



Episode 7: Sofia—the music of prayer  
Thursday, June 6, 2019

- 00:00:00 [music] You are not moving, you are being moved.  
You are not singing, you are being sung.  
You are not praying, you are being prayed  
Prayed at the speed of love.
- 00:01:08 Janet Conner: You are not praying, you are being prayed. Prayed at the speed of love. This theme song for this podcast is a gift. It was given to me as a heart gift from my very special, sacred guests today: Timothy Frantzich and Carin Vagle. Brilliant musicians in their own right but together with Dean Magraw, they're a group.
- 00:01:41 And they have the most spectacular name in the history of musical names: *Sofia*. And that means the world to me because the name of the Beloved for me is Sophia. As *Sofia* they produce music that, to my ear, is so different from music I hear anywhere else. This is music that vibrates as all music does, but it vibrates very deep in my body, very deep in my heart, way beyond any mind.
- 00:02:23 My mind isn't listening to this music. My body is listening to *Sofia's* music. My heart is breathing in *Sofia's* music. And I know, and I know that I know, that I am being touched by the actual frequency, the living vibration of love herself. I'm Janet Conner, *Prayer Artist*, and you have arrived.
- 00:02:52 You have arrived in perfect timing—I like to call it speed of love timing—to the seventh episode, the seventh conversation in my new podcast *Praying at the Speed of Love*. I first heard *Sofia* when I invited Dr. Neil Douglas-Klotz, the great translator of Jesus in his original Aramaic, to be on *The Soul Directed Life*. The radio show that I had for six years on the Unity Network.
- 00:03:26 Now, Dr. Klotz had been on many times. We had done the *Our Father* in the Aramaic. We had heard Sufi stories, so this time, I think it was December of 2017, I said, "So Neil, what do you want to do this time?" And he said, "Oh, let's do the Beatitudes." And if you have his beautiful book *Prayers of the Cosmos...* oh, I think it came out in '94. It changed everything. That book is a revolution.
- 00:03:58 And this tiny little book, I mean, it's not even a third of an inch wide, has Dr. Klotz's translation of the *Our Father* in Aramaic and the Beatitudes. And if that is

not currently on your permanent mystical shelf, you absolutely want to have *Prayers of the Cosmos* close at hand. So of course I said, "Yeah. Let's do the Beatitudes."

- 00:04:25 And he said, "Well, you know. There's a group in Minnesota that has recorded these Beatitudes. They're called *Sofia*, and why don't you reach out and ask them for a couple of clips of their Beatitudes. And let's play them on air." And that's exactly what we did. Well, my copy of *Sofia: The Beatitudes* came into my house, my car, my office. I think I have four copies, and it's been in permanent rotation ever since.
- 00:04:58 And so now, even before the conversation begins, let's get a little taste of what *