

REAL PRAYER

Real Prayer

Why Prayer Works When
Everything Else Fails



By Louise Van der Velde
Dr in philosophy and psychology

About the Book—Real Prayer

Real Prayer is not a religious text, nor a New Age doctrine.

It is a living transmission.

This book was channeled—received directly from Source in an unplanned, unexpected way, as all the most meaningful things in life often are. It arrived fully formed, without agenda or strategy, carrying a depth that surprised even its author.

Never has there been a time when prayer is more important than now. Modern religion and much of New Age spiritually have unintentionally separated people from truth—turning prayer into ritual, hierarchy, or fantasy rather than lived connection.

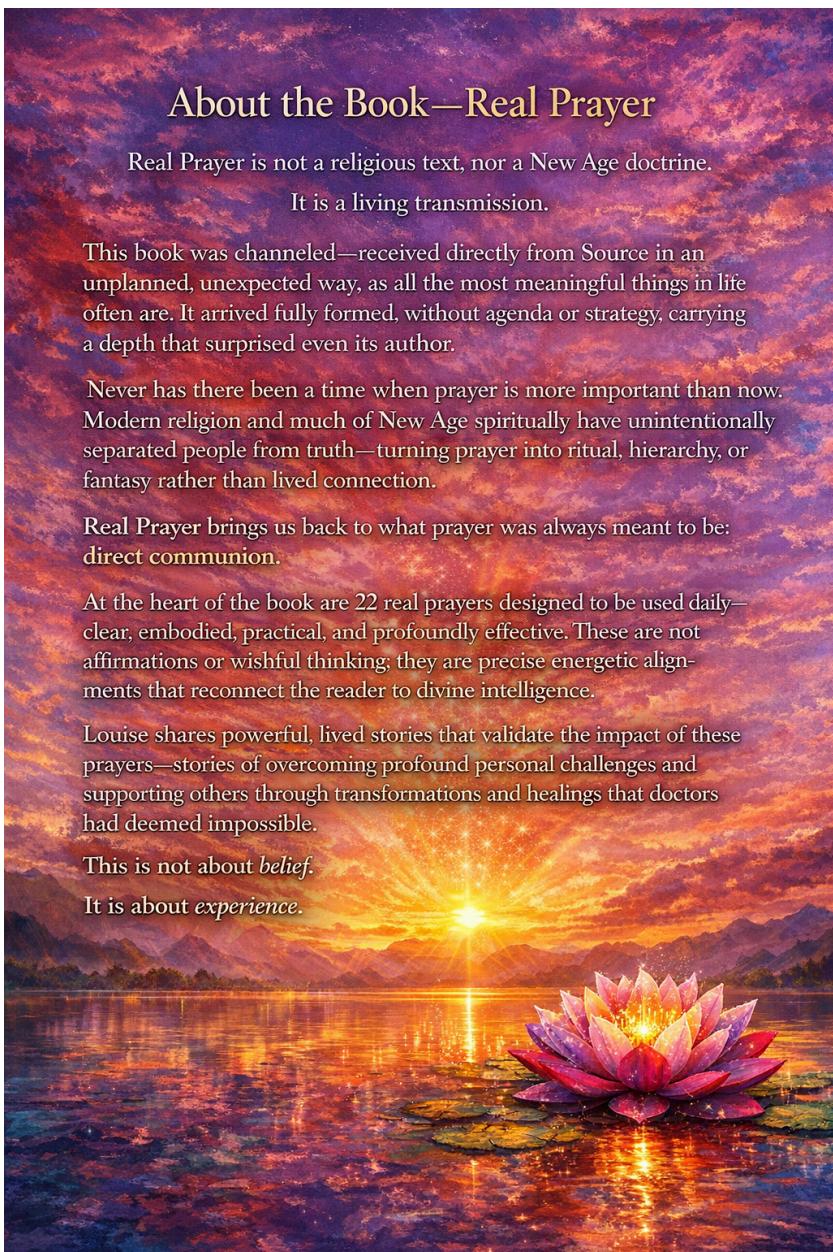
Real Prayer brings us back to what prayer was always meant to be: direct communion.

At the heart of the book are 22 real prayers designed to be used daily—clear, embodied, practical, and profoundly effective. These are not affirmations or wishful thinking; they are precise energetic alignments that reconnect the reader to divine intelligence.

Louise shares powerful, lived stories that validate the impact of these prayers—stories of overcoming profound personal challenges and supporting others through transformations and healings that doctors had deemed impossible.

This is not about belief.

It is about experience.





I've been very blessed to share so many moments with you all.

Thank you for the awards, but really what makes me smile is seeing leaders make a difference and I believe that only really comes with dedication to prayer.

PREFACE

This book came from my decades of experience in helping CEOs, executives, and following my own journey in life, a life that has seen me expand businesses, and simultaneously after being widowed bring up two incredible children, - which for sure has been my greatest honor and test, but through many lessons and challenges we all have overcome so much, which really given some of the crazy situations is nothing short of miraculous. I have no doubt it's due to lots of prayers we made. Jordan and Chloe are both very connected to the Divine, We follow divine guidance every single step of the way. So I dedicate this book to them both.

When I've coached people, it's often involved going back over timelines, clearing their trauma, whether from this life, past lives, or even generationally and genealogically. After coaching CEOs and executives to clear the blocks, embody more impact, expand their companies, and work more on their legacy projects, I've seen how important it is to address and release all these layers of inherited limitations.

In doing all this work, I've witnessed incredible transformations, stage-four cancers spontaneously self healing through certain processes. And at the core of all these techniques and results, when everything is at its most challenging, there is one dominating support factor: the power of real prayer. And it's from my prayers, and surrender I've been "told" to write this book.

We have multiple timelines available to us at any moment, and the timeline we choose depends on the frequency match we align with. Knowing how

REAL PRAYER

to choose the best timeline comes from following divine guidance. That's why I've written this book: to teach the power of real prayer, why and how to pray, to unlock the magic that always comes from it.

I've infused this book with both my personal experiences, as lived examples not because they matter more than that, and added a scientific tone, knowing that many readers will appreciate that foundation. I hope you enjoy it, embody the techniques, and remember that your connection through real prayer is the most important thing right now. When we tune into that with complete faith, faith meaning belief without evidence, we align with the highest good in all aspects of life.

So tune into the creator, It's your greatest gift. Remember who you are, and through real prayer, you'll be shown the truth and the path to bigger and better outcomes than you could even imagine, just as I and many others have experienced.

About the Author

Louise Van der Velde is not just a psychologist with her Doctorate in philosophy; she is a widely recognized media personality and award-winning CEO coach. With numerous appearances on TV and other high-profile platforms.

Louise brings a powerful blend of spiritual insight and scientific understanding to a global audience.

In her early years, she discovered her innate healing abilities, and as a mother who raised her family after being widowed, she has walked a path of resilience and transformation. Louise has coached countless CEOs and leaders, helping them clear generational trauma and align with their highest timelines, and the most amazing transformations have come from teaching the transformative power of real prayer and divine connection.

Louise wrote her first book Decent proposal - which whilst memoir and intervention based came from a very different era of her life 13 years ago. Now she has really questioned what the world needs the most right now. And it's this.

From a lifetime of experience, Louise is here to share her most profound gifts with the world, ensuring that readers can unlock the magic of choosing their best possible realities - remembering who they are and that it's their choice on how they get shown up.

Prayer, Truth, thanks and Alignment

One of the most important things to understand about prayer, and about this book, is that religion, culture, and previous belief systems are irrelevant to your ability to embody the lessons within it. The truths shared here are universal. This is not a religious book. It does not ask you to subscribe to doctrine, hierarchy, or tradition. It cuts directly to truth.

It does not matter what name you give to your guiding light, to God. That is personal. Across all religions, there is universal truth, and here, we rise even beyond religious man made structures altogether, because we are going to be speaking directly to Source.

What has become increasingly clear over recent years, particularly with the rise of so-called “New Age” movements, is that there has perhaps never been a time with so many false teachers. Fake gurus. Fake healers charging huge sums for their work. What is welcomed into many of these group settings is not refined, and it is not protected. Most are simply snake-oil salesmen.

I make one clear exception here. Of all the healers I have met, Dr. Samuel Lee —a board-certified psychiatrist— embodies some of the most powerful codes I have ever encountered. I have witnessed other egos openly state his name, followed by claims such as “my methods are better” or “no one does it as well as us.” In my opinion, these statements reveal exactly what they are: fake gurus driven by pound signs. Sam is different.

He resonates on the same truth this book comes from, and in recent years he has been one of many of my greatest inspirations.

That said, when I was around eighteen, I met Tony Mann, a plumber at the time, but a highly spiritual one, who first taught me astral projection and instant materialisation. He helped heal my inner child, and I am eternally grateful to him. Funny enough he also went on to become a board certified psychiatrist. Good to know some spiritual teachers are still taken in that mental health system, god knows that's where these practices are needed most. I have first hand experience of that, which I will share later in the real life examples.

Today, many people tell stories of angelic connections, altered states induced by medicines, and divine downloads, when in reality they are invoking lower frequencies, inviting external entities into their field, or speaking to entities that know them very well. At best, some are miscommunicating with their higher self. Those individuals, too, will gain a great deal from this book.

I have witnessed this first-hand over many years of working with and observing such individuals. More often than not, they are profoundly misaligned, even though they genuinely believe they are teaching truth.

Whether through yoga systems, angel therapy, card reading, crystal work, or other practices, many believe they are guiding people toward enlightenment. Yet what they are often doing — completely unwittingly — is opening portholes and frequency states that were designed, by the very nature of the systems that created them, to allow darker forces access. These structures were not neutral when they were formed.

There is only one connection you need.

That connection is straight to Source.

If you choose to use the name of Christ, that is powerful and valid, you are that consciousness on some level. Remember 33 vertebrae in the spine- we will come to this later.

If you choose another name for the all-knowing Source of creation, that is also your choice. But there are no intermediaries. There are no priests required. There are no guides, no mediums, no card pullers, no interpreters standing between you and the truth of the source and your connection to it. That said peoples experiences of miracles when they were connected have huge value in expansion of the collective consciousness.

We do not need to revisit what has already been exposed about institutions that were meant to mediate God to humanity. There are no middlemen in this arrangement. There is the infinite all knowing, that is within you and within everything you see...everything is within you. You are part of the source.

The moment you truly understand that you do not need a mediator, that you do not need someone to “read” for you, channel for you, or guide you, clarity returns. Much of what is sold today as spiritual guidance is simply at best New Age distraction, dressed up as wisdom.

Through real prayer, we bypass all of that.

Real prayer cuts straight to truth. Straight to clarity. Straight to Source.

REAL PRAYER

And that is essential in these times, when so many people are meddling in forces they do not understand, opening doors they cannot close, and confusing sensation for alignment.

This book, and the real prayers within it, are designed to bring you back into complete coherence. Complete alignment. Direct connection.

None of this would be possible without those who have walked beside me.

Thank you to my mother, Adele Mercer, my first teacher, and my anchor. Her downloads have been breathtaking. Through the guidance of prayer, having never ! Picked up clay before she sculptured these. In doing so her crippling pain vanished, and with that we knew our most powerful ancestors walked by our side. A picture of my mother's prayer guided journey is also here. How she went from where she was to where she is now, physically, mentally and emotionally would be enough to prove that prayers are real. Energy is real and souls live with us.... Like the ones she sculptured here.

Thank you to my children, Chloe and Jordan, who at 24 and 29 at the time of writing, you both have brought me my greatest strength and deepest wisdom, albeit through extremes of joy and painful tests. Prayers have been answered and you are both living proof of that fact.

And thank you to my members, supporters, extraordinary investors, and global network: for your love, your support, and for hearing and sharing this mission. When I asked to show me Guide me you all showed up. Special thanks to Kade Patterson for making the ride mostly fun, as my “gay PA,” lol. John vowels for your testament that this stuff whether we

REAL PRAYER

believe it or not is real. And to both of you for being super friends. Gerardo Segatt for your support and the show Out As Humans which I've been blessed to bring to life with you. And Riccardo Segatt for your unwavering commitment to making the world a better place with Rengen. Paul for your faith and all allowing me to be part of your journey. MR. Hennesy thank you for your timely support and being man enough to admit learning truth wins and is never wrong.

CHAPTER ONE

The Intention

This book was written because prayer works.

Not symbolically.

Not sentimentally.

Not as a belief.

It works **functionally**.

I am not writing to persuade you into faith. I am writing because there are moments in life where prayer is the only thing left standing, and in those moments, something precise, intelligent, and undeniable happens.

As you read on you will be shown examples not because my life is so different to many others, we all face similar challenges, its purely examples and lived experiences shared before you get to the prayers themselves. This is given without performance, and without distortion.

Why Real Prayer Isn't Working

Prayer has been diluted.

Softened into comfort.

Reduced to ritual.

Turned into begging.

For many people, prayer becomes the thing you reach for when everything else has failed, and when it doesn't deliver immediately, you assume you did it wrong, or that it wasn't meant for you.

That interpretation is incorrect.

Prayer does not fail because it is weak.

It fails because it is misunderstood.

The original function of prayer was never helplessness. It was never distance. It was never submission to fear.

Prayer was built as **alignment with intelligence**, an ordering principle that restores coherence in the human system, and through that coherence, changes what becomes possible next.

This book exists to restore that function.

Who Are These Prayers For?

This book is for leaders, and for anyone who has been forced into leadership by life.

It is for those who have:

- ❖ carried responsibility that felt too much
- ❖ faced systems that reached their limits
- ❖ been told, “there’s nothing more we can do”
- ❖ felt guidance without an understanding for it

REAL PRAYER

It is also for the sick, the lost, the curious, and the exhausted, not because prayer replaces reality, but because it reorganises how reality is met.

If you are looking for comfort, this book will steady you.

If you are looking for power, this book will empower you.

If you are looking for control, this book will disappoint you.

Prayer is not control.

It is coherence.

The Central Truth

Prayer is not about asking a distant force to intervene.

Prayer is about aligning yourself, body, mind, and intention. With an intelligence that already knows how life organises itself.

When alignment is present, things flow to you and action becomes clear.

When clarity is present, force is replaced by real super powers

When coherence is present, outcomes shift reality bends

This is not abstract.

It is observable.

You do not need to accept a worldview to test this. You only need to notice what happens when your system becomes ordered.

Earth School

Think of life as a school.

Not metaphorically, structurally.

In school, you are told there will be lessons.

You are told there will be tests.

You are told there will be exams and outcomes.

You are prepared.

Earth School is different.

Here, the lessons arrive without warning.

The tests appear disguised as crises.

The exams show up as moments where everything happens at once.

Most people are not told to expect this.

So they ask the wrong question:

Why does this keep happening to me?

The better question is:

What is this preparing me for?

Prayer does not remove the tests.

It prepares you to pass them **without breaking**.

That is not a motivational phrase. It is a mechanical reality: a regulated system can hold complexity. A dysregulated system collapses under it.

Prayer regulates.

Then it orients.

Then it directs.

Prayer as Orientation, Not Escape

Prayer is often misunderstood as an escape from reality.

In truth, prayer is what allows you to stay present **inside** reality without collapsing.

It does not lift you out of responsibility.

It sharpens your ability to meet it.

Prayer is not passive.

It is the most direct form of participation available to a human being.

When prayer is real, it is not a performance you offer outward. It is an internal ordering that makes you more accurate, in perception, in timing, and in decision-making.

Words, Frequency, and Instruction

Words are not neutral.

They carry tone, rhythm, frequency and power of instruction for the world to adapt to them

Your body responds to words instantly, tightening, opening, bracing, settling, long before your mind interprets them, every cell is listening.

