



God's Loving Healing Hands

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Importance of Prayer and Meditation 

Introductory Class 1D

Importance of Prayer and Meditation

What you can expect from this class

- ◆ Learn how important it is to converse with God in mortality
- ◆ Review the fundamental steps to approaching God in deep prayer
- ◆ Read the world's definition of meditation
- ◆ See how important meditation is to Latter-day Prophets
- ◆ Learn the steps of meditation
- ◆ Follow my own personal experiences involving prayer and meditation



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Importance of Prayer

How to converse with God

The Prophet Joseph Smith said that

“It is the first principle of the Gospel to know for a certainty the character of God and to know that we may converse with him as one man converses with another” (Teachings of the Prophet Joseph Smith, page 345; see also Ether 12:39).

- ◆ It is our great privilege to converse and commune with God
- ◆ God will give us direction in all our healing work and our mission in life
- ◆ God will lead us along, starting at our own level and continuing at our own pace



The Father and the Son
Appear to the Young
Boy Joseph

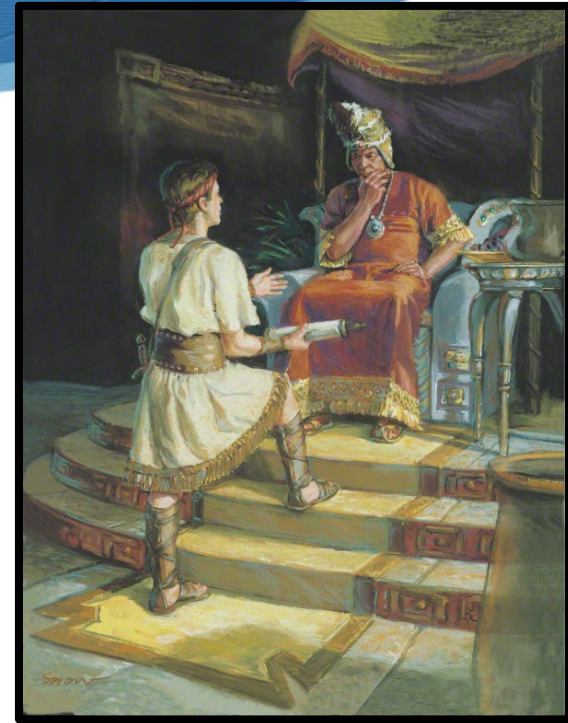
Image courtesy of Intellectual
Reserve, Inc

Importance of Prayer

How to converse with God

Alma 22:18 “O God, Aaron hath told me that there is a God; and if there is a God, and if thou art God, wilt thou make thyself known unto me, and I will give away all my sins to know thee, and that I may be raised from the dead, and be saved at the last day. And now when the king had said these words, he was struck as if he were dead.”

- ◆ Give away all your sins to know really God
- ◆ Change your life to be agreeable to what you feel God would want you to be
- ◆ Place God and His direction to you above anything else in your life



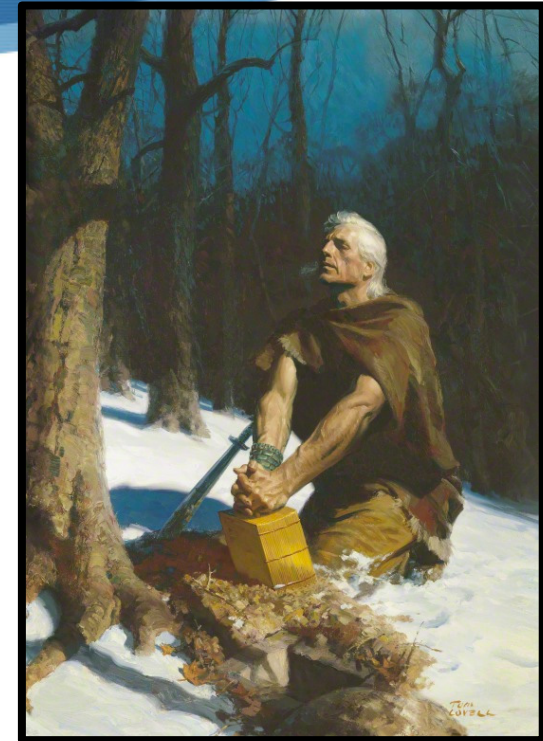
Aaron Teaches the Father of King Lamoni (who gave the prayer to the left)

Importance of Prayer

How to converse with God

Moroni 7:48 “Wherefore, my beloved brethren, pray unto the Father with all the energy of heart, that ye may be filled with this love, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen.”

