

Being Open To God's Spirit

Guidelines for the person praying in the prayer movement, *BEING OPEN TO GOD'S SPIRIT*

In this part of our Companioned Prayer™ we continue to be open to our prayer subject or symbol changing, unfolding and evolving. In this prayer movement, if you do elect to share a symbol of what has come, your companion will repeat it back to you. A symbol can be just a word or two that might best capture the essence or feeling of what has come, even if the symbol does not capture it completely. When we hear our companion repeat the symbol, it seems to help us move from what was to what is; from our prayer issue to the symbol received. When we hear it, we become more present to it.

Then our companion will continue by asking you if it feels right, inside, to journey with it some more. Again, this is not an intellectual or analytical question. Nor are we looking for a “good feeling”. This is not a self-selection process. Just briefly notice if it feels right to go on, to spend some more time being present to how this is now. It has shifted from our original prayer subject to some symbol that has come; some word or image, thought, memory or feeling. The question posed asks us to check inside to see if it feels okay to continue our prayer journey with this new symbol instead of the original subject or previous symbol. Sometimes it can help to pause a few moments and allow the subtlety of what has come to slightly clarify before answering the question.

If it is okay, just say “Yes.” If unsure, check how it seems to feel in your body. If you are still unsure, let your companion know. Generally, you will continue until there is a sense that the prayer has gone as far as it should for now, and that you've come to a natural stopping place.

Guidelines for the companion in *BEING OPEN TO GOD'S SPIRIT*

If the person has shared a word or symbol of what came, repeat it back to them exactly as they said it. For example, if they said the word “path”, repeat “path” back to them with the same tone as it was said. If the person praying said a phrase or whole sentences, just pick out a word or two of theirs that might best capture the whole feeling of what they have shared, and repeat it with the tone given.

If you are not sure what they said, do not repeat the word with a questioning voice. Instead briefly ask them to repeat it so you can hear it correctly, saying something like, “Please repeat that.” Remember that you do not need to know anything about the meaning or significance of their prayer subject or shared symbol. It does not need to make sense to you.

Sometimes a person will silently cycle through a number of symbols before they choose to let you know that one came. That is okay. They may even silently continue staying with the inner movement of the Holy Spirit until they are ready to stop. Remember that you are assisting the person in their personal prayer with God, helping them to be open to the movement of his Holy Spirit felt within them. You are not directing them; they are directing you in response to what they are experiencing within themselves. Therefore, if someone is sitting in silence for a long time, do not assume that nothing is happening within them. If nothing is happening, it is their responsibility to let you know.