

THE PRAYER OF UNIVERSAL PATTERN
“ALL CREATION IS UNITY”

The Prayer of Universal Pattern is a non-religious method of personal development and mental healing. It recognizes a single-source of creation and affirms the view that everything is part of a greater whole. The primary principle is that our fears stand in the way of uniting us in Love. The operational postulate is that what happens to one of us to some degree happens to all, therefore to the degree that one person is healed of their fear then all persons benefit.

THE BEGINNING

In 1978 I wrote a monograph entitled *The Personal Reality of Prayer and Belief*. This work examined prayer as both a mechanism and a necessary metaphysical component in our life. Over the next two decades, I worked with these ideas until I finally realized that instead of intellectually examining the mechanism, I should create something that was practical. Out of these efforts came the Universal-Pattern Prayer, which is a way for individuals to link together using what I consider to be a fundamental force of the Universe. The work is designed so that it can be used as a typical personal prayer, or it can be recited in a group as a call and response form. I find my use is like an oath that I take every day. Some people tell me they find particular sentences valuable for contemplation. The prayer can be used without further study, however I constructed the prayer as a mnemonic or memory aid for a variety of ideas that are explained in the narratives.

The use of short symbolic sentences to remind the reader of complex ideas was a very common method used during the European Middle-Ages, particularly with religious poetry. (In fact, I initially considered writing the prayer in poetic form; wisely, I decided that St John of the Cross did a much better job than I ever could in *Dark Night of the Soul*.) To obtain the full power of the prayer, you should read and carefully consider the narrative sections that go with each stanza. Then, when the stanzas are read alone, each will remind you of the ideas that make up the basis of the overall philosophy.

Ashland, Oregon
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The Discussion Section

The main point in using the prayer as a means of self-transformation is to consider each statement as an affirmation of the seed phrase *All creation is Unity*. *The actual prayer is the seed phrase*. The narration consists of words used as affirmations, statements of truth, and instructions.

The Prayer of Universal Pattern

<p>I. <i>All Creation is Unity.</i> We are individualized components of a greater single consciousness. We are a collective manifestation of Love. Our lives exist for the manifestation of Love.</p>
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All religions have the idea of a single consciousness or incomprehensible force that interpenetrates everything. Most traditional philosophies, even those postulating multiple gods responsible for specific aspects of existence, also contain some notion of a single mind as an origin of everything. The logic used in the prayer is that if there is an all-encompassing single-source of creation, then we are all a part of that single-source. Therefore, part of each of us is connected with some part of all others due to this common origin.

If we consider our individual existence, one is led to the conclusion that Life itself has no *meaning*, but it definitely has a *purpose*. If we examine what this purpose might be, one way to express it is to say that the purpose of Life is to manifest some form of Love. This love can be stimulated by many things, such as compassion, appreciation for someone, or an experience of wonderment about the beautifully complex interactions of Nature.

These statements about Love set the stage for contemplation of the fundamental principles expressed in the prayer.

II. *All Creation is Unity.* There is a Life Force that interpenetrates everything. Its purpose is to move events towards the manifestation of Love. The Life-Force manifests Love into the distant past, into the far future, right Now.

This is another way of stating the point of the first stanza: There is some force – called by whatever name one wants – of which we are all a part. This stanza takes the idea further, and postulates a force that can move events towards the manifestation of Love. I call this the Life Force because it is life that becomes the vehicle for manifestation. The idea is expanded by using the logic that since the Life Force creates all, and it has but one function, it is the same in the past or the future or right now. In fact, all that exists could be said to be existing in a constant Now. The Life Force is a mind-entity, not a force directly acting on physical existence; there are other forces that do that. It can connect with events in the past or future, all because they are in the Now. Our brain and the nature of physical existence cause us to experience Time as a linear connection between events. One can learn to view Life, however, as happening *among* events and having a non-linear spherical aspect. This is a key idea in explaining the functioning of prayer.

III. *All Creation is Unity.* Every conscious being is perfect. Because all awareness is unified through a greater single consciousness, to the degree that I recognize my pre-existing perfection other beings are assisted. To the degree that I heal myself by becoming more aware of the unity of all creation, others are healed.

This stanza states the linkage between our thoughts, the creative intentions of the Universe, other people, and the inner perfection that we tend to hide from ourselves through fear. The word *consciousness* as used here is a compromise. One can make the argument that the Creator is pre-conscious in the sense that consciousness is personal and limiting due to its linearity, and that it is actually some form of *Mind* that created existence. These chicken-vs-egg considerations may have metaphysical importance as one develops a personal idea of God, however for the basis of the prayer it is easier on the logical processes imposed by language to think of humans as having consciousness, and that we are related by a single Mind-energy that here we assume to be conscious. The most important consideration is that the connection between and among each of us unites us in consciousness, and that healing – of whatever form – is related to how we link together. A healing that I experience is somehow transmitted through the linked consciousness

to all beings. This idea takes healing from the arena of personal experience into the realm of unselfish service. The service, in this case, is to heal others by healing oneself. Also, behavior is changed. We act differently towards others, consequently we do less harm. By changing ourselves, we change our physical experience to an extent, thereby changing the experience others have.

