



## 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  
For thine is the kingdom  
The power and the glory  
All forever and ever  
Amen.

## THE IMPORTANT ROLE OF OUR PRECIOUS PRAYER “OUR FATHER”

This is the prayer that Jesus himself taught us. Through this prayer we can communicate with the divine power, maybe in the fastest and easiest way.

It helps us to:

- bring our aura and our body (its physical, astral, etheric and mental spheres) into harmony
- protect ourselves from low vibration energies
- “sanctify” the objects around us

If we pray it often and consciously, it can bring harmony to all areas of our lives and permanently maintain a favourable energy field around us.

### Our father

- Creates a relationship with God and with everything that exists
- Opens the seventh chakra (the crown chakra)

### Who art in heaven

- Activates the sixth chakra (the forehead chakra)
- Thereby opens the “third eye”, that is, our inner eye, which connects us to the Divine

### Hallowed be thy name

- Activates the fifth chakra (throat chakra)
- Brings Christ energy to us
- Connects us with Jesus and the healing power of the Creator’s Word
- Raises the vibration of spoken words

### Thy kingdom come

- Opens the fourth chakra (heart chakra)
- Connects us with our spiritual body and the memories of our soul

### Thy will be done

- Opens the third chakra (Solar Plexus or navel chakra)
- Aligns our will with the Divine Will
- Helps us surrender ourselves to the Divine
- Makes the Holy Spirit work in us and through us

### On earth as it is in heaven

- Connects all chakras from the seventh to the first
- Opens us to receive Divine Energy

### Give us this day

- It refers to the fact that a person is primarily nourished by the Divine Light, which comes before physical nourishment
- Brings the mind and the will into the Present; in spirit we are in the present moment
- Opens the second chakra (sacral chakra), which contains the desires; aligns our desires with the Divine Will

**Our daily bread**

- Gives energy to the Earth element in our body and to the abdominal nerve plexus (plexus solaris – solar plexus chakra)
- Opens the pranic channel
- Allows our physical body to absorb the Light and feed on it

**And forgive us our trespasses**

- Cleanses and restores our aura
- Also affects the bone structure
- Allows Light to penetrate the spinal column and bones in general
- Opens the root chakra

**As we forgive those who trespass against us**

- Harmonizes and cleanses karma
- Brings us into harmony with our ancestors and the people who are part of our lives
- Restores and strengthens the etheric body

**And lead us not into temptation**

- Transforms energies existing outside our physical body
- Represents harmony and protection during astral travel and expansion

**But deliver us from Evil**

- Helps us return to the authentic, inner Self
- Helps us follow our internal guidance
- Protects our aura from hostile external energies

**For thine is the kingdom**

- Makes us realize that God resides in our hearts and manifests himself there

**The power and the glory**

- Helps us recognize the two dimensions of creation: matter and energy, or intention and action

**All forever and ever**

- The Father's kingdom exists within us and around us forever and never passes away

**In the name of the Father, of the Son and of the Holy Spirit**

- Recognition of the Holy Trinity
- Recognition of the trinity present in man: body, mind, soul/ desire, will, action/ physical, energetic, spiritual aspects