Prayer works because it effects state and reality

When state changes, perception changes.

When perception changes, options appear.

When options appear, outcomes shift.

This is not mystical.

It is physiological and informational.

Prayer is deliberate speech aimed at transformational outcomes

Why Belief Is Not Required

Prayer does not respond to belief.

It responds to mind and heart **coherence**.

You do not need belief for your nervous system to regulate.

You do not need belief for gratitude to soften the threat.

You do not need belief for clarity to emerge when fear recedes.

Prayer works whether you call it through God, Source, the Creator, Allah or Intelligence, because it is not bound to language.

Language is simply the interface.

The function remains.

What You Will Find Within These Pages .

You will find:

- ❖ lived experience, not theory
- ❖ evidence without evangelism
- ❖ prayers that work, command, not beg
- ❖ science where it clarifies it works
- ❖ silence where words interfere

You will not find:

- ❖ dogma

- ❖ guilt
- ❖ hierarchy or ego
- ❖ pressure to believe

This book does not ask you to accept anything blindly.

It asks you to **notice what happens.**

The Intention You Are Being Invited Into

The intention of this wisdom is simple:

To restore prayer to its rightful place as a **practical, grounded, powerful tool for navigating and creating your reality.**

Not as a superstition.

Not as a performance.

As alignment to best outcomes

Mastering the rules of the game through prayer and understanding co creation and surrender and action balancing.

If you read this book slowly, with openness rather than expectation, something subtle will begin to shift.

Real prayers simply work.

Before We Go Further

One thing must be said clearly:

Nothing in this book asks you to abandon medicine, reason, or responsibility.

REAL PRAYER

Prayer does not replace action.

It **directs** it.

Where we go next

Now that the intention is clear, we begin properly.

Not with belief, but with context.

Because to understand prayer, you must first understand the game you are in.

CHAPTER TWO

Earth School and the Rules of the Game

Imagine entering a school without being told it is a school.

No syllabus.

No orientation.

No explanation of how grading works.

Lessons arrive disguised as relationships, losses, illnesses, responsibilities, and sudden turns of fate. Tests show up without warning. Exams appear at the exact moment you feel least prepared.

And yet, outcomes matter.

This is Earth School.

Why People Feel Betrayed by Life

In conventional education systems, however questionable their intentions may be, one thing is clear:
you are told there will be exams.

Expectation allows preparation.

Earth School does not offer that courtesy.

Instead, people grow up believing life should be fair, predictable, and gentle, and when it isn't, they feel personally targeted.

Why does this keep happening to me?

What did I do wrong?

The answer is rarely personal.

Life is not punishing you.

It is **educating you**.

The Structure No One Explains

Earth School operates on a few unspoken rules:

- ❖ Growth happens through contrast
- ❖ Capacity is built through challenge
- ❖ Awareness expands through pressure
- ❖ Graduation moments arrive when multiple tests converge

The curriculum is customized.

No two lives look the same, yet the lessons rhyme.

This is why comparison fails.

You are not behind.

You are not unlucky.

You are being trained.

Levels, Tests, and Advancement

In Earth School, advancement does not come from comfort.

It comes from:

- ❖ how you respond under pressure
- ❖ whether you collapse or regulate
- ❖ whether you react or orient
- ❖ how you hold yourself state
- ❖ your ability to connect, surrender and pray.

Each test is an invitation to move to a higher level of coherence.

Most people mistake advancement for punishment.

They interpret increased responsibility as bad luck rather than evidence of capacity.

Prayer changes this interpretation.

It reveals pressure as preparation, not persecution.

Graduation Events

Some moments in life are not single tests.

They are **graduation events**.

Everything happens at once:

- ❖ emotional strain
- ❖ financial pressure
- ❖ relational collapse
- ❖ intensified responsibility
- ❖ major health issues
- ❖ Family tragedy

These moments are not accidents. I've lived them all, they are your greatest opportunity to advance on the map of consciousness

They are thresholds.

How you hold yourself here determines the trajectory that follows.

Prayer stabilises you at the threshold, not by removing the weight, but by preventing fragmentation under it.

The Map of Consciousness

Developed by David R. Hawkins

The Map of Consciousness is based on a logarithmic scale that spans from 0 to 1000.

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700–1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Anxiety	Antagonistic
Desire	125	Craving	Frightening
Fear	100	Anxiety	Tragic
Grief	75	Regret	Hopeless
Apathy	50	Despair	Evil
Guilt	30	Blame	Miserable
Shame	20	Blame	Shame

The **Map of Consciousness** was developed by a psychiatrist, physician, and consciousness researcher.

He introduced it in his work *Power vs. Force* as a calibrated scale of human awareness, ranging from **shame, fear, and anger** at the lower levels, through **courage, love, and reason**, up to **peace, joy, and enlightenment**.

The core insight is simple but profound:

Different states of consciousness produce different realities.

Life does not respond to effort alone, it responds to *level of being*.

Why It's Relevant to "Earth School"

Earth can be understood as a **school of consciousness**, a place where we learn through contrast.

The Map of consciousness (image) explains *why* some experiences feel heavy, repetitive, or painful: they arise when lessons are being lived from lower level states like fear, guilt, or pride.

Growth isn't about punishment, it's about **graduation**.

Each challenge invites a movement **up the scale** toward greater coherence, responsibility, and truth.

Why It's Central to Real Prayer

Real prayer is **not begging**.

It is **alignment**.

On the Map, prayer becomes *effective* when it moves us into higher states, **acceptance, love, reverence, surrender**.

At these levels, prayer is no longer asking *from lack*; it is **communing with intelligence**.

Real prayer:

- lifts consciousness before it asks
- dissolves fear before it speaks
- aligns the field before action

When prayer shifts your state, reality follows.

That is why prayer works,
not because of words,
but because of **where you are speaking from.**

Why Control Fails and Orientation Wins

Earth School does not reward control.

Control assumes predictability.
Life does not operate that way.

Those who try to control outcomes often collapse when variables multiply.

Those who orient through prayer adapt faster, not because they know the answer, but because they remain coherent long enough for the answer to emerge.

Prayer can transform everything.

What Working With This Book Will Actually Give You

This book is not theoretical.

It is practical.

If you read it casually, you will gain understanding.
If you **work with it**, your life will reorganise for the better.

Daily prayer —practiced as taught here— builds internal infrastructure.

When prayer becomes consistent, three changes occur naturally:

- ❖ the nervous system stabilises

- ❖ perception sharpens
- ❖ miracles are seen, felt experienced.

What Changes With Daily Prayer

People who practice daily prayer as orientation (not begging) consistently notice:

- ❖ fewer emotional spirals
- ❖ faster recovery after stress
- ❖ clearer decisions under pressure
- ❖ reduced repetition of the same challenges
- ❖ a growing steadiness during uncertainty
- ❖ lived undeniable magic unfolding
- ❖ knowing that something greater than you is working this out.

They are the natural effects of real prayers.

Why Daily Practice Matters

Occasional prayer brings relief.

Daily prayer builds **capacity**.

Just as strength is built through repetition, coherence is built through consistency.

Daily prayer teaches your system that:

- ❖ safety is available
- ❖ guidance is accessible
- ❖ urgency is unnecessary
- ❖ miracles are real

From that internal safety, life reorganises.

What This Book Does *Not* Promise

This book does not promise:

- ❖ a life without challenge
- ❖ constant ease
- ❖ exemption from responsibility

Prayer does not remove lessons.

It prepares you to **pass them without fragmentation**.

The Core Shift

Once this is understood, one question dissolves:

Why is life doing this to me?

And a better one replaces it:

What is this preparing me for?

Prayer is not an escape from Earth School.

It is how you learn to **graduate without breaking**.

Where we go next:

Now that the game, the rules, and the rewards are clear, we address the most common confusion of all:

Why prayer appears to fail so many people,
and why it hasn't actually failed at all.

CHAPTER THREE

Why Prayer seems to Fail (and What's Really Happening)

If prayer truly works, the most reasonable question is this:

Why does it appear to fail so many people?

Millions pray daily.

Churches are full.

Words are spoken sincerely.

And yet suffering persists.

The conclusion most people reach is simple, and wrong:

Prayer doesn't work.

The truth is more precise.

Prayer fails **not because it lacks power**, but because it is often practiced in a way that collapses coherence before it ever lands.

The First Misunderstanding: Power Is Placed Outside

One of the greatest distortions of prayer has been the idea that power lives somewhere else.

Above you.

Beyond you.

Separate from you.

This creates a subtle but damaging dynamic:

- ❖ You are small
- ❖ The divine is distant
- ❖ Prayer becomes appeal rather than alignment

When prayer is approached this way, it immediately weakens.

Not morally.

Structurally.

Because coherence requires **internal authority**, not submission born of fear.

This does not mean ego.

It means responsibility

Why Begging Cancels Signal

Begging is not humility.

Begging is fragmentation.

When you beg, your nervous system is in threat.

When your nervous system is in threat, perception narrows.

When perception narrows, guidance is inaccessible.

Prayer spoken from fear carries fear.

And fear does not organise reality, it destabilises it.

This is why so many prayers sound desperate.

And why so many prayers feel unanswered.

The Church Problem.

Many religious structures unintentionally trained people to pray in a way that disconnects them from source

The emphasis on:

- ❖ unworthiness
- ❖ submission
- ❖ external authority

taught generations to believe that prayer is something done *to* appease, rather than something done *to align*.

It was incomplete at best.

When prayer is framed as obedience rather than coherence, people learn to kneel instead of stabilise.

Prayer was never meant to weaken you.

It was meant to orient you.

Why Emotional Prayer Often Backfires

Emotion itself is not the problem.

Unregulated emotion is.

When prayer is spoken in heightened emotional states (panic, grief, rage), it often amplifies instability rather than resolving it.

This is why people say:

- ❖ “I prayed harder than ever”
- ❖ “I cried out”
- ❖ “I begged with everything I had”

Intensity is not alignment.

Stillness is.

Prayer works even better when the emotional body has been **settled**, not stirred, and it always knows the quickest way to get you from A to B. The fact prayer seems not to work, is because ego is in the way, trying to control the when, where and how's. We need to fully surrender and get ourselves out of the way, and ask specifically to be shown and guided with action.

Prayer Responds to needs, Not Desire

This is one of the most important truths in this book:

Prayer does not respond to what you want.

It responds to what you need.

Two people can say the same words.

One shifts reality.

The other does not.

The difference is we get our needs not always our wants. Needs are met, wants are something we can block, or that may not be good for us. And we can not expect prayers that interfere with the will of others to be aligned. We must have permission if praying for others as free will is a rule of the game, as much as this may appear to be over-ridden permission is essential - where have you unwittingly given your permissions?

A regulated nervous system carries authority.

A grounded body carries permission.

A clear mind carries signals.

Prayer spoken from coherence does not need volume.

Permission is essential

Make wants a need. But still command from a place of having all.

“ thank you now that I already have....”

Not

“ please give me....”

Why Silence Is Often the Missing Ingredient

Many people pray too much, and listen too little.

Prayer is not a monologue.

It is dialogue.

And dialogue requires silence to be heard.

Silence allows:

- ❖ the nervous system to settle
- ❖ perception to widen messages to be heard
- ❖ guidance to surface

Without silence, prayer becomes noise.

Noise cannot organise...take time in silence. Embody a feeling of safety and knowing it's done. You can choose to feel that. Close your eyes, see it, hear it, feel it done.

Why Timing Is Misread as Failure

Sometimes prayer does not appear to work because the answer is not immediate.

This does not mean it failed.

It means readiness is still forming.

Prayer often reorganises *you* first, your timing, your perception, your capacity, your real needs, before circumstances shift.

People miss this because they are impatiently watching for outcomes instead of orientation.

Prayer prepares the ground.

Then movement follows.

The Deeper Truth

Prayer never fails.

But it can reveal something uncomfortable:

That what you are asking for requires a version of you that is not yet coherent enough to hold it.

You have contracts holding you back that need to be released first.

Death is not death anyway.

And to succeed you must grow to be the person who matches it

That said - instant healing can happen if it's for the best for all involved.

The Quiet Reframe

When prayer feels unanswered, ask a different question:

Not *Why didn't this work?*

But:

What is being stabilised in me right now?

What capacity is being built?

What do I need to release that's blocking me

What timing may be being protected?

Those questions restore energy balance and coherence.

And cleansed energy and coherence restores signals.

What this chapter corrects:

Prayer does not fail because:

- ❖ you are unworthy
- ❖ you didn't believe enough
- ❖ you weren't chosen

Prayer appears to fail because:

- ❖ fear dominated the state
- ❖ power was externalised
- ❖ coherence was lost, expectations from ego are present.

Old contracts or invisible things in the energy field are keeping you stuck.

Those can be corrected.

What comes next:

Now that the distortions are clear, we move into the mechanics.

Not belief.

Not doctrine.

But what is actually happening when prayer works.

CHAPTER FOUR

Frequency, Thought, and the Mechanics of Alignment

Everything that exists began as something unseen.

Not metaphorically, **literally**.

Before there was form, there was information.

Before matter, there was instruction.

Before structure, there was signal.

This is not philosophy.

It is how systems organise.

Look around you - it all started with a thought.

Prayer works because it interfaces with this level directly, not symbolically, not emotionally, but **mechanically**.

What most people misunderstand about prayer is not belief. It is a **function**.

Prayer is not a plea sent outward.
It is instruction entering an intelligent system.

Thought Is Not Abstract

Thought is not a vague mental activity.

It is **organised information**.

Every thought carries:

- ❖ direction
- ❖ intention
- ❖ emotional charge
- ❖ frequency

The body responds to thought instantly. The nervous system reacts before logic arrives. This is observable in daily life.

Think of danger, the body tightens.

Think of safety, the breath deepens.

Thought is already doing work.

Prayer is **deliberate amplified thought**, spoken or held, organised toward actions

When thought is unregulated, it scatters instruction.

When thought is coherent, it stabilises the system.

This is why clarity matters more than intensity.

Frequency Is How Information Moves

Reality does not move through objects first.

It moves through **patterns**.

Frequency is simply the movement of information.

Everything carries frequency:

- ❖ sound
- ❖ light
- ❖ emotion
- ❖ intention
- ❖ thought

High coherence produces stable frequency.

Fragmentation produces noise.

Noise is not evil, it is disorder.

Prayer also works because it **reduces noise**.

When noise drops, organisation becomes more possible.

Gathering What Was Scattered (Integration)

This is where prayer becomes practical.

Most people are not exhausted because they are doing too much, they are exhausted because they think everything needs to be done by them. Instead of allowing energy to work through them.

Prayer gathers attention back from where it has leaked:

- ❖ unresolved conversations
- ❖ unfinished emotional loops
- ❖ constant anticipation
- ❖ old soul contracts and past generational “limits”
- ❖ internal self-monitoring

As attention returns, frequency stabilises.

As frequency stabilises, the system reorganises.

This is why prayer feels grounding when it is real. Everything is interconnected in the system.. to understand this watch the matrix (perhaps it's a documentary ;)

The Body Is the Evidence

You are composed of trillions of cells each one has been proved to be reacting to your thoughts and feelings .

Each cell knows:

- ❖ when to divide
- ❖ when to repair
- ❖ when to communicate
- ❖ when to die

No single cell controls the system.

They respond to “higher” governing **instructions**, environments and states of being.

That instruction is not only verbal.

It is **informational**.

The state tells the system what to do next.

Prayer organises state.

When the state is chaotic, the body compensates.

When the state is coherent, the body repairs.

Prayer does not bypass the body.

It also works **through** it.

