

UNITY PRAYER METHOD

Prayer and meditation are the foundation of Unity teachings. Please refer to the [Uniteen Program Guide](#), "Prayer & Meditation Chapter" for more information

What Is Prayer?

- ♥ Conscious awareness & connection
- ♥ Open-ended
- ♥ Allowing the highest possibilities
- ♥ Aligning ourselves with universal principles
- ♥ Holding the "High Watch" for others
- ♥ Heart-felt and sincere
- ♥ Grateful and trusting

Affirmative Prayer

- ♥ State the need
- ♥ Become still - breathe and go to the heart
- ♥ Deny our belief in the condition.
- ♥ Attain a realization in consciousness/Affirm
- ♥ Give thanks in advance

SEVEN NECESSARY CONDITIONS FOR TRUE PRAYER – Charles Fillmore

1. God is recognized as Father/Creator.
2. Oneness with God is acknowledged.
3. Prayer must be made within, in "the secret place."
4. The door must be closed on all thoughts and interests of the outer world.
5. The one who prays must believe that he or she has received.
6. The Kingdom of God must be desired above all things and sought first.
7. The mind must let go of every unforgiving thought.

Unity's Five-Step Prayer Method

1. RELAXATION

We relax our bodies and empty our mind and become open and receptive to Spirit.

Cultivate "a calm state of mind and a relaxed condition of body. It is said, 'You cannot pour into a vessel already full.' This is true of the individual whose mind and body are already preoccupied with some tense or strenuous state of mind or feeling."

(The Silence, Ingraham. Pg. 17)

2. CONCENTRATION

We center our attention on an idea and if our mind wanders, bring it back to our center.

"Concentration is the centering of the attention on a particular idea. Concentration forms a mental loadstone in the mind to which thought substance rushes like iron filings to a magnet, bringing the forces, whether mental or physical to a common purpose. (The Revealing Word, Charles Fillmore. Pg. 39-40.) We reach a point of such concentrated intensity that another change takes place and we are drawn into another state of awareness."

3. MEDITATION

Once we are centered on a God idea, we turn our attention inward.

"Continuous and contemplative thought; to dwell mentally on anything; realizing the reality of the Absolute; a steady effort of the mind to know God; man's spiritual approach to God. The purpose of meditation is to expand the consciousness Christward; to bring into realization divine Truth; to be transformed in spirit, soul and body by the renewing of the mind." (The Revealing Word, Charles Fillmore. Pg. 131)

4. REALIZATION

We have faith deep within us that our prayers have been answered.

"The deep inner conviction and assurance of the fulfillment of an ideal...the dawning of Truth in the consciousness...It is the inner conviction that prayer has been answered, although there is as yet no outer manifestation." (The Revealing Word, Charles Fillmore. Pg. 164)

5. THANKSGIVING

Giving thanks in advance frees us to accept our good.

"Instead of supplication, prayer should be a jubilant thanksgiving. This method of prayer quickens the mind miraculously, and, like a mighty magnet, draws out the spiritual qualities that transform the whole man when they are given expression in mind, body and affairs".

(Christian Healing, Charles Fillmore. Pg. 76)

LEADING A PRAYER

Basic Guidelines For Heartfelt Prayer

1. The reason for prayer is more important than the method, length or time.
2. Prayer does not change God; it changes us – inside, which changes things outside.
3. Prayer won't change someone else, pray for their highest good in the situation only.
4. The most powerful form of prayer is when our thoughts, feelings and actions are in sync with our words.
5. Pray from a place of oneness - with faith and gratitude to open yourself to your highest good, (not necessarily what you want or expect.)

The most powerful form of prayer is when our thoughts, feelings and actions are in sync with our words.

Leading A Group Prayer

(Taken from the Association Handbook for Licensed Unity Teachers)

1. You are leading a prayer for others rather than just yourself. Don't turn your thoughts inward. Project them outward.
2. Speak clearly. You can be spiritual and still be articulate! To speak quietly and yet make yourself heard requires great care.
3. If you have an affirmation to be repeated, make it simple! Complicated statements will be fumbled, causing great confusion and distraction.
4. Repeat the affirmation twice. This allows people to become familiar with it before you ask them to repeat it with you. Be definite. Let the group know when you wish them to repeat with a clear direction of "Together".
5. Determine the length of the time you are allotting to your prayer time and keep to it.
6. Do not use the time of prayer to preach a sermon. Your words are simply to prepare people for a particular consciousness. Keep it brief and allow time for quiet reflection.
7. Be sure to close with an audible "Amen" or some suitable closing. Thus the group will know the silent time and prayer have concluded. Other wise it is an unpleasant shock to feel the shift in awareness as you go forward into your lesson while they are still absorbed in the silence.
8. Give a few moments for everyone to come back from the stillness of prayer. We have so many people in Unity with various levels of experience in prayer and meditation that some will take longer than others to be fully aware.
9. Acknowledge the power and strength gained in the time of prayer as you move into your next activity.

