

## POSITIVE EFFECTS OF PRAYER & ENERGY TRANSFER

06/12/2024

Hi,

I learned something during my drive to work last night. I always do the mental prayer when I am driving, and this time I got a message about one positive effect of prayer. When we really focus our heart/mind to pray, we are engaged in a direct connection with God (or the Higher Power). During this period of time, we are engaged in a "process" of communicating with Him and He makes sure the line is NOT disconnected or disturbed. Therefore, we are under His guidance and/or protection throughout this process. Imagine you are a parent who has a lot of abilities and resources. You know your children really love you and sincerely want to communicate with you. Wouldn't you want to use all of your abilities and resources to protect your children and maintain communication with them? We should realize that God is Our Divine Parent who loves all of His children very much. He would do everything to help us if we reach out and sincerely want to connect with Him.

I began the process of praying and transferring energy from the first day I came to work at SSM St Clare Hospital on 10/16/2017, when I saw the Cross at the lobby and got a thought to greet the Lord each day with prayers. I developed the habit of praying and transferring energy whenever I was driving. Over the years, it became second nature to me... When I am inside the car, my hands are on the steering wheel, my eyes are focusing on the road, and my mind is concentrating on God. Personally, I notice how my routes were safe and smooth because I was constantly in "prayer mode" when I drove. Although I was praying mentally my mind was alert, my eyes were focusing on the road, and I was aware of the traffic around me. Additionally, I realized that the Lord also helped by controlling the traffic lights or the condition of the drivers on my path, and so on.

Many of us knew about the positive effects of prayer. However, we do not fully capitalize on its impactful and profound benefits because we are too blind, distracted, or ignorant with many issues in our daily lives. We got sidetracked and forgot that by stabilizing our heart/mind, we will stabilize everything else around us. Jesus Christ always found time to pray. He has demonstrated how He was able to radiate the peace from His heart/mind and calm the storm, heal the sick, inspire the people, and so on. There are some of us who truly discovered the positive effects of prayer. So, we do not forget to pray as often as possible regardless of how busy and stressful we are in a day. For others who did not see any effects, or do not know how to pray, they can easily be distracted, overwhelmed, or stressed out by the daily challenges or problems.

I am literally submerged deeply in the Ocean of Prayer. As I go deeper, I discover its beauties, its wonders, and its hidden treasures. I really wish that many of us can have this wonderful experience. **Therefore, I challenge you to do this for at least one week in order to find the effects of prayer.** Each day, you can apply and record what you discover or feel in your journal. I believe if you sincerely want to connect with God, then you will have a pleasant experience!

I have my daily process: I begin the process when I wake up to start my day; and I finish with the Gratitude Prayer before I sleep. Throughout the day, I repeatedly apply this prayer / energy-transfer process as many times as I can, whenever I am not preoccupied.

I noticed how God showed the signs that He was present whenever I consciously focused on my prayer. Gradually, it became a consistent sign. For example, when I enter the hospital to work, the overall energy field changes to a positive and calmer vibration. There were days that the sign was so apparent that I had to say "Thank You Father" softly as I walked in. Eventually, I discovered a pattern because I repeatedly applied the same process each day. I can use the example of the connection between parents and their children to illustrate this point. Being a loving father, I would be very happy when my children call and have a sincere conversation with me. If they constantly do this each day, then I make sure I am there to answer the call, and it will become our regular pattern. God is our Omnipresent and Omniscient Parent who loves to be with His children. The problem is we are either too arrogant, distracted, or ignorant to look for Him. If we sincerely look for God, then He will be present because He truly loves all of His children.

God created the universe with many cycles as well as timing patterns. For example, we can see the cycles of the earth, the moon, the sun, the seasons, the weather, and so on. Many people think that everything within the universe and on earth happens in a random or out-of-control manner. But we do not have all the data to fully comprehend how the entire system works! Using the computer analogy, we are not the software programmers who understand the design specifications. We are the ordinary users with limited data capacity and authorized access. Certainly, we do not fully understand the operations of the network protocols as well as the data structure. With modern science, we can look into space and see the wonderful pattern of all the objects in the universe. We can observe how the earth is moving in an exact orbit around the sun through millions of years, or the moon's orbit around our planet, and so on.

Also, in the microcosmic world, the electrons constantly spin around the nucleus. Why can't they move in a random or out-of-control manner? All of them seem to behave in a fixed or controlled pattern. If we understand the schematic principle of the cosmic design, then we can see that nothing is out of control or random, and there is a pattern. The Creator of the universe has everything defined in the System Specifications and He has the purpose or function for each event / movement within the macrocosmic as well as microcosmic realms. Architects, designers, engineers, or software developers can relate to this because they define the system specifications as well as the data structure of a product. So, they have a complete understanding of the effects as well as purposes behind each system operation or data exchange. The ordinary users may not know or understand why because they did not design the system. But if they happen to join the design team and work with these developers, then they have a clearer understanding of the system operations. This is the reason we try to improve ourselves in order to operate at 100% GPE Level and become God's remote instruments. Consequently, we will gain a better understanding of the circumstances or events that happen in our lives.