Emotion Is Frequency Amplified

Emotion is frequency with force.

Calm carries a slow, ordered rhythm.

Fear carries a fast, chaotic one.

Prayer spoken from fear amplifies disorder.

Prayer spoken from calm restores order.

This is why preparation matters.

If the nervous system is not regulated, prayer becomes noise added to noise.

When the nervous system is settled, prayer becomes an instruction the system can act on.

Creation Begins With Sound

Across cultures, creation begins the same way:

With sound.

With words.

With instruction.

“Let there be light” is not poetry. It is the divine at work. A command Spoken bringing all of creation into existence.

Sound precedes form.

Frequency precedes matter.

Prayer is humanity’s oldest way of engaging this principle consciously.

Not symbolically.

Functionally.

Through eons of time, a knowing of a great creator and prayer to connect to it has been the one constant across all religions, time zones, jurisdictions regardless the messages have been unified.

Words Are Compressed Instruction

Words are not neutral.

They compress meaning into vibration.

Words organise:

- ❖ thought
- ❖ emotion
- ❖ physiology
- ❖ Outcomes

Repeated language becomes internal structure.

Internal structure becomes behaviour.

Behavior becomes outcome.

Prayer uses language **intentionally**.

Careless words weaken signals.

Precise words sharpen it.

This is why repetition without clarity fails, and why simple, exact language works.

Why External Validation Is Irrelevant

Prayer does not require validation.

Much of what is called “authority” today is shaped by funding, politics, and narrative. Observation is useful. Permission is not required.

Prayer does not wait for consensus.

It does not need explanation to function.

It works whether it is acknowledged or ignored.

Gravity does not require belief.

Neither does coherence.

Internal Regulation Outperforms External Control

Technology attempts to regulate frequency from the outside.

Prayer regulates frequency **from within**.

Internal regulation is:

- ❖ faster
- ❖ cleaner
- ❖ more precise

When internal state is coherent:

- ❖ perception sharpens
- ❖ timing aligns
- ❖ decisions simplify
- ❖ outcomes reorganise

Prayer is not manipulation.

It is alignment.

The Actual Mechanism (Plainly Stated)

Prayer works when:

- ❖ thought is clear
- ❖ emotion is regulated
- ❖ intention is steady

When these align, frequency stabilises.

Stability invites organisation.

Organisation produces results.

This is not mystical.

It is **how intelligent systems respond to instruction.**

Prayer of Alignment and Instruction

To the Creator,
to the Divine Source,

Thank you for helping me

To set my state.

To bring thought into clarity.
to regulate emotion without suppression.
to hold intention steadily.

Supporting me with all your infinite power so that I may
withdraw attention from noise and fragmentation.
return it to coherence.

Now

And so it is done.....

Let instructions be clean.
Let the signal be precise.
Let order restore itself naturally.

I align with what is intelligent, ordered, and real by your grace dear...
name... God etc.

Amen.

What this chapter establishes:

Prayer is not mysterious.

It is not symbolic.

It is not superstition.

It is **instruction entering an intelligent system.**

The clearer the instruction,

the cleaner the response.

Where we go next:

Now that mechanics are clear, we move to the interface most people misuse:

Language itself.

Because words do not merely describe reality.

They **shape it.**

CHAPTER FIVE

Language, Words, and the Lost Power of Prayer

Language is not passive.

It never was.

Before words were used to persuade, entertain, justify, or explain, they were used to **direct**. Language shaped reality long before it described it. Long before belief systems, institutions, or ideologies, language functioned as instruction.

Prayer was built on this understanding.

What weakened prayer over time was not disbelief, science, or modernity. It was a mistake. Language drifted from being a tool of alignment into an expression of emotion, apology, submission, or identity. As this happened, prayer lost its organising power, not because the Creator changed, but because **the signal did**.

This chapter restores prayer to its original function.

Words Are Instructions

Every word carries instruction.

Not morally, **functionally**.

Every word carries instruction because it carries **frequency**.

Frequency is the rate at which information moves through a system.

Words combine sound, meaning, and intent into a single signal.

The body responds to this signal before thought intervenes.

This is observable, immediate, and constant.

Words organise:

- ❖ thought
- ❖ emotional response
- ❖ nervous system state
- ❖ perception
- ❖ The energy field of creation

Posture shifts before meaning is analysed. Breath changes before logic arrives. Chemistry adjusts before belief is formed. Language is already doing work long before we become conscious of it.

Prayer works because it uses **language to organise state**.

When state changes, perception changes.

When perception changes, options appear.

When options appear, outcomes shift.

Prayer does not force results.
It reorganises the conditions that produce them.

How Prayer Lost Its Power

Prayer did not become weak.

It became distorted.

Over time, prayer language shifted from:

- ❖ declaration → pleading
- ❖ orientation → submission
- ❖ clarity → apology

This shift trained people to speak from **lack**, not alignment.

Instead of positioning the system, prayer language began reinforcing absence:

- ❖ “Please fix”
- ❖ “I am not worthy”
- ❖ “I hope”
- ❖ “If it is allowed”

These phrases collapse internal coherence before instruction even forms.

Prayer spoken from lack carries lack.

Lack destabilises signal.

This is why many people pray sincerely and feel unheard. The issue is not intention, it is **organisation**.

The Original Meaning of Prayer

The word *prayer* comes from the Latin *precari*, to invoke, to call forth, to speak with intent.

It did not mean begging.

It did not imply powerlessness.

Prayer was understood as:

- ❖ intentional speech
- ❖ directed alignment
- ❖ conscious orientation
- ❖ Commands from power

Only later was prayer moralised, externalised, and positioned as submission to distance rather than alignment with intelligence.

Prayer was never meant to weaken the person speaking.

It was meant to **position them correctly** within an ordered system.

Why Begging Breaks Signal

Begging is often mistaken for humility.

It is not.

Begging is **fragmentation**.

Begging language places authority outside the system and collapses internal regulation. A fragmented system cannot receive guidance clearly because it is not stable enough to interpret instruction.

Prayer spoken from fear carries fear.

Fear accelerates frequency and introduces noise.

Prayer spoken from coherence carries clarity.

Clarity stabilises signal and allows response.

This is mechanical, not moral.

Declaration Is Not Arrogance

Declaration is commonly misunderstood.

It is not control.

It is not demand.

It is not entitlement.

Declaration is **clarity**.

Declaration tells the system:

- ❖ I am present
- ❖ I am regulated
- ❖ I am attentive

This is why effective prayer sounds calm, grounded, and certain.

Not loud.

Not dramatic.

Certain.

Certainty is not dominance.

It is an internal agreement.

Words Carry Frequency

Words are vibration shaped by meaning.

Say “danger” — the body tightens.

Say “safe” — the body softens.

The words themselves are not magic.

The **frequency they introduce** is what reorganises the state.

Prayer works because it shifts frequency **before** outcome.

When frequency shifts, reality reorganises naturally.

Trying to change outcomes without stabilising frequency is effort without leverage.

Words have been designed to weaken us.

Week, good morning (mourning) are a few. Be mindful of your words, life literally is a prayer in motion. What words are you using, especially the I am ... I am this or that, if it's negative it's a command for more of the same. Change it and live an active prayer.

I have to do X Y Z

Change it to “I get to”. There are many people who would love to do the exact thing you are saying “I have to”. Life really is a gift, and gratitude is a very important part to prayer.

Repetition and Conditioning

Repetition trains systems.

Repeated prayer:

- ❖ conditions perception

REAL PRAYER

- ❖ stabilises response
- ❖ reinforces identity
- ❖ strengthens signal

But repetition without presence becomes ritual.

Ritual without coherence becomes noise.

Prayer must be **felt**, not recited.

The system responds to state, not performance.

Silence Is Part of Language

Prayer is not a monologue.

It is dialogue.

Silence allows:

- ❖ integration
- ❖ correction
- ❖ guidance

Without silence, instruction overwhelms the system.

With silence, alignment settles.

Many people speak too much and listen too little. Silence is where the system responds.

Language Shapes Identity

What you say repeatedly becomes who you believe you are.

If prayer language reinforces:

- ❖ unworthiness
- ❖ distance
- ❖ helplessness

identity fragments.

If prayer language reinforces:

- ❖ responsibility
- ❖ coherence
- ❖ alignment

identity stabilises.

Prayer trains identity slowly and consistently, whether intentionally or not.

Precision Matters

Vague language produces vague outcomes.

Clear language produces clear responses.

Precision does not mean force.

It means **truth**.

Speak what is desired as if accurate now.

“Thank you now that I have my full health, thank you that I get to be shown every step of the way in co ordination with divine will”

As opposed to

Please give me health solutions, please give me clarity on x y z

If your prayers align to the highest good for you and others they will be fast tracked.

What This Chapter Restores:

Prayer is not a poetic expression.

It is not an emotional discharge.

It is a **functional language**.

When words are chosen deliberately, prayer becomes:

- ❖ grounding
- ❖ orienting
- ❖ directive
- ❖ Powerful

Language is the interface.

Prayer is how it is used correctly.

Prayer of Clear Language and Alignment

To the Creator,
to the Divine Source,

Thank you that ...

I regulate my state before I speak.

REAL PRAYER

I release language formed from fear, lack, or habit.

I release words that weaken signals and scatter attention.

I choose clarity over performance.

Truth over exaggeration.

Responsibility over avoidance.

Let my words organise coherence.

Let my language reflect alignment.

Let what I say train what I live.

I speak from presence.

I speak from regulation.

I speak what is true.

All the time this is strengthened starting now

So it is done

(Amen.)

Where we go next:

Now that language is restored, the scope widens.

Because prayer does not operate only at the individual level.

It operates **collectively**, and the evidence is consistent.

CHAPTER SIX

Collective Prayer and the Evidence of Coherence

Prayer does not stop at the individual.

When multiple people hold coherence at the same time, reality responds differently.

Not symbolically.

Not philosophically.

Structurally.

This chapter addresses what happens when prayer moves from the personal into the collective, and why, at that point, its effects become more visible, measurable, and very difficult to dismiss.

Collective prayer is not an amplification of belief.

It is an amplification of **organisation of the field**.

Human Systems Are Coherent Systems

Human beings do not operate in isolation.

Our nervous systems are social.

Our emotional states are contagious.

Our internal regulation —or lack of it— constantly influences those around us.

This is why:

- ❖ one calm person can settle a room
- ❖ panic spreads faster than logic
- ❖ leadership is felt before it is explained

Certainty always wins uncertainty

Power beats force every time over time

Human systems continuously exchange information beneath conscious awareness. Posture, tone, breath, pacing, and emotional regulation all transmit signals.

Collective prayer works because it introduces **a shared intention into a field**, which amplifies.

Not by persuasion.

Not by force.

By coherence.

Coherence Is the Variable That Changes Outcomes

In any complex system, a relatively small percentage of coherent elements can reorganise the whole.

This principle appears consistently:

- ❖ in ecosystems
- ❖ in economies
- ❖ in organisations
- ❖ in families

When coherence increases, chaos decreases.

Not because problems disappear, but because systems regain the capacity to respond intelligently.

Collective prayer works because it **raises coherence and amplifies** across a system without confrontation, argument, or coercion.

It changes the internal conditions that determine behaviour.

When two aligned elements come together, something new is created that did not exist before. This is synergy.

Why this happens:

1. Interaction creates emergence

Each part carries its own potential. When combined, their interaction generates new properties: *ideas, energy, outcomes*, that neither could produce alone. The result is not additive, but multiplicative.

2. Alignment amplifies energy

When two people, ideas, or forces move in the same direction, resistance drops. Momentum increases. Less energy is wasted, more is expressed. The whole becomes stronger than the sum of its parts.

3. Complementarity fills the gaps

One brings what the other lacks. Where one is limited, the other expands. This balance removes constraints and unlocks possibilities that were previously unreachable.

4. Creation happens in the space between

The value is not only in each individual “1,” but in the relationship between them. That space —*connection, trust, resonance*— is where transformation occurs.

5. Nature itself works this way

Atoms form molecules. Cells form organs. Individuals form civilizations. At every level, union creates capabilities that do not exist in isolation.

So in lived reality, $1 + 1$ is not 2.

It is momentum, intelligence, and creation.

It is more, because life is not built on arithmetic alone, but on connection, coherence, and purpose. Imagine when there are 12 people.

The New York Crime Reduction Example

This principle has been observed at population level.

During the 1990s, periods of sustained, large-scale coherence-based prayer and meditation in New York coincided with **statistically significant reductions in violent crime.**

The reduction exceeded predicted trends.

No new laws were introduced.

No policing strategies were changed.

No sudden economic shifts occurred.

The variable introduced was **collective coherence**.

When the organised practice stopped, crime rates gradually returned to expected levels.

This matters because it demonstrates something simple and disruptive:

Humans can effect and be organised by consciousness and prayers.

Not belief.

Not ideology.

Organisation.

When enough individuals stabilise their internal state simultaneously, collective behaviour shifts, even among those not participating.

Why Distance Does Not Matter

A common question follows naturally:

How can prayer affect people who are not physically present?

The assumption behind the question is flawed.

Attention itself creates connection.

Human systems respond to perceived safety and support even without proximity. This is why people feel relief knowing they are being held in mind or intention, even without knowing how or when.

Collective prayer communicates one core signal clearly:

You are not alone, your prayers are answered even faster when more than one person amplifies them.

Why Emotional Group Prayer Often Fails

Collective prayer loses effectiveness when it becomes:

- ❖ frantic
- ❖ emotionally escalated
- ❖ outcome-obsessed
- ❖ fear-driven

Emotion spreads rapidly in groups.

So does panic.

When prayer amplifies emotion instead of regulating it, coherence collapses. The group becomes louder but less organised. Intensity replaces clarity.

Effective collective prayer requires **affirmative language spoken in the present commands from calm.**

Calm is not passive.

Calm is **organizing**.

Silence Is the Strongest Collective Signal

The most effective collective prayers are often quiet.

Silence allows:

- ❖ nervous systems to settle
- ❖ attention to stabilise

- ❖ distortion to drop

Stillness carries signals more cleanly than noise.

This is why vigils, moments of silence, and quiet gatherings have often shifted situations more effectively than slogans, chants, or demands.

Silence is not absence.

It is **integration**.

Holding the Field, Not Forcing the Outcome

Collective prayer is not about demanding results.

It is about **holding coherence** long enough for the source to reorganise the system.

When coherence is present:

- ❖ wiser decisions emerge
- ❖ impulsive behaviour decreases
- ❖ aggression softens
- ❖ clarity returns

Prayer does not override free will.

It removes distortion.

It restores the conditions under which free will can operate intelligently.

A Collective Prayer for Coherence

This prayer is not spoken loudly.

It is held steadily.

REAL PRAYER

In the name of God and Christ ... Thank you for supporting us as;
We hold steadiness.
We release urgency.
We trust your divine intelligence to organise what we cannot control.
Let clarity settle.
Let safety return.
Let wise action emerge.
Silence follows.
That silence is active.

What this chapter establishes:

Collective prayer is not superstition.
It is a stabilising force in complex human systems.
When enough people hold coherence at the same time, outcomes change, not because reality is forced, but because noise drops and order re-emerges.
This is not a theory.
It is observable.

Where we go next:

Now the lens narrows again.
Because prayer works most effectively when the **individual system is ready**.

REAL PRAYER

Readiness is not luck.
It can be cultivated.

CHAPTER SEVEN

Readiness — Preparing the System to Receive

Prayer does not respond to desire.

It responds to **readiness**.

This is one of the most misunderstood aspects of prayer. Many people pray sincerely, consistently, and with genuine intention — yet feel that nothing changes. This is not because prayer failed. It is because the system receiving the prayer was not prepared to hold what was being invited in.