STANDARD UNITY PRAYERS & SONGS

Prayer For Protection

(Motions used with young children)

The light of God surrounds me,

(arms reach up, then down to sides making a circle)

The love of God enfolds me,

(hands folded over heart)

The power of God protects me,

(show your strong (wo)man arms)

The presence of God watches over me.

(point to eye with index finger)

Wherever I am, God is.

(pat top of head gently)

And all is well.

(give yourself another big hug)

(Written By James Dillet Freeman)

(Music located in Wings of Song page 82)

(Motions from "It's a Wonderful World" curricula)

The Prayer of Faith

(Is a series of affirmative statements.)

God is my help in every need;

God does my every hunger feed;

God walks beside me, guides my way

Through every moment of the day.

I now am wise, I now am true;

Patient, kind and loving, too.

All things I am, can do, and be,

Through Christ, the Truth that is in me.

God is my health, I can't be sick;

God is my strength, unfailing quick;

God is my all; I know no fear;

Since God and Love and Truth are here.

(Written by Hannah More Kohaus)

(Music located in Wings of Song page 78)

Charles Fillmore Invocation

I AM NOW in the presence of pure being
and immersed in the holy spirit of life,
love and wisdom.
I acknowledge Thy presence and Thy power,
O blessed Spirit.
In Thy divine wisdom now erase my mortal limitations
and from Thy pure substance of love
bring into manifestation
my world according to Thy perfect law
~ Charles Fillmore

The Lord's Prayer

Taken from Matthew 6:9-13 is a series of affirmative statements. (Music located in [Wings of Song](#) page 2)

Our Father,
(We are all children of the same God,)
Who art in Heaven,
(Who lives in a higher understanding
of love and trust in the good of all life,)
Hallowed be thy name.
(Whole and perfect is what God is.)
Thy kingdom come,
(Restore Divine order,)
Thy will be done
(And Divine wisdom)
On earth
(Here in my mind)
As it is in heaven.
(As it is in the Divine Mind.)
Give us this day
(Remind us today)
Our daily bread
(All our needs are provided for)
And forgive us our debts
(And release our minds from error thought)
As we forgive our debtors
(As we hold no one in judgment)
And leave us not in temptation,
(And remember the power to choose,)
But deliver us from evil,
(Wisdom in place of error thinking,)
For Thine is the kingdom
(For God wisdom is whole)
And the power,
(And all powerful,)
And the glory, forever.
(And perfect, always.)
Amen.
(It is done.)

The Prayer To Our Father - (in the original Aramaic)**Abwûn**

"Oh Thou, from whom the breath of life comes,

d'bwasmâja

who fills all realms of sound, light and vibration.

Nethkâdasch schmach

May Your light be experienced in my utmost holiest.

Têtê malkuthach.

Your Heavenly Domain approaches.

Nehwê tzevjânach aikâna d'bwasmâja af b'arha.

*Let Your will come true - in the universe (all that vibrates)
just as on earth (that is material and dense).*

Hawvlân lachma d'sûnkanân jaomâna.

Give us bread (understanding, assistance) for our daily need,

Waschboklân chaubên wachtahên aikâna**daf chnân schwoken l'chaijabên.**

*detach the ropes of faults that bind us, (Karma)
like we let go the guilt of others.*

Wela tachlân l'nesjuna

Let us not be lost in superficial things (materialism, common temptations),

ela patzân min bischa.

but let us be freed from that what keeps us off from our true purpose.

Metol dilachie malkutha wahaila wateschbuchta l'ahlâm almîn.

*From You comes the all-working will, the lively strength to act,
the song that beautifies all and renews itself from age to age.*

Amên.