- ◆ Use this same “energy of heart” in your prayers to focus your desires to the Father in learning the art of healing, if that is truly your desire
- ◆ Be persistent, day after day, in your petitions to God, with this energy of heart



Moroni Burying the
Gold Plates

Image courtesy of
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Importance of Prayer

How to converse with God

Helaman 3:35 “Nevertheless they did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with joy and consolation, yea, even to the purifying and the sanctification of their hearts, which sanctification cometh because of their yielding their hearts unto God.”

- ◆ Combine fasting as a part of your prayers
- ◆ Be open and very humble before God in your prayers
- ◆ Have faith that God will answer your prayers
- ◆ Act in faith on any direction you receive



Nephi, Son of
Helaman (author of
quote to the left)

Importance of Prayer

How to converse with God

D&C 93:1 “Verily, thus saith the Lord: It shall come to pass that every soul who forsaketh his sins and cometh unto me, and calleth on my name, and obeyeth my voice, and keepeth my commandments, shall see my face and know that I am;”

- ◆ We should seek continually the face of God
- ◆ Steps in this process:
 - Forsake sins
 - Come to God
 - Call on His name
 - Obey His voice
 - Keep His Commandments
 - See His Face and Know that He Lives

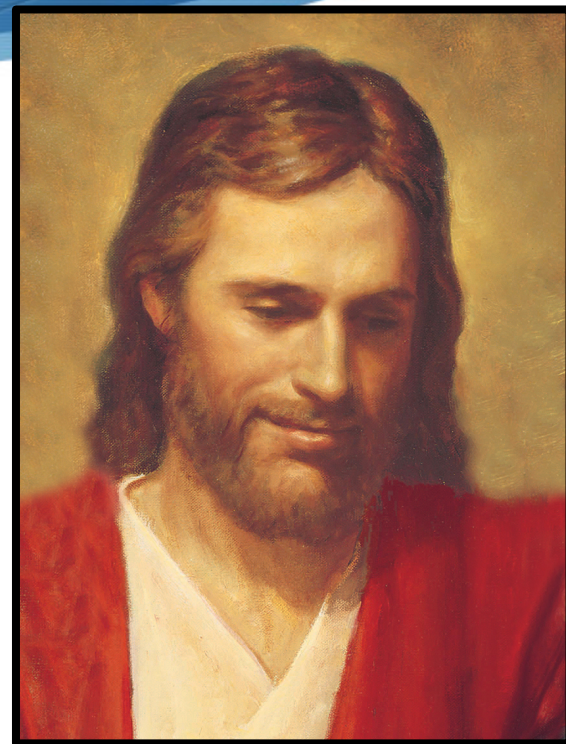


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Importance of Meditation

World's Definition of Meditation:

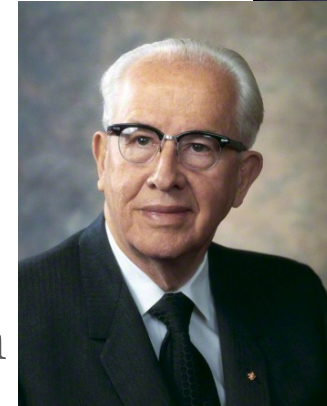
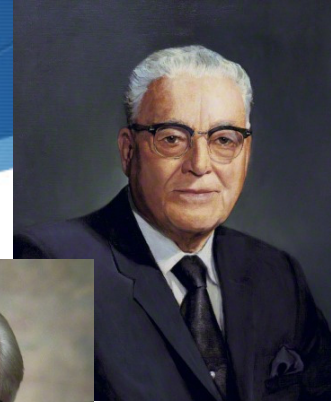
“Meditation is the practice of passively and uncritically focusing attention on the breath, or a particular word, phrase, or object and observing thoughts, emotions, and sensations without judgment. The purpose of meditation is to promote calmness and wellbeing, detach from anxious thoughts, improve concentration and mental clarity, develop greater self-awareness, etc. Regular meditation trains the attention and awareness and brings mental processes under voluntary control through mindfulness, or being attuned to the present moment.”



