

A <sup>nd</sup> Baker's Dozen  
of  
*Omnifaith*  
*Spiritual Practices*



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a second series of spiritual practices  
compiled in February & March 2009

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for

*Sophie & Willow Whelan,*

with love from their

Fairy Godmother



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# Introduction

Spiritual practice is a living breathing energy all its own. It is dynamic, magnetic, constantly changing as we change. The student of spiritual living is always on the lookout for new spiritual practices. This 2<sup>nd</sup> Baker's Dozen Booklet adds more to the spiritual journey.

When I finished writing this one, I realized that most of these practices ask you to name that tune, so to speak. Name your problem, your issue, what's bugging you, any way you need to phrase it.

Naming is a powerful ability! Half the time, if we'll just name the problem, it's on its way to being solved simply because we've faced it rather than resisted it.

Below you will discover a second baker's dozen of spiritual practices that I've discovered and used over the years to remind me that I am most definitely a spiritual being having a human experience.

Practice, dear one, makes perfect. Enjoy these in good health, abundant wealth, and manifest joy.

All love,

*Susan Corso*



# 1. Agree Quickly

When I'm caught in my own opinion about anything, I use this prayer which came to me in a difficult circumstance. Every time I went to dinner at my former mother-in-law's, I left there so angry that I got laryngitis! I'm not kidding, and after a while, it wasn't funny anymore.

Eventually, I found a verse in the Christian Scripture that helped me get over myself. *Agree quickly with thine adversary.* (Matthew 5:25)

This is a reporting technique that allows me to speak what is happening and to say *Yes* to whatever that is.

What my mother-in-law used to do that made me (that I allowed to make me . . .) speechlessly angry was to insist that her two year old granddaughter ask Jesus to forgive her sins so we could eat dinner.

It sent me round the twist! Two year olds aren't sinners in my book. So here's how it works:

*I tell myself what is so now.*

**I'm sitting at a dining room table.**

**So-and-so is on my right; so-and-so is on  
my left.**

**We're having lasagna.**

**I love my husband.**

**I do not have to love what his relatives do  
in order to continue to love my husband.**

By reporting to myself the facts that I can agree with, I am able to let go the emotions that I disagree with. If nothing else, it makes dinners at the in-laws a whole lot easier.



## 2. Yes, We Are

When I find myself in a tussle with another human being, I use this as a reminder that we're in it—whatever it is—together. Just as you can't tango without two, you can't really fight without two either, even if the second is in your own head.

This is a variation on the Obama Campaign's *Yes, We Can*. It's far easier to take an I/Against position than a We/For position. No, maybe easier isn't right . . . it's just more habitual for more of us.

When people don't do exactly what I want them to, when I want them to, how I want them to, I can get into a power struggle, even if it's just in my own head.

I use these words to remind myself that there are two involved. They help me get from identifying only with myself and my own desires to remembering that there are two of us involved and that automatically makes us a we, not an I.

Like this (this really happened): I offered to wrap a package for my partner to be sent via the Post Office. I did as I'd promised, but she didn't like the way I'd done it. We ended up in a tussle. Hurt feel-

ings. Being both misunderstanding and misunderstood. What to do?

*Use these words:*

**Yes, We Are**

**Yes, We Are**

**Yes, We Are**

Here's what I mean: yes, we are doing this dance—together. Yes, we are co-creating these feelings—together. Yes, we get a choice about what we truly choose to create—together. Yes, if we don't like our current choices, we can choose anew—together.

This prayer goes a long way toward productivity and happy relating.



### 3. Manna

When I lose my sense of blessedness in the world, I remember something an elderly rabbi told me many years ago. I asked him for a translation of the word *manna*. I'd looked for one for many years unsuccessfully.

I remember his eyes crinkling kindly at me. He said, "Manna, my dear girl, means 'what is.'" And this was long before Eckhart Tolle and *The Power of Now*.

Manna makes its first appearance in the Hebrew Bible in Exodus 16:15. It was the food by which the Israelites were sustained in the wilderness for forty years.