*Sealed in trust, faith and truth.
(I confirm with my entire being)*

The Peace Song

**Let there be peace on earth
and let it begin with me.
Let there be peace on earth,
the peace that was meant to be.**

**With God as our Father,
brothers (family) all are we.
Let us walk with each other
in perfect harmony.
Let there be peace on earth
let this be the moment now.**

**With every step I take,
let this be my solemn vow:
To take each moment and live each moment
in peace eternally.
Let there be peace on earth,
and let it begin with me!**

(Written by Sy Miller)

(Music located in [Wings of Song](#) page 3)

WHAT IS MEDITATION?

“Meditation” is continuous and contemplative thought; to dwell mentally on anything; realizing the reality of the Absolute; a steady effort of the mind to know God; man's spiritual approach to God.” (Revealing Word by Charles Fillmore, p. 131).

Excerpt from: A Practical Guide to Prayer & Meditation by J. Douglas Bottorff. (Unity House)

What is meditation exactly? The answer you get will depend on whom you ask. Ask the Eastern yogi, and she will tell you it is a discipline that will put you in touch with the essence of all life. Ask a Western holistic doctor, and he may tell you it is a deep physical and mental relaxation ... Ask certain others, and they may tell you it is that dreamy state that usually precedes sleep and is often experienced in church.

The word meditation is a general term that can be and is used to describe a variety of mental and spiritual exercises. Of the several definitions found in the dictionary for the word meditate, the two that best suit our purposes here are “to focus one's thoughts” and “to engage in contemplation or reflection”. And yet the results we seek in meditation transcend both focalization of thought and contemplation, for we seek to penetrate a realm beyond these usual functions of mind.

In Unity, we identify the state of conscious required to enter this realm as “the silence”. Charles Fillmore called it “a state of consciousness entered into for the purpose of putting man in touch with the Divine Mind so that the soul may listen to the ‘still small voice’”. Through the super conscious level of mind, you experience the deeper part of yourself that is directly connected with the Infinite. From this vantage point, you become less a thinker and more a beholder. The continual chatter of the thinking mind is silenced, gladly giving way to the rejuvenating spring of pure, unadulterated life.

In biblical terms, this experience could be referred to as the “baptism of the Holy Spirit”, though it may not be as dramatic as the baptism received by the disciples on the day of Pentecost (Acts 2:1-4). This phrase is certainly appropriate when we consider the meaning of these familiar words. Baptism indicates an immersion or cleansing. The word holy is derived from the old English word halig which is akin to the old English word hal, meaning whole. The baptism of the Holy Spirit, then, is immersion or the merging of individual mind with universal Mind and the realization of the wholeness and omnipresence of Spirit. Initially, the individual experiences an inner transcendence of which, prior to the experience, he or she was totally unaware. Where before there may have been a sense of separation from God and other expressions of life, now it is seen that all is one. As the experience deepens through further exploration, the individual centers more of his or her patterns of thought in this transcendent realm and the consciousness is raised...

Unity's perspective on the baptism of the Holy Spirit is that it is not a one-time event, but rather a process. We are just not “born again”, as the experience might well be referred to, but again, and again, and again.

LEADING A MEDITATION

Leading A Guided Meditation

(Edited from the Association Handbook for Licensed Unity Teachers)

1. In leading a guided meditation or group prayer, realize there may be various states of consciousness within the group, such as skepticism, blind faith, guilt, sadness, etc. You can shift that consciousness by centering into the Spirit of peace, which dissolves the negative.
2. Silently, beforehand, wrap them all in love. Bring them close to your heart and to the heart of God. They are hungry, even though some may not realize it, and they long to be fed. This is the mothering consciousness which finds a quick empathy.

PREPARATION: In the beginning, you may wish to write a group meditation or jot down the central ideas you wish to convey.

RELAXATION: Encourage the group to close their eyes and take a deep breath. You may wish to lead them through a brief relaxation experience. Choose a few words on relaxing, letting go, or on peace and quietness.

MEDITATION: Share your meditation, speaking distinctly and slowly. You will lead a meditation in your own unique way – different from anyone else – yet incorporating the similar conditions or steps to produce the effective centering results.