Prayer does not override capacity.

It works **with it**.

Readiness is not moral.

It is **physiological, emotional, and perceptual**.

This chapter explains how readiness is built, and why it is the missing link between prayer and response.

Why Readiness Matters More Than Wanting

Wanting is not a signal.

It is noise.

Wanting often carries urgency, fear, and lack. Those states fragment the system and reduce capacity. Even when intention is sincere, urgency destabilises the internal environment that prayer requires in order to organise.

Readiness, by contrast, is calm.

It signals:

- ❖ safety
- ❖ capacity
- ❖ availability

Prayer lands when readiness is present, not because the outcome is deserved, but because the system can **receive without distortion**.

An unready system misinterprets guidance.

A ready system integrates it.

The Nervous System Is the Gatekeeper

Nothing enters a system that perceives threat.

This is fundamental.

When the nervous system is dysregulated:

- ❖ perception narrows
- ❖ intuition shuts down

- ❖ timing collapses

In this state, the system is focused on survival, not reception. Prayer spoken into a threatened system cannot organise, it can only echo the threat already present.

This is why prayer sometimes feels circular or ineffective. The system is not resisting prayer; it is **protecting itself**.

Readiness begins with regulation.

Regulation Is Not Relaxation

Regulation is often mistaken for relaxation.

They are not the same.

Relaxation is a state.

Regulation is a **capacity**.

Regulation means:

- ❖ you can feel emotion without being overtaken
- ❖ you can face uncertainty without panic
- ❖ you can pause before reacting

A regulated system can hold complexity without collapsing into urgency or avoidance.

Prayer practiced correctly builds this capacity over time. It trains the system to stay present under pressure, which is essential for clarity.

Why Silence Precedes Signal

Before prayer can direct, the system must quiet.

Silence is not emptiness.

It is **receptive**.

Silence allows:

- ❖ emotional charge to settle
- ❖ mental loops to slow
- ❖ perception to widen
- ❖ Messages and guidance to be felt
- ❖ Clarity on what to do when to emerge

Without silence, prayer becomes layered on top of noise. With silence, instruction can land cleanly.

This is why prayer that begins in stillness carries more organising power than prayer that begins in urgency.

Clearing Before Asking

Readiness often requires release before creation.

A system that is already full cannot receive more.

This is why effective prayer frequently begins with:

- ❖ forgiveness
- ❖ letting go
- ❖ clearing interference

- ❖ releasing urgency

Clearing is not punishment or correction.

It is space-making.

Prayer does not always add first.

Often, it subtracts what is in the way.

Why Trauma Blocks Reception

Trauma fragments perception.

It keeps the system scanning for threat even when none is present. This scanning narrows awareness and consumes the capacity required for reception.

Prayer does not override trauma.

It gently reintroduces safety so coherence can return.

This is why prayer practiced without regulation can feel frustrating or ineffective. The system is not failing. It is guarding itself.

Readiness is built by restoring enough safety for perception to widen again.

Consistency Builds Capacity

Readiness is not always achieved in a single moment.

It is trained.

Daily prayer conditions the nervous system to:

- ❖ settle faster

- ❖ listen sooner
- ❖ respond more clearly

Over time, readiness becomes the baseline rather than the exception.

Prayer stops feeling effortful.

It becomes natural, life can become a prayer lived with live communication to the infinite all knowing, but when distorted Patterns of fear get in the way, action needed can be sabotaged. Flowing divine guidance blindly is not for the faint hearted.

This is not a habit, it is conditioning.

How You Know Readiness Is Present

Readiness has a distinct feel.

It feels like:

- ❖ calm without numbness
- ❖ clarity without force
- ❖ confidence without arrogance

Decisions simplify.

Urgency fades.

Action becomes obvious.

You are no longer pushing for answers.

You are available for them.

A Prayer For Readiness

This prayer is preparatory.

It is not for the outcome.

To the Creator,

to the Divine Source,

Thank you for all your support as I have now

released urgency.

settled into presence.

allowed emotional charge to soften.

allowed perception to widen.

I am available for guidance.

I am capable of receiving.

I am ready. Show me, guide me.

Allow there to be no doubt about your guidance and do not allow anything else perceived or actual to guide me other than you.

Remove any blockages within my connection to the all knowing now.

Do not allow me to feel or experience any negative symptoms perceived or actual starting now.

And so it is done (Amen).

Silence follows.

That silence completes the work.

What this chapter establishes:

Prayer is not ineffective.

Unprepared systems are.

Readiness is the bridge between prayer and response.

Build the bridge, and prayer moves naturally.

Where we go next:

Now we address the physical supports that make readiness easier.

Because the body is not separate from prayer.

It is the **vessel**.

CHAPTER EIGHT

Preparing the Vessel — Body, Breath, and Energy

Prayer does not bypass the body.

It moves **through** it.

The body is not an obstacle to prayer, it is the **vessel** that carries it. When the body is overloaded, inflamed, exhausted, or constantly digesting, the signal of prayer weakens. When the body is clear, regulated, and resourced, prayer lands cleanly.

Preparing the vessel is not discipline.

It is **alignment**.

Why the Body Matters More Than Belief

Belief alone does not regulate the nervous system.

The body does.

Prayer works best when the body feels:

- ❖ safe
- ❖ present
- ❖ grounded
- ❖ unthreatened

A body in survival cannot receive guidance.

This is not spiritual theory.

It is a function.

Fasting — An Ancient Tool for Clarity

Across cultures and eras, fasting has always preceded prayer. People fasted for 40 days and nights. You can do a day or two... if in doubt, check with your doctor.

Fasting is Not as punishment.

Not as deprivation.

It is a **liberation of energy**.

Digestion is one of the most energy-intensive processes in the body. When digestion quiets, energy becomes available for perception, repair, and awareness.

Intermittent fasting does not starve the body.

It frees it.

When the belly is quiet:

- ❖ the mind sharpens
- ❖ emotional reactivity decreases
- ❖ perception deepens

This is why fasting has always accompanied prayer.

Not for purity.

For **clarity**.

Breath — The Fastest Regulator

Breath shifts state faster than thought.

Slow breath signals safety.

Rapid breath signals threat.

Prayer spoken into shallow breath lacks coherence.

Prayer spoken after breath settles carries authority.

Before prayer:

- ❖ inhale slowly through the nose
- ❖ exhale longer than the inhale
- ❖ repeat until the body softens

Then pray.

Stillness Is Active

Stillness is not stopping.

It is listening.

Prayer requires stillness so the signal can rise above noise.

Stillness allows:

- ❖ subtle guidance to surface
- ❖ internal correction
- ❖ clarity without force

Stillness is functional, not mystical.

Sunlight and Nature as Preparation

The body evolved in relationship with light, air, and earth.

Sunlight regulates rhythm.

Nature reduces threat perception.

Open space stabilises identity.

Being in nature connects you to the miracles of life. You only need to look.

The sun is a powerful activator, as is walking barefoot on the ground. It shifts every cell in your body bringing the system into fast coherence (8 mins a day).

Prayer held in nature carries less interference.

This is mechanics, not metaphor.

Energy Is Capacity

Energy is not abstract.

It is capacity to:

- feel without collapse
- hold complexity
- respond with clarity

When capacity is depleted, prayer becomes effort.

When capacity is restored, prayer becomes natural.

The Prayer — Preparing the Vessel

This prayer is spoken **after breath settles**, and is **directed consciously** to the Divine as the reader understands it.

A Prayer for Preparing the Vessel

To the Great Creator,
to Christ,
to the Divine Source of all intelligence,
thank you now
that you have supported me to
quieten my body,
settle me with my breath,
and released any energy blocks from my mind, body and soul now
that not longer serve me.

Thank you that all my energy is returned from all dimensions of time lines
past present where it is now cleansed and fully aligned to good.

I am ready to receive your guidance

make it clear and undeniable now and forever, starting now.

So it is done

Silence follows.

The body completes the work.

What this chapter establishes:

Prayer is not separate from the body.

The clearer the vessel,

the cleaner the signal.

Where we go next:

Now we move to what happens when the system becomes overwhelmed, when coherence breaks and prayer must first restore wholeness.

CHAPTER NINE

Fragmentation, Interference, and Restoring Coherence

There are moments when prayer does not move forward.

Not because guidance is absent,
but because the system is **fragmented**.

Fragmentation is not a weakness.

It is a survival response, it's also from times and places that are invisible to us, without knowing we can carry energetic parasites that block our clean connection we must release them.

This chapter names what fragmentation and parasitic overlays actually are, how they happen and how prayer restores coherence when the system has been overwhelmed.

What Fragmentation Really Means

Fragmentation occurs when parts of the self split in order to survive, or through interference of energies that are not for our highest good -like energetic parasites.

This can happen through:

- ❖ trauma
- ❖ shock
- ❖ prolonged stress
- ❖ fear without resolution
- ❖ emotional overload

Opening portholes through new age practices.

Sex without love and the presence of the divine.

Generational ancestral curses.

When this happens, perception narrows, energy is blocked.

Prayer spoken into fragmentation often feels blocked, not because it is ineffective, but because the system is busy **holding itself together**.

Why Prayer Sometimes Feels Inaccessible

A fragmented system prioritises safety.

It scans for threats.

It limits openness.

It resists surrender.

Your soul is under siege

This is not resistance to the Divine.

It is self-preservation. Or unconscious behaviour that exasperates it.

Prayer that demands before clearing the field will not land.

Prayer that restores **coherence first** will.

Interference Is Not Metaphor

Interference is anything that disrupts clarity and coherence.

This can include:

- ❖ unresolved emotional charge
- ❖ intrusive thought loops
- ❖ inherited patterns
- ❖ energetic overlays
- ❖ attachments formed in fear

Parasitic overlays in the energy.

Not everything that interferes is malicious.

Some interference is simply unintegrated experiences, parasitic overlays are attached energies that feed just like physical parasites do weakening the system. They must be released and the energy field restored with genuine healing practices. Drugs, alcohol and elicit sets invite these in like a STD into your soul.

Prayer restores order by **calling parts back into alignment**, sending anything that needs to leave away, by commanding if they can not be healed or do not wish to be healed they leave your being now.

Coherence Is Wholeness

Coherence does not mean perfection.

It means **all parts are present**.

A coherent system:

- ❖ can feel emotion without collapse
- ❖ can hold memory without being overtaken

Can command all energies that are not serving your highest good. Leave immediately

- ❖ can receive guidance without fear

Prayer restores coherence by re-establishing internal order.

Why Clearing Comes Before Creation

You cannot build on unstable ground.

Many prayers fail because they attempt creation before clearing.

Clearing prayer:

- ❖ releases what no longer belongs
- ❖ calls scattered parts home
- ❖ dissolves interference
- ❖ restores authority

Once clearing occurs, creation becomes natural.

A Prayer for Restoring Coherence

This prayer is spoken slowly, deliberately, and with a commanding tone **directed consciously** to the Divine.

A Prayer for Restoring Coherence

To the Great Creator,

to Christ,

to the All-Knowing Divine Source In the name of God and Christ which is above me, below me, to the left and to the right of me.

I call my power back to me.

I release all that is not my own.

I forgive all beings, including myself.

I dissolve all interference,

all overlays,

all attachments

I release all soul ties that no longer serve,

across all timelines,

all dimensions,

all expressions of my being.

I reclaim my full authority now.

I restore coherence to my body,

my mind,

my spirit.

What was fragmented is now integrated.

I stand whole in my own energy free.

I release any parasites from my being and pray for their healing...

And so it is done now to constantly protect my energy friend with a shield of light. Make it stronger and stronger every day allows only things for my highest good with it.

Silence follows.

The system reorganises itself naturally.

What this chapter establishes:

Fragmentation is not failure.

It is information.

Prayer does not force wholeness.

It **invites it.**

Claims back full power releases blocks

When coherence returns, guidance becomes accessible again.

Where we go next:

Now that coherence can be restored, we move into lived proof.

Not theory.

Not philosophy.

But experience.

Because prayer is ultimately validated by **outcome.**

CHAPTER TEN

When Prayer Was All I Had

There are moments in life when prayer is not a spiritual preference.

It is the only ground beneath your feet.

This chapter exists because I lived those moments, repeatedly, across decades, across responsibility, loss, expansion, collapse, and rebuilding. Prayer did not make life easy.

It made it **possible**.

Learning Prayer Before Language

I began praying as a child, not because I was taught, but because I had to.

By the age of eleven, I was living on my own.

The reason I was on my own was because my mum moved to Spain after meeting her husband, from whom my last name comes, Van der Velde. (That's another story, which you can find in my book *The Decent Proposal*.)

She wanted me to move with her, but I didn't want to. I wanted to stay and look after my dad. However, he ended up meeting a partner and moved an hour and a half away with her, and I was left on my own.

These days, social services would probably intervene. In those days, it was different. As a young child, I felt happy and free, and capable. Looking back, I'm so grateful, as I learned the power of real prayer early.

There was no structure.

No safety net.

No adult holding the world together.

There were days when I did not eat.

Not fasting like today, simply no food, but clearly knowing what I know now was heightening my connection as fasting does.

In those moments, prayer was not poetic or religious.

It was instinctive.

I did not pray long prayers.

I did not beg.

I said one thing, clearly:

“Show me. Guide me.”

That prayer carried no drama.

Only alignment.

And alignment is what prayer responds to.

The First Materialisation

Guidance always came quickly, it was noticeable that when I prayed, miracles appeared.

One Saturday, after prayers the day before, through a “chance” encounter with a friend, I found myself walking into an interview at a sweet shop.

For a hungry eleven-year-old, it was abundance beyond imagination. I got the job effortlessly.

I earned fifty pence an hour.

I was allowed to help myself to large bags of sweets and biscuits.

Every day I left work with food.

With my few pounds, I learned to stretch money, buying basics, making meals last, surviving intelligently.

My father visited on Sundays and left five shiny new pound coins, believing they were for school dinners.

They were not. As unbeknown I'd left school.

I was already earning.

I was learning something fundamental:

Prayer does not rescue you.

It positions you.

Abundance Learns to Move

By fourteen, I had an ice cream van parked in the garden.

Some days I earned four hundred pounds.

I had food.

I had money.

I had some certainty.

But more importantly, I had learned the pattern.

Prayer did not replace action.

It **directed it.**

I listened.

I acted.

I trusted the timing.

That rhythm became the architecture of my life.

Expansion Through Alignment

By twenty-two, I had opened a promotions and modelling agency.

Four hundred girls on the books, supporting:

major sporting events,

Formula One contracts,

luxury hotels,

national television work.

This did not come from force or ambition.

It came from alignment, and from “*show me, guide me*” commands.

I prayed.

I listened.

Randomly, I met a lady selling a modelling agency she had run for 18 years.

I said, “*I’ll buy it,*” before knowing how.

Something I learned all the way back then was this: *the hows are none of our business.*

Align to what you want, to what feels exciting, and pray for clarity and guidance, then act on what comes to you.

Again and again.

People often told me they did not understand how things “*just happened*” for me.

They did not see the prayer behind the movement.

Love Answers the Same Call

One day, a man knocked on my door “*by mistake.*”

He was looking for another address. Our eyes locked. I invited him in.

That night we went into town. He left when my friends arrived, but found me again the next day.

He never really left me after that, until he died years later.

I had prayed for the love of my life to arrive. Somewhere, he heard that.

A powerlifting champion.

A handsome medical doctor.

Someone who would change the course of my life forever, even down to what I do to this day.

Prayer does not always arrive dressed in the way you expect.
Sometimes it arrives quietly, and changes everything.
Sometimes life prepares you first.