Importance of Meditation

Teachings of three prophets

- “You can come closer to the Lord than you imagine when you learn to meditate.”
–Harold B Lee.
- “Meditation on a passage of scripture...led a young boy into a grove of trees to commune with his Heavenly Father. That is what opened the heavens in this dispensation.” – Ezra Taft Benson
- “I wish for each of you a time, perhaps only an hour, spent in silent meditation and quiet reflection on the wonder and the majesty of this, the Son of God.” – Gordon B. Hinkley



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Importance of Meditation

From the book of Psalms

- ◆ Psalms 5:1 “Give ear to my words, O Lord, consider my meditation.”
- ◆ Psalms 19:14 “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.”
- ◆ Psalms 104:34 “My meditation of him shall be sweet: I will be glad in the Lord.”
- ◆ Psalms 49:3 “My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.”



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Importance of Meditation

Teaching of David O. McKay, ch 4 Elements of Worship
1 of 2

- ♦ “We pay too little attention to the value of meditation, a principle of devotion. In our worship there are two elements: One is spiritual communion arising from our own meditation; the other, instruction from others, particularly from those who have authority to guide and instruct us. Of the two, the more profitable introspectively is the meditation. Meditation is the language of the soul. It is defined as ‘a form of private devotion, or spiritual exercise, consisting in deep, continued reflection on some religious theme.’ Meditation is a form of prayer.”
- ♦ “Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord.”

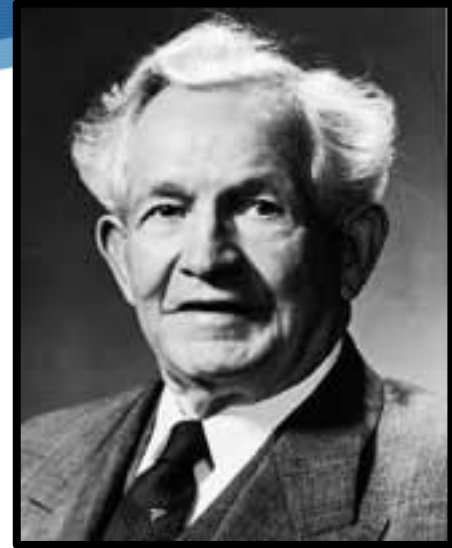


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Importance of Meditation

Teaching of David O. McKay, ch 4 Elements of Worship
2 of 2

- ◆ “To have communion with God, through his Holy Spirit, is one of the noblest aspirations of life. It is when the peace and love of God have entered the soul, when serving him becomes the motivating factor in one’s life and existence.”
- ◆ “The greatest comfort in this life is the assurance of having close relationship with God.”

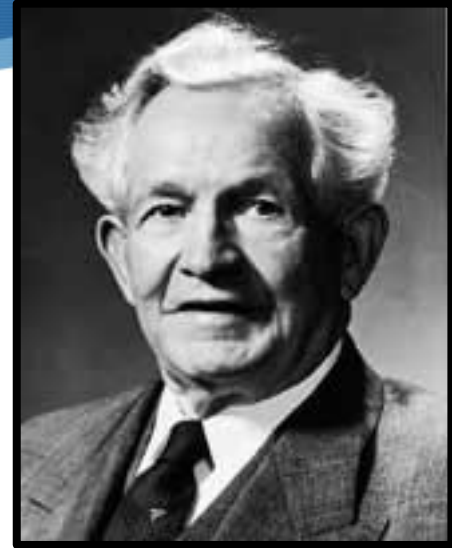


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Importance of Meditation

Chauncey C. Riddle, "Prayer", March 1975 Ensign
1 of 5

“The helpmate of mighty prayer is meditation. **In meditating, one tries to minimize his involvements with the physical world for a time in order to concentrate on something inner, on ideas and feelings.** As a person prays sincerely with the Holy Spirit as his guide, that Spirit will bring to him many thoughts and feelings. This is part of the process of revelation. To take full advantage of this revelation, one would do well to mull over the matter under consideration, piecing together what one already knows with the new insights received.”