What is healing? In this case, it is used to mean change. Change towards a greater manifestation of perfection.

IV. *All Creation is Unity.* Every moment I am a better person than the moment before. Every moment, I am more aware of the abundance that is available to me. Every moment, I have greater awareness and less fear.

This is a classical self-affirmative statement. By repeating the word *moment*, we are brought into the Now. The word *fear* is mentioned for the first time in the prayer, and is contrasted with the word *awareness* as one of the antidotes to fear.

It is useful at this point to consider a fear that is in your thoughts. What is the worst that could happen? Would the world end? Most fears will disappear if you examine them logically. This is a process of having greater awareness. Here, awareness as the opposite of lack of knowledge as to how to move away from fear.

V. *All Creation is Unity.* My prayers for myself are prayers for all beings; the prayers of all beings are prayers for me. I am Love. We are Love. Our lives and circumstances are for the manifestation of Love.

When using the prayer, consider each statement before thinking about the next. Use “I am love” to cause you to think about how you manifest Love by your thoughts and actions. Think about the ways others are linked to you by their Love, but not necessarily Love for you as an individual, and how this link forms a “we.” This stanza presents the idea of the connections that prayer makes between individuals.

VI. All Creation is Unity. My prayers form a means by which all beings are led to the events or realizations necessary for them to experience and express increasing Love.

Individual prayer is now linked to things that occur in the realm of personal experience, and the idea that occurrences are somehow facilitated by prayer. By considering how any event or experience can actually be an expression of Love – even in terms of realizing that the seeming absence of Love makes one seek Love – prayer becomes a mechanism of benefit to all people.

We pray for change. Usually, this is thought to be a change from what we consider as a negative condition to a positive condition. For instance, I have a pain in my foot and pray for relief of the pain. This is a prayer for a change in physical condition. This prayer may be answered by a sudden “healing” of the condition. More likely, however, an event will bring an answer – an event involving other persons. Someone in your life offers to massage your foot. It is even easier, however, for the prayer to be answered by a change in your consciousness. A realization: “If I take the rock out of my shoe, my foot won’t hurt as much.” Prayer is rapidly answered through the simplest means available. To say that prayer is “answered” implies that there is a consciousness that engages in a dialogue. Actually, the forces answering prayer work through the most simple and elegant means, like all forces in the universe.

VII. All Creation is Unity. My prayer is that I remember my perfection. By my remembering, all other beings also remember their perfection. In this remembering, all are without fear, all receive Love, all manifest Love.

Here the prayer is that the person praying *awakens* into remembrance of individual perfection. This remembrance causes – through linkage with the Life Force – all other beings to awaken (to some degree) into their own remembrance. Fear disappears when individual perfection is remembered, and when fear is replaced by Love. The logic within this is that *all* individuals are perfect and it is just that fear stands in the way of all receiving and manifesting Love.

The *awakening* here is the change in conscious awareness that is the most simple and metaphysically elegant way that prayer is answered. Remembering in this sense means not that the person suddenly *is* perfect. It means that the person has a glimpse – based upon their present understanding – of how their life-manifestation could be if they “accepted” the idea of their perfection. By being led and moving towards some small part of an individual perfection, we are led towards an awareness of the *whole* of our perfection. The process is one of continuous

awakening into awareness. Being aware and learning how to make visible a portion of our Perfection creates situations where more perfection can be glimpsed and manifested. This is the change in consciousness brought about by the prayer. This is self-healing of the highest sort.

VIII. *All Creation is Unity.* All who request healing of any form from anyone are healed of their fear.

A generalized summation of the relationship between intention, prayer, and the Life Force. This is a prayer that reaches out to all people everywhere. The difference between this and a generalized prayer of compassion or intercession is that this involves *requesting* the healing. The request mobilizes the Life Force to action because we have created a pattern (“all who request healing”) and an outcome (“healed of their fears.”) This mobilization is not a dialogue, however. It is the creation of a pattern of thought through which the Life Force manifests changed conditions. That is why prayer can seem like a dialogue, except this is a dialogue with the self. The stanza could also be stated as “Anyone who asks someone else for assistance that things change for the better in their life find the means to have their fear of being alone or dying taken away.” The asking is the simple price paid for the healing. This stanza can be a complete prayer in itself. It is very different from a “Thy will be done” request to some imagined higher power that essentially accepts a plan or guidance over creation. This stanza asks the higher power to create a situation whereby change occurs for those who request change. The purpose is to set up a pattern. The key is that the pray-er has the awareness of the mechanism. This solidifies the pattern. This is a simple statement with complex requests and elegance. The setup is that another person’s request becomes a prayer.

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