Keys to Effective Group Meditation

(By Trish Robinson; included in the Association Handbook for Licensed Unity Teachers)

1. Please invite or suggest that I shut my eyes, place my feet flat on the floor, take a deep breath, etc – DO NOT TELL ME TO.
2. If you tell me to take a deep breath, I appreciate it when you give me time to do this. Most people are telling me to take another deep breath when I haven't exhaled the first. DEEP is the key word. Allow time for the process.
3. Please remember a meditation means MEDITATIVE. I have heard some very good talks that were preceded by: "We will now meditate". Too many words for a meditation.
4. When you say "We'll have a moment of silence," please give me enough time to recognize that there HAS been a moment of silence. It's really a bummer to me when someone implies more than a moment and there's only been a couple of seconds. I would like at least 30 seconds when the word 'moment' is used.
5. When you make a statement or an affirmation, and suggest or invite me to take it within or incorporate it into my being, PLEASE give me the time to do so. If you are not going to allow time for this, don't invite or suggest it.
6. Please be aware of the PRONOUN you start with (I or You) and stick to it (unless you verbally give reason for the transition).
7. Please do not DROP your voice so low that many of your words are not heard. Unless, of course, you want us to do our own thing, and if so, why not lead us into the silence and BE STILL?

TYPES OF MEDITATION

Relaxation:

- ♥ Relaxation Drill: Invite them to relax. Start at the top of the head and work down to the feet, telling each muscle to relax.
- ♥ Deep Breathing: Have them breathe deeply and slowly and concentrate on their breathing – feeling the air go in and out.
- ♥ Breathe In God Life, Breathe Out Tension: Have them imagine this happening. Use colors in the visualization. Recall the Unity Classic “The Big Me and The Little Me”.

Centering Techniques:

- ♥ Candle: Everyone concentrates on a candle (or other visual focal point) at the center of the circle, then close their eyes and still imagine the candle in their mind.
- ♥ Chant: “I am”, “Om”, “I Am, God Is” or a short affirmation, etc. in a slow manner.
- ♥ Glowing in Light: have them imagine a ball of light at the center of their being – expand the light until their whole body feels as though it is glowing in light, hold this image or feeling.
- ♥ Inhale, Exhale thru the Solar Plexus: Have them feel themselves breathing in energy at the Solar Plexus from all directions and radiating energy out of the Solar Plexus as they breathe out.

Affirming & Feeling:

- ♥ Affirm and Describe Feeling: Speak statements of Truth as you are inspired to. Then describe the feelings related to it. (Example: “feel God’s love moving thru your heart and out into the world” after affirming “God is Love. Divine Love fills me.”)
- ♥ Concentrate On A Quality: Use one Divine quality (love, strength, light, joy, peace, etc.). Affirm it, have them feel it, describe how it moves through them, use it to radiate out and share with the world, etc. You may add a soft color to your light from the 12 Powers.
- ♥ The Running Report: Meditate and report verbally the ideas, feelings & images that come to you – but report it as an instruction so that everyone can have a similar experience as the facilitator.

Imaginary Journeys:

- ♥ Take a trip in your mind: Go to a place that brings peace, upliftment and joy. Describe the scene; the colors, images, sounds, feelings, sunlight, temperature, everything you can in great detail to make it very vivid.
- ♥ You may want to invitee them to their favorite resting place: Allow for individual variations and suggest it may be their room, a comfortable chair, outside under a tree, at the water’s edge or a mountain top. Be sure to invite them back into the room before you close.

Imaging:

- ♥ Radiating Light: See light radiating out through you and into the room, touching others around you, filling the building, street, community, city, state, nation, country, and world.
- ♥ You may add a soft color to your light from the 12 Powers.

- ♥ Expanding Self: Feel your self and your personal energy, expand this energy 6” in all directions, then expand this energy 1 foot in all directions, then 3 feet, fill the room – into the ground, trees, wind, fill the earth and bless it – expand into the universe. Be sure to bring them back to themselves before you close.
- ♥ Grounding the Self: With your feet flat to the floor, feel your energy as a golden cord go down into the earth from one foot, wrap itself around the core of the earth and return up to the bottom of your other foot. Know that you are grounded and supported in the activity you will participate in this day. Feel the every flowing cycle of energy moving thru you and constantly flowing.
- ♥ Rising Higher: See yourself rising out from the top of your head into higher planes. Finally to the unformed plane of pure light. Bask in the feelings there, prepare to return and bring those blissful feelings with you.

