

I pray in many different ways.

The clarity of my intention is the beginning of my prayer.

In my tradition every breath I draw is a prayer.

Every time I inhale and exhale it is a prayer.

How conscious are you when you are breathing in and out?

How conscious are you when you are walking?

How conscious are you when you are singing?

How conscious are you when you are angry?

I pray in the way I show gratitude, love or compassion.

I pray alone or in community.

I pray with my thoughts.

I pray with my body.

I pray in the way I speak to people.

I pray to the various elements in nature —the trees, the animals, the water, the rocks, the earth,  
the fire...

I pray to the ancestors and all the Divinities.

I pray simply, with passion, humility, clarity and grace.

I pray in the way I welcome and bless people.

I pray with whatever emotions come my way.

I pray with sincerity and strong belief that what I am praying for is going to manifest.

In my tradition whatever you say is a prayer that you send out,

Because sound is a powerful force that brings the hidden to light.

And when you pray, something is going to say yes.

So each moment of my life is a prayer.

Each moment I reflect on myself, on the world, and on other people is a prayer.

How I interact with people and how I deal with my thoughts is a prayer.

How genuine am I —is a way for me to pray.

For me all these things are sacred and are messengers, and can take my heart cries, which are my  
prayers to the Divinities.

This is the power of how I pray.