these notes often focus on the technical or mechanical dynamics -of prayer and cause-effect dynamics- is in no way meant to ignore or downplay the emotional or personal factors, which are essential to motivate one to accomplish prayer, its objectives, and everything else - at least while still on the Earth plane, and while not "yet" a Mother Theresa or a Baba Gi (said with tongue in cheek, of course).

**ON SCIENCE, CONSCIOUSNESS, & WORLD CHANGE [May '07, Jan '09]**

I have been (returned to) studying up on some things, thanks to the makers of "What the Bleep Do We Know" (at WhatTheBleep.Com). And more recently (Jan '09) I am reminded of HeartMath.Org with their promotion of the "De-Stress Kit for the Changing Times." Some might say that both 'Bleep' and 'HeartMath' began with what I'll call "The Tao of Physics Clan" of Fritjof Capra (of the 70's-80's era of published studies & thought) as well as "the Bleep Clan" of Fred Alan Wolfe, the academically most esteemed members of which integrated the knowledge for this much needed production. Through these efforts, IMHO, they offer ground breaking implications for mankind, for our victory over the current period of challenge to world community, re-initiating possibilities for survival into the 22nd Century.

Most any psychologist or naturopath (or most any M.D.) will tell you that the most difficult thing for any human to do is break a habit, whether physical, emotional, or mental. Or as the 'Bleep' folks put it, "Nerve cells that fire together wire together, but Nerve cells that don't fire together -- or loose their long-term relationship by our interrupting that and observing the effect, then we break the automatic response mechanisms it takes, and then are free to be there for us as we are fully present with each experience" [close paraphrase, -cp]. One way of defining any world problem (by cause and effect) is its association with one or more addictions (drugs, violence, denial, etc), relative to it's association with things that create beneficial effect (upon oneself, others, or situations.
Breaking habits is exactly the potential of what I call the "Bleep Tool Kit": those things (methodologies, practices, attendant devices if/when appropriate) that provide the capability to break habits on every level, whether personal or interpersonal, community or inter-community, and whether just conceived or fully manifested. Creation of our individual and community habit-breaking tool kits depends on the investment of time and application of principle - via the focus of one or more people. IMO, that's the first half of World change - the other half is the personal and communal application of the tools.

The "De-Stress Kit" provides much for initiating healing on the personal level, with great potential for assisting development of inner stillness and clarity. Such benefits can certainly, even naturally, expand to most every communal context. The HeartMath.Org web site is rich with fun tools for self-assessment and quickly introducing body, mind, and emotional health. It also provides FAQ's and voluminous research reports and related links & references. [Please note: as far as I know, there is no formal relationship between HeartMath.Org and WhatTheBleep.Com; I am associating them by common function - tools for conscious personal & world change. I consider their kit a valuable, perhaps essential, part of the "Bleep Tool Kit" - as I would any system(s) that does the same for an individual, actually. In you want to get really serious about such a tool kit, I would suggest integrating Chi-Gung, yoga, and a well-formed 'power-of-spoken-word' system with all the above. -cp]

Remember 'TM' (Transcendental Meditation) - and it's effectiveness upon whole communities? Once the media made it all about the person (the guru), and not about the function and capability - for anyone who wanted to invest the time and energy ...well, at that point the potential was neutralized - until 'Bleep' resurrected the offer (with a much more grounded yet far-reaching platform). And I don't mean to imply that 'Bleep' is all about such serious things. It's as fun as it is intellectually stimulating, even as "wondrous," as it pulls together and makes understandable so many realms of knowledge in a practical way, including the quantum physics that backs it all up!

All that (study, focus, etc) has effected my professional work as well as most every outlook on life. That effect began during my studies into consciousness in the mid 70's, much more in the later 80's. However, that has dramatically increased recently as I've only begun to realize the (far more) integrated picture (with the implied potentials) that I attempt a useful summary of in the above paragraphs. Below are some excerpts from the 'Bleep' website.

"Following the release of 'What the BLEEP Do We Know?' in Q&A after Q&A, conference after conference, the filmmakers were besieged by requests for more: More information, more science, more applications to their personal lives. August 1, 2006 marks the response to these requests with the release of What the BLEEP Down the Rabbit Hole, Quantum Edition multi-disc DVD set.

