

How to Center Oneself to Provide Inner Calmness & Strength

Centering is a way of bringing inner calmness and strength within us and being in control of our emotions as opposed to our emotions controlling us. Prayer can be an amazing tool to help us achieve that. I'm not speaking about prayer from a religious aspect but more from a spiritual context of manifesting your desires.

During my interview with [Self Growth expert David Essel](#), David had the opportunity to interview different monks, mystics, priests, rabbis & nuns about prayer. He asked each one if there was a specific way to pray to have the greatest chance of receiving an answer for your prayer.

They all told him the same thing and that was to get silent and become calm. Just go within so you would be able to do it anywhere.

The first step is to get specific in your intent. After you become specific in your prayer, the last step is to LET GO. Just let go of the end result and how it may happen.

David told me of his prayer to receive divine love and for it to be a union that would just be incredible. He prayed and let it go.

Do you know how it came to him?

It came in the form of a dog he adopted. Often times when we let go of the specific end result we're thinking of, we can get it in a way that's unbelievably powerful. If we hang on to having our prayer answered in a certain way then we might miss out one of the most beautiful experiences that could be right in front of us.

David told me he never would have thought that divine love would come in the form of a pet. He adopted a Greyhound off the racing track and named her Kona. Kona taught him so much about unconditional love and divine giving. She also taught him about patience. A lot of Greyhounds can get freaked out once they are off the racetrack because they haven't had easy lives.

He told me by being patient with her long enough, she would reward him with the most unbelievable smile.

David never thought his prayer would come in the form of a pet.

So remember, to pray with all intentions, specifics and to let go and then wait for the magic to happen.

To Your Emerging Power,
Mark Morrison

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