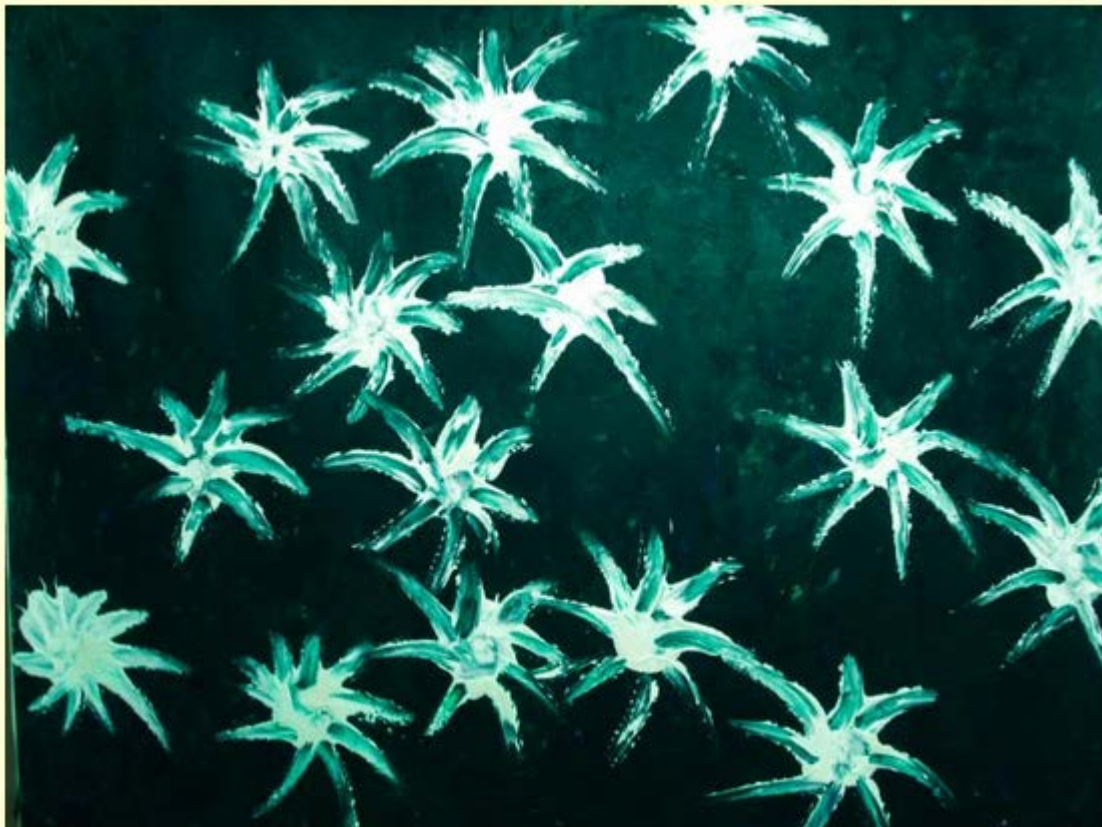


Connecting New

May, 2015

This month I share one of my experiences of prayer. I was flooded with a sense of green, which for me represents life. Out of my core came a radiant white light, my divinity. Then I had the awareness of many other people in prayer at that moment, all of us one with God and one with each other. For me, prayer is about being with God, or more precisely intentionally being with God. My experience that day was a gift, a deep sense of union with God and others, a deep sense of love, beauty and acceptance.

I immediately continued the experience through painting, and as is typically the case, I had almost no notion of what the result would be. About all I knew was that it would be green. As I continued the prayer through the process of painting, I distributed the blots of divinity (white), and then without thinking, I was moved to have them radiate outward. I am pleased with the result, blossoming flowers of God's Love.



I end with a couple suggestions that we offer in the Week/Month of Guided Prayer ministry. First, there is no wrong way to pray. Second, let the Spirit of God pray within you - prayer is not as much as something we do, but rather a being with.

Peace and Blessings,
Clarence

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Clarence Heller is a spiritual director, poet, and dreamer whose writing and paintings are inspired through prayerful reflection.

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