"The original 'What The Bleep Do We Know' was made for a theatrical experience of under two hours. With these new expanded versions [in 'Down the Rabbit Hole'], the filmmakers were finally able to include all the topics as originally intended. The completed picture presents all the elements that are intrinsic to the worldview put forth in BLEEP. Topics such as Quantum Entanglement, the Double Slit Experiment, Healing and the Cell, the split and re-unification of spirit and science - all are addressed in the detail required to tell the story. Hopefully they stimulate the viewer to seek further explorations. It may be the definitive BLEEP, but it is not the last word its the final beginning." The scientists make up quite the impressive list (click to read about them & what they say).

"Often dubbed 'the Critic proof movie' due to its ability to weather all sorts of negative reviews, What the BLEEP has an interesting history in the media. Not all are bad, not all are good, but the movie always seems to have extracted a strong reaction in the reviewer. To see what they said in the media, click here."

SOME QUOTES

Whenever we pray, we always pray 'mitakuye oyasin', for all our relations. We pray for all of the black people, all of the yellow people, all the white people, and all the red people. We pray for all our relations. - Lakota Elder, American Indian.

"I have always felt it was human arrogance that assumes that only people have souls." - Anne Raver, columnist

"Imagine the universe beautiful and just and perfect. Then be sure of one thing: the Is has imagined it quite a bit better than you have." - Richard Bach, "Illusions"
"When we try to put God into the position of being a puppeteer who either pulls strings to make events happen or chooses to sit back, the suffering and evil in this world do become God's responsibility, and we can rightly accuse God of being a dysfunctional parent. But then, this is a child's view of God. Perhaps it's time we realized that we are not just children of the universe. We are also adults of the universe. Instead of complaining about the evil in the world, or sloughing it off to 'God's will' and 'judgment day,' why don't we grow up, access the divine within us (our thinking, our reason, our compassion, our love), and do something about it? ...We need to face our problems. We can't pray them away."

- Rev. Webster "Kit" Howell

**Cells, Change, & HOW I BELIEVE WHAT I SEE**

"The cells KNOW what to do, and the cells DO what they know". This acknowledgement and affirmation is a personal key reminder of my own understanding of healing, growth, and change in the body-mind. I base this understanding, in large part, on the following:

The DNA generally give proper instructions to each cell for it's effective and efficient performance, including the incredible capacity to communicate and coordinate resource sharing with other and/or distant cells of the same and/or different system(s) - and to do all this much more efficiently than man has been able to even conceive for his own creations. Our minds and emotions, however, can affect that performance positively or negatively. The cells respond to the mind as workers do to the management. Beliefs, being like solidified thoughts in a way, tend to habituate performance more powerfully than our everchanging thoughts and feelings. Hence, cells respond to beliefs even more strongly than they do to thoughts - in the long run.

It is being shown increasingly that the more one lets go of ideas and beliefs that tend to limit one's "natural" capabilities - on the physical level as well as on mental levels - the more likely there is to be a corresponding increase in related natural capabilities. The amount of focused thought vs an amount of existing belief in a given direction plays an important role in deciding whether any change from the norm is going to happen. We know that even long-held beliefs can change.

We're not talking about flying from the house top without wings here, but about the higher performance levels of natural capabilities. Records are broken everyday in everyway imaginable, so we have plenty of evidence to suggest that we do NOT know how much we have been limiting ourselves - in much of anything. Hence, the statement, "the cells know what to do, and they [can] do what they know", is not that incredulous, considering the above.

When I "see" the cells in my visualizations, I see little busy-body, ever-loving, ever-connected geniuses at work. I (as a "realist") may feel their CURRENT restraints, but I (as a visionary) regard these as temporary, and acknowledge the completeness of their interconnected efficiency. Time itself IS temporary at best - considering the findings and implications of modern physics, as well as the fact that these are more and more frequently in direct agreement with "metaphysical" concepts of ancient yogic wisdom.

The process of dealing with "what is" towards "what can be" -- healing -- involves two basic approaches, according to the system I follow. These two are simply called Building and Cleansing, and work on any and all levels from the physical (ie: behavior, activities) to the emotional (ie: responsiveness) to the mental (ie: attitudes) and to the esoteric (ie: relationship(s) with deity). Those approaches which ADD TO, provide NEW fuel and/or drive forward directly towards one's goal, are Builders.
Those which REMOVE EXISTING "baggage", obstacles, inappropriate habits, etc, in order to allow existing or future resources to do their job optimally, are Cleansers.

