



3.3. The Practice of the Jesus Prayer and the Prayer of the Heart

We have already discussed what the Jesus Prayer and the Prayer of the Heart are and where they historically originate from.

Now we turn to a practical introduction.

Praying with the name of God or a kind of mantra

In Part 2, I described the three phases of the Prayer of the Heart.

1. Thought and breathing rhythm
2. Automatic repetition
3. Awareness of the divine presence

These phases show that we are moving toward a state in which the word is no longer just a thought, but becomes an awareness of the spiritual presence of what we are speaking.

Finding the prayer phrase

Before beginning this practice, you must choose a prayer phrase.

Different categories of phrases

I distinguish between three categories of prayer phrases or mantras:

1. The name of God
2. The name of the incarnation of God
3. Personal phrases that help manifest a particular spiritual awareness

The name of God as a mantra

The first option is to choose the name of God as a prayer mantra. This can vary depending on tradition or personal preference.

Examples of this are:

- Allah
- Brahman or Om
- God
- Great Spirit
- Heavenly Parents
- JHWH (Yahweh or Jehovah)

The name of God's incarnation

Some explanations about the value of connection with the Incarnation of God in prayer were given in Part 2. The choice can be oriented towards one's own tradition.

Examples:

- Gautama Buddha
- Jesus Christ
- Krishna
- Prophet Muhammad
- True Parents

Personal phrases

Personal phrases can help manifest a particular spiritual awareness.

Once we earnestly seek God and the path to Him, we can be sure that He will guide us.

I have often experienced that certain phrases were given to me through dreams or intuitive moments of prayer. These phrases can be used as mantras over an extended period of time to anchor their awareness within us and make them substantial.

Some examples I have received:

- True Love
- I am important to God
- God stands behind me from now on
- God wants to be there through me
- Dignity and strength
- I am here

A psychological perspective

From a psychological perspective, such phrases are emotional and spiritual resources or inner, liberating attitudes that we may still be lacking. They are given to us as both guidance and task for our transformation. They hit the nail on the head—that is, they name exactly what we are meant to embody.

In psychology, such resource-strengthening solution statements are known.

Here are some examples:

- My parents stand behind me
- I am enough
- I am in my power
- I am free
- What I have received is enough – I will take care of the rest myself

You can also simply name the resources you feel are currently missing.

Examples:

- Peace
- Joy of life
- Connectedness
- Power and strength
- Trust

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