When something unexpected arises in my life, and, in my dubious wisdom, I decide it's unwelcome, I use this practice to remind me that everything in my life appears therein for my good, for blessing.

I use my reminder tone, and pronounce whatever has arisen . . .

**Manna.**

*or*

## **This is manna, remember?**

*Cruden's Complete Concordance* to the King James Version of the Bible defines manna in another way. Cruden says it means “what is this?”

The practice works with this question as well. Something arises, and so does my judgment, so I ask, with the intent of discovery . . .

## **What is this?**

*I answer myself:*

## **It's manna, that's what it is.**

Manna, as originally experienced, was always, always a blessing. It's a great way to turn around my automatic judgments.



## 4. The I'm \_\_\_\_\_ Song

When I feel like I'm lacking any particular positive quality, there's a little song a long ago client taught me that I've used over the years. She was at work creating prosperity for herself, so she sang this little ditty as she walked along the bustling streets of Manhattan.

The lyric goes:

**“I’m rich, I’m rich, I’m rich,  
I’m rich, I’m rich, I’m rich, I’m rich!”**

Since she taught it to me, I've used it for all sorts of things I've manifested. Fill in the blank after “I'm,” and sing your new reality into being.

P. S. If you want to know the melody my client taught me, go to [Deep Listening](#), my podcast series, and choose Episode 5.



## 5. Lucky Dipping

When my mind is awhirl, and I can't settle down, sometimes I reach for what my ex-mother-in-law called Lucky Dipping. She meant it scornfully, and felt it was a cheap way to use the Bible, but I've found that any book can be scripture if I'll let it.

In fact, every writing I seem to encounter gives me information and guidance—even the fiction I read! I keep a shelf of books that have been particularly meaningful for this purpose. Here's how the practice works:

### Ask a question.

*(Open-ended rather than yes or no questions.)*

*Phrase it this way . . .*

**Tell me about \_\_\_\_\_.**

*Then hold the book in your hands, close your eyes, focus on the question, and when you feel ready, open*

*the book. Put a finger on the page, and let it touch the words until it feels right to stop.*

*Read the text, sit with it. It may seem like it doesn't address your question at all. Be still till the words reveal their meaning for the context you've asked about.*

*If, after a few minutes, it still doesn't make sense to you, put it down. Let your mind work on the words, and go back to them in an hour or so.*

There will come a point when an intuitive leap will happen.



## 6. Show Me Prayers

When I know I have to do something, but I'm not sure what to do, these sorts of prayers have worked wonders. I went to seminary in Missouri. The state epithet is The Show Me State. I don't really know why.

Basically, these prayers are a request to make billboard clear my next move. Think of your issue, something that needs action, but you're not sure what action. Hold the issue in your mind. Then pray:

### Show me, God.

You could get an answer in all sorts of ways. It could come as a feeling, words, energy, goose bumps. You might even drive by a billboard—that's actually happened to me!

This prayer is predicated on the notion that if you care about something—anything—then God also cares. Even something as silly as your shoes matching your dress!

Show me prayers work. They include a simple difference from a lot of other prayer forms and that is an expectation of an answer.

Be still, let the answer come to you. It will.

# **God's Billboards**



## 7. Tai Chi Jogging

When I know I'm stuck in a pattern, the pattern is in my body. Cells hold memories. This is a simple physical prayer technique. It's especially good for people who are not fed by meditation. Who says meditation means sitting still?!

I learned this technique in Taiwan when I went to visit my spiritual daughter there. Ancient men arose each morning and performed it. It's a slow, gentle walking jog accompanied by affirmations.

*Choose your pathway.*

It could be around the block, or around your living room. Begin a gentle jog/walk. Establish your physical rhythm before you begin to pray.

The goal is to move any sort of resistance out of your body by being in motion. Moving the body is an excellent prayer method.

**Then speak your prayer.**

*It could be anything.*

Use the “I’m Rich” song from earlier in this book. Affirm how healthy you are. When you don’t know how to pray about a subject, blessing is always an option.

If you’re worried about your kids or something at work, bless them or that situation. You don’t have to know how it will work out for the best. This prayer movement helps you remember that the best is always available to you.



