



3.8. Mindful Rituals Before Silent Prayer

There are a few rituals I perform before entering into silent prayer. These include, for example, a bow and a spoken prayer from my tradition. For Christians, this might be the "Our Father."

What matters most to me is carrying out these rituals mindfully.

When I enter the prayer room, I try to be especially aware. As I stand before the altar, I consciously feel the soles of my feet, or my hands as I strike the gong or light a candle.

I try to open myself to the spiritual atmosphere in that moment.

When I say a spoken prayer, I feel the vibration of the voice in my heart area.

I also speak the prayers quite slowly, with pauses between the phrases. I try not only to think the words, but to feel them deeply.

These pauses are especially important - in them, I become aware of God's presence.

As a result, everything gains a deeper quality for me - every moment becomes more and more a personal experience that touches me inwardly.

Create your personal prayer time

There are many beautiful rituals that can help prepare us for prayer. They bring our attention back to what truly matters in life.

Our daily routines quickly overwhelm the mind with countless themes and concerns.

Prayer time is our time - a time to refocus on the essential.

So be creative and design your prayer time so that it becomes your personal quality time with God. Integrate rituals and prayers that touch you inwardly.

My path to spiritual care

In the Unification Movement, to which I feel connected, people are strongly oriented toward altruism.

A central focus lies in living for the sake of others and building a peaceful world. Many peace movements were founded by Sun Myung Moon and his wife. These activities require deep personal commitment from each individual.

From my perspective, personal spirituality and pastoral care often fall short.

That's why I decided to place my focus there - although it was less a conscious decision and

more something that felt destined. It arose from my personality, my challenges, and the way God led me out of my misery.

A Prayer that has grown with me

Along my journey, a prayer for the spiritual well-being of people has developed.

Over the years, this prayer has evolved and changed. Many of the small enlightenments and revelations I received along the way are reflected in it. I'd like to share it here as inspiration.

Prayer for our spiritual well-being

***Beloved Heavenly Parents,
please forgive us our sins and transgressions.***

Please open our innermost, pure, humble, and grateful heart that constantly longs for You.

Please lead us to true, absolute faith and trust in You.

***Please grant us wisdom in recognizing, understanding, and acting,
and give us the strength for a victorious path.***

***Please open our heart to Your true love, true joy, and true happiness,
so that we may always remain bound to Your heart,
and so that You may be present through us.***

***Please grant us loving kindness, true compassion, and true strength in our
relationships with others,
and empower us to fulfill all that has been entrusted to us.***

Make us Your true children and families of heaven.

Please guide our lives and transform us according to Your will.

May your will be done!

As a final point before I begin silent prayer, I say:

Heavenly Parents, I want to offer this prayer as a gift of love.

Franz Jalics inspired me to add the final sentence through his book *Contemplative Exercises*. It helps us attune ourselves to a heart-oriented posture focused on deep love for God.

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