Notes: I kept everything (including the sequence of my prayers) in a PDF file for our reference.

Thank you,  
Vu Tran

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**SEQUENCE OF PRAYERS**  
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Here is the sequence of my prayers. I either do it verbally or mentally in Vietnamese because that's how I memorized them. I start my day with this sequence when I wake up and still lay on my bed. After this sequence, I continuously transfer energy to the places and people who need help. I have a list memorized and apply the energy transfer to each one on the list. During the day, I repeatedly do this as many times as possible whenever I was not preoccupied. One of the opportunities I do this would be the times I drive or sit in the sauna... This is my selection of "favorite hits" that I repeatedly play every day. Certainly, you can select your own sequence of prayers and repeatedly apply them each day.

GRATITUDE

Express our gratitude to God

Thank You for giving me a calm and positive day  
Thank You for loving and blessing all of us who desperately needed You from the darkness of suffering  
Thank You for shining the light, opening the path, providing the support, and giving the strength to those who are kindhearted  
Thank You for letting me be in harmony with all the surrounding souls so I can complete my assignments  
Thank You for allowing me to have this moment here and receive Your Light and Wisdom

Remember our pledges

I continue to endure through the challenging storms, move forward and be ready for my role in Your Divine Plan  
I continue to help the people that You have planned to cross my path  
I continue to plant the seeds of God's Presence and present the Divine Will to people's mind and heart

I continue to cooperate with all the cells' souls  
I continue to observe and understand the wonders of God's Invisible Hand and God's Silent Voice  
I continue to make progress and reach 100% GPE Level in order to have Your approval  
I continue to live and be a witness of Your Grace and Love  
I continue to be still and trust You

#### GREETING TO ALL BEINGS

I respectfully greet the Divine Beings, the Guardians and all the souls of every living organism who are here.

I send a message to the souls of the living organisms to minimize the selfishness and power struggle, in order to let all souls to live harmoniously as one. The Heaven, Earth and all living creatures have one body.

I thank the souls of all living organisms for assisting, empowering, guiding and opening the door of opportunities for me to have the fire to do the work and complete the task that was assigned by the Creator

#### OUR FATHER

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

#### HAIL MARY

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

#### GLORY BE

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

#### PRAYER OF PEACE (ST FRANCIS OF ASSISI)

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

Since I memorize them in Vietnamese, I consciously focus on each word and sometimes I feel an energy vibration or an emotional burst. This is one way I recognize God's Presence as I reach out to Him. It is a special and wonderful feeling. I wish all of you can experience it, too.

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05/15/2024

Hi,

I continue to reflect on Amanda's questions from our last Zoom meeting. I talked about my daily GPE practice with the prayer and energy transfer whenever my mind is not pre-occupied. I constantly have a connection (or communication) with My Maker, and it involves the expression of gratitude as well as my pledge. In general, I just refer to it as a "daily prayer." I share the general themes of my daily prayer for your reference:

Express our gratitude to God

Thank You for giving me a calm and positive day

Thank You for loving and blessing all of us who desperately needed You from the darkness of suffering

Thank You for shining the light, opening the path, providing the support, and giving the strength to those who are kindhearted

Thank You for letting me be in harmony with all the surrounding souls so I can complete my assignments

Thank You for allowing me to have this moment here and receive Your Light and Wisdom

Remember our pledges

I continue to endure through the challenging storms, move forward and be ready for my role in Your Divine Plan

I continue to help the people that You have planned to cross my path

I continue to plant the seeds of God's Presence and present the Divine Will to people's mind and heart

I continue to cooperate with all the cells' souls

I continue to observe and understand the wonders of God's Invisible Hand and God's Silent Voice

I continue to make progress and reach 100% GPE Level in order to have Your approval

I continue to live and be a witness of Your Grace and Love

I continue to be still and trust You

These points came to my mind since 10/2017 when I decided to stand in front of the Cross to greet/thank the Lord each day when I entered and left the hospital. Over the years, I received the added or updated points. The last revision was around 03/2023 with the added pledge to "be still and trust." The flow of these thoughts entered my brain from the beginning and I memorized each word. I either say out loud or silently do it in my mind whenever I am not pre-occupied mentally. I constantly recite this one together in a sequence with Our Father, Hail Mary, Glory Be and St Francis' Prayer of Peace, as well as transferring energy to others throughout the day. I repeat this process as many times as possible, especially, when I have to drive back and forth from the hospital, or to pick up my daughter, etc. Personally, it is amazing to observe how these words could affect the circumstances, people, situations, or time/space, and I am fortunate enough to experience them.

I share these concepts with the hope that you will have the similar experience as I do. Here, we are talking about experiencing the interactions with God's Presence.

Thank you,  
Vu Tran