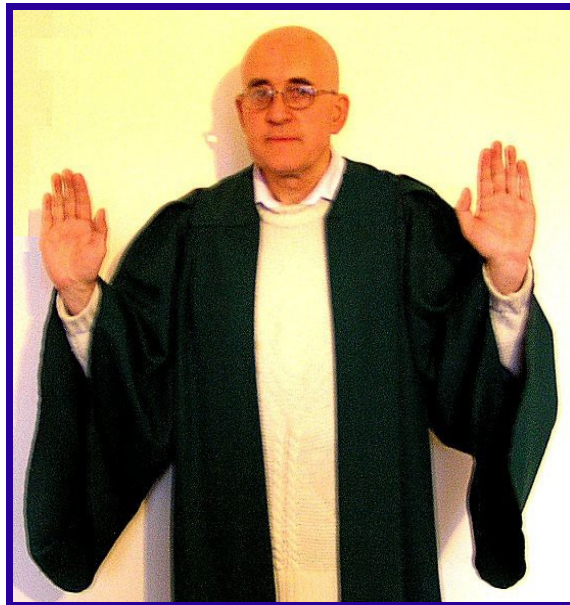


Leslie's Metaphysics ebook series:

# The basic principles of Prayer

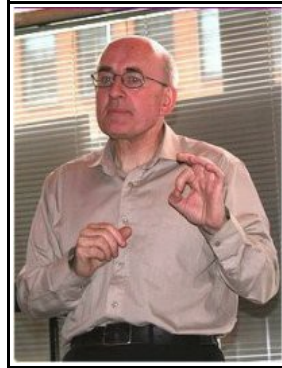


*A brief description of  
what Prayer actually is, and what it is not!  
Why body posture matters when praying.  
How to compose a prayer for yourself or for others.  
How to say and send a prayer.*

This ebook was produced by

**Leslie A. Baker**

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## Foreword

While attending a UFO lecture some years ago - given by an aeronautical engineer I noticed that some of what was being said was not understood by various members of the audience, presumably due to their lack of basic metaphysical knowledge. It was for that reason that I decided to create a website that would give interesting metaphysical information, explained step by step so that total newcomers could follow and understand it. **At the time of writing I have given about fifty free talks to the general public on aspects of metaphysics, and still do invite new audiences . . .**

More recently I hit on the idea of encapsulating several popular subjects each in a freely distributable pdf ebook. It also dawned on me that if I printed them I could pass them around to anyone interested, and hope that over time these free offerings would circulate and encourage people to visit my website, and enter into discussion with me, or maybe have clubs, societies or groups of friends ask me to give talks on these things so that I could play some small part in spreading metaphysical and mystical knowledge to those who were curious but did not know how to start learning the fundamentals, or maybe did not have access to the internet.

For more than 33 years I have been a student of a quite advanced teacher who considered himself 'A Yorkshireman who calls a spade a spade!'. He has given some of the greatest lectures and seminars that I have ever had the privilege of attending, and subsequently I have made progress in my understanding far beyond that which I could have achieved on my own.

If you have access to the internet you can acquire this series of ebooks from my website's **FREE DOWNLOADS** page at:

**<http://labaker.net/dloads.htm>**

*. . . Leslie*

## The Basic Principles of prayer.

By Leslie A. Baker

This is a simple, free ebook that you are encouraged to give to other people, and it is based on the **'What is prayer?'** page of my website.

Basically there are two main schools of thought regarding prayer. Firstly there is the asking God, or an agent of God to do something for our relatives, friends, mankind or ourselves. There is nothing intrinsically wrong with this as long as it is not selfish. Having said this I am sure we have all heard Janis Joplin's tongue-in-cheek song about "*Oh Lord won't you buy me a Mercedes Benz?*". Well, it is not the sort of request that I would make . . .

