

## A Prayer of Being

**John Gray:** It is exceedingly good to be together in this way! These live-via-Zoom service gatherings are potent times. Temporarily, at least, our individual creative fields merge and coordinate to accommodate the manifestation of love and truth on a rather vast scale. Most of us have at least three of these experiences each month, and quite a few of us participate in a variety of other virtual gatherings as well. I like that word, *virtual*; although it's used in other ways in the modern manmade world, the root of it is the same as the word, *virtue*: integrity, righteousness, worth. When we gather like this, we magnify these and other qualities of the spirit of love.

Naturally, Pamela and I are very happy to be with you all in this here and now. She will be opening, beginning with visuals she composed to accompany timeless words.

**Pamela Gray:**

### The Prayer of Being

Martin Exeter

I AM in heaven.

The revelation of myself is holy.

My kingdom comes because I am here.

My will is done on earth because my will is done in heaven.

I give the bread of life in each moment of my living on earth.

I forgive, and that forgiveness is received by those who share the spirit of forgiveness.

I lead no one into tribulation but deliver all evil into the creative cycle.

For mine is the creative power of the Word,

And mine is the glory which results,

Shining round about,

To be reflected by the world which I create.

The Lord's Prayer in the Bible has been recited by millions of people countless times, mostly by rote, and is often misunderstood. It tends to be a prayer to ask God for favors rather than a prayer of thanksgiving. It was and is the Lord's deepest longing that humankind would be as created, with consciousness in heaven while living on earth. Martin's "The Prayer of Being" voices our true identity. I am a Creator-Being living in heaven on earth. I AM that I am. I am here to make the invisible, visible. This has always been the mission. The mission is fulfilled in every wondrous and seemingly serendipitous opportunity that life brings right to us.

There's so much happening to our precious world and to its people. Yet, what is happening in the world of Creator-Beings is what answers the Lord's Prayer. We can look at things as either falling apart or as opening up. There's much that's falling apart in the world of man's systems created for self-centered purposes. We see all that. But above and more than that, there is a rising in resonance to a higher field powered by the spirit of love. Our collective reason for being in form in this day—the day the prophets looked to—is to manifest the garden state in our living. In the magic of one consciousness we know true identity. The revelation of ourselves makes us visible.

The word *manifest* has energy to it. This word is being redefined by usage today. It's interesting that last year, *manifest* was the word most looked up in the Cambridge dictionary. Generation Z popularized it and spread it through social media. The popular definition is "to establish a goal and to will it to happen." *Manifest* appears in the Bible 37 times. The definition that is closest to what we're about is, "to be created, to take form, and to make visible." We make the invisible visible through our expression in our living. In lyrics of Paul Simon, "These are the days of miracles and wonders." I think the general worldview would be that the miracles are such things as scientific discoveries, advancements in medicine, or ecological research to find solutions to combat global warming. All of that is wonderful, and it is at an earthly level of things. The real miracles and wonders from our standpoint are focused times like this gathering now. Unity of clear vibration has wondrous effects! The power of Attunement creates fine and healing substance through our gatherings, our personal work with people, the world, and with our planetary system. In our everyday living we each have our own pneumaplastic fields which draw what is of resonance to our radiance.

Here is a peek into a couple recent events in John's and my world. A dear friend of ours, Greg Botz, lived at Glen Ivy Community in the 1980s and developed a passion for

working with exotic Southern California plants, flowers and creative landscape design. The grounds at Glen Ivy Hot Springs Spa were (and still are) a paradise of beauty graced with an atmosphere of loving stewardship. When Greg left the community for San Diego, he opened his own landscaping business that was successful for decades. Greg's 75<sup>th</sup> birthday party that we attended drew about 30 of his clients who had quickly become his true friends, sparked by his light of being. They became interested in discovering something about their true identity. So, when John and I arrived and were introduced to people, most asked, "Are you part of the group?" You can imagine that conversations went deep right from the start. The evening ended with a candlelight ceremony, as Greg's partner, Victoria, gave each one in a circle a candle. Greg expressed his deep appreciation for each one and for the love that drew us all together. The wonder and magic of spirit have their way!

