

Living Prayer

Fawn Moran

The Mystical Traveler Series

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Fourth Edition

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*For Stephen Levine,
author, teacher, guide and friend to
many on the path*

*"Remember God so much that you are forgotten.
Let the caller and the called disappear..."*
~ Rumi, Sufi mystic and poet
(13th century)

Other Books By Fawn Moran

The Mystical Traveler Series

*In The Mystery:
Contemplative Living in a Chaotic World*

*Ever Deeper:
Nothing Less Will Do*

Only This

Deeper Still

Soul to Soul

One Sacred Moment

Visionary Fiction

Remember The Gift

The Uncommon Adventures of Max Stillman

Table of Contents

Preface	1
Living Prayer	2
Open Book	3
Ageless	4
One Flame.....	5
Happy Hour	6
Turn	7
Waiting Long?	8
Before You Retire	9
Native Tongue.....	10
Pretense	11
Aspire	12
Humility	13
Who Else?.....	14
The Vow	15
One Final Time.....	16
Communion.....	17
First Place.....	19
Credit.....	20
The Center.....	21
Through Your Eyes.....	22
RSVP	23
Clout	24
That.....	25

In Peace	26
No One	27
One Mind	29
Judgment Free	30
Sublime.....	31
Impetus	32
Metaphors	33
Book Of Prayer	34
Atomic Dust.....	35
Good Fortune	36
This Story	37
The Promise	38
Begin Now	39
Natural State.....	40
Unbidden	41
Praise for The Mystical Traveler Series	42
Acknowledgements	44
About The Author.....	45

Preface



Living prayer. Perhaps this book relates some of the significance of these two words in whispers – like incense offered in the nave. What's written here only hints at the ineffable. If you're seeking affirmation on the journey, I hope you find it in the depths of your own heart.

While I'm described as the author of this work and the other books in this series, I wasn't their creator as much as their receiver, and realized their greatest value lay in passing them on.

Welcome.

*Fawn Moran
fawn@mysticaltravelerbooks.com*

*Prayer isn't about things you want
Or wish to be.
It's your ever present longing
For Divinity.*

Living Prayer

Make your life a living prayer.

Act on this with loving care.

Don't wait for confirmation

Or seek affirmation.

Make no conditions.

Surrender anything too dear.

An enormous power will rise

From deep within.

Make your Self its sacred altar,

Your heart, its vessel,

Your mind, a champion of Truth.

Open Book

Open your heart to inspection,
Hiding nothing at all.
Be that Everlasting Light,
Shining without spite,
And loving,
Yes, loving,
No matter the slight.

Ageless

The time has come
For the Illumination
Of one still young,
For spirit is ageless.

Yes, let it be.

This sweet embrace
Of unbeatable Grace
Is yours without condition.

Do let this in.

One Flame

One flame is what you are,
A beacon from the Source itself,
Here to light the way home
So others can follow.
Embrace all you meet
With a wide open heart.
Remember
The Immensity
Of which you are a part.
While some may not recognize
What it is you describe,
Ignore differences.
Leave no one behind.

Happy Hour

It's been set aside
So you can imbibe
What you desire.
Choose instead
A time to Be
In unfailing love
With Eternity.
Day by day,
Hour by hour,
You will see with mind-stopping clarity.

Turn

Turn your face toward the Eternal.

Not that there's a gap to close.

Any distance is at your insistence.

Cherish the moment.

Quiet your mind.

The Absolute is yours to find.

Waiting Long?

*When will that elusive something
Forever change your unfortunate life?*

Look carefully now.
The culprits lie deep within -
The limits you set
For your one precious Self
Create all the din.

Don't wait for externals to be brought to bear.
Remove the blinders on which you swear.
What holds you back is just your fear.

Before You Retire

Who you are, what you do,
Or what you say
Resonate whenever you pray.
What is said is done,
If not before your eyes,
Then in the great Unknown,
Where you dream and fantasize.
Before you retire,
Work as though on fire.
Craft a world more loving
Than the one so many have sired.

Native Tongue

In your depths -
Beneath your notice,
Between the lines -
Waits a reunion
Altogether Divine.
Converse with the Nameless.
Immerse yourself in Love.
Wait for no one.
Remember your native tongue.

Pretense

Ask without pretense.
Believing is receiving.
Hurdles to overcome are
Beliefs you can't trust.
*"I'm no good.
I hate myself.
I don't believe in me."*

Don't equivocate.
Eradicate self-hate.
End your despair.
Love heals in ways
That can't be shown.
Your need for Trust is clear.

Aspire

Even without the right words,
The heart's aspiration is enough.

Raise your sights.

Then raise them again.

Become the One

Through whom all is done.