Secondly, there is the attitude that God has given us the personal ability to channel energy for the benefit all mankind, or yes – even ourselves. This allows us to actually stand on our own feet and perform virtual miracles, while yet acknowledging that it is by God's good grace that we can do this. In the fictitious movie 'Jason and The Argonauts' Zeus states "*The Gods are served best by those who need them least!*" - this is essentially true, is it not better to use what God has already given us, and help others with it, rather than to ignore that gift and ask God to answer mankind's billions of tedious prayers endlessly?

Just to clarify what prayer is: It is the attraction and re-transmission of energy through the centres, called in Eastern philosophy *CHAKRAS* (meaning wheels), located in the palms of the hands and in the middle of the chest near the breast bone. What energies are we talking about? Well, in China they are called Chi, in Japan – Ki, in Tibet and India – Prana or 'Universal Life Forces'. They are the fundamental basis of what our scientists call Solar Wind. These energies are second by second flowing quite naturally in and out of the body's chakras, in order to keep it alive and usable. If a person thinks in a particular way, or makes certain voice sounds the flow of the energies may be enhanced considerably. If the mental focus is on another person, or group of people while doing this the energy will radiate from the chakras to that destination. This is how effective healing can be sent over distance.

A point worth mentioning here is that an evil 'black magician' would use exactly the same energies to maim or kill that a Jesus or Buddha would use to heal and uplift. It is only the motive that is different – not the energy.

Prayer can take a number of slightly different forms. Many people know at least one prayer, whether it be from a Christian, Buddhist, Hindu, Muslim or other source. There is also a yogic science called 'Mantra Yoga', which involves the repeated vocalisation of very carefully devised sound sequences which are Sanskrit words. This is the only spoken language on Earth ever to be completely in tune with natural vibrations. The actual sequences (Mantras) are given by initiation only, and cannot be passed from one person to another unless the giver has attained a certain mastership over that mantra. I (Leslie) am not a master and therefore cannot give any mantras, although I have twelve that have been given for my own use by a western master of yoga.

However here follows a 'chant' that can be freely given, and used in a similar fashion to a mantra:-

***NAM MYOHO RENGE KYO***

(Phonetically) Nam me-yoh-ho reng-gay key-oh

The hyphens are for clarity only, and do not indicate pauses. The phrase can be repeated at a leisurely pace, or at a faster rate, as feels appropriate.

We have all heard of the singer Tina Turner, well, she went through a bad patch in her earlier years of stardom, and used this chant for some time. It changed her life very much for the better.

Here is a brief description of what these Sanskrit words means:

*(The 'Myoho Renge Kyo' is the title given to The Buddhist Lotus Sutra (Lotus Teaching) when it first appeared in Japan.)*

**NAM** – This is the Buddhist word for 'Praise'. By putting this at the beginning of the phrase one is actually giving praise to it, and its underlying concepts, therefore turning theory into practice.

**MYOHO** – Denotes the two major principles of our existence, firstly that of life and death. Secondly it relates to the differences between Buddhahood, or the elevated state of enlightenment, and the other states we go through in order to achieve it.

**RENGE** – This is the law of cause and effect – Karma, by which we are all bound, and by the manipulation of which we can evolve ourselves and all those around us, eventually attaining true freedom through ascension.

**KYO** – 'Teaching', or more particularly – the use of the voice to uplift and help all life, whether local or more distant. That is why this chant is not normally done too quietly - the voice sends out the teaching.

Let us now turn our attention to the wording of prayer, as we in the west would understand it.

Wording is very important in that it determines the magic - whether black, white or just 'grey'. There is a specific formula for prayer which makes the whole thing far more meaningful, and effective when followed.

Firstly - acknowledge the existence of God. When addressing God, it does not have to be an actual name, use "Oh Mighty God" for example, or "Oh Divine Creator". Use "Jehovah" or "Brahma" if you wish, although most people do not know that 'Jehovah' is not a name of God, but applies to a 'Supreme Lord of Creation'. You do not have to use "Allah" unless you so choose. There are many names for God, some are higher or lower than others. In the phrase "Oh Mighty God" the most important word is "Oh" for it is a higher name than "God".

