

Praying to our Heavenly Father for His Divine Love is the single most important thing that we can do. Taking the first step toward a regular prayer practice sets in motion a host of angels working behind the scenes to assist us in preparation to receive God's Divine Love and to help us develop a close, personal, and deep relationship with God that will intensify for all eternity. God will meet us more than half way in establishing a loving relationship: "God wants and is patiently waiting for the love of man".¹



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How do we make the start? How do we pray so that God hears the earnestness in our soul longings? Jesus states "...that men shall believe with all the sincerity of their minds and souls that this great Love of the Father is waiting to be bestowed upon each and all of them, and that when they come to the Father in faith and earnest aspirations, this Love will not be withholden from them. In addition to this belief, pray that He open up their souls to the inflowing of this Love..."¹

Ann Rollins suggests to James Padgett: "Let not your desires originate from only the intellectual, but try to bring the longings of the soul into being. Do not rest satisfied until a response shall come, as it will certainly come. You will know that the Love is present and working its transforming power upon the soul."² The Padgett Messages clearly show us the way. Yet, many of us still find making that initial connection challenging.

When I first learned about the availability of God's Divine Love, it took me quite some time to feel a connection with God. I felt that I obtained a response after I devoted myself to at least 20 minutes of focused prayer, three times a day, for three weeks. During this time I kept a journal about my experiences and what did and did not work. I'm including a summary of these notes below in the hope that some of it may resonate with you and assist you in your prayerful desire to connect with our Heavenly Father.

TECHNIQUES OF PRAYING FOR DIVINE LOVE

Schedule: Set a goal to formally pray three times a day for at least 20 minutes each time. You may not always achieve this, but do the best you can. If you are still working, your morning prayer can take place while driving to work. Believe it or not, I had my most intense Divine Love experiences while driving. Your midday/afternoon prayer can be during your lunch break, and your evening prayer can be more formal with a specific location and time designated. The important point is to have a goal and try to stick to a schedule. If you can make prayer a part of your daily routine, you will more likely stay with it.

Location: During your formal prayer in the evening, find a private or semi-private place and make it your holy sanctuary. Find a comfortable position, perhaps a candle to focus your mind, incense or anything that makes you feel spiritually elevated. Generally, I wouldn't recommend using your bed, which is for sleeping, while your intention is not to sleep but to connect with God.

¹ ARDT, Vol. I, Page 174 | TGRABJ, Vol. I, Page 24.

² ARDT, Vol. I, Page 180 | TGRABJ, Vol. I, Page 345.

Mindset: Our purpose in praying is to establish a relationship with God and keep growing closer to Him through the reception of His Divine Love. However, avoid specific expectations as to what you are going to experience. Expectations can be a form of control, as well as a source of disappointment. Also, if you are expecting a burning sensation in your chest, you are not allowing yourself to be open to other ways that the Father may bless you. So, be completely open.

Make it ok if nothing physical or spiritual happens. Be gentle with yourself and enjoy the experience of being centered and raising your energy. When I first began my dedicated prayers, I simply felt peace. There are many on the Divine Love path that do not experience physical sensations concurrent with the inflowing of the Divine Love.



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This is a time for you to connect with God. Praying for others is important and has its own rewards for you and those you pray for. However, dedicate this time to establishing your personal relationship with God. Pray to God to send His Divine Love into your soul.

Below are some specific notes that I made to myself.