## 8. The Turnaround

When I'm mesmerized by the shadow side of life, this practice turns me around instantly. Follow my logic. In order for you to be able to see shadow, there has to be a source of light. There are no exceptions to this rule.

Turn around, Beloved! Face the light, and the shadows will disappear. Interestingly, there is a Greek word, *metanoia*, which is usually translated by biblical editors as *repentance*. It means, literally, *turn around*.

Ninety percent of the cause of any problem is resistance to the problem. Once we turn to face the difficulty, more often than not, it isn't as big or as problematic as it appeared when we were resisting it.

Here is how I use the turnaround as a prayer practice:

*First, stand up and visualize or describe the problem to yourself aloud.*

*Picture it or describe it as clearly as you can.*

*Let the shadow be whatever it wants to be.  
Know that it is the shadow side of whatever you are  
dealing with.*

*Witness the shadow. Say to yourself,*

**Yes, I see the shadow.**

*Then, quite literally, turn around, and witness light  
on the problem in your imagination.*

What usually happens is an epiphany—you'll  
know what to do or how to do it in an instant.



## 9. The Lord's Prayer

When one is raised in the West, no matter what religious tradition one inherits, there is a Judeo-Christian subtext in the very fabric of our society.

You don't have to be Christian to use this prayer full of affirmative ideas. The most important part of this practice is to Pray the Lord's Prayer, not to Say the Lord's Prayer. Anyone can say it, but praying it is an entirely different matter.

The first part of the first line is a prayer unto itself:

### Our Father

Ours. Not the father of someone else, but the father of all someones. If you, like I, follow the path of the Divine Mother, try this:

### Our Mother

I truly believe that God doesn't care *what* we call Her, only *that* we call Him.

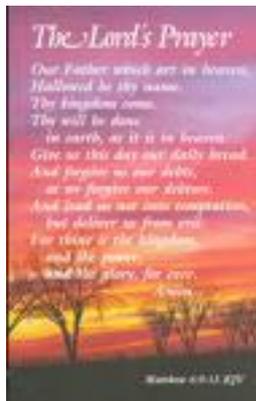
The best way to pray The Lord's Prayer is to conjure whatever is bothering you, and speak the words slowly whilst considering the problem.

**Our Father, which art in Heaven,  
Hallowed be thy name,  
Thy kingdom come, Thy will be done,  
In earth, as it is in heaven.  
Give us this day our daily bread,  
And forgive us our debts,  
As we forgive our debtors.  
And lead us not into temptation,  
But deliver us from evil,  
For thine is the kingdom, and the power,  
And the glory, forever.**

# Amen.

Another way to pray this prayer, and one which I have found very powerful, is to rewrite the prayer in your own words while thinking about your challenge.

When I was dealing with my father's death, many years after he'd died, I started my first rewrite of this prayer, "Papa! Daaaaadddy!" I cried out old grief, and knew my father anew by the end.



## 10. Nowhere

This is one my favorite words in English. When I feel like I'm nowhere with a project, I use this practice.

The practice is simple. Think of your problem and then begin to split the words and speak them into your reality.

**Now.**

**Here.**

You will find it takes very little time to breathe yourself into the present, the now, which is the only place where change can occur.



# 11. Smiling

When I least feel like smiling, I do this practice as a spiritual discipline. Did you know that it takes 17 facial muscles to smile and 43 to frown? Who says God doesn't want us to have it easy?

Then I add to my smile a variation on a practice I first encountered in the work of Vietnamese Buddhist Monk Thich Nhat Hanh of Plum Village.

**Breathing in, I smile.**

**Breathing out, I smile.**

**Dwelling in the present moment,  
I know this is a wonderful moment.**

So often we lose our perspective because we're feeling guilty about the past or we're worrying about the future. It has been said that the crosses on either side of the center one on Calvary are the past and the future.

When I can remember that this moment is the only moment, and the only place where I can have an effect on anything, smiling seems an appropriate response to this moment. This moment, this Now, is where I have my power, and so do you.

Mother Teresa said, “Peace begins with a smile.” What I know is that it’s easier to feel peaceful when I’m smiling.