The other person who was celebrated very recently is John. He didn't know I was going to say this. For years, John has been a commissioner for the branch of our city government called the Planning Commission. Recently he was presented a Senior Legacy Award by our district's County Supervisor. John was one of eight recipients from cities in our supervisor's jurisdiction; he represented our city of Lake Elsinore. The celebration luncheon was held in a beautiful events room with at least 200 people in attendance. The programs given out said something about each honoree. This is an excerpt from John's page, "John's service extends beyond policy. He models what it means to be an engaged resident who takes pride in his community. His longstanding involvement has inspired others to step into leadership roles and become active in local government by generously sharing his time, insight, and experience. John has contributed to a stronger, more vibrant Lake Elsinore. His contributions have left a lasting impact on the community and embody the spirit of the Senior Legacy Awards." Each award recipient was asked to name an organization to which the county would give a donation on their behalf. When John was asked about his choice, he said, "to the International Association of Attunement Practitioners." That charged the room with a certain substance! The vibration went out as it does in all that we do.

We represent the essences of highest nobility. And we see this in others. A Bible verse that has always lived in my heart is in Revelation 3:11: "...hold fast that which thou hast, that no man take thy crown." In words from Uranda, "Remember who you are and why you've come." We've all come on the vibration of Uranda and Martin, and have that spiritual legacy burning right in our cores. In these unprecedented times, we continue the

story, our individual and collective magnification of who we are, always, letting that light shine. This radiance connects in resonance. What a magnificent job we have! How blessed to be about it together.

**John Gray:** Pamela is the queen of my life. We complement one another in love. How is your joyous, fulfilling, resonant experience of life today? Our vast Selves envelop and permeate our personal material manifestations and reveal true meaning and purpose through them. As Pamela emphasized, we live in heaven on earth.

We have each come to know, hopefully, that wanting a role for ourselves, or wanting another to be in a role for us, or wanting to be acknowledged in some role, are all symptoms of lingering false identity. We are Creator-Beings, eternally so. We create our roles in the world as we live in the world. To the ignorant mind, this may seem like magic, and it is. *Abracadabra!* I remember that word has an Aramaic root which translates, "I create as I speak." We are each, and all together, the Word made flesh.

These days, human roles are speedily breaking down for individuals and for groups, for nations and societies. So much of the old order just isn't working, and I doubt we've seen anything yet. We share some awareness that we Creator-Beings are ordained to administer the cosmic creative cycle for this corner of creation. We can humanly do this only in divine identity.

One evidence of divine identity we may be experiencing increasingly is an awareness of, but relative disinterest in, much that is reported in news media. Prominent political figures, especially, push their worldviews and go all out to impose them on as many as will submit, but does any of that really matter? Maybe it used to, but now? It's natural and right to care about the fates of innocents, for example; many things may tug at our heartstrings. These are our people, after all. But notwithstanding, let my heart and mind stay with me where I am, in heaven.

Forever-friend Chris Jorgensen notes, "The gap between heaven and earth is closing in experience for many." Heaven and earth are one in fact; and some of collective human consciousness is catching up with this fact. There's nothing to make happen; all essences are present in the realm of pre-form where I live. A new heaven is everywhere; a new earth longs for full manifestation. This is where we come in: *Abracadabra!*

In my consciousness these days I am finding the former division between "here" and "not here" to be, now, more of a merger zone. By "here" I mean the familiar dimensional world of space and time; "not here" is undimensional, but actually just as much here. Consider: both birth and death of physical bodies are transitions forth and back, but **I am** the one making the transition. I am home in my dense body here in the world, and I am simultaneously home in the

far vaster, ethereal world that is more than equally present. Home is very, very big! Uranda and Martin taught without ceasing, *heaven and earth are one*. This fact can only be experientially known by being conscious in heaven. The earth cannot get into heaven, but the heaven knows earth, permeating it and revealing oneness.