- Have faith and trust. Faith in God is vital – trust that your life is going to turn out well, and that wherever He leads you, it will be for the best. Have faith that God will bestow His Divine Love on you and it will enter into your soul if properly asked for. God doesn't bestow His Love upon you based on how good or bad you have been. He loves you and wants a relationship with you.
- Ask for help. "All progression depends upon the help that comes from outside the mind or soul of man"³. Professor Salyards continues, "... if a man depends upon his own powers, exclusively, he will never progress. And this law does not apply only to the soul's progress ... but also to the progress of the mere mind, and also to what might be called the purely moral qualities".³ I used to think that if I were spiritually strong enough, I could progress on my own. This belief was not in harmony with God's Law of Progression⁴.
- Pray for the right reasons. Is the reason to be ahead of everyone else, or to become a member of an elite group (the Celestials)? Or, is the reason to be at-one with God, to be in His Love forever? Are you praying for advancement or because you love God and want to be with Him?
- Be in a state of gratitude. Take the time to consider your life and the blessings that you have received. Appreciate our beautiful planet and your brothers and sisters who are on the same spiritual journey. God has given you so much because He loves you. Soulfully appreciate everything He has given you and thank Him for it.
- Be open and relaxed. Stress from our daily life puts up a wall to the inflowing of the Father's Love. The Love will not come in if we have negative thoughts or are thinking about something else. Think of your soul like a flower that needs to open in order to receive God's Love. When it is closed due to stress or other factors, it is not allowing the Divine Love to flow in. Ask the angels for help in letting go of the stress.
- Pray with all your heart. Jesus said to James Padgett, "I do not want you to think that you are now in a condition that leaves you free from sin or from the necessity of appealing to the Father with all your heart for an inflowing of His Love".⁵ Your heart and soul need to be engaged in praying for God's Love. Like the Prayer Perfect concludes, "We pray thus with all the earnestness and sincere longings of our souls ..."⁶

³ ARDT, Vol. II, Page 91 | TGRABJ, Vol. II, Page 52.

⁴ ARDT, Vol. II, Page 93 | TGRABU, Vol. II, Page 52.

⁵ ARDT, Vol. I, Page 8. | TGRABJ, Vol. I, Page 368.

⁶ ARDT, Vol. I, Page 12 | TGRABJ, Vol. I, Page 41.

A few more observations are worth considering.

- ◆ **First**, there seems to be an ebb and flow to progressing in the Love. God's Divine Love will flow intensely for a while and then it may not be felt as strongly for a period. This is a normal process and it doesn't mean that you are doing anything wrong during the slow periods.
- ◆ **Second**, it is important to not only pray to receive God's Divine Love, but to also give your love to God and others. Some come to a plateau in receiving the Love if they don't reach out in love.
- ◆ **Third**, and very important, is **surrender to God's Will**. This is not easy and it may take time to completely surrender. It may feel scary in that you may think the Omnipotent God might do something that causes you to lose your identity. You may fear that God will have you do what you don't want to do. These thoughts of the mind couldn't be farther from the truth. Your identity actually comes alive when you surrender because you stop taking on identity projections from your family and friends. And God won't ask you to do anything that you don't want to do. He wants you to be happy and desires your actions to be anchored in love and never forced or have a basis in fear.



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Below is a short introductory prayer to the **Prayer Perfect** which is designed to “teach the spirits” and ask for help in preparing the soul.

“Dear Heavenly Father, thank you for this opportunity to connect with You and receive Your blessing of Divine Love. I ask, Father, that if there are any spirits present who are not open to receiving Your Divine Love, and are here to cause discord and distraction, that they be removed and taken back to their homes in the spirit world until they can return in harmony with your Love. I ask that my soul be in ascendancy over my mind and to know Your Truths. I ask to let go of all that is not in harmony with Your Love. I ask to be surrounded by Your Light and Love and lifted up toward your Celestial Kingdom, where I may make rapport with my spirit band, in order to receive assistance in opening my soul to the inflowing of your Divine Love.” Then, continue with the **Prayer Perfect** or your personal prayer.

If you need more preparation time to release the stresses of the day, meditate for a period to center yourself before going to Father. After the prayer, I will sometimes hold the thought of asking for God's Divine Love. At other times, when I am in need of specific guidance, I will clear my mind and ask for help with a particular question or issue. I communicate to the Father that I am open to any guidance that He may convey through His angels.

There will be times when you get discouraged and feel unworthy. Know that you are a beautiful child of God. He loves you because you are His child, not for what you do. Make a daily affirmation to tell yourself “I am a child of God and worthy of His Love”.