© '94-'96 -- Chris Pringer

There is only one thing more powerful than all the armies of the world, that is an idea whose time has come. - Victor Hugo

What lies behind us and what lies before us are small matters to what lies within us. - Ralph Waldo Emerson

All truths are easy to understand once they are discovered; the point is to discover them. - Galileo Galilei

Water-Charging -Group-Fired- Healing Technique (cp, 8/13/09)

* Introduction:
This is about a method of sending healing energy or prayer that is visualization-based to a person at some distance. More accurately, the energy is sent to the water that the distant person will drink. It's been shown that... as per the paragraph on *background* below.

* Background A - Charging Water as Crystal(s):
Commonly known among healing practitioners is the technique of "charging" a crystal - by focusing upon that crystal, visually and through our hands, a healing thoughtform such as "Unconditional Love" or "White Light" or some other appropriate attribute or color, etc. We also know that water is one of the most readily available and easily charged substances, that the water molecules respond as they align into a distinctly symmetric pattern that readily conducts energy flow, and that the "charged" water can be ingested for taking in the energy, as charged, for beneficial effect in/on our bodily cells.

* Background B - Summary of most relevant points from "Miraculous Messages from Water" (which is the source of the photos of water molecule shown here):
"We know that human life is directly connected to the quality of our water, both within and all around us. The photographs and information in this article reflect the work of Masaru Emoto, a creative and visionary Japanese researcher. Mr. Emoto has published an important book, "The Message from Water," from the findings of his worldwide research If you have any doubt that your thoughts affect everything in, and around you, the information and photographs that are presented here, taken from the book of his published results, will change your mind and alter your beliefs, profoundly. From Mr. Emotos work we are provided with factual evidence, that human vibrational energy, thoughts, words, ideas and music, affect the molecular structure of water, the very same water that comprises over seventy percent of a mature human body and covers the same amount of our planet. ...These photographs show the incredible reflections of water, as alive and highly responsive to every one of our emotions and thoughts. It is quite clear that water easily takes on the vibrations and energy of its environment, whether toxic and polluted or naturally pristine."
Note: The pictures shown here only reflect the best energies, or those existing in more healthy water to begin with. Pictures of those crystals not so well charged look... well, not nearly so vibrant, to say the least. Those pictures may also be seen at the "Miraculous Messages" page.

* Organizing the Event Process:
The "recipient" or close friend or family member of recipient can choose and organize a group of friends and associates, and meet - in person, by phone, or by email - to work out the details for the energy transmission. All participating volunteers or "senders" are sent or given instructions/details, a photograph of the recipient holding a glass of water, and a specific day and time range that the prayer/transmission will take place (or specific days and time ranges if ongoing).

* Engaging & Completing the Event Process:
At the agreed upon day(s) and time(s) the recipient does sit and hold the water - as in the photograph previously distributed, while the senders focus on the thought-forms that are thus charging the water that the recipient is holding. Soon afterwards, the recipient drinks the water.

* Suggestion regarding amount of time for the sending/receiving focus:
A realistic amount of time to ask others to send energy is probably about twenty minutes, especially if the recipient is to be holding his/her hands around the glass of water the whole noted time period. A more open time period (ie: "choose an amount of time between 11 am and 1 pm") may distribute the energy gain and fall-off cycles too widely and thereby increase the likelihood of the concentration (some of the volume and power) of the charge will diffuse out of the water before the recipient drinks it. There are various factors that can be worked with as needed to open the time range up, but following through on these considerations requires more knowledge and/or experience on the part of the recipient and/or senders than is included or referred to in this description.

* Question: Why send it to the water instead of to the recipient's body directly? Answer:
Considering that the same energy, once received, produces the same effect, then the water-focused transmission method is suggested because, *for some senders and recipients* this method may be a) Easier to visualize, or b) less complicated in terms of visualizing an actual effect to be created, and c) more believable, thereby less challenging to one's faith, due to more apparent history/substantiation of effect (from their viewpoints). It is hoped that this method makes the process more likely to be initiated by and benefited from by more people.

* Alternate Method:
A sender may charge a glass of water s/he is holding, and visualize this water as being the same as, and/or energetically connected to, the water being held by the recipient.