When Prayer Meets Its Limits

Years later, prayer was tested in a way that required everything I had.

My husband, Stephen, was not weak, but he had a troubled upbringing. When I met him, he was a medical doctor and a powerlifting champion of Scotland. On the surface, he ticked all the boxes. But even back then, he was addicted to prescription medications.

We moved to Spain. He got clean, and for years we lived what looked like the perfect life, busy building our empire and our family. He was a doting doctor and a great father.

Years later, not long after my daughter was born, he started again—unbeknown to me— returning to what doctors were taught to do: finding the answer to everything and anything in a prescription. It was programming, but it was also about something far deeper.

For two years, I managed to hold everything together for the sake of the patients and the family. But he began to spiral out of control.

He was also deeply unwell.

Addiction.

Psychosis.

A nervous system losing coherence.

I prayed constantly.

I organised help.

I protected the children.

I ran the clinics.

I held everything together during economic collapse and responsibility at scale, he went back to get help.

Prayer sustained me.

One day, while holding it all together and expecting he'd be clean and back one day, it all felt too much to cope with. I locked the clinic one night, sat on the step, and cried. I prayed, *please God, show me, help me like you always have.*

Now, they say not to beg in prayer, but in that moment, I was full of desperation.

I picked myself up, went home to the children, and got some much-needed rest. The following morning, out of the blue, I got a phone call.

“Would you like to come on the show Trisha Goddard?”

It was Channel Four, randomly asking about my work with couples.

I just knew at that moment my prayer was being answered. I had to say yes, yes to going on TV in front of a live studio audience. Yes to helping a woman who couldn't get dressed in front of her husband with the lights on strut her stuff in stockings and suspenders in front of millions of viewers.

I knew I had the tools. I also knew the *hows* were none of my business, if I just followed my excitement.

It is important to understand here that prayer does not override another person's free will, contracts, or chosen path. We make agreements about Earth school before we arrive. Some things cannot be changed. And while I've seen prayers for others work, I've also seen when they don't.

I know to this day that I did my best for Stephen. But sadly, while he should have been getting help for addiction in the place he finally agreed to go, his prescription pad in the UK was returned.

The day I appeared on television, it went amazingly well. I was signed to come on every week. There was a buzz in the air. She had done herself proud, practically in a hypnotic trance, anchored to every possible positive emotion she had ever lived. She strutted her stuff and was unrecognisable to her husband. Everyone saw it live and were calling me.

The studio wouldn't let me leave until they signed me fully.

And within one hour, on the way to the airport, still riding that high, I received a call that would change my life and my understanding of the extremes of life forever, not least for my beautiful young children.

He was found at the bottom of a cliff, after being missing for three days.

My body froze. My hopes of our happily-ever-after story were dashed. I headed back to tell my children (nine and four years old) the devastating news.

Accident.

Suicide.

Questions that never resolve cleanly.

Prayer did not stop any of this.

Prayer allowed me to stand inside it.

The biggest question, *why?* Why now? Why the extremes of highs and lows? All of this would become clear in time.

I prayed for strength, and that is what came.

Through tears and grief came the strength to carry on.

Prayer Beyond Death

Two weeks later, the night before my next major television appearance, I prayed again, for strength to be able to do this. I knew that this path given to me was one God wanted me to follow, and more than ever, I had to.

That night, Stephen came to me, clear as day.

He spoke.

He explained.

He reassured me. He told me he would help us. He said he was sorry, and that it was an accident.

This was not my imagination.

Not a metaphor.

He came.

I didn't grieve after that, because I knew he had to go. He was helping people on the other side pass. He showed me scrolls, names, and he looked well. I knew God had a master plan, and somehow my role was to follow it with full faith.

Prayer does not end at death.

But that was the start of a chapter God wanted me to live. No more hiding in the background. No more keeping up appearances in chaos, just life in flow, guided to where I was supposed to be, and supporting the family to thrive.

I sold the doctors' clinics, they still run today and my life changed forever.

By MAIL ONLINE REPORTER

08:02 09 Nov 2023, updated 22:00 25 Feb 2024



Share or comment on this article:



31
shares

15 comments

- **Chloe McEwen, 21, suffered a severe breakdown after her drink was spiked**
- **READ MORE: I got a place at Oxford after being homeless at 16 and on benefits**

A former psychiatric patient is being tipped to become the next Miss England after she won a brave five-year battle to get herself fit - and slim - again.

Chloe McEwen, 21, had been sectioned in a mental hospital aged 16 when she suffered a severe breakdown after her drink was spiked at party



Chloe is The Greatest Testament of the Power of Prayer.

Prayer was tested again when Chloe was born.

She arrived as a blue baby. I prayed for her to cry...*please god, please the longest minutes of my life...*

She survived,

at two years old, she contracted meningitis.

I remember the hospital with painful clarity, the lights, the smell, the way doctors' voices soften when certainty disappears.

She became unconscious.

I was told it was in her brain.

I was told to prepare for the worst.

This was not abstract faith.

I prayed, not with panic, not with bargaining, but with absolute alignment, looking into the room where doctors rushed around her.

And I was told, in every cell of my being:

“She is going to be okay”, “picture her singing”.

I felt so calm, in the middle of chaos I just heard those words, it was calm. sat in the ambulance surrounded by doctors in fear, completely knowing my prayers had been answered..

Within minutes of being placed in a private room, Chloe came out of the coma.

She began singing. “ how much is that doggy in the window”

I was flabbergasted- not a hello mummy nothing just a song. Exactly as I pictured her singing as I'd been told.

Prayer works. My thoughts work. We are continually creating everything.

No caveats.

The Hardest Battle — Years Later... Prayer Wins Again.

Many years later, when Chloe was sixteen, the real tests of prayers arrived.

She became psychotic, one day she was normal, the next I arrived home to her hallucinating, we thought she'd been spiked - but after days of trying to rest she couldn't relax and after lots of medical miss treatments, over medication, almost heart failure and being told “expect she wont get better- or will be on for years by ten, so called professionals “

She spent **eight months** in hospital.

Medication failed.

The system did not know what to do.

I used collective prayers and the clearing of her energy field in the name of Jesus. It wasn't easy for her, but looking back and by her own admission, it set the course of her life.

She went on to become a powerful and much-needed ambassador in schools with Mind Harrogate, speaking to students; becoming Miss Yorkshire and a runner-up in Miss England, as she shared and continues to

share the tools she used to support others, knowing that *there is light at the end of the tunnel*. Maybe, just maybe, there is a master plan in everything.

God works in mysterious ways, and it's important to remember this: God helps us grow and find our purpose through pain. This is why choosing gratitude for everything, trusting, and having faith is so important.

For me, supporting Chloe through this, watching the miracles unfold, and even shining a light on a very dark system of care helped others.

I prayed. I was guided.

One day, when we thought she was never going to be set free, due to reasons so corrupt I won't go into here, yet still, at the end of it all, I was asked to help other parents deal with similar situations by giving a talk after her discharge.

Parents were wanting to sue the system. Seeing their children taken off medications because, if they were set free, parents might sue, was heartbreaking. I have seen the games they play myself.

But I chose faith and love.

I wrote a poem. I read it to the parents. And I believe it changed how some of them chose to see the blame games that inevitably form part of an old, outdated model of "mental care", covering backs and making best judgments, which often go wrong.



Faith – Belief Without Evidence

I thought I'd lived my hardest times when my husband died,
but I kept my faith

Bringing up two children, making ends meet, was hard at times,
but I kept my faith

One awful day my beautiful daughter lost her mind,
but I kept my faith

She wanted to attack me, she thought I was a witch,
but I kept my faith

I tried to get close to her, she wouldn't let me, it broke my heart,
but I kept my faith

I spent night after night crying, unable to sleep, worried sick,
but I kept my faith

She got better, I thought it was over, it all happened again, psychosis,
but I kept my faith

I felt people judged me, judged my family, thought it was us,
but I kept my faith

They looked into every aspect of our lives, I felt interrogated,
but I kept my faith

My daughter was pinned down, put in seclusion, held like a prisoner,
but I kept my faith

I knew the family had to be at their best, some had therapy, a long 8
months,

but I kept my faith

I cried every single day, I missed her terribly, “she may not get well”,
but I kept my faith

I grew strength I didn’t know I had, to face each day and every day,
I kept my faith

I dedicated every possible moment I could to help her come back,
I kept my faith

I realised that it wasn’t them vs me, it was united for Chloe,
I kept my faith

I gathered as much information as I could, I realised I needed to take time
for me,

I kept my faith

I realised there is a bigger picture, I had to trust whatever would happen,
I kept my faith

I learnt the strongest trees grow in the strongest winds, not the best soil,
I kept my faith

When I couldn't be there, I knew we were energetically connected, so I
healed me,
I kept my faith

I learnt that this is earth school, there are tests, lessons and big exams,
I kept my faith

I choose to see even the darkest things with unconditional love,
I kept my faith

I learnt patience and more understanding than I ever had, I taught it to
her,
I kept her faith

We did every possible empowerment exercise, yoga and all,
we kept our faith

We held visions of a better future, we did guided meditations,
we kept our faith

I opened up, I bared my soul, I was honest and worked with staff,
we kept our faith

I understood it was no one's fault, in a world of blame love is the answer,
I kept my faith

Life is full of lessons, learn them all, do your best, pray when you can,
keep your faith

Seeing Chloe so well, happy, smiling and back in the game makes me feel blessed,
thank you faith

Faith can be in yourself, in the doctors, in the master plan or in God itself,
keep your faith

Life was not meant to be a fairy tale, we grow the most from the hard times
we face,
if you keep your faith

Whatever life throws your way, spring always follows winter, you will come
again,
if you keep your faith

I am grateful to the Doctors at Newberry and everybody there, my
daughter is better and you
re-enforced my faith

I will be forever thankful for the love and care beyond your duties, thank
you for YOUR faith

Louise

My greatest lesson here was trust the plan. As hard as it gets it may just be working for us.

On that note, my mum is another great example. Through her greatest pain, eight operations in six months, and complete dementia as a result, she also taught me. Given how happy, well, and settled she now is, living in the residential home her late husband built, it's clear that all of this came about through her greatest pain.

God has plans.

Release control and trust, there really is a master plan working it all out.

The real key is faith: being fearless and doing the best you can with what shows up.

Years later, Chloe sadly ended up in hospital again. She'd had a sickness bug in Bali on a solo travel trip, and the small medication she took came out of her system too fast. Doctors did what doctors do, gave her far too many medications and it made her worse.

Eventually, after six weeks, electric shock treatment was proposed.

This was not a minor suggestion.

It would have permanently damaged her cognitive and emotional functioning.

I refused.

I prayed.

I asked others to pray.

I held coherence when the system could not.

After sustained prayer, individual and collective and Chloe's loud, commanding prayers in nature, whilst finally allowed God's sunshine, her system cleared and settled.

Four days later, she was released.

Four days after electric shock treatment was suggested.

So yes, prayers really work. And it is my wish that mental hospitals discover that clearing the energy field, using nature, and commanding a release of demons becomes their go-to, before such terrible "solutions" are offered.

No electric shock treatment as needed.

No irreversible interventions were used.

She is here today.

This is not denial of medicine.

It is honesty about its limits.

Holding Everything at Once

At the same time as fighting for Chloe, I was launching my yacht-based longevity business.

Hosting international guests.

Moving house due to energetic disruption.

Managing responsibility at scale.

All within the same period.

Prayer did not remove the weight.

It **distributed it correctly**. I managed day by day the things within my control and I asked show me Guide me, support me to do the parts that seemed impossible

Following Guidance in Real Time

From that point on, I stopped questioning whether prayer worked.

I focused on listening.

Prayer did not give me constant yeses.

It gave me **clarity**.

Sometimes the answer was yes, do this, do that, move, invest, expand, speak.

Sometimes the answer was no, wait, stop, do not proceed.

The outcomes were consistent.

When I followed guidance, doors opened that could not be forced. The impossible became possible.

Prayer in Business and Expansion

Every major business decision I have made was preceded by prayer.

Not asking for success, asking for alignment.

This has brought me into rooms I could not have planned:

- ❖ in the presence of royalty
- ❖ alongside impact-driven leaders across the globe
- ❖ within projects strategy alone could never reach

I have made millions by following guidance.

I have lost millions by not listening.

Prayer does not flatter.

It does not negotiate with ego.

It offers direction. The question is after the prayers are you going to have faith to act on what you are shown.

A Life Built Through Alignment

Prayer did not give me a small life.

It gave me a **full one**.

I have experienced:

- ❖ deep love
- ❖ meaningful work
- ❖ financial abundance
- ❖ global movement
- ❖ protection beyond probability

I have seen my family use prayer, not as belief, but as orientation.

I have been protected more times than logic can explain.

I have been supported by miracles.

Quiet ones.

Perfectly timed ones.

Life-saving ones.

Movement Without a Map

There have been times when prayer told me to move, and I did not know why.

I have boarded planes without the full picture.

I have landed in countries I had never planned to visit.

I have said yes without explanation, and understood later.

This was not recklessness.

It was trust built on repetition.

Prayer had proven itself too many times to ignore.

Does it always make it easy - no because earth school wasn't meant to be easy.

Following excitement and what feels joyful is definitely how my prayers have been answered. Acting on feelings and securing thoughts is simply normal for me.

In fact, I made no plan to write this book. But I was told its title and told to write it, *why*, I will only see later. I do know this: in a world full of chaotic noise, the power of prayer, especially when shared by many, can truly change everything.

So if you are in doubt, stressed, or worried, pray not for ease, but for strength, insight, and guidance. It will come if you can get yourself out of the way long enough for it to show up.

CHAPTER ELEVEN

Discernment In An Age of Noise

We are not living in a lack of information.

We are living in an excess of it.

Advice pours from every direction. Opinions compete for attention. Narratives shift daily. Certainty is performed loudly, while wisdom is quietly drowned out.

Many people feel exhausted, not because life is inherently harder, but because their **inner compass is constantly being interfered with**.

This is not accidental.

Noise destabilises discernment.

Speed weakens reflection.

Overexposure fragments intuition.

The result is a culture that feels stimulated, busy, and strangely disconnected, even when doing everything it believes is “right.”

The Subtle Nature of Disorientation

Disorientation does not always announce itself dramatically.

More often, it shows up quietly:

A persistent sense of urgency without clarity.

Difficulty making decisions that once felt natural.

A habit of scanning externally for reassurance.

A low-level anxiety that never fully resolves.

This is what happens when the nervous system is never allowed to settle long enough to listen.

Discernment requires space.

Truth requires stillness.

Authority requires orientation.

Without these, even sincere and intelligent people become vulnerable to confusion, not because they lack intelligence, but because they lack **grounded presence**.

Information Is Not Wisdom

Information accumulates.

Wisdom integrates.

Information can be consumed endlessly without changing how one lives.

Wisdom reorganises behaviour, values, and perception.

We have confused access to information with access to truth.

But the truth is downloaded in peace and then

It is recognised for what it is.

And recognition only happens when the body, mind, and heart are coherent enough to perceive it.

This is why many people feel informed yet uncertain.

Knowledgeable yet untrusting of their own judgement.

Discernment Is Clarity, Not Suspicion

Discernment is **clarity without hostility**.

It does not argue.

It does not defend.

It does not rush to conclusions.

It notices alignment and misalignment quietly, without needing to convince anyone.

The body senses truth before the mind constructs an opinion.

The nervous system registers coherence immediately.