(my emphasis added over next 5 slides)

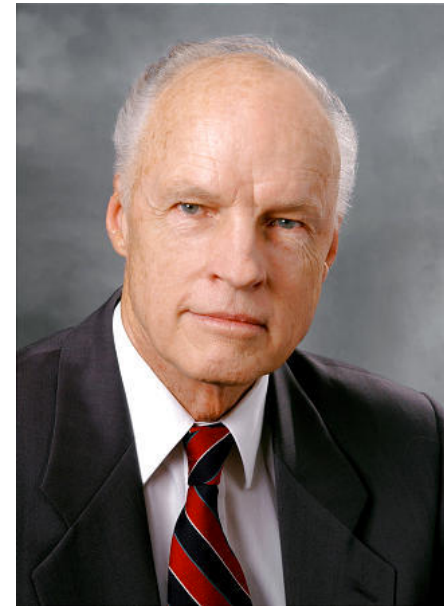


Image courtesy of <http://chaunceyriddle.org>

Importance of Meditation

Chauncey C. Riddle, "Prayer", March 1975 Ensign
2 of 5

“Meditation cannot be taught, because it is something personal and private; it is the venturing of the soul into the unknown. But it can be learned by anyone who has the courage to think for himself. A likely initiation to meditation is to ponder the scriptures, the words of the living and the dead prophets of God. Banish all commentaries for a moment; forget hearsay teachings. What does the Lord actually say? What does the Spirit whisper as to how this passage or that doctrine should be understood? Where two scriptures appear at first reading to be contrary, what is the real intent of each?”

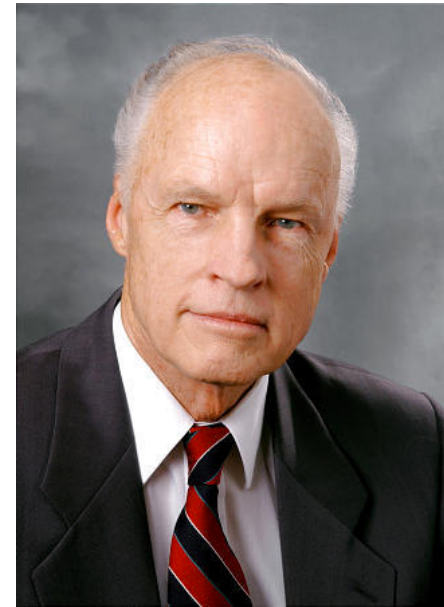


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Importance of Meditation

Chauncey C. Riddle, "Prayer", March 1975 Ensign
3 of 5

“That soul who has bravely ventured into the sea of scriptural interpretation, **who humbly seeks the guidance of the Holy Spirit and rejects the opinions of men, soon makes a marvelous discovery.** In the midst of the tumult of human interpretation there is a rock! He cannot see it, for it is spiritual, but he can plant his feet firmly upon it. Then the winds and waves of opinion can beat upon him from any direction. He is no longer tossed to and fro by every wind and wave, but rests firmly on that rock, and on his own two feet. He now has a foundation for his salvation. He has found the rock of revelation from the Savior.”

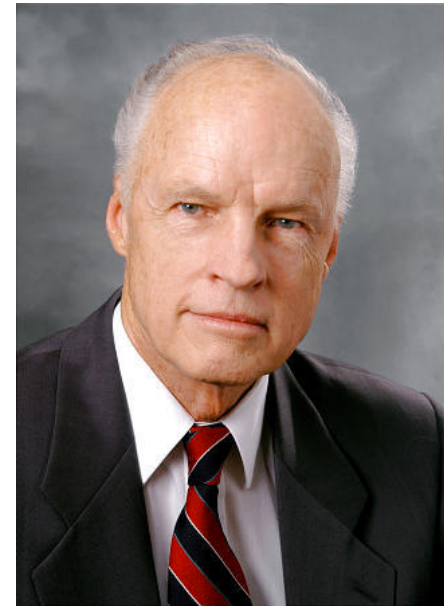


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Importance of Meditation

Chauncey C. Riddle, "Prayer", March 1975 Ensign
4 of 5

“In mulling and pondering the scriptures, our venturer has found the Holy Spirit to be an able and willing guide as well as a comfort and a bulwark. Flashes of insight come. Now he sees how God is both just and merciful. He rejoices to learn how God can govern and control all things yet man can be free. He is overcome as he glimpses what the Savior has done for him. **Now, having his own light from eternity, he is a new person, a little child born again in the image of the Master.**”

