

Power-Full Prayer: Understanding [Transcript, Condensed]

with Carol Gadbow and Sharon Dziubski

[00:00:00.750]

Hello, everyone, welcome to this segment of Power-full Prayer, a part of the all-new 12 Powers Club, and we're so grateful to be here. I'm Carol Gadbow, a chaplain at Unity in Naperville, and I'm here with Sharon Dziubski and we're going to bring today the power of understanding. It's such a wonderful place to begin. Hi, Sharon.

[00:00:23.670]

Hi, Carol. Hi, everyone. So grateful to be here with you and grateful to be part of our 12 Powers Club... I love that we're taking the opportunity to speak about these 12 powers in a kind of a different way. I love the platform that's been created, that we have this opportunity through music, meditation, the arts... and this is the same thing with our Prayer-full Connection...

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It's through something deeper. It's a creative, spiritual understanding of our experience with with the one power and the one presence. It's understanding a spiritual nature and not dividing, but understanding that there's a human understanding to things and there's a spiritual understanding. They're not necessarily separate. They are kind of married. But I think the realization for us through this prayerful connection is being able to recognize or realize more of the spiritual understanding. And by doing that, there's actually an activity of letting go of the human understanding.

[00:01:26.070]

So it's not kind of x-ing it out or pushing it, but it's sort of letting that dissolve enough or the spiritual understanding of things to move through. And, boy, one way we know music, the arts, it all happens walking in nature and right here through prayer, seeking to understand the spirit and the nature of of our being and our essence.

[00:01:48.700]

That's really, really so true, and I was thinking, too, about how understanding synthesizes information and brings it to knowingness. So that we can have facts in our minds, we can have figures in our minds and we can know a lot of things, but - facts can be believed, but truth can be lived and expressed. So, you

know, when you're living out of your head, you have a belief system. But then when you bring it to understanding, it's the truth....

[00:02:24.210]

It's the truth that we stand on. Right? It's what's under the facts. It's the truth that we stand on, that we live by, that we can express with. And the power of understanding, I believe, takes it to that that spiritual connection?

[00:02:40.690]

Yeah, and I love the scripture, I think it's Proverbs 3:5-6. Most people know this one. it's, "Trust in the Lord with all your heart, lean not on your own understanding. In all your ways, acknowledge spirit." Acknowledge the one presence and the one power. Again, what a beautiful way to go into a prayerful mode. Any time I'm seeing things, feeling a need to engage or respond or react to things, and I can feel my ego just pumping up, pumping up ... I can feel the lower, slower vibration or my nature, I can feel all the human stuff coming through... One conscious God breath, the asking for understanding. it's not coming here [pointing to head]. It's what we talked about, about a heart understanding. Right? Like, just one conscious breath, lean not on my own understanding here, but how can I presence in a way with what is being called here.

[00:03:39.670]

What needs to be present? Love? Listening? If I'm call to action? But I'm going to do it from that understanding rather than from a human need or desire to control it, or fix it or jump in and rescue it. So, I love that power of understanding as being that there's a greater understanding ... There's no way in the human realm I will ever understand the fullness of things. But it will work through me. It does presence through me, and I am participating in the divine will, the divine understanding in all things.

[00:04:17.330]

Funny that you mention Proverbs, because I was also looking at in the 12 Powers book by Charles Fillmore, he has it under this chapter... Proverbs 3:13-19... If you don't mind, I'm going to read it for a minute because it really touched me. "Happy is the man that findeth wisdom and the man that gaineth understanding, for the gaining of it is better than the gaining of silver and the profit thereof than fine gold. She is more precious than rubies, and none of the things that thou canst desire are to be compared unto her. Length of days is in her right hand and in her left hand of riches and honor. Her ways are ways of pleasantness and all her path are peace. She is a tree of life to them that lay hold upon her, and happy is everyone that retaineth her. Jehovah by wisdom founded the Earth, and by understanding he established the heavens."

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That's just such a beautiful quote. I just had to say it and share it.

[00:05:19.370]

What is in there the most grabs you Carol? What speaks to you the most there?

[00:05:25.340]

I, I think, I think you feel the joy, the joy of the kingdom. I see understanding as when you're connected to the consciousness of spirit and the kingdom, that's where your joy resides. You know? And I think that just feeling the connection of spirit brought that joy to mind.

[00:05:47.810]

You know, there is one thing really that I just had to share. I found this the divine understanding quote from the Urban Dictionary... This is so funny because you were talking earlier about going from head to the heart and where understanding lies is in your heart... Well, this is so, so perfect. It's from the Urban Dictionary: "The heart is that which contains all love, hearing, courage, compassion, tenderness, gentleness, happiness, awe, loyalty, passion, hope, beauty, feeling, laughter, trust, charity and joy." So if we go to our heart and we open to our heart, and our understanding is full of all of those qualities...

[00:06:42.200]

Why would we ever live in the head? I want to live in that heart space you describe...I want to understand that heart space...

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It's just so beautiful, what a beautiful thing to think of the heart that way, and our understanding that way. It's that truth of who we really are. It stands under conscious presence that we can bring, you know?