Note: if you are familiar with the words "Om" and "AUM" remember that these should **NEVER** be used in normal conversation - they are holy words far above normal conversation. If you want to refer to them then say "The O. M.", "The A. U. M." or "The Word". This latter one being "The Word that was there in the beginning" as mentioned in The Book of John, in The New Testament.

Thank God for the opportunity and privilege of being used as a channel for prayer if the prayer is for someone else. If the prayer is for yourself then be absolutely honest in confessing your weaknesses and failings, strip your soul bare. Remember that this involves no other person - it is between you and God. Confess your jealousies, your hates if you have them, your illnesses and your shortcomings. You are breaking yourself down so that you can rebuild yourself up again. It is absolutely true that 'Confession is good for the Soul', It is the best mental medicine.

I do not now, nor have I ever agreed with the 'confessional' utilised by certain 'Christian' denominations (I have myself been connected with the Anglian church for a very long time). This was probably a way for 'puppet priests' to keep track of what their congregations were up to!

Acknowledge yourself as having a spark of The Divine within you, despite your failings -  
*("I am a Divine Spark of God").*

Make your request or plea, having complete confidence that **IT WILL BE** acted upon. Thank God and / or its agents for hearing the prayer - be grateful for the opportunity to perform the prayer. Include something like "whatever the future holds - Thy **WILL** be done!" - leave the outcome to God. Afterwards, if the prayer is for yourself change in the light of your plea. The final aspect is in some ways the most important – when the prayer is completed – **DETACH**, as dwelling on it shows a lack of faith in its fulfilment, and in God.

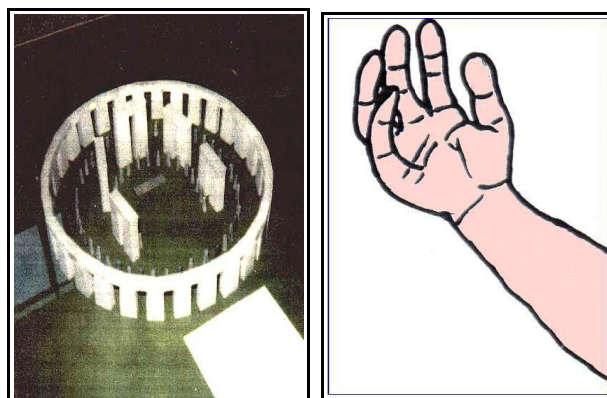
**Please be aware of the 'traps' . . . yes, there are some!**

During wars priests have been known to bless the allies against the enemy. **This is Black magic!** If you want to pray for a better outcome during a conflict then pray that those causing the conflict receive inspiration so that they do **whatever is right**, but remember that it is not up to you (or I) to decide for them what is right. This principle applies to armies and individuals alike. If a person commits a grievous crime you may feel that you want to 'send them to Hell', but that would make you as bad as them, pray for their upliftment, that they may be filled with God's love, light, and inspiration. You are trying to help them not fall as low as they may have otherwise done. Also be aware that whatever you wish for others **WILL** reflect back on you! (As you sow, so shall you reap).

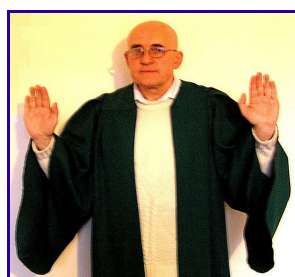
There is a popular invocation entitled '**THE GREAT INVOCATION**', which contains the line "... *May it close the door where evil dwells ...*". We **DO NOT** ever shut evil in, we try to transmute (lift up) evil into something more spiritual. When I use this invocation I say "*May it illuminate those who in evil dwell*". **ALL** people have a certain amount of freewill, and they should be allowed to make their own decisions. If it was a wrong decision then Karma will (at some stage) show them this, maybe through painful experience, but as a teaching, **NOT** a punishment. I am not saying that if you see someone being hurt by someone else you should not try to defend the weaker party - if you can safely do so. Contrary-wise - if a person makes a correct decision Karma will (at some stage) show them this too. All people will unconditionally '*Reap what they sow*'. It is often forgotten that it works for good, and because it does you can use it to build yourself up, and achieve even greater accomplishments, invoking more powerful karmic reactions and round again onto higher and higher levels.

