

Do You Know How to Pray?

Simon Bar Kokhba led the Jewish army in revolt against the Roman Empire in Judea between 132-135 CE. His formidable presence came in while trekking the dry Judean canyons of Israel in 1993.

SIMON BAR KOKHBA:

"Do you know how to pray?"

Find the place in the body that is of a centering point, or a calm point, or a quiet point. From that point extend it to your entire body. Feel it in all your body.

Let that be in every pore of your body and every corner of your body. And from that place of calm, let what you call your soul in, because it's all around you. It's not above you. It's not outside you. It's not beneath your feet. Let it touch you. Let it touch the body that you hold so dear.

Feel the energy of that. Let it radiate in your body and outside your body. With this energy, with your heart, find the cord. That's the silver cord* -- a multitude of strands. It's not one little strand, or one thick strand, it's thousands of strands, a multitude of colors.

As it moves, it has a song, it has a sound. Travel that cord to the original sound. Feel the multitude. That's you. That's your soul.

Let your soul play that cord like an instrument. Own that cord and let it play. Hear the song of it, or the songs. And let God join you in that song. There is more than just you singing there. God's singing there too. Listen... with your heart and your ears. And the prayer could be -- as many prayers have been:

Let me hear the song of my soul... and let my voice sing the song of my soul so that as my soul and voice are one, that the whole entire universe may sing through my voice and soul. Let my soul be an instrument in which the sounds may come through. Be an instrument that carries the voice of all the universes -- even through a mouth so small. But let that mouth, that is so small, utter the sounds of the soul and of the universe so grand, that everything before me will be impacted and touched in such a way that it will know my touch, and God's touch."

** The silver cord is made of a multitude of strands that connect your etheric soul to your physical body.*

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