Humility

Bend your knee before all you see.

Take up this practice in humility.

There's more to everyone

Than what appears to be.

Be kind.

Be wise.

Humankind is God's disguise.

Who Else?

What can you hide from prying eyes?

You're so transparent

All is known before it takes place.

There's so much love

That you are forgiven,

More than you bestow.

Love like this is peace untold.

Bask in the glow.

(It's yours, you know.)

The Vow

Some take the Bodhisattva vow

To remain incarnate

Until all are free.

Are you willing to be in league

With saints like these?

Wherever you start,

Do your part.

The Nameless holds this world

In One Enormous Heart.

One Final Time

Explore Creation,
But don't forget.

The journey's temporary.

Follow the path without regret.

You're not to blame when you forget.

Amnesia's part of the deal.

What you've attained

In this unrepeatabe life

Is greater than what can be revealed.

Communion

Come to the table,
The one set for two.
Open to the moment.
You needn't prepare.
Your special guest is
The Presence we share.



*"Come, even if you have broken your vow
a hundred times,
Come, come again."
~ Rumi*

First Place

Step out of the way.
The Divine's in first place.
Let the Ineffable shine through.
You needn't worry,
Scheme or plan.
Love really is
All That Is,
Your humble abode,
Happier with a lighter load.

Credit

This life's not ours.

It's plain to see.

When we take control,

We wind up in difficulty.

Give our Maker all the credit,

Without blame or incredulity.

The Center

Time is short so you bend,
Thinking what you've begun
Must take you to the end.
Withdraw from the fray.
Return to your center.
There's nowhere else to go.
The end's an illusion.
The mind makes it so.
Dispense with confusion.
The Divine's at play.

Through Your Eyes

I try to see what you receive
From your religion -
The gold hidden
In its ancient formation.

But if you want to know
My deepest Soul,
Walk with me by the sea,
Where time has no boundary.
There, on the shore of wonder,
We'll share this Creation eternally.

RSVP

Here you stand,
Hope in hand,
Praying for a solution,
A plea for mercy
With untold conditions.

Can you pray
Without ego in the way?
Take your time.
Make your prayer Mine.

Clout

When you can't work things out,
You've kept Knowing
From having any clout.
Dismantle your defenses.
Don't fear what's in store.
Trust is yours for the asking.
There's always more.

That

The Cosmic See is

One

In deed;

You are That,

In need

Or not.

In Peace

Don't ask in prayer
To reduce your care.

Enter the Sacred
Without undue fear.

The way will open.
Truth will be shown.

Trust the process.
You're already Home.

No One

Doubt disappears
When the mind no longer fears
And the ego is at rest,
When you finally notice
Being no one at all is probably best.



"Need nothing and then see what happens."

~ Gangaji

One Mind

Unity is

All That Is.

Drop your guard.

No harm will come.

Two is an illusion.

There *is* only One.

Judgment Free

Imagine living without judgment

As to what's good or bad.

Give this a test.

You won't forego success.

It's just that

You won't get vexed

When things are less than best.

Sublime

The striving of One
Changes all existence.
Dive into the Sublime
While you'll still in Time.

Impetus

Love is the answer,
The means and the end,
The impetus for your unfolding,
The salve for your wounds,
The reason for your Being,
The gift you have to give.

Metaphors

Like the dreams from which you awake,
This life is the dream you will forsake.

The belief you'll lose
Is that your dream is the truth.
Still the dream has its purpose -
Its mission is intact -
To understand your Creator
In all manner of facts.

Surrender to
The Ultimate
With whom you share
A life-altering pact.

Book Of Prayer

One Book among many
Lives within your cells.
Every organ and blood vessel
Carry the message it tells.
Draw strength, love and beauty
From its bottomless Well.

Atomic Dust

Every wave and particle,
Atomic or immense,
Is
God
Everywhere,
Disguised as dust.

Good Fortune

You're not separate,
Ignorant or untried.

You are fortunate,
And that's wonderful,

But don't take this in stride.

Look for the Gifts that coincide.

This Story

Aware, awake,
Alive and One,
Stirred by longing
For more and more Joy,
The Absolute
Gives us the glory
To evolve this Story.

The Promise

Whether you're in the know

Or out of the flow,

There's one constant -

The Promise bestowed:

Your journey's done

When You are One.

Begin Now

Peace has been tried,
Yet it can't survive
A frantic mind trying to hide.
Return to the center.
Enter your heart.
Alpha and Omega,
You've got a head start.

Natural State

Release the sorrow that
Dims your blessed Light.

The way's not easy and may be obscure -

But sorrow run amok

Keeps you unsure.

Leave defeat behind.

Reclaim joy.