If a person is ill, do not visualise them as ill, but see them in your mind as being healthy. The image you must visualise is how you want them to be . . . See them filled with white light, active and lively. If you have a photo of them in which they are not suffering, use it for focus. Every photo has a subtle but direct connection with its subject. The reason why I say not suffering is that if they are you could send that negative vibration again to them. One widely used (or should I say – misused) example of this is the 'crucifix'. A cross is a very **HOLY** shape, and can help you to attract 'good' energies for prayer and healing. But a crucifix **IS NOT**. As soon as you depict a person suffering, as with Jesus on the cross it becomes black magic, and you are reinforcing the suffering of that person. This is why it was at an early stage introduced into the churches by evil black magicians, to turn the good-willed congregations into black magicians without them ever realising that they were. One last comment for emphasis here – **NEVER** own or use a crucifix, and worse still – never ever turn a cross or crucifix upside down. These actions turn an ordinary, and probably kind-hearted person into a powerful black magician very easily, and again – **YOU WILL REAP WHAT YOU SOW!**

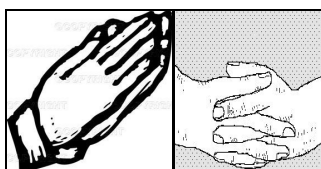
It is the energies which concern us now. As previously stated they are the Pranas, chi, ki or universal life forces. There are actually five major 'pranas' that flow to us from, or more rightly through The Sun. Each one of these pranas flows for thirty-two minutes, and it takes one hundred and sixty minutes for all five to be emitted in sequence. This sequence repeats so that there are nine cycles every twenty-four hours. Each one of the five fingers of the hand is effectively 'tuned' to one of those five energies, and the ancient Tibetan Yogi Masters perfected a science called Mudra Yoga thousands of years ago, whereby different finger positions could be used to 'select' combinations of these forces for particular purposes. It was this principle that was, incidentally, built into Stonehenge, as you see illustrated here:



On the left is a photo of a scale model of Stonehenge – owned by The Natural History Museum in London and on the right is a drawing of a right-hand, showing the relationship between the finger positions (mudras) and the positioning and orientation of the five trilithons. We do not normally have to worry about what energy is currently flowing, we just 'perform' prayer and the energies naturally flow. What we do need to pay attention to is what we are thinking and feeling while we do it. Now remember – we are sending out energy, therefore there needs to be no restrictions in its path. That is why this hand position should be used ...



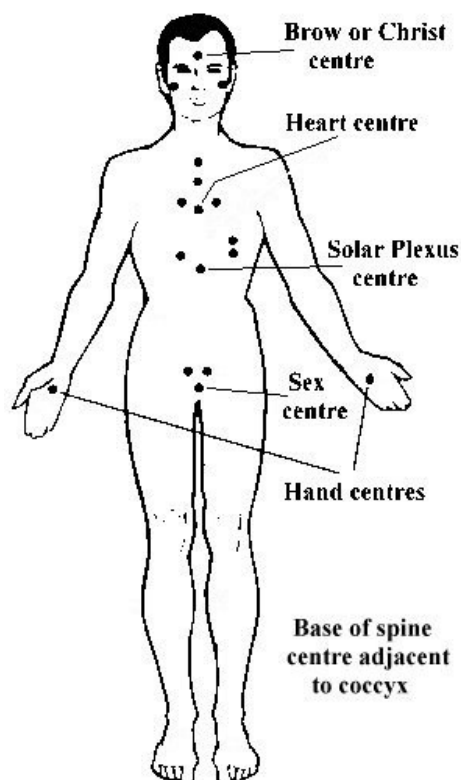
Then why is it that most people use these hand positions (below)?