## 12. Deep Peace

When fear is caught in my body, this practice that my dear friend, Heather, learned at a Kripalu Family Yoga Retreat helps me every time. Living in a body is not always easy for me.

Feeling safe on Earth isn't always easy for me either. These words remind me that my body is my friend, no matter what she weighs or how she feels.

St. Paul asked his followers once if they knew that their bodies were the temples of the Living God. Sometimes I forget that mine is a temple. When I do, this verse soothes me.

**In this body no fear,  
In this body deep peace,  
In this body great happiness,  
In this body safety.**

What a relief it is to remember. I feel like this verse is a cosmic prescription, written by the Divine Physician itself, to remind me that I am never meant to live in fear. I am always meant to live in peace, and I am meant to feel great happiness.

A friend of mine says, “There is no spot where God is not.” Including my body and your body. Of note, one of the words of olden times for *body parts* was *members*.

No wonder it’s good for us to re-member!



## 13. Rainbow Healing Prayer

When I need clear guidance on a lot of different levels about a complicated problem (and yes, I know that I'm part of the problem), I turn to the image of the rainbow which somehow always sends me to the pot of gold at its end.

I learned this exercise from the work of Catherine Shainberg, a teacher of Kabbalah in New York City.

*Begin to imagine a huge, brilliant rainbow starting at your feet. You are going to enter the rainbow and solve your dilemma.*

*Step into the colors . . .*

**Red. Orange. Yellow. Green. Blue. Indigo. Violet.**

*Let each color give you a different message, an image, a feeling, an idea, an action, a sensation.*

*Slide down the arc of the colors to the*

*pot of gold at its end.*  
*Discover your gift, your blessing.*

I find that this prayer exercise invariably answers my questions and explains why the issues are in my life.



# Gratitudes

I had already begun to compile the first Baker's Dozen book when I learned of the death of someone very dear to me—Heather Dietz Whelan. Heather and I spent many hours talking about and learning through spiritual practice. It is to Heather's daughters that this small offering is dedicated.

I also offer thanks to my dearest friend, and favorite ex-husband, Antony Corso, who was the reason that I met and got to enjoy my then mother-in-law, Judis Corso. She helped me break through to a new level of spiritual practice even though that was never her intention.

I am so very grateful that Barack Obama has given the United States of America his campaign slogan, "Yes, we can." Before he was elected, I think our nation was beginning to think we couldn't.

The work of Eckhart Tolle has grown on me as I have grown to appreciate it. His latest book is crystal clear.

I thank my former client, Dana, who brought me the song, and the opportunity I had to live in Missouri.

Special love to the spiritual daughter who prompted my trip to Taiwan—it was a hugely illuminating experience. I’ve never been so tall or played so much peek-a-boo in my life.

A seminary professor, Janet Manning, whose face appears in my mind instantly, taught me how to pray The Lord’s Prayer. It was transformative for me.

I am grateful to Joel Fotinos, the man who published my now out-of-print *God’s Dictionary* through Tarcher/Putnam and confirmed my ongoing commitment to the magic of words.

The peacework of Thich Nhat Hanh has informed my own peacework for many years. He is the one who taught me to use peace practice as spiritual practice.

Catherine Schainberg’s book on Kabbalah confirmed for me something I’d long thought about

Kabbalah—that there had to be a feminine path through its teachings as well as the ordinary masculine one which is taught. Her book is full of exercise after exercise designed to bring what is subconscious to consciousness. She's a huge transformer.

Most of all, I am grateful for the Divine in all its myriad forms, formats, phases, practices and traditions because that relationship guides all my others.

Be everyday blessed,

*Susan*



## Further Resources

May I recommend a few random prayer resources for your leisurely further perusal?

[Stretching Lessons: the Caring that Starts from Within](#)

by Sue Bender

[The Queen of My Self](#)

by Donna Henes

[Adventures in Prayer](#)

by Catherine Marshall

[The Dynamic Laws of Prayer](#)

by Catherine Ponder

[Kabbalah and the Power of Dreaming: Awakening the Visionary Life](#) by Catherine Shainberg

[A New Earth](#) by Eckhart Tolle

If I had to advise anyone about prayer, it would be very simple. Keep looking till you find a form that works for you. Every time the form you're using gets stale, seek—and find—another one!