* Origins:
This group technique, based on various individual-based "distant healing" methodologies, was generated while working with a friend who has taken on some very challenging health circumstances. If you try it and find it works for you or yours, I'd love hearing about it (via chaliser@iinet.com). It's not meant to replace any prescribed health care protocol, of course. Thank you, -Chris Pringer 8/15/09
Footnotes & Related Links

¹  By mind-body system (also referred to as the "body-mind") I am talking about the mental apparatus, including but not limited to, the brain and nervous system, the emotions, and the physical body, as well as the relationship among all these. A summary of considerations and questions for integrating the spiritual with the personality levels is included at Class Questions and Topics for "Body-Mind Integration and the Chalice."

For more elaboration on these aspects you may check the following essays:

"Attainment And Achievement -- The Alignment Of Beliefs, Desires, And Needs": Basic principles and definitions for functionally clarifying the differences between ones beliefs, desires, & needs and the implications for personal growth, preventative health maintenance, and self-healing.

"Whole Being Integration In Manifesting Abundance and Seven Steps To Initiation And Understanding": Principles of magnetism in the process of conscious personal growth, spiritual integration, and self healing. Includes special section: "Questions for Empowerment": Positive Response Questions (PRQ's) designed specifically for Personal Empowerment through re-defining one's values and beliefs.

"Achievement of Goals, Attainment, And the Role of Inner Work - A Flow Chart of the Human Psyche in Growth Facilitation and ...": a practical visual tool to complement & help complete other self-help perspectives & presentations - a re-hash of ancient truths created to work for new applications © '92

²  For more elaboration on these dynamics please see the essay, "Body-Mind Integration in the Personal Growth Process" -- THE BASIC HOW'S AND WHY'S OF PSYCHO- EMOTIONAL STORAGE IN THE BODY-MIND (published in MASSAGE MAGAZINE, July-August 1992).

³  A more detailed, multi-level example of these approaches and how they work is provided in these two essays:

"A Concept of Healing and Mind-Body Nutrition." (in text - may also download via [Right-clicking the link, then the "save as" option.])

"The Use of Questions in Effective Affirmation Therapy" - Theory & Examples for Practical Application. Lots of examples; Personal Growth oriented. Sample PRQ's (Positive Response Questions), and Simple How-To's in developing Pragmatic use of "the right question" - from a test situation and/or from regular affirmations.

World Healing Prayers with Sacred Geometry Graphic Backgrounds

Page Description: There are now 16 prayers (as of August 2009) at this page, generally invoking Divine assistance, calling for truth, justice, accountability, related healing, learning, & balance, etc. They include a resource-connecting prayer chart for the Economy (October 2008), two that are specific to global climate healing, one to Iraq & Middle East, two for comprehensive planetary healing in general, one specific to media communications... Page includes background and related information, links, and printing/downloading tips. (Yes, of course it's free, as I believe prayers are meant to be.)

Not bad for a summary, perhaps, of our current world challenges - and opportunities to gain the momentum we need to heal/transform the planet and mankind.

Prayers on the page include:

Thank You God & St. Anthony for Helping Me/Us*
See/Find/Remember My/Our* Best Connections and
Paths Within & Without To ALL THAT I AM,
[Whole Brain, Neuroglial Cells, Chakras, etc ]
My/Our* Higher Selves & Power
Seeing All I Need to See, No More & No Less
Remembering Our Connections For Optimal Function
& Resources Therefrom with Optimal Utilization
[ Merging with that Dimension Where-in All Works/Plays/Loves Together,
While Forgiving - as Appreciating the Learning from - Any Thoughts, Feelings,
or Deeds Of the Past, that were Aligned with Other Values or Intentions ]
And the Feeling & Power of Love In & of
That Connectedness & Consciousness
with Our Spirit-Mirroring Universe
[ A Universe Reflecting The Highest Being/Values
With My/Our* Highest Potentials Realized
That I Am/We Are Capable of Enjoying ]
And (Re)Implementing Optimal Function & Utilization
Of Those Connections & Resources Therefrom
Including for Healing Body, Mind, Emotion,
And Connection to Spirit
And My Petition ... ... Granted If It
Works Toward the Betterment of ALL
As Most Currently Appropriate
And for Continuing Most Expediently
Towards My/Our* Setting Realistic Goals
and Accomplishing Same or Better Goals
on the Path Toward My/Our* Divine Plan Fullfilled
In Accordance with the Highest Loving Will
Of Father & Mother God of ALL, I AM THAT I AM