Projection Meditations:

- ♥ Sending Love: Imagine all the people you are grateful for (one by one, picturing their face) and send them your love from your heart, wrap them with your energy and blessing. You may add a soft color to your light from the 12 Powers.
- ♥ Radiate Light: To the world or special projects, activities and events.
- ♥ Forgiveness: Bring up an image of a person or situation you are having a challenge with, affirm forgiveness for the other person and yourself. Bless and release them. (Example: I forgive ____ and release them to their highest good.)
- ♥ Release Fear: Bring up an image of a situation that causes you fear or anxiety; affirm God is present in this situation (Unity Principle #1). There is no spot where God is not! Express gratitude for your new awareness and God’s presence in your life. Feel completely your inner 12 powers called up to empower you in this area with confidence.
- ♥ Self Image: See yourself the way you “want” to be. Visualize yourself and Feel as though you are that way already. Fully notice how you look, act, what you are doing, saying and keep the faith. What you believe and hold onto is powerful. (Cancel all thoughts of doubt as they come up.)
- ♥ Visualization: Visualize whatever you want to bring into your life or see and feel yourself as though it has already happened, be specific and as detailed as possible. Be sure to not only see yourself as an observer, but see from your eyes what you would see at that moment. Make it as real as possible. Relax and keep the feeling as though it has already happened, it has!

Ending the Meditation:

- ♥ Return to your Outer Self: return your attention to this room, feel your body as it is supported by the chair / floor, breathe deeply, move your fingers and toes, open your eyes slowly, stretch your shoulders up and breathe deeply.
- ♥ Ways to Close
 - a. With a heart-felt prayer such as “Mother, Father, Everything God, we give thanks for our awareness of your presence...
 - b. With a Group Recited Prayer or Song such as the “Prayer for Protection”, “Lord’s Prayer” or a “Yeah, God!”
 - c. Sing a centering song together. After a song end with a one line prayer (Example: And so it is, and so we let it be. Amen.)

Fun Meditation Projects:

- ♥ Stand Back to Back: Feel the energy between you.
- ♥ Forehead to Forehead: Feel yourself merging into each other's mind.
- ♥ Wheel: Lying on the floor, heads together at the center, bodies like spokes on a wheel.
- ♥ Holding Hands in a Circle: When holding hands, have each person have one palm up & one palm down. An easy way to teach this is have everyone stretch their hands out in front of them, thumbs UP, then have all thumbs fall to the LEFT, now grab the hand beside you – this way you are both giving and receiving love!
- ♥ Affirmations in a Glob: Everyone is together in a tight group & affirm “I am”, “Om”, “I am love”, etc.
- ♥ Music Meditation: Use instrumental music or drumming, chants, or a song with a message as a quiet time for reflection. Background music alone or with a guided meditation works well or focusing on the words of a song with a message can serve as a guided meditation.

Teaching Meditation:

When starting out, for yourself or in guiding another... encourage them to write out their meditation. Practice it a few times, very slowly. Write in (pause) where you would like to allow time for reflection. Practice is the only thing that builds confidence here.

Then, when and if they are ready, encourage them to just write an outline, so their words are more spontaneous. Allow the individual to grow at their own pace in leading meditations. Remind them and yourself to “feel” and “see” the images they are creating with their words as vividly as possible. This helps those participating to also see and feel the meditation vividly as they will be inspired and encouraged by the words we speak to fully relax and trust in the process.

MEDITATION RESOURCES:

Meditating with Children by Deborah Rozman
 The Centering Book by Hendricks & Wills
 Handbook of Christian Meditation by Marjorie Russell
 Creative Visualization by Shakti Gawain

TIPS FOR LEADING A MEDITATION

GOAL: Experience Your Spiritual Nature

- ♥ Create the space and set the tone...
 - Center yourself FIRST
 - Adjust the environment to allow for meditation

When Leading A Group Meditation

- ♥ Short and Sweet, build up the ability and length of time shared in the quiet.
- ♥ Timing Guidelines:
 - Retreat setting for 6th to 8th Grades: 15 minutes
 - Overnight setting for 9th to 12th Grades: 20 minutes
 - Retreat setting for 9th to 12th Grades: 35 minutes
- ♥ Speak clearly. You can be spiritual and still be articulate! To speak quietly and yet make yourself heard requires great care.
- ♥ Vary the length and focus of the meditation.
- ♥ Vary the speed and tone of your voice.
- ♥ It's all good!
- ♥ Use pauses, silence as a means to achieve relaxation
- ♥ Right to pass – a teen may not feel confident in leading a meditation on the spot. Grow this ability by modeling and leading reading of “The Daily Word for Teens”.
- ♥ Freedom to deviate from a written meditation in the lesson plan.
- ♥ Affirm, visualize and have patience.
- ♥ Do not use the time of prayer to preach a sermon. Your words are simply a means to re-focus the energy.
- ♥ Acknowledge the power and strength gained in the time of prayer as you move into your next activity.
- ♥ Be sure to close with an audible “Amen” or some suitable closing.
- ♥ Give a few moments for everyone to come back from the stillness of prayer. We have so many people in Unity with various levels of experience in prayer and meditation that some will take longer than others to be fully aware.
- ♥ Practice, practice, practice... for yourself and a teen that is willing to lead.