We do tend to forget that there is in reality a continual battle between 'good and evil', and there is a hierarchy of 'black magicians' who for centuries have controlled mankind's affairs through war and conflict, ignorance and confusion.

They knew only too well that as the Christian religion grew, large numbers of people praying correctly would be difficult to fight. They could not easily stop the growth nor the praying so they did the next best thing – realising that the majority of congregations would believe what they were told and generally knew nothing about aspects of yoga they got them to pray in such a way that their prayers would be virtually ineffective. I have already said that black magicians have used, and still do these energies through prayer in its negative phase to hurt in one way or another others, a spiritually devout adherent when coming into the presence of someone they had respect for would put their hands together (as in the left hand picture above) to keep the energies locked inside the body, therefore demonstrating that they intended no harm. The most elevated energies that radiate from the body come through the chakra at the top of the head (hence the Christian halo and the ring of feathers of the American Indian Chiefs), so they would bow their heads to the person they respected to show they only wished to send the highest energies they could to this person. This hand position coupled with the bowed head is known as 'The Greeting Mudra', and WAS NOT intended for prayer. The hands can be placed with the base of the thumbs against the breast bone to also block the heart chakra, though some Hindus put their hands in front of the brow chakra, which is in the forehead instead.

Here is another diagram showing the locations of these chakras, within the human body.

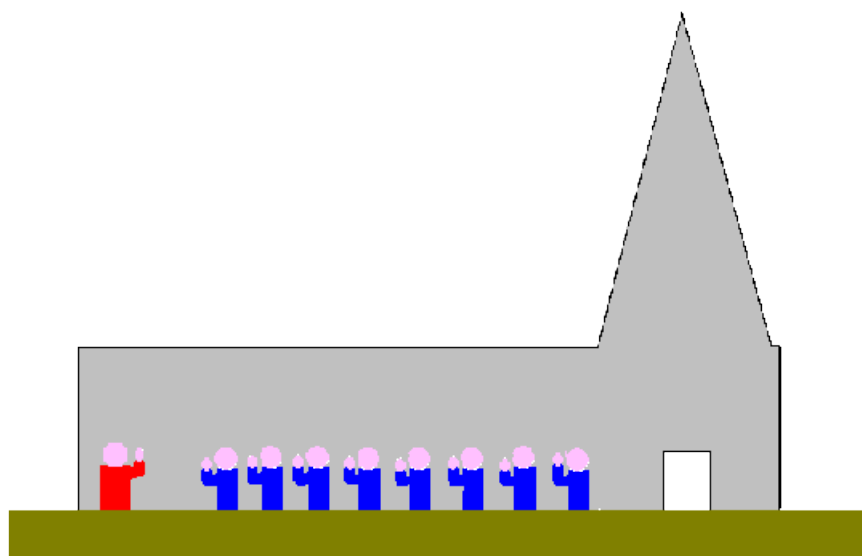


Try a little experiment: Sit quietly and relax. Become aware of the surface of your chest, and how it feels to you. Hum or sing a musical note that you feel comfortable with, and you may also feel a slight vibration in the front of your chest. Raise or lower the pitch and you will also notice that the place where you feel the vibration will move up or down as you change the note. It is when you make audible sounds with your mouth that various parts of your body will vibrate in sympathy. If you hold your hands as per the diagram above while voicing the note you should feel a slight vibration on the palms of the hands too. This voice / hand link should be in the back of your mind when saying any prayers.

Here you see two priests who intuitively hold their hands apart during prayer. There is a tendency in certain Evangelist movements to do this too. One should be consciously aware of the hand positions, and try to be a little more disciplined by holding the hands as Leslie is demonstrating in his photo.