[00:07:13.010]

I love that. And you know, it's being gentle with the human part of us, too. I sometimes feel.. I'm sure our listeners or friends listening would agree... That sometimes when we feel the human condition, the human nature over it, we can either chastise ourself or feel bad, start saying I should do this or I should do that. And it should be more joy, like you said, the joy of, oh yay, there is the human part of me... The beauty and understanding here is, once you catch it, it's so beautiful because that's when you have the awareness of the heart nature, what you just described. It's almost like you're meant to have this kind of corroded human thing going on and take the moment to just kind of laugh and go, oh, yeah, but I understand it in this kind of space. And then you sort of laugh and something moves through... There's joy and there's a lot of tenderness. Not always laughter, sometimes it's just tenderness and it's a deep reverence for things that are happening to give it that understanding that beautiful space in the heart... but

the mind will tell you something different, and the wisdom of the heart will guide in a different way. But it also reminds me of one of my favorite Bible quotes, Romans 12.2... "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." But the mind I think they're talking about in there is what you just said, Carol, be transformed by the renewing of the heart mind.... don't be conformed by the patterns that we that the five senses have picked up and learned and know and take in as our only way to feel and know the world. No, be transformed by this, because the five senses are limited, but suddenly you're in a fourth dimension here when you're you're having that experience of just letting that speak. And I love it, because it's not negating or denying things happening. It's totally present in it and watching it evolve and shape and just transform, transform you and the loved ones and people around you. We witness it when we get to see that happen and that's the one presence in the one power, the invisible is-ness...

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And the subtleness to understanding too... Doubling Thomas had to see it, to believe it. Right. And so, show me the proof is your intellectual consciousness and of understanding, but the spiritual understanding with faith and intuition, it allows us to believe in the unseen, unproven, with a gentle, whispering... When you go down into the silence... Understanding is found in the silence, too. You know, when you go into that sacred space, that intuition and that whispering of spirit, we can hear it in the silence... you know, open our hearts to that whispering and to that intuition that gives us a deep understanding of where we can go and who we can be...

[00:10:56.480]

Even just those moments when you're in the peace that passes all understanding just that. If I have a moment where I'm struggling or something's happening, my mantra can just be, "The peace that passes all understanding..." Because right here it's not understandable, but when I'm in here [points to heart], this peace... It will transform, it will move through and I will have an understanding that... I can not talk about it intellectually, but in prayer, in presence... In those ways it shows up and it's very powerful - powerful prayer. And I think, Carol, that's the thing... When we talk about power-full prayer and these prayerful moments... You're coming here, we're talking a little, we're going to do a little affirmation and prayer together... But, man, you pray all the time! You don't even realize it... The the one conscious God breath is the prayer in any moment. It's the place that's asking at that moment the power to understand here [points to heart], not here [points to head]. Then I take the one conscious God breath, it's a prayer when I can just put my hand on my heart. And it's a prayer... I can say and sing a song, walk in nature, look at the look at the trees.... Those are all prayers. If nothing else, if we all just supported and nurtured and kept affirming that with each other. You are a walking prayer, my friends. You are a walking, breathing, loving prayer every moment you take the one breath and just turn within and just choose... We're using the powers as a way to do that, that gate to choose, in this particular space. So, maybe right here I'm looking at understanding and that's my powerful prayer today, to just seek to understand from my heart.

[00:13:00.990]

But we're all doing it all the time. You don't have to go to someplace. It's nice to go to a corner, and a quiet place and to a church and whatever. But you're doing it all the time. Yay you!

[00:13:16.680]

I want to say prayer warriors, but it wouldn't be warriors. It would just be prayer spirits. You're prayer spirits, all the time... We just consciously realize that.. We consciously say, yes... I think it's Meister Eckhart... One conscious God breath or one prayer is just yes, when you just say yes to spirit. In the moment... you're saying yes to to the presence and power. And guess what, you're not saying to something out there. You're saying it right here. It's in us. It's expressing, it's waiting to be born. It's waiting to express. And that's what we're saying. Yes. To that innate presence. And right now we're understanding it as understanding. It's powerful to take these moments, to take these words and kind of just use them throughout the day, use the power of understanding - what what you're here doing today!

[00:14:20.400]

And just opening to the powers that are already within us. It's not something we have to go outside of ourselves to find or to read about or to open up to the power within us. It's the truth that stands under all that we are. And that's what starting with understanding is so beautiful, it's the foundation. So the affirmation that came to me as I was doing this was, "I view others and myself with understanding eyes and heart."

[00:14:57.340]

Love that...

[00:15:00.710]

It's being gentle on yourself and allowing that gentle spirit to connect with others and soften your eyes and see things with a gentle and understanding heart. So peaceful and calm.

[00:15:20.150]

And I love that you write your own [affirmation]... It can be a song lyric.... You said earlier, Carol, that you would sing in the car, like just one line from a song. It's that. It's, you know, it's reading a written affirmation somewhere. It's reading the writing, it's already on our hearts, you know? I love the saying when they say, when you read something and you have the AHA with it; it's it's not the AHA because you read it, it's AHA because it's in you, and you finally say, oh yeah, I know that. I understand that

[00:16:00.710]

It's in there! You know, I think it would be really wonderful Sharon... I'm thinking it would be great in this moment to just stop and if you could give us a prayer, and just take us into that moment of understanding and the power...

[00:16:19.970]

Okay, I would love to. So everyone...so just take a one conscious God breath , moment... that's your prayer. One breath ,and just stay in the silence with it for just a moment, just concentrate - not not even concentrate, but gently just rest back inside the breath as you're taking the inhalation and watching the undulation and the exhalation.... Loving spirit, we are so grateful to presence with the breath of life, to understand that the breath of life, the movement, the is-ness of life. Is is is is me, is my fellows, is life, is love, is faith, is wisdom. We're so grateful to take the word understanding and just let the word slowly marinade. Sort of feeling the letters unraveling and the meaning is moving into the heart. And feeling the divine wisdom, the divine understanding in everything, always present, always available and always ready to express with joy and love. And we simply say, yes. Yes. Yes. And so it is, and so we allow it to be. Amen.

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