



HOW TO PRAY
COLLECTED BY ELISHEVA GAVRA

MY CHILD (STOMACH)

Because it is in your nature that your heart wants for what is mysterious to it, and you wish to know the unknowable; past, present, and future. And because what you wish to know is known only to god herself, who in her godly vengeance denied us a prophet or a true mantis. So because it is your nature to want to know what is coming to you, I fixed the following list of practical notes. My intention is that we have our own prayer; only for that reason I put this together. So you can use it to avoid the idolatry of confusion, muteness, and vanity. My hope is that you won't end up looking where you should not look for answers that are not given to you.



FIND YOUR WORDS (FINGERS)

First you must reveal your question to yourself, and make it be clear and articulated in the most precise form. This will be your effort to understand what your wish or question is fully and completely. Some choose to put pen to paper and lay down their questions in writing and then read them. Reading out loud makes a good impression.



PICK A DAY (LEFT EYE)

The first, third, seventh, twelfth, thirteenth, seventeenth, and twenty-sixth of the month are all bad days. Do not pray on the day before or after the full moon. The good days of the week are Sunday, Monday, Wednesday, and Friday. Other days are neither good nor bad.



LOOK UP (RIGHT EYE)

With great humility, submit your mind. The attention here is on the necessity of mercy. You are preparing to engender fate, to ask about the order of things, to address your situation. In this age of no oblation, mercy is how we survive. Choose a spot in your interior to focus on; a scratch on a kettle that is on the stove or the place near the ceiling where paint is coming off the wall. If you have a window where there is a sky, you can use that if you like.



SAY THIS (THROAT)

With my mind and spirit I turn to you, as you gave them to me for reasons that I do not know. I swear that I am nothing but my body and the life in it. Give me the courage to be able to stand my own ignorance; give me more time to bare what I am, which is my body and the life in it and nothing else. (No house, no clothes, no wife, no job, no money, no game, no award, no trophy, no position, no victory, no merchandise, no knowledge, no guilt.)



THEN NOW (NOSTRILS)

The cause of all causes and knowledge of all that is knowable can ring in your ear or open your chest. Go about your business as soon as you can.