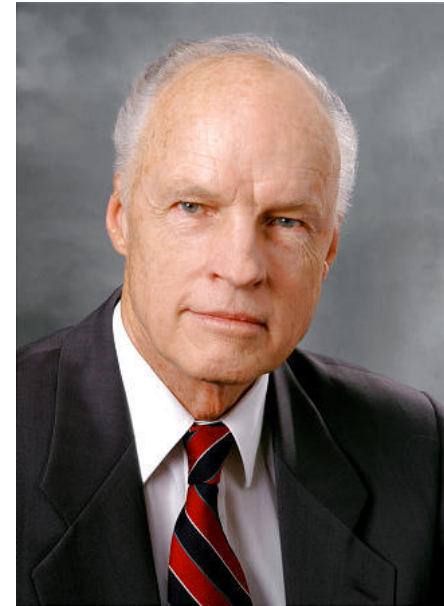


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Importance of Meditation

Chauncey C. Riddle, "Prayer", March 1975 Ensign
5 of 5

“Having learned to think, to meditate upon the scriptures, **the venturer is now prepared to meditate upon the spiritual gifts that come in connection with his own prayers.** Now mighty prayer is so rich an experience that he can hardly contain it. **Ideas, hopes, and feelings tumble into his mind, then are carefully fit together under spiritual guidance, into the fabric of his new life.** They become part of his robe of righteousness as he prepares to meet the Bridegroom.”

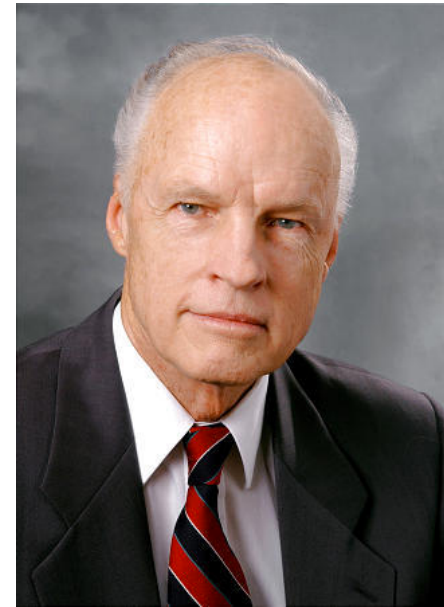


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Importance of Prayer and Meditation

My personal experiences (1 of 4)

- ♦♦ In 2012, my wife and I came home from the hospital with a brain-injured son. My great desire was to help him heal, and to get my direction from God.
- ♦ I prayed fervently. I spent hours in meditation in hopes to help him heal, and to get direction on how I could assist in healing.
- ♦ I acted on all my impressions immediately. We took our son to many people, medical and non-medical oriented as well, to hopefully help him heal.
- ♦ I energy tested all health-related choices. I stopped working so much and concentrated on healing my son.



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Importance of Prayer and Meditation

My personal experiences (2 of 4)

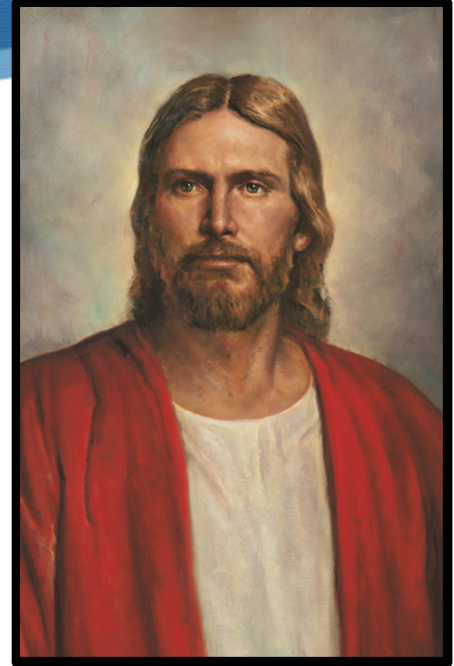


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- ◆ I wrote all my experiences in my journal.
- ◆ I began to be “led by God” in my healing work. It was a step-by-step process and journey spanning a full year until I really connected to the Savior.
- ◆ I kept asking God more and more questions. As I received answers, I would act on those and practice. I spent many hours per week on my project to learn the healer’s art.
- ◆ I started feeling ancestors and spirit healers come at first, and then gradually the Savior came to me in my mind during meditative moments in February 2013. He was pleased with my progress and blessed me.
- ◆ I had more and more experiences with the Savior as I consistently prayed, pondered, meditated and acted on all that I felt led to do