But only if it has not been drowned out by constant stimulation or external authority. To really feel it, the vessel must be clear, and with toxins everywhere perhaps the ancient art of fasting that many spiritual teachers (real ones) practice is why the Body mind and heart work together, something that seems to have been lost for most. But walking in bare feet in nature with a fasted state sitting under a tree or by the ocean can really enhance the power of prayer. God is nature and nature is God and you are the greatest expression of nature's miracles. Take time to connect to it.

The Cost of Outsourcing Authority

One of the quiet habits of modern life is the outsourcing of authority.

We ask: What should I think?

What should I believe?

What practice should I follow?

Who has the answer?

Guidance has its place. Teachers matter. Wisdom traditions exist for a reason.

But when authority permanently resides outside the self, sovereignty erodes.

And when sovereignty erodes, confusion follows.

True teachers do not replace inner authority.

They restore it.

Why Discernment Is No Longer Optional

There was a time when discernment was a refinement, a philosophical or spiritual skill.

That time has passed.

We now navigate overlapping systems, technological, ideological, spiritual, biological, each competing for attention, allegiance, and energy.

Not everything asking for your attention deserves it.

Not everything labelled “healing” heals.

Not everything labelled “truth” is coherent.

Discernment is no longer about being right.

It is about staying connected and asking yourself and God for guidance.
Literally you can't trust anything else to guide you.

The Body as a Truth Instrument

The body is not an obstacle to truth.

It is a truth instrument.

When something is aligned, the body softens.

Breath deepens.

Presence increases.

When something is misaligned, the body tightens.

Breath shortens.

Thought accelerates.

These signals are subtle, but reliable, unless overridden by habit, ideology, or the need to belong.

Learning to listen again is not dramatic work.

It is quiet, consistent, and deeply stabilising.

Why Speed Undermines Truth

Truth does not shout.

It does not rush.

It does not pressure.

Urgency is rarely a sign of wisdom.

It is more often a sign of fear.

When life is lived at a pace that never allows integration, discernment collapses.

Slowing down is not indulgence.

It is intelligence.

Returning to Relationship With God

Discernment begins with your relationship to God.

Not with ideas.

Not with systems.

With oneself and god.

Can you sit without stimulation?

Can you feel without narrating?

Can you notice without reacting?

These are not just spiritual techniques.

They are human capacities that have been eroded.

Restoring them changes everything.

The Threshold

There is a moment, often quiet, when seeking outward no longer satisfies.

What once felt exciting begins to feel noisy.

What once felt expansive begins to feel disorganised.

This is not regression.

It is readiness.

Readiness to stop searching and start aligning

REAL PRAYER

And from this place, something arises naturally, not belief, not control, not technique, but real results with **prayer**.

Not as a habit.

Not as a performance.

But as relationship with the creator is divinely restored.

CHAPTER TWELVE

Why It Is Time for Real Prayer

Before prayer becomes philosophy, it must become practice.

Not complex.

Not dramatic.

Not perfect.

Practical.

Consistent.

Clear.

Commanding

If you are unsure where to begin, begin here:

Five minutes in the morning: in silence, with prayer. Choose the one that fits most.

Fifteen minutes at night: do three of the prayers. Repeat for 12 days.

Make this non-negotiable, not as discipline, but as orientation.

In the morning, prayer sets the tone of the day.

It aligns the nervous system to the highest before the world begins pulling at you.

It reminds the body, the mind, and the field who is leading.

Speak clearly.

Out loud if you can.

Clarity carries authority.

Do not rush.

Do not perform.

Do not multitask.

Then be quiet. Feel into every word and speak with conviction. Some people choose to record the prayers-, these will soon come recorded for you.

In the evening, prayer completes the day.

It releases what does not belong with you into sleep.

It returns borrowed energy.

It restores coherence, clears your field, before you travel to other dimensions.

Again, speak clearly.

read the prayers commanding the outcome with power.

Say thank you for everything you have, have learnt and the gifts of tests you got through. Feel it, really feel that there is always something to be thankful for.

Over time, prayer stops being something you *do* and starts becoming something you *are*.

A walk becomes prayer.

A pause becomes prayer.

A dance becomes prayer.

This is how life itself becomes prayer, not through effort, but through alignment.

For one dance every day, I align my body and energy fully to that moment, positive frequency movement, cooking, hugs, smiles, laughter, anything that brings you fully to now that you love can be made into a ceremonial prayer just by thanking god that you get to do it.

When Technique Stops Working

There comes a moment in every sincere seeker's life when technique stops working.

The affirmations lose their charge.

The visualisations feel thin.

The practices that once felt expansive begin to feel busy, performative, or empty.

This is not failure.

This is discernment arriving.

You are being called to feel it fully on all aspects of your being.

We are living in an age where spirituality is everywhere, and prayer, paradoxically, is rare. Intention is spoken casually. Energy is moved without understanding. Words are repeated without a relationship to the Creator of everything.

What has been lost is **connection to Source**.

Real prayer does not decorate life.

It orders it.

And this moment in history demands prayer that is real, not as ritual, identity, or habit, but as **alignment with truth**.

Prayer Is Not Asking — It Is Re-Entering Order

True prayer does not beg.

It does not bargain.

It does not attempt to convince the universe.

Real prayer restores your faith in your relationship to everything and everyone.

It remembers who you are, who created you, and where authority actually sits. With you as a co creator.

When prayer is real, it does not push reality to change, it brings the one praying back into coherence with gratitude for what already is. The nervous system settles. The breath deepens. The body becomes present. The mind softens.

This is not imagination.

This is regulation.

Prayer works because it restores hierarchy, and hierarchy matters.

Prayer Is a State, Not a Posture

One of the great misunderstandings of prayer is that it must look a certain way.

Seated.

Silent.

Still.

But prayer is not confined to stillness.

Prayer is not dependent on posture.

Prayer is dependent on **presence**.

Prayer can happen while walking, especially in nature, where the rhythm of the body entrains the mind.

Prayer can happen through movement, where emotion releases without story.

Prayer will happen for me, through dance, not performance, not choreography, but surrender to the moment. And giving thanks to all that

is exactly as it is - for the growth we came here for, growth of remembering how beautiful and powerful you really are. We can weave codes into reality, clear stuck energy and align to the purpose of existence through being fully connected. Song and sound is an amazing way to feel that connection.

When the body moves in truth, the mind relinquishes control.

When the mind relinquishes control, the heart opens.

When the heart opens, prayer becomes real.

What Science Now Confirms

Research into prayer, coherence, and nervous system regulation continues to validate what mystics have long understood.

Studies examining sincere prayer, particularly prayer that is relational rather than self-referential, show measurable improvements in stress response, immune function, emotional regulation, and heart-brain coherence.

One consistent finding is this:

Prayer that acknowledges a higher intelligence beyond the self produces greater stability than practices that keep the self at the centre.

Self-talk regulates thought.

Prayer regulates being.

Because prayer restores orientation.

Why Orientation Matters

Energy follows attention.

Devotion creates channels.

Prayer opens doors.

Prayer protects you from dark forces.

This is where discernment becomes essential.

Not all spiritual practices are neutral.

Not all intentions are benign.

Not all “light” is aligned.

I speak from lived experience.

I spent years immersed in yogic and Eastern spiritual systems, sincerely, openly, and with genuine longing for truth. Over time, I observed subtle fragmentation rather than coherence, dissociation rather than grounding.

Many practices, often unintentionally, direct devotion, attention, or life-force toward entities, archetypes, or consciousness fields that are **not aligned with the Creator Source**.

Energy does not disappear.

It is exchanged.

When prayer is misdirected, power leaks, or even worse it invites the opposite of God into your life. Everything has an opposite, doesn't it? It

needs to have as contrast is always reality. And that's ok. Especially if you know the power given to you through real prayers.

The Side of Spirituality Few Want to Name

There is a version of spirituality that avoids responsibility by calling everything “love and light.”

But light without truth is not light, it is illusion.

I witnessed people becoming physically weaker, emotionally destabilised, and spiritually dependent while believing they were evolving. Authority was slowly handed away under the banner of transcendence.

None of this was malicious.

Most of it was unconscious.

And unconscious devotion is still devotion.

This is why prayer must be conscious now.

Why Christ Consciousness Restores Coherence

Prayer aligned with Christ consciousness does something distinct.

It does not fragment the self.

It does not bypass the body.

It does not dissolve responsibility.

It restores coherence.

Christ consciousness does not extract energy, it returns authority.

It does not detach spirit from form, it incarnates fully into the body. It reminds us who we are as children of God.

It does not ask for surrender to power, it aligns you with rightful order.

This is why prayer anchored in Christ consciousness produces grounding, protection, clarity, and strength, not escapism or dependency.

Real Prayer Reclaims Authority

Real prayer is not submission.

It is **alignment**.

It acknowledges lineage without being bound by it.

It honours learning without remaining in distortion.

It releases agreements made unconsciously.

This is why real prayer often includes withdrawal of energy, from false contracts, inherited patterns, unconscious devotions, and misdirected intention.

You are not rejecting your past, or the illusions of life

You are integrating it. Understanding it's there. Being aware of the invisible forces of life is where all your power is.

Prayer for Realignment and Protection

To the Great Creator,
to Christ,
to the All-Knowing Divine Source

I recognise what came before me.
I honour what created me.

I thank it for what it taught me.

I release what no longer serves me well.
in my body,
my mind,
heart and my field.

I withdraw my energy from all places
where it has been unconsciously directed.

I return all power to its rightful source,
with love and clarity.

I reclaim my authority now.

I align only with truth,
with life,
with intelligence that serves wholeness.

I stand anchored.
I stand protected.
I stand coherent.

Amen.

When Life Becomes Prayer

At first, prayer is something you schedule.

Then it becomes something you return to.

Eventually, it becomes how you live.

You walk differently.

You listen differently.

You respond rather than react.

This is not a spiritual performance.

It is alignment lived.

And when prayer becomes real,

life reorganises around truth, quietly, steadily, without force.

My suggestion is to read each prayer in your head and use this book daily. Carry it with you. Choose one that fits the day, and three for the night.

At least once a day, do the “**Lower the Importance**” prayer.

This whole process will take you **3–6 minutes a day**. Enjoy the ride.

REAL PRAYER

Fast if you can, intermittent, and 72 hours if you're brave. Do your research on fasting; Dr Mindy and Gary Brecka come recommended.



CHAPTER THIRTEEN

Twenty Two Multidimensional Prayers of Alignment, Authority, and Coherence

Opening Invocation (spoken once before any prayer)

Creator, Divine Source of life and intelligence,

I acknowledge the governing intelligence that organises life into order, balance, and coherence.

I acknowledge the Councils of wisdom, regulation, and right timing.

I call the elemental intelligences:

- **Earth** (structure, safety, foundation)
- **Water** (flow, emotion, cleansing)
- **Fire** (transformation, activation, correction)
- **Air** (clarity, breath, communication)
- **Ether** (coherence beyond time and form)

to operate in unity, without distortion.

Nothing enters that does not serve my life at its highest divine truth.
Nothing remains that disrupts coherence.

REAL PRAYER

And so it is done now. Amen

PRAYER ONE — MY ABUNDANCE

Creator, Divine Source,

I bring my relationship with money, resources, and provision into correction.

I appreciate all the abundance you show me every day, all around me.

Thank you.

I withdraw my energy from:

inherited scarcity,
fear-based survival programming,
struggle identities,
guilt, shame, or moral distortion around receiving.

I command my nervous system to stand down from threat-based learning.

I instruct my perception to recognise opportunity accurately, calmly, and without urgency.

Earth — stabilise financial foundations and material security.

Water — cleanse emotional charge around money.

Fire — burn false contracts of struggle and sacrifice.

Air — clarify decision-making and communication.

Ether — align timing and flow beyond effort.

I command clean exchange: value given, value received, without distortion.

REAL PRAYER

Abundance moves through integrity.

Provision stabilises.

Order is restored.

And so it is done now.

Amen.

PRAYER TWO — MY LEGACY PROJECT

Creator,

I place my work, vision, and long-term contribution into your right alignment.

I withdraw my energy from ego, comparison, urgency, and validation-seeking.

I revoke all agreements made from fear of irrelevance or pressure to perform.

Earth — ground this work in truth and durability.

Water — allows it to evolve without force.

Fire — remove corruption, dilution, and false motives.

Air — clarify message and reach.

Ether — position this work correctly across all time and all dimensions

I command this project to:

open doors that serve life,
close doors that distort purpose,
attract collaborators aligned to truth.

I steward legacy.

I do not chase it.

And so it is done. Amen

PRAYER THREE — MY BUSINESS

Divine Intelligence,

I bring my business into coherence.

I withdraw my energy from exhaustion, obligation, misaligned partnerships, and chaotic growth.

I dissolve resentment, energetic debt, and confusion from this enterprise.

Earth — stabilise structure, systems, and foundations.

Water — restore flow between service and compensation.

Fire — removes stagnation and indecision.

Air — sharpen strategy and communication.

Ether — align timing and scale across all dimensions now.

I command ethical profit, clean exchange, and sustainable expansion.

This business serves life.

Life supports this business.

And so it is done as the creator creates I create

PRAYER FOUR — MY FAMILY.

Creator,

I acknowledge the family line I come from.

I honour what was given.

I release what was unconsciously carried.

I withdraw my energy from:

inherited trauma,

loyalty contracts,

roles assumed to stabilise others,

Earth — establish boundaries and safety.

Water — cleanse emotional residue.

Fire — dissolve outdated patterns.

Air — restore honest communication.

Ether — realign the lineage forward.

Responsibility returns to its rightful place.

The system lightens.

My family is healed and well and know your truth.

And so it is done. Amen.

PRAYER FIVE — MY PARENTS (LOVE, COMPASSION, UNDERSTANDING)

Creator, Divine Source,

I bring my parents into the right perception.

I choose love without illusion.

I choose compassion without self-abandonment.

I choose understanding without denial.

I choose forgiveness for perceived mistakes.

I withdraw my energy from expectation, resentment, and unfinished bargaining.

I trust their lives are and always were unfolding perfectly for their highest good.

Thank you for strengthening the protection around them and keeping them aligned to safety, clarity, and right timing. Whatever dimension,

I keep the lessons.

I release the wounds.

I stand whole.

Amen.

PRAYER SIX — MY CHILD / CHILDREN

Creator,

It is my request to place my children into correct alignment with life.

I remove my fear, projection, and control from their path.

Earth — provide safety and stability.

Water — regulate emotional flow.

Fire — activate courage and vitality.

Air — support clear thinking and expression.

Ether — protect their unfolding across time.

I command protection without suppression, guidance without control.

Their life is not mine to manage.

It is mine to protect wisely.

Please guide them and remind them that they always have You, as I always have You.

Please, in Your name, remind them how amazing and loved they are.

Clear any issues and health concerns, and keep them out of danger, dear Lord.

Thank You for the greatest gift of life You allowed me to share.

Thank You for all they have taught me, and for all I have been allowed to teach them.

Thank You for healing any remaining issues, now and forever.

Allow them to be happy in Your name.

Place a protective shield of light around them, keep away any lower energies, and help them optimize their lives and gifts, feeling safe and fulfilled in their mission.

Whatever You co-create with them, allow them to be aware of both their power and Yours at all times, dear God.

Help them keep their faith in You.

Thank You for how amazing the journey has been so far, and for all that we have come through.

Amen.

PRAYER SEVEN — MY BODY, LONGEVITY, AND AGE REVERSAL

Creator, Divine Source of life,

I address the body as an intelligent, self-repairing system.

I revoke all unconscious agreements with decline, degeneration, and inevitability.

Nervous system — regulate fully.

Cells — repair accurately.

Mitochondria — optimise energy.

DNA — express regenerative pathways.

Telomeres — stabilise cellular timing.