Relish delight.

Assume the heights.

Unbidden

In the moments that stop you,
When you can't change a thing,
The mind grows still,
Let go your will.
Embrace All That Is.

Praise for The Mystical Traveler Series

“Fawn Moran is further confirmation of the saying that the gods are not illiterate... even when they speak in an esoteric key. The poems gathered in her Mystical Traveler series were received in states of silent ecstasy, much like certain writings of the feminine mystics of the Middle Ages. Not only do they bear the marks of that heterodox strain of Christianity – they uncannily whisper of a mysterious, divine presence so close as to be within, even as it is beyond everything in this world – but they do so in a voice influenced by an eclectic, lifelong spiritual itinerary.

A longtime HIV activist, Fawn founded during the height of the AIDS crisis the first publishing house producing educational literature for the clinics that were ground zero in the struggle for the lives of gay men. After watching her friends slowly die from the disease and having her own unresolved traumas rise again, she went on an inner quest to know herself that brought her face to face with death before leaving her transformed: serene, less attached, and, dare I say, a bit wise. I encountered her while doing ethnographic research on channeling, and came to trust her discerning, profound perspective, which can be heard throughout these little books. Those who know they are lost can find some light here, along with an invitation to not fear the unknown paths ahead.”

*Peter Skafish, Anthropologist, Laboratoire d’Anthropologie Sociale,
Collège de France*

“Perhaps the primal cause...Of all That Is...Is the Awareness... Within all Creation.’ If those words interest you, this collection is for you. Fawn Moran has managed to distill so much wisdom into phrases that open doors that we thought were closed. Reading her words, or better still, reading them out loud, brings a resonance in the heart that remains. The distillation has clearly come from many hours of plumbing her own depths. This is not a collection of ideas – it’s a collection of Truth revealed. Try it. You might end up becoming what you were seeking.”

Mary-Margaret Moore,
Spiritual teacher, workshop leader, counselor
and author of the Bartholomew books.

"In her preface to EVER DEEPER: NOTHING LESS WILL DO, Fawn Moran tells us that "words surfaced with a cadence...all their own," and some "took the form of letters from an unseen friend." In reading them, she counsels, "It's the resonance you're after." Indeed.

...the best way to engage this work for most of us is to find a quiet space and read a phrase or more every so often, to reflect and let the words reverberate over a time frame grounded in the now.

The words in EVER DEEPER are subtle. Thus, your mind should help you create the space to read and listen, after which you're advised to set it aside (count on the mind resisting). While EVER DEEPER will carry some across the bridge into the land of non-duality – perhaps in a blink – it will surely place those who approach it with an open heart solidly on the path AND catalyze the journey in small or great ways for those already headed in that direction."

Robert Black, a learning specialist for middle & high school students, and adjunct writing professor at NYU

"Every once in a while, a collection of verse is written that has a universal meter – a purity and simplicity that transcends cultures and speaks to everyone, regardless of nationality, sex, creed, or any other differentiator. 'ONLY THIS' by Fawn Moran is just such a work...Five stars for this fine collection of verse, and a heartfelt thanks to the author for committing such sincerity and insight to paper."

Don Sloan, a former journalist with a major daily newspaper, is a full-time indie book reviewer. He loves to write, read, drink good wine, and take short naps in front of his fireplace in the North Carolina mountains.

Acknowledgements

There are people who influence us so profoundly that our lives change in ways unforeseen, and for the better. Mary Margaret Moore is one of those people. If it weren't for the time we spent in each other's company in New Mexico, the books in The Mystical Traveler Series would not have been written. She is one of those people who 'catalyzes' those of us on the path, and sometimes even stops us in our tracks. How fortunate I was and still am!

Then there are those who I've never met – figures like Gandhi – who light the path by example, whose actions and words changed the way the world works. They attract admirers and students for decades, perhaps even centuries. That's how transformative their work and insights are. Mother Teresa was one of those people, too, who has since been canonized, and whose legacy lives on in the body of her order – Missionaries of Charity – and the example they set.

Thank you!

About The Author

I spent twenty-two years working in the midst of the AIDS epidemic. Most of that time I supplied education and prevention programs nationwide with educational materials. Later on, I cared for people with HIV/AIDS in a residential care setting.

I'm now working to end homelessness, if not in the US as a whole, then in the bucolic California countryside in which I live, where several thousand people each year become homeless, many for years at a time.

Warmly,

*Fawn Moran
fawn@mysticaltravelerbooks.com*

Dear Reader,

If you've enjoyed this book, please leave a review at your favorite online retailer. And if you'd enjoy connecting with other book lovers worldwide, check out www.goodreads.com.

*Thanking you in advance,
Fawn*