

## Pray to the CREATOR with your Mind, Body and Soul



Xian Sheng reminded us many times that when we pray to the CREATOR, we should pray with our mind, body and soul. How do we achieve this difficult task of coordinating these three entities? Let us tackle them one by one.

### *How do we pray with our mind?*

When we kneel and pray to the CREATOR, our concentration are often distracted by random thoughts in our mind, distracted by what we see in our line of sight like window grill, trees swaying or birds flying or distracted by noises from the television, radio and ambient noises.

Therefore, Xian Sheng suggested the best way is to think that our body does not exist while praying to GOD. For example, if there are window grills in our line of sight, we would focus our sight on the sky until the grills vanish from sight.

When we pray to GOD, we maintain our concentration until we feel our mind no longer remain with our body and become separated from our body to form a separate entity. Such being the case, our mind has indeed achieved praying to the CREATOR.

By focusing, we would not see the window grills, but to see a complete blank as though any of the objects that are within our line of sight including the grills will totally disappear from our sight.

In practice, some of our brothers and sisters in BAITIAN-GONG have achieved such experiences.

### *How do we pray with our body?*

When we pray by kneeling down, hands clasped at our solar plexus and facing skywards, our body is indeed praying to the CREATOR.

### *How do we pray with our soul?*

Our soul is interlinked with our body. When we kneel down with our body to pray, our soul will similarly kneel down to pray too. If we focus and pray long enough, we will feel as though our soul has separated from our body and our soul is praying to the CREATOR outside our body. We will even feel as though we are outside the window praying to the CREATOR. This is indeed the soul praying to the CREATOR.

If we can achieve the three criteria as explained above, our mind will be praying to the CREATOR, our body will be praying to the CREATOR and our soul will be praying to the CREATOR. Besides praying to the CREATOR with our mind, body and soul, we must also reflect on the meaning of each line of the Prayer to pray to the CREATOR while reciting it.

Xian Sheng's video 21A-2000 dated 18/02/2000  
23.05min-23.08min

## Take Home Values

*When you pray to the CREATOR with your mind, it feels like your mind is outside your body praying to the CREATOR. If you concentrate on praying to the CREATOR, even the window grills in your line of sight will disappear.*

*When we pray by kneeling down, hands clasped at our solar plexus and facing skywards, it is our body that is praying to the CREATOR.*

*If we look from the front view, the tip of our head will form a triangle with the tips of elbows when our hands are clasped together at the solar plexus. The tip of our head will also form a larger triangle with the tips of our knees when knelt down and legs open slightly apart. From the top view, the tip of our big toes touching each other will form a triangle with the tips of both knees whereas the tip of our head will form another triangle with the tip of the toes from the side view. Therefore, when we pray to the CREATOR, the posture resembles a three-sided pyramid.*

*It is believed that the pyramidal shape can help to amplify energy fields and transmit energy upwards. Xian Sheng has confirmed to us that the pyramidal shape indeed has such capabilities. That is why when we pray to the CREATOR, we kneel down, body upright, knees slightly apart, big toes touching each other, hands clasped together and place at our solar plexus to form the pyramidal shape to help us transmit our prayer in the form of brain waves from the forehead. Our face is facing skywards as we want to project our prayer upwards and away from any objects on Earth towards the Plane of Nothing. As the CREATOR of everything and all and more than that, is beyond HIS creation, beyond the universe, beyond the Plane of Nothing, the only way to pray to the CREATOR is to pray facing upward and away from any objects on earth and the pyramidal shape helps to boost our prayer upwards.*

*Our soul is interlinked with our body. When we kneel down with our body to pray, our soul will similarly kneel down to pray too.*