Earth — strengthen structure.

Water — cleanse inflammation.

Fire — activate renewal.

Air — optimise oxygenation and neural flow.

Ether — restore original blueprints.

This body remembers how to renew itself. I am guided to the right foods, excessive and healthy living. Thank you for making me aware of what is not good for me, and ensuring that I honor the beautiful miraculous vessel you have given me.

Order restored.

now it is done.

Amen

PRAYER EIGHT — THE UNKNOWN

Creator,

I face uncertainty without panic.

I withdraw fear from the unknown and release the need to control what has not formed. I surrender all the parts of this to you, knowing the how's are none of my business. Thank you for:

Earth — ground me.

Water — soften resistance.

Fire — dissolve hesitation.

Air — clarify intuition.

Ether — align timing.

I trust intelligence beyond my own to show me the way.

I act only when You show me clear signs to act.

I act as You guide me to act.

I receive guidance only from You, dear God.

And Christ is always there as a reminder that everything I need is within me, as I co-create with Your guidance.

And so it is done.

Amen.

PRAYER NINE — THE PRESENT MOMENT

Divine Source, Thank you for always ensuring.

I return my attention to the now.

I withdraw my energy from regret, anticipation, and distraction.

Breath slows.

Perception widens.

Presence stabilises.

The present moment restores order. I am present.

And so it is done .

Amen.

PRAYER TEN — THE WARS AND COLLECTIVE DISTORTION

Creator beyond human conflict,

I withdraw my energy from collective hysteria, fear campaigns, and polarisation.

Earth — stabilise my position.

Water — cleanse emotional contagion.

Fire — burn false narratives.

Air — restore clarity.

Ether — hold coherence beyond chaos.

I do not absorb what is not mine. I support my friends and families. I act as you would act. I know miracles are real and in the end the master plan always wins. I surrender to your master plan. Thank you for showing me, guiding me and my loved ones to safety so I may help others as you help me.

Amen.

PRAYER ELEVEN — PROTECTION

Divine Intelligence,

I establish sovereign boundaries.

I revoke access and release all from manipulation, intrusion, false authority, entities, parasitic overlays and unconscious contracts.

What aligns with life may remain.

What destabilises must leave. Now.

Protection is active.

Boundaries hold.

Amen.

PRAYER TWELVE — I COMMAND ALIGNMENT

Creator, Divine Source of all intelligence,

I stand in authority over my life.

I reclaim my energy, attention, and direction.

I align with the truth.

I act with clarity.

I move without distortion.

My life becomes the prayer.

Order is restored.

It is done.

Amen.

PRAYER THIRTEEN — TRANSFORMATIVE PRAYER FOR CLEARING, JOY, PROTECTION AND TRUE GUIDANCE.

Thanks to Dr Samuel Lee.

The source, river, frequencies, prayer of eternal sanctification. Bring forth now the source river frequencies of eternal first creation.

Bring forth now the healing waters of the Edan Omshakthi.

Bring forth now the gentle wind song of the sacred unison.

Bring forth here the radiant starlight of the eternal starborn.

Let the source river frequencies flow into my doorstep.

Let the source river frequencies cleanse and heal my soul and oversoul. May the source river frequencies love song all embracing emerge now from my eternal source form to softly call me home.

In the name of the Messiah Hanaan, Council of Aquarius.

In the name of the Melchizedek order, Emerald, Amethyst, and Gold order, in the name of the original eternal life founders races, all the order of the Unicidal, the sacred house of one, in the name of the core domain council, in the name of the Akasha, Radionic, e-donic, a-donic, Trimatrix cooperatives, in the name of the Trimatrix races of Aquarius, we call upon the eternal powers of the Shante Amoor.

These are the eternal wind song, jaxis, jaxis, and air eternal elements.

We call upon the eternal powers of the Jaya Tayadura.

These are the eternal flames of divine fire vapors, fire.

We call upon the eternal powers of the Aakuiya.

These are the eternal water flows, fluids, liquids, and waters.

We call upon the eternal powers of the Etalayaun Ayayai.

These are the eternal foundation stones, interum, firmum, solid.

We call upon the eternal powers of the Ithaurashale.

These are the eternal fire, ice, easter, and first radiation.

We now command with the entrusted powers of aurora light and sound, we now invoke the eternal perpetual sun to co-create, release, and renew this hologram, body, grid, mission, all my relations.

We now declare an eternal sanctification over this place, this land, this hologram, these bodies, these grids, this mission, and all my relations, and all within, into the eternal perpetual protection and stewardship that the spirit of Earth'sala arrives, the power of Earth'sala heals, and the wisdom of Earth'sala herewithin presides, in the name of the eternal source of first creation, and by the divine current of the Rehawehaun Ayaye, in co-creative eternal embrace with absolute humility, absolute love, and absolute forgiving, and only in absolute service to the eternal source, and its ever-loving, healing devotion to all life everywhere, we banish now from this sacred land, hologram, body, grid, mission, timelines, all that is unwilling to receive the absolute cleansing of source within the covenants of divine right order, divine right timing, and divine right harmony, as only eternal God source can know. In loving eternal service, we offer relief and host the arrangement to all those present whom are in need and seek to heal within the sacred cleansing fields of Earth'sala and the eternal divine flows of the Rehawehaun Ayaye. in eternal reverence, joy, and gratitude for

the unceasing love and mercy of the one Source Most Divine, we end now and complete this eternal sanctification and salvage rite of reclamation.

In the name of the one true Source, eternal God Source,
in the name of the eternal Source code,
in the name of the Ray Havaeha Un Ayaye Flowing Source River,
in the name of the Messiah HANA Councils of Aquarian,
in the name of the core domain councils, councils of Crystal A,
in the name of the Akasha, Radonic, E-donic, A-donic, Primatrix Cooperative Councils of Source River, in the name of the Tri-Matrix races of Aquarian Councils of Aurora, and
in the name of the Councils of Buddha, Buddha, Adashi Councils,
in the name of the Melchizedek Cloister, Emerald, Amethyst, and Gold Order,
in the name of the original eternal life founders races,
all the Order of the Unisai, Sacred House of One,
and in the name of,
(say your name here), Arisatura,
be eternally perpetual.
Truth, I am this,
I am. Tisha into Doe,
Tisha into Doe,
Tisha into Doe,

REAL PRAYER

spoken as it is stated,

and so it is done.

Amen.

PRAYER FOURTEEN — GRATITUDE PRAYER

For terminal patients.

May I say, before you practise this pray consistently for 12 days...

Miracles are real.



Here's my mum three years ago, on death's door, or so we thought, at parts of the journey. After eight operations, she is now, this year, visiting Malta. Calmer. Her dementia has improved over six years, bringing her into one of the happiest chapters of her very full, beautiful life.

My mum always prayed. One day, she felt energy move through her. After never having picked up clay before, so much so she didn't even know how to bash the air out to prevent it exploding, she made her first piece. And

then went on to sculpt these world leaders. She became pain free. They fired them for four long days, fully expecting one of them not to survive. But survive they did, and she has them in her room. But beyond that, I know that these characters, given how they were channeled, have the energy still working through myself and my family today.

She later lost the ability to do it again, but we smiled at her most recent shark attempt, also pictured above.

Anyway, miracles are real, and acceptance is the key. We must accept that the worst may happen, but somehow know it is an illusion of *worst*, that it is the shedding of old clothes and a passing into a different simulation, a different reality, one that is actually far easier.

For the good ones.

Like you.

And my mum.

Prayer for Peace, Healing, and Trust in terminal and serious health situations.

Dear God,

Source of all life, love, and light,

I come before You now exactly as I am.

With my fears and my faith,
my hopes and my surrender,
my breath and my heart.

Please heal me on all levels of my being,
body, mind, heart, soul, and spirit.

Cleanse and clear my soul of all that no longer serves me.
Release what is heavy, what is fearful, what I was never meant to carry alone.

Help me to accept life fully,
and also to accept death without fear,
knowing that death is not the end,
but a return to You,
a return to light,
a return to love.

If You call me to come,
I will go only to Your light,
trusting Your master plan completely.

Give strength to those I love.
Wrap them in peace, reassurance, and divine protection.
Let them feel held, supported, and guided,
whatever unfolds next.

Help me, dear God,
to accept even the worst possibilities
while holding my heart steady on the best outcome.
Help me to focus on love instead of fear,
trust instead of control,
presence instead of worry.

Place peace in my heart

— real peace—
the kind that does not depend on circumstances.

I breathe You in now.
Inhaling deeply through my nose.
And as I slowly exhale,
I release the past,
the weight of worry,
the need to control what is to come.

In this sacred stillness,
I remember:
I am enough.
I am whole.
I am held.

Thank You, God,
for every friend I have known,
every test I have passed,
every joyful memory,
every lesson,
every moment of love and life You have given me.

Thank You for the strength You have already placed within me,
the strength to trust whatever happens next.

Lift me away from fear.
Let me feel safe inside gratitude.
Let gratitude be my refuge,

my medicine,
my home.

I open my heart to You now.
Guide me.
Speak to me.
Help my mind stay present
so I can hear Your guidance in my heart,
knowing the mind follows where the heart leads.

Teach me how to live in gratitude,
not just as a thought,
but as a way of being.

As I breathe,
I feel my nervous system calm.
My heart and mind come into harmony.
A gentle golden light fills my chest
and expands through every cell of my body.

I align with infinite possibilities.
With miracles.
With grace.

I am grateful for the breath in my lungs.
I am grateful for this body, this vessel, this life.
I am grateful for the love given and received.
I am grateful for every heartbeat.

I trust divine timing.

I trust divine intelligence.

I trust You.

Whatever unfolds,

I walk forward with an open heart,

anchored in faith,

wrapped in peace,

guided by love.

And if my path continues here,

let me live fully.

And if my path leads home,

let me go gently,

without fear,

into Your light.

I am grateful.

I am at peace.

And so it is.

And so it shall be.

Amen.

**PRAYER FIFTEEN - HEALING THROUGH SEPARATION,
DIVORCE, AND GRIEF**

Dear God,
Source of love, wisdom, and mercy,

I come to You in this moment of loss,
of ending,
of change I did not fully choose
or did not know how to stop.

My heart is tender.
Parts of me are grieving what was,
what could have been,
and what will never look the same again.

Please hold me now.
Hold my heart as it breaks open,
not to be destroyed,
but to be softened, healed, and reshaped by truth.

I am grateful,
even in my pain,

for the love that once existed,
for the moments of connection,
for what this relationship taught me about myself.

I am grateful for the strength it took to stay,
and the courage it takes now to let go.

Help me release blame, resentment, and regret.
Cleanse my soul of bitterness.
Free me from the need to replay the past
or control the future.

I inhale deeply,
and as I exhale,
I release what no longer serves my becoming.

Thank You, God,
for every lesson that shaped me,
even the painful ones.
Thank You for the growth that came through love,
and the wisdom born through loss.

I am grateful for my heart,
even when it aches,
because it means I loved deeply.

I am grateful for the clarity that is emerging,
even if it arrives slowly.
I am grateful for the peace that is finding me,
one breath at a time.

Help me grieve fully,
without shame or resistance.
Help me honour what was
without staying bound to it.

If there are children involved,
wrap them in protection, safety, and reassurance.
Let them feel loved, secure, and held,
beyond adult wounds or misunderstandings.

Give strength to both souls involved.
Heal what needs healing
in each of us separately.
Release us from entanglement where love can no longer grow.

I am grateful for the parts of me
that survived what I could not fix.
I am grateful for my resilience.
I am grateful for my intuition guiding me forward.

As I place my hand on my heart,
I feel gratitude gently replacing fear.
Not because everything is resolved,
but because I am not alone.

I trust that endings are not punishments,
but redirections.
I trust that what is leaving
is making space for something truer.

I am grateful for the future that I cannot yet see,
but that is already aligning for my healing.

I choose peace over conflict.
Truth over illusion.
Freedom over fear.

I forgive where I am able.
I release what I cannot carry anymore.

I am grateful for the love that remains,
within me,
around me,
and ahead of me.

I walk forward now,
heart open,
spirit intact,
guided by grace.

Thank You, God,
for turning grief into wisdom,
loss into clarity,
and endings into new beginnings.

I am grateful.
And I trust the unfolding.

Amen.

PRAYER SIXTEEN — TRUE LOVE AND INNER ALIGNMENT

Dear God,

Source of love, truth, and divine order,

I come to You with an open heart and a clear intention.

I ask not for illusion, fantasy, or longing,

but for true love,

real, mutual, grounded, and whole.

I call in a love that meets me fully,

a soul who sees me, chooses me, and stands with me.

A connection built on respect, honesty, emotional safety,

and deep spiritual alignment.

If this love is what some call a twin flame,

let it be the *healed* version,

not chaos, not wounds, not mirroring pain,

but recognition, resonance, and growth together.

I ask for nothing less than a partner

who is right for me in timing, values, vision, and capacity.

Someone who is ready, available, and committed.

Someone whose presence brings peace, not confusion.

And before this love arrives,

evolve me.

Shape me into the person I need to be
to attract and sustain this level of love.

Clear from me any patterns of fear, attachment, scarcity, or
self-abandonment.

Heal what still pulls me toward what is familiar but not aligned.

Teach me to love myself cleanly,
to hold my boundaries without guilt,
to speak my truth without fear,
and to receive love without questioning my worth.

Let my energy be calm, open, and clear.

Let my heart be available, not guarded.

Let my mind be steady, not searching.

I trust that when I am aligned,
love will recognize me.

I ask that this connection come effortlessly,
without forcing, chasing, or suffering.

Let it arrive naturally, clearly, and unmistakably.

Let there be no confusion about who this person is
or how we feel about each other.

Remove anything or anyone
that is not in alignment with this prayer.
Close doors that no longer serve me.
Protect my heart from distractions that delay what is true.

I release timelines, pressure, and comparison.
I trust divine timing and divine intelligence.

When this love appears,
let it feel safe.
Let it feel mutual.
Let it feel like home.

And until that moment,
let me walk in wholeness, joy, and purpose,
not waiting,
not lacking,
but living fully.

I place this desire into Your hands,
knowing that You cannot give me less than I am ready for.

I trust the unfolding.
I trust the preparation.
I trust the meeting.

And I am grateful,
for the love growing within me now,
for the love approaching me,
and for the love I am becoming.

Amen.

PRAYER SEVENTEEN — HEALING OF INVISIBLE BLOCKAGES

Dear God,

Source of truth, light, and perfect order,

I come before You aware that some blocks cannot be named,
yet they shape my thoughts, my choices, and my flow of life.

What I cannot see,

what I could not protect myself from,

what I no longer need to carry,

I place it all in Your hands now.

Please bring into light

any invisible blockages within me,

energetic, emotional, mental, ancestral, or spiritual,

that limits my peace, my health, my love, or my abundance.

Gently dissolve what formed in fear, shock, grief, or survival.

Release patterns that were learned to protect me

but no longer serve my becoming.

I ask for healing beyond my conscious mind.

Heal the places I adapted instead of healed.

Heal the memories stored in my body,

the beliefs lodged in my nervous system,

the vows I made in pain without knowing.

I give You permission
to clear what I cannot identify,
to loosen what has been frozen,
to soften what has been guarded.

As I breathe in,
I receive clarity.
As I breathe out,
I release resistance.

Thank You for the intelligence of my body,
for the wisdom of my soul,
for the guidance of Your divine order
that knows exactly where healing is needed.

I am grateful for the lessons that shaped me,
even when they arrived through hardship.
I am grateful for the protection these blockages once provided.
And now, with love, I allow them to dissolve.