A contemporary-aged woman friend whom Pamela and I have known well for decades was diagnosed with metastatic breast cancer last year. Within months the condition was found to have spread to bones and lymph and was medically pronounced to be Stage 4. Terminal. Details of how things will go from this point are variable; her doctors speak in terms of short-term probabilities. This good friend and I are in frequent communication via email. Over recent months, to me, the most profound change evident in her consciousness has been a gradual but persistent shift in identity from being the one dying to the one transitioning. At one point I wrote to her, "In your quietest moments you understand that the place of hope in your heart is not for physical recovery, but it's where your Innermost One lives. This is what's happening: the outer you is letting Her in." Not long later she wrote back, "John, the bridge connecting heaven and earth is within us, although the noise of everyday can obscure it. I used to spend a lot of time berating myself over my perceived lack of clarity. I don't go there much anymore...." In a later email she wrote, "...things may well change for me in the future, but for now, I'm busy living, not dying. None of us know what is coming tomorrow but I'm working on living my best life surrounded by the love of my family and friends. So, today I say, 'Ain't life grand?!' And tomorrow, I'll say it again." More and more we simply meet and smile in the transcendent place where all is eternally well.

Living in a dying body is challenging, to say the least! For those in whom the light shines, mental theory recedes and gives way to experienced spiritual Presence. The realization comes that the old question, "Who am I?" is not really meant to get an answer. The question, "Who am I?" is meant to dissolve the questioner. This leaves the right answer self-revealed!

I've related a bit of our friend's story, an account of an individual, but a similar story applies to all of humankind. The entire physical body of mankind is terminally ill. We're all living in a dying body! As a whole we have innumerable physical, mental and emotional maladies, and the only radiation therapy that can be of positive effect is *spiritual* radiation: Attunement! Our mentor Martin strongly advised, "Never underestimate the power of spiritual expression." We may also see a corollary to this as the creative cycle proceeds: Never underestimate the power of adversity to crack open human hearts and let the light begin to come through.

In addition to being sick, humanity is homeless. Homelessness is a problem in this country and all over the world. One website I visited lists the most common causes of homelessness in so-called developed countries: addiction, domestic violence, mental illness, poverty, post-traumatic stress, relational brokenness, and despair. The predominant cause globally is said to be poverty. (It occurs to me that the list of so-called causes may be seen as *effects* of homelessness.) The crowning creation, mankind, was and is designed to tend and keep Garden Earth, but human beings have been absent-without-leave for so long, the planet suffers and our heavenly home remains largely invisible. Our role as Creator-Beings is to make the invisible, visible.

The diminishing gap between the spiritual and physical worlds has both proximity and time aspects to it. Heaven and earth *are* one, not "will be one." What is to be hereafter is already here and now in the fine substances of heaven. As I said, some—I believe many—in the human world are catching up to this fact, if only subconsciously. By the way, it isn't all that odd that in the world of religious beliefs, "heaven" and "hereafter" are synonyms—and both are elsewhere and later! Those who are catching up welcome the coming of the new; those who are not, sooner or later find themselves whacked hard by the passing of the old.

Time is not as linear as once believed. Sometimes it seems to swirl and even turn back on itself. Time is subjective. Who hasn't had experiences when many things happen while only minutes or even seconds pass? Alternatively, some hours can feel as long as whole days. Our experience of both space and time shift in marvelous ways as we live in this dimensional world as the radiant Creator-Beings we are. We create the worlds we live in and fill them with our holy Presence.

Returning to the expression of spirit in words that Pamela began this hour, let us listen anew in our deepest hearts. Here you know that these are your own words, and I know they are mine:

### **THE PRAYER of BEING**

Martin Exeter

**I AM**

in heaven.

**THE REVELATION**

of myself is holy.

**MY KINGDOM COMES**

because I am here.

**MY WILL IS DONE**

on earth  
because my will is done  
in heaven.

**I GIVE**

the bread of life  
in each moment  
of my living on earth.

**I FORGIVE**

and that forgiveness is received  
by those who share  
the spirit of forgiveness.

**I LEAD**

no one into tribulation,  
but deliver all evil  
into the creative cycle.  
for

**MINE IS THE KINGDOM**

present on earth.

**MINE IS THE CREATIVE POWER**

of the Word.  
and

**MINE IS THE GLORY**

which results,  
shining round about,  
to be reflected by the world  
which

**I CREATE.**

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John Gray: [johncgray@aol.com](mailto:johncgray@aol.com)  
Pamela Gray: [pamela.gray1@gmail.com](mailto:pamela.gray1@gmail.com)  
Lake Elsinore, California