**You can always make a prayer request on  
my website: [www.susancorso.com](http://www.susancorso.com)**



# The Author



Dr. Susan Corso is a spiritual author, speaker, and counselor. An omnifaith minister and the author of *God's Dictionary* (Tarcher/Putnam 2002) and *The Peace Diet*, she has had a spiritual counseling practice for more than 25 years. She has been an intuitive since childhood.

Susan's blogosphere writing may be found at [Seeds for Sanctuary](#) , [God's Dictionary](#), [Ode Magazine](#) and [The Huffington Post](#), and [Beliefnet](#). Her website is [SusanCorso.com](#).

One of her favorite occupations is writing spiritual fiction. She is the author of *The Healing Mysteries of Mex Stone* under the pseudonym Shulamith

Burton. The audiobook of the first in the series, [Oklaho-  
lahoma! Hex](#), came out in September 2008.

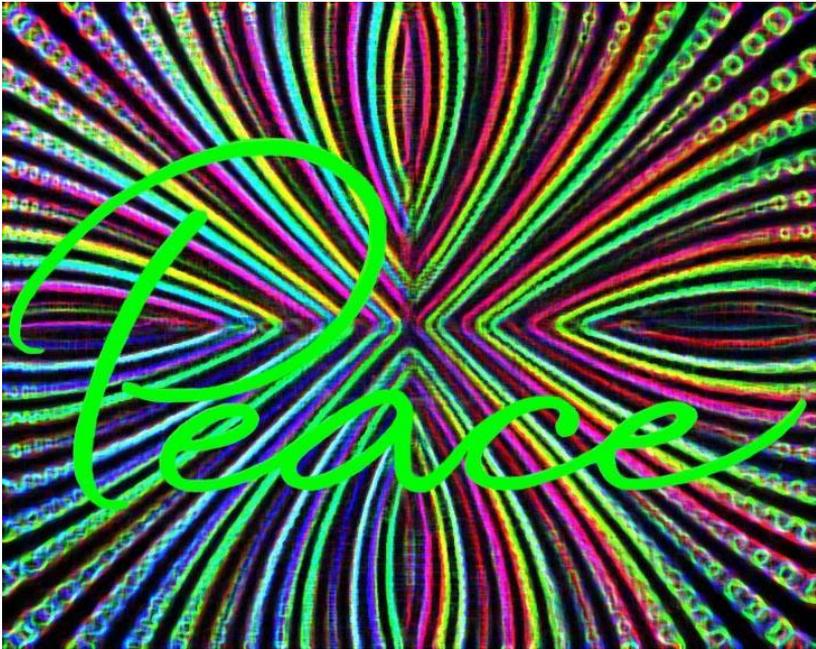
Susan is the founder of Sanctuary and ten-year author/publisher of a free e-newsletter, [Seeds](#). As a professor at the accredited College of Divine Metaphysics, she teaches and ordains ministers.

Susan has been published in magazines, on-line magazines and newsletters including *Business Ethics*, *Beliefnet.com*, *Ode Magazine*, *Science of Mind*, *Napoleon Hill's Think and Grow Rich*, *New York House*, *Q-Spirit*, *Self*, and *Winning Ways*. She is the author of several tape series. Susan also writes for the theatre: *The God Show*, *I Would Never*, *Fight or Flight*, and *PeaceWomen*.

For many years, Susan was an organizational consultant and motivational speaker guiding nuclear scientists as well as entrepreneurs into their life purposes. Some of her former clients include Westinghouse Hanford Company, Mary Kay Cosmetics, Gila River Casinos, and the American Nuclear Society, among many others. Today she functions as Chief Spiritual Officer for corporations.

She lives in one-sixth of a Victorian house outside of Boston, with her beloved spouse, director/actress/teacher Sheriden Thomas, and the spirit of her familiar cat, Charles of the Ritz.

Her mission in life is peace.



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