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## **Raising your head to Pray**

*By Maurice Barbanell 2016*

*Well I've got a slightly obscure question that I've always wondered about. When I was taught to pray.*

Sorry my friend but you were told to pray, you weren't taught.

*Well I got told you bowed your head. Now when the Cardinal comes and does the opening prayers he always says to lift up your head which sounds like a much better way of doing it.*

Yes because in the Christian philosophy you had to bow your head in subservience.

*Oh that's where it comes from.*

Yes. You were incapable of looking at the face of God, so you bowed your head in subservience to his being.

In the early days when the Nazarene walked the Earth Plane you used to bow down totally. You would subjugate yourself fully on the floor to show that you do not put yourself above the person and you revere the individual in front of you.

*People did that to the Nazarene or to priests ?*

Just generally. It was an accepted manner of showing subservience and therefore in the Christian religion it was considered that we were subservient to God and therefore we would bow our heads. We would bow. When you meet royalty you bow, do you not? It's the same thing. The difference is you bow from the waist when you meet royalty, when you pray you bow your head, but the essence of the action is identical. So therefore when the Cardinal comes he understands that the Holy Spirit does not consider that any of the people who come to him for guidance are subservient individuals and therefore if you are looking up to Heaven what's the point in bowing your head and looking at the ground? So you raise your head to pray. You raise your head to the heavens, to the Heavenly Host. That's the essence of why he says raise your head.

*Yes well I always liked it when he said that. It seemed to make more sense to look up rather than to look down.*

Yes well coming from him it is quite remarkable that it made sense because he was an advocate for the Catholic religion was he not?

Yes.

He had his red robe. People used to bow down and kiss his ring because they were subservient to him and he felt proud. "I am holier than thou and you can see that by my robes." But when he came here he realised the folly of that thinking and therefore he wishes to change the outlook that people have and that you should rejoice, you should be truly wonderfully happy inside to have the opportunity to pray and share your love with God and the Heavenly Host. So raise your heads and pray to Heaven.

You see such a small question. You didn't think you'd have such a large answer did you?

*The answer is much appreciated thank you. I must admit I always found a little strange but again I would never have thought to ask about it.*

*Maurice Barbanell*

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