Source: Tips for Meditation with Children from Marygrace Sorensen

THE POWER OF THE SILENCE

NOTABLE QUOTES

“The purpose of the silence is to contact the Spirit within you.” ~ May Rowland

“Growth takes place in a person by working at a deep inner level in a sustained atmosphere of silence.” ~ Dr. Ira Prograss

“Only when one is connected to one’s own core is one connected to others... And, for me, the core, the inner spring, can best be refound through solitude.” ~ Anne Morrow Lindbergh

“In the sweet territory of silence we touch the mystery. It’s the place of reflection and contemplation, and it’s the place where we can connect with the deep knowing, to the wisdom way.” ~ Angeles Arrien

“When beginning the practice of sitting in the silence, do not feel that you must go and sit with some other person. The presence of another personality is apt to distract the mind. Learn first how to commune alone with the Creator of the universe, who is all-companionship. When you are able to withdraw from the outside and be alone with Him, then sitting with others may be profitable to you and to them.” ~ H. Emilie Cady

“The purpose of the silence is to still the activity on the individual thought so that the still small voice of God may be heard. For in the silence Spirit speaks Truth to us and just that Truth of which we stand in need.” ~ Martha Smock

“It may take years to learn to enter the silence. But we have to begin, we have to take time everyday to be still.” ~ May Rowland

“If one would grow, one must live whatever message is given in the silence.” ~ Frances W. Foulks

“The silence is not intended to take the place of action (except in instances where action would be unwise), but it should lead to inspired right thought, right speech, and right conduct.” ~ Earnest C. Wilson

“Many a message will come to us when we have become still enough to enter the silence.” ~ Frances W. Foulks

“The silence is not an end but a means. Its mission is to bring life more abundant.” ~ Earnest C. Wilson

“All power has its birth in the silence.” ~ Charles Fillmore

VESPER SERVICE HISTORY

Vespers is a time of evening prayer.

The practice and the word come to us from The Middle Ages of European history, commonly dated from the 5th century.

So the term “Vespers” comes from a history that included :

- ♥ Morning Prayer or Mattins
- ♥ Common Prayer for mid-day
- ♥ Vespers , Evening Prayer or Evensong and
- ♥ Vigils (overnight) or Nocturnes, celebrated at night only in monasteries,

In modern times use the term Vespers as a broader term representing various evening services.

Many other churches also have vespers and often include congregational singing, readings, and a period of silent meditation, contemplation, or prayer.

In Unity, we use Vespers and other times of prayer to
bring our conscious thoughts back to God.

VESPER SERVICE GUIDELINES

Instructions below are for leading a Vesper Service at a Regional Event. They can also be adapted to fit a Local, Community or Area-Wide Event.

Materials: if you need a specific item, please review this with the Regional Consultant no less than 2 weeks prior to the event.

Thank you for serving in this critical Spiritual position. Your contribution makes a difference and helps to set and maintain the Spiritual tone of the event.

- ♥ Open with the Vesper Service History (if desired)
- ♥ Vespers should be **NO LONGER** than 15 minutes total.
- ♥ Vespers should be a **quiet** activity such as a meditation, prayer, song or story that relates to the theme. The goal of the vespers service is to give thanks for the day's activities and to begin to wind down for the evening. The following are some possibilities:
 - Story (If a story is used, it should be short and directly related to the theme. It should only be used as a lead-in to the mediation or prayer.)
 - Drama (If a drama is used, it should be short and directly related to the theme. It should only be used as a lead-in to the mediation or prayer.)
 - Meditation
 - Use an appropriate length of time for the meditation based on the age of the participants. At a Uniteen event, the meditation portion of the vespers service should be no longer than 5 minutes. At a YOU event, it can be longer.
 - Ask everyone to sit (**NOT lay down**) comfortably with space around them. No one should be touching each other as this disturbs our energy field during meditation.
 - Begin only when everyone is quiet.
 - Prayer
 - Song
- ♥ Be centered and before you begin.
- ♥ Begin only when everyone is quiet & focused. If the attention wanders and the noise level rises, **STOP** until everyone is quiet again. Do not try to talk over the disruption.