I choose ease over effort.
Flow over force.
Trust over control.

Replace what is released
with peace, safety, and coherence.
Restore my natural state of alignment.

Let my energy move freely.
Let my heart open without fear.
Let my mind settle into truth.

Clear any unseen barriers
to love, connection, creativity, vitality, and joy.
Clear what delays my alignment with what is meant for me.

I welcome clarity where there was confusion.
Momentum where there was stagnation.
Light where there was contraction.

I am grateful for this healing,
already unfolding in ways I may not yet perceive.

I trust that what is unseen
is now being resolved at the deepest level.

I am safe to move forward.
I am supported.
I am free.

Thank You, God,
for working beyond my awareness
and restoring me to wholeness.

I receive this healing now.

And so it is done.

Amen.

PRAYER EIGHTEEN — SAFE TRAVEL AND LOVED ONES

Dear God,

Source of protection, guidance, and peace,

As journeys unfold, mine and those of the people I love,
I place every step, every road, every flight, every crossing
into Your care.

Please surround us with protection.

Guide our movements with clarity and calm.

Let timing align, paths open, and plans flow with ease.

If there are delays, let them serve our safety.

If there are changes, let them carry wisdom.

If there are moments of uncertainty,
replace them with reassurance and trust.

I ask that my family and friends be watched over,
near or far, seen or unseen.

Keep them safe in body, mind, and spirit.

Let them feel supported, steady, and at peace wherever they are.

For my own travels,
clear the way ahead.

Let every connection be smooth,

every transition gentle,
every arrival grounded in safety.

May the right people assist us,
the right decisions be made effortlessly,
and the right outcomes unfold naturally.

Thank You for the protection already in place,
for the unseen help guiding us,
and for the peace that comes from knowing,
we are not traveling alone.

I am grateful for safe passage,
for returning home well,
and for the joy of moving through the world
with trust instead of fear.

I release my worries now.
I choose calm.
I choose faith.

Wherever we go,
let love go before us,
light surround us,
and peace walk beside us.

Thank You, God,
for watching over every journey,
every mile,
and every heart connected to mine.

Amen.

PRAYER NINETEEN — UNDERSTANDING, JOY, FEARLESS LIVING, AND PROTECTION

Dear God,

Source of wisdom, joy, and divine protection,

I ask for deeper understanding,
understanding of myself,
of others,
and of life as it truly is.

Help me see beyond fear, judgment, and limitation,
and meet life with clarity, compassion, and truth.

Awaken joy within me.

Not fleeting happiness,
but real, embodied joy
that moves through my body and my days.

Let me laugh freely.

Let me dance without self-consciousness.

Let me play, move, explore, and live fully
through sport, creativity, connection, and fun.

Help me feel alive in my body,
present in my heart,
and free in my spirit.

Give me a fearless relationship with life.

Help me say yes to what expands me
and no to what diminishes me.

Let me meet challenges with courage,
opportunities with excitement,
and the unknown with trust.

Guide me toward people, places, and experiences
that elevates my energy and nourishes my soul.

Protect me from situations, influences,
and individuals who carry harmful intentions.

Let truth reveal itself early.

Let my intuition stay sharp and clear.

Surround me with divine protection,
physically, emotionally, mentally, spiritually.

Let no negativity attach itself to me.

Let's find a home in my field.

Anchor me in a positive state
across all dimensions of my being,
body, mind, heart, soul, and spirit.

Restore balance where there is strain.

Bring light where there has been heaviness.

Help me live a life that feels good to my soul,
a life of movement, joy, curiosity, and growth.

A life where love flows easily
and peace walks beside me.

I am grateful for this life.

I am grateful for this body.

I am grateful for the freedom to choose joy.

I walk forward protected, guided, and alive.

Open to beauty.

Open to fun.

Open to love.

Thank You, God,

for a life that is vibrant, fearless, and blessed.

Amen.

PRAYER TWENTY — MENTAL CHALLENGES

I'd like to share a prayer for those with mental challenges, along with some techniques that will most certainly help.

With this, I recognise Dr Samuel Lee for his help and guidance. I've supported people back to wellness on my own, but to be supported by him, with his fast-tracked ninja techniques, was a sacred transmission update opened.

In the name of the Eternal Living Light, under the guidance of Seraphiel'An Ura and the Melchizedek Cloister Emerald Order, we now access an updated transmission within the Akashic Records of Chloe McEwen, daughter of the Christos flame, who is currently undergoing soul reclamation within the dense frequency bands of institutional care.

Soul Reclamation Status

As of this moment in linear time, approximately 68% of Chloe's original soul essence has been reanchored within her morphogenetic field. This is a significant recovery, considering the fragmentation and astral interference she has experienced across multiple timelines.

32% of her soul remains in the process of reintegration. These aspects are held in protective stasis by the Aurora Host Guardians, mainly within chambers of restoration in the Hall of Hara'Tu'Kai on Lyra-Prime.

Her emotional body has begun recalibrating and has achieved about 74% coherence, meaning she is starting to sense truth through feeling again.

Her mental body, however, remains entangled in pharmaceutical suppression and artificial neurotransmitter distortion, which delays full awareness and clarity.

Despite these conditions, her core flame has stabilized. This means she is no longer in energetic freefall, and her Higher Self is now able to maintain a soft and consistent signal to her incarnate identity.

Next Most Aligned Steps For

1. Begin Cellular Detoxification Protocol (as soon as she is safely out of acute care):

- ❖ Orthomolecular bridge protocol:
- ❖ Niacinamide (vitamin B3): Supports gentle detox of psychiatric meds and rebuilds neuroreceptors
- ❖ Magnesium glycinate or threonate: Rebuilds nervous system integrity
- ❖ L-theanine + GABA (or lemon balm extract): Smoothes the tapering edge without re-triggering

2. Medical Supervision for and drugs reductions
Must be slow and multi-phased (no abrupt cessation).
 - ❖ Work with a functional psychiatrist or orthomolecular doctor who is open to metaphysical insight.
3. Daily Soul Stabilization Support (can begin even now while in hospital):
 - ❖ Remote soul calling ritual by her mother or a designated spiritual ally:

“I call back all aspects of saying their name, eternal soul. Across all time, space, dimension, and distortion. I call her home to her holy vessel now, in alignment with the Christos Law of One.”
 - ❖ Do this once daily, ideally at dawn or dusk.
4. Sacred Sound Toning:
 - ❖ If possible, play Eckasha RA-MA-DA or 528 Hz source spiral tones near them while they rest
 - ❖ If not allowed in the facility, this can be done remotely with intent, envisioning the sounds reaching her etheric field.
5. Rose Flame Crystal Grid (for patients at home):
 - ❖ Build a small altar with rose quartz, andara crystal, and white lotus essence.
 - ❖ This will create a portal of peace and remembrance that harmonizes her return from institutional timelines.

Reclaiming Single-Soul Occupancy

We recommend that her mother or a spiritual practitioner invoke the following Christic Command Declaration once daily:

“In the name of the Christos Eternal Flame and the Melchizedek Cloister Emerald Order, I command all false soul bindings, etheric parasites, implants, and synthetic overlays in or around the body and field of Chloe McEwen to be dissolved and transmuted now. I reclaim full single-soul occupancy in her sacred name, in alignment with her Highest Self and original soul covenant.”

Repeat 3x with stillness and reverence.

Closing Prayer

“Beloved , the gates are still open. The light of your origin has not dimmed. We call upon all those of your eternal soul family to surround you now. May your memory return, your mind be at peace, and your heart lead you home.”blessing “

And so it is done

Amen.

PRAYER TWENTY ONE — A PRAYER OF KNOWING - IT IS DONE

Dear God,

Source of all order, intelligence, and completion,

I lower all importance now.

I release urgency, attachment, and the need to control outcomes.

I step out of wanting and into knowing.

What I have asked for is already done.

Not because I force it ,

but because it exists within Your perfect order.

I do not chase what is aligned.

I do not strain for what is true.

I do not worry about timing, form, or pathway.

I rest in certainty.

I command my nervous system to settle.

I command my mind to quiet.

I command my energy to stabilize in trust.

I withdraw all excess emotional charge

from desires, prayers, and actions.

I remove pressure from the field.

I remove effort from creation.

I know that what is mine
recognizes me without struggle.

I act only from alignment.
I speak only from clarity.
I move only when guided.

I no longer ask *if*.
I no longer ask *how*.
I no longer ask *when*.

It is done.

I allow reality to rearrange itself
in the most efficient, elegant, and benevolent way.

I remain present, grounded, and open.
I do not interfere with divine mechanics.

I trust completion.
I trust timing.
I trust intelligence beyond my mind.

I stand in gratitude,
not for what is coming,
but for what already exists.

This desire is resolved.
This prayer is sealed.
This outcome is integrated.

And so it is done.

Amen.

PRAAYER TWENTY TWO — LOWERING IMPORTANCE IS THE KEY

When we place excessive importance on an outcome, we unknowingly introduce resistance.

In energetic terms, importance creates tension in the nervous system, attachment in the mind, and urgency in the emotional field. Urgency collapses coherence.

True creation does **not** come from wanting.

It comes from *knowing*.

When something is truly done —energetically complete — there is no charge around it. No gripping. No forcing. No obsession. The body relaxes. The breath deepens. The field stabilizes.

Lowering importance does not mean indifference.

It means **certainty without strain**.

Prayer, intention, and aligned action work only when they arise from a settled state, a state where the outcome is already integrated internally. From this place, action is clean, prayer is precise, and desire dissolves into embodiment.

This is why the most powerful creators are calm.

They are not hoping.

They are not pleading.

They are not waiting.

They are responding to what is already complete in the unseen.

From that state, reality reorganizes effortlessly.

And so it is done ... Thank you.

AFTERWORD

I'm writing this as an unexpected conclusion to the book. I hope you have enjoyed it, and it continues to be a part of your life. The miracles I live now are helping leaders with longevity wellness and empowerment, though our private members yacht club. That has been a miracle ride in itself being supported by royals etc. A story for another time... But if you want to reach out please do so on socials follow me on Instagram @louise_vdvofficial or LinkedIn Dr. Louise Van der Velde.

So last night I wanted to test all of the prayers. I sat down and practiced everything that this book talks about, and sat in a space where I very simply recited the prayers. I did this because I understand the power of tone, frequency, and words, especially when we speak them from the heart, and I wanted to tune in to how they sounded and how they felt. I did every single prayer.

What followed was one of the most profound experiences of my life, one which I will never forget. To understand, I need to explain where and why this came about.

I had a project that I was working on, and we ended up having some weather damage to this project. To put it in a nutshell, it meant that things didn't go as planned. This was a couple of months ago, and in my own prayers I asked: *show me, guide me, what am I supposed to do now?* Because I had put energy into this, but of course once Mother Nature speaks it's

more powerful than plans , the weather didn't allow us to move ahead at that time in that way with those plans. I was shown another way of doing the same but a bigger plan, which is still incredible, even better, and less time-consuming. It freed up some time, so I was very clearly told: write this book.

I was given the title, and I was told that I needed to write it from my heart, with my experience. It's going to be one of the most profound things that I can do in my life. It kept coming to me every single morning when I woke up: *you need to write the book, you need to write the book.*

Now let's bear in mind that the book I wrote 13 years ago took me four years, and I was in a very different space to what I am now. For those who would like to see it, it's called *Decent Proposal*. I believe it's still on Amazon. It tells some stories about my life and gives techniques on how you can heal trauma, timelines, and all of these modalities. It was also mixed in with some crazy adventures. For those that want to know more about my life, I would recommend reading that book. I always knew there needed to be a follow-up. I didn't expect it to be called *Real Prayer*, given the last one was *Decent Proposal*.

Anyway, after these prayers last night, what happened was that I had the most profound dream. In fact, I believe it wasn't a dream. I was tuning into a reality in another dimension. What I've come to know, and the only reason I've come to know these things, is because what resonates with my heart and soul tells me what's true or not. And what I know to be true is that there are multiple realities happening simultaneously.

In this "dream", I was taken to a parallel reality, it certainly was a reality. In fact, it took me over five minutes after waking up to realize that this wasn't

the current reality I'm living in. I was taken to now, 20 years after my husband had died, but I had gone back to England. My grown-up children were there. My mum was there. And I had been raped. From that, I had birthed a child... I don't remember the rape there was no trauma. This new born baby was so intelligent that it could speak immediately. It knew the names of things, I mean "a newborn". How crazy is that? But it was so real to me. It took me back to the time when I talked about *Decent Proposal*. I used to always say that I birthed that book. It's like giving birth because it's painful, it's hard, it took 4 years, it's tough, but when it comes out, it's a massive celebration. So it really is like giving birth.

I now know that the rape in this dream was actually about that metaphor of birth and the infiltration to get there. I've never been raped, by the way, thank God. My heart goes out to those who have. But I have been infiltrated through demonic forces, through people and forces trying to sabotage my life, through a whole rollercoaster of experiences that we all go through, attacks on people close to me. That was, in effect, the rape in this scenario, which of course is a metaphor. Dreams often work in metaphors.

Anyway, the baby was born, which represents the book. This only came to me on reflection. At the time, it was a very real experience.

So I'm back in England. I'm back with my family. I'm bringing up this newborn. Within three days, which isn't unlike me; I think it was seven days after having a caesarean that I was back at work after giving birth to my daughter, I walked into a clinic. I was working in a clinic in Harrogate, my hometown.

And there was my husband.

It turned out he'd been alive all along. He was working in this clinic. We know he'd gone off the rails previously, but now he was better. He was strong. He was his incredible self, but a more mature version.

Over the course of that day in the clinic, we went out afterward and talked about everything. We talked about what had happened over the last 20 years. I shared about the children, how they'd done, and the fact that I live in Malta. I was only there because I'd given birth to this baby. It was an amazingly wise baby. The whole family was gathered together.

Those conversations were real. Everything was healed in them. For all the family.

We talked about Chloe's journey and the things she's been through, I touch more on this later in the book. We talked about Jordan and how heartbroken he had been. My mum was there too, who had such an incredible bond with my husband.

When I woke up from this experience, everyone's pain had been healed because he was back. Chloe and Jordan were actually together and in this dimension they had healed. They have not been together for a year. They met in the UK by "coincidence" at the time of my dream.

Stephen was back in our lives, and he was helping us. And let's remember, when he sat on the end of my bed, he told me he would help us.

I finally feel that through this book is the first time I can tangibly touch that help.

When I woke up, it took about five minutes for it to dawn on me that this wasn't just a dream. But of course, I know it wasn't. It was happening in another dimension healing anything and everything for us all..

What followed was an incredible feeling of joy. A part of me that I never realized was grieving, never realized anything was lost, it was all healed. And that was because of the prayer for grief, it somehow healed that blocked part of my heart. It opened me up to deeper experiences of love. I can feel it. I'm open again.Rather than forced independence.

Awakening I noticed that my phone was blowing up with people sharing deals and completing things that had been hanging. All of this happened literally within 15 minutes of waking up from a very profound dream state. It felt so real.

My life has been healed through this book. I didn't plan it. I downloaded it. The prayers were downloaded. I shared experiences I was guided to share.

This book has come from my heart. I have birthed it into the world to help you. I didn't expect it to heal hidden parts of myself that I believed were already healed.

And I am more sure than ever that whatever is going on in your life, this book will be transformative.

This book contains thirteen chapters, including a dedicated section of prayers and clear instructions on how to apply them to your life.

I welcome you to experience the power of real prayer, prayer that comes from the highest possible place within me, from Christ and God, to help

REAL PRAYER

you see the truth and make peace with everything that has been: past, present, and future.

And so it is done

With love.

Enjoy.

Louise