Importance of Prayer and Meditation

My personal experiences (3 of 4)

- ◆ I continued to be directed and blessed by Jesus Christ during my prayerful and meditative states.
- ◆ In April 2013, I began perceiving my Father in Heaven when I prayed. I could tell Jesus was on His right hand.
- ◆ On April 20, 2013, during an energy class I attended, Heavenly Mother came to our class, totally unexpected by me, and introduced me to “God’s Loving Embrace.” This was very overwhelming to me. See my detailed account on my website.
- ◆ Over that summer I practiced this healing gift and continued to receive direction as I prayed

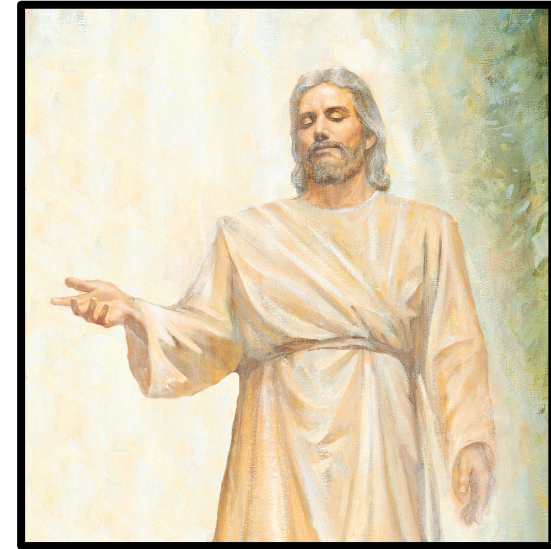


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Importance of Prayer and Meditation

My personal experiences (4 of 4)

- ◆ In the Fall of 2013, I was shown four other healing gifts from God. I received additional witnesses.
- ◆ I soon learned the Find-Scoop and Remove healing gift.
- ◆ I practiced and practiced on volunteers using all of these gifts until the end of 2013.
- ◆◆ In 2014 I transcribed many of my journal entries and created my website
- ◆ I started teaching energy classes soon thereafter.
- ◆ In the Summer of 2014, I learned the Intention Healing gift.

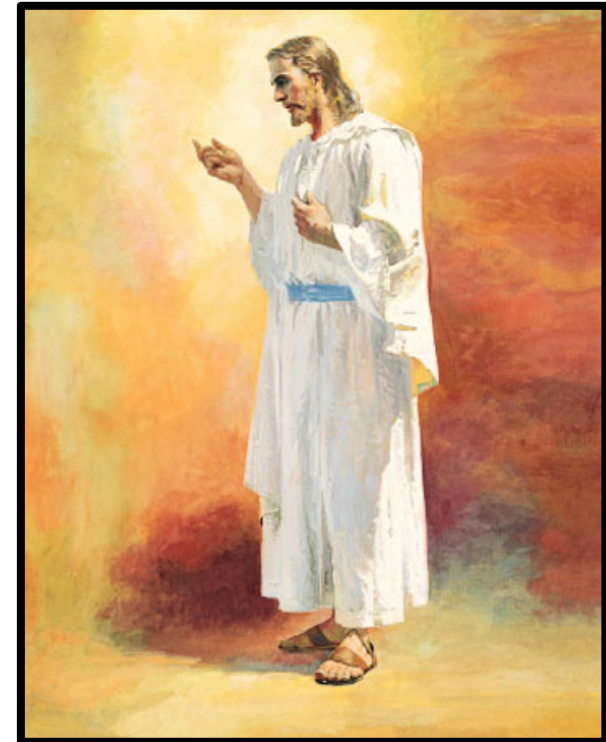


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Importance of Prayer and Meditation

- ◆ By being open, and deeply praying and meditating, I believe you will be able to connect with God and receive His divine healing guidance.
- ◆ Please continue and view my last introductory class “Importance of Acting on Inspiration” before proceeding to the healing classes.
- ◆ ...and thank you for reading and listening!