Because we are dealing with quite natural forces, which obey, as all things do, natural laws, technology whether at a high or low level can be successfully employed to make ritual more powerful. This has of course been known all the way back through history, and you will see evidence of this knowledge in every town and city in the form of church and cathedral architecture, not to mention in Muslim mosques and Hindu temples. Note also the photo of the Stonehenge model previously depicted.



A correctly designed spire (picture above) functions like a pyramid and draws energy down to behind the congregation. When they pray they pull this energy through themselves, sending it forward from their hands and heart chakra, to be similarly channelled through the priest and out to the destination of the prayer. The vestments and mitre are designed to help the priest do this. Note that although prayer is used in devotion and service, it has science, or should I say 'meta-science' behind it. It is for this reason that when modern churches became more like brick shoe boxes, and certain denominations removed much of the ritual the prayers became even less effective. It is also why most older churches are orientated east / west on ley lines and are often cross shaped in plan.



Ley lines are the Earth's meridians, just like the ones in our auric bodies - well known to acupuncturists. It is along these lines that certain potent energies flow. It is the same 'science' as in The Great Pyramid at Giza and Stonehenge. The rounded, onion-shaped domes on mosques can be far more efficient than the straight sided conical spires of gothic churches.

In Britain there is one particular ley line that runs from St. Michael's Mount (near Penzance) up over Bodmin Moor between the peaks of Brown Willy and Rough Tor, and continues right across England. It is known as 'The Michael & Mary Line'. There are several churches and chapels dedicated to St. Michael on that line.

You may be interested to know that the very first Christian church ever built anywhere was on this line - on Rough Tor, Cornwall. It was built by Jesus himself when he was about fourteen years of age. Blake knew very well that yes – Jerusalem (the church) was indeed founded in England, not in the so-called 'Holy Land'. The first Bishop of Rome was a Celt from that area – he was called Linus. (*Peter was the first Bishop of the church, but he was never a Bishop of Rome*). When that first church eventually fell into ruins a chapel to St. Michael was built on the spot, and the hill (Rough Tor) also became known locally as St. Michael's Mount. The later chapel is now almost gone, there is a well there too close by. The name of this hill is pronounced as ROW as in an argument, not as ruff, as you might expect. The slightly higher peak – Brown Willy is actually called Bronin Winnilly, which means Hill of Swallows. We have moved away from prayer slightly, but I thought it might be interesting to add some historical comments here.

Bodmin Moor was indeed the 'stomping ground' of that legendary figure we call King Arthur. He and all of the knights of The Round Table claimed to be descendants of Joseph of Arimathea – Jesus' great uncle. After the crucifixion Mary (the Virgin), Joseph of Arimathea, and several other followers came back to the Devon / Cornwall area. Mary lived in her mother's house in what is now Combe Martin. This village was for many years known as Mary's Combe for that reason. There is a prophecy that Combe Martin will eventually be the most visited place in Britain. Anna – the mother of Mary is known as 'St. Ann of Cornwall', and was very respected by The Romans. There is a shrine to her at Buxton.

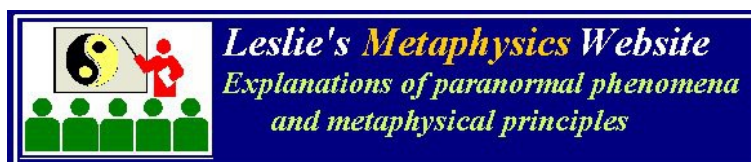
**Leslie has been looking into these subjects for more than 45 years,  
and he studied under an amazing teacher from 1979 onwards.**

*May you always be surrounded by God's Light, Love and Protection . . . Leslie*

**Please visit my site for this and other related subjects:**

***LESLIE'S METAPHYSICS WEBSITE***

**<http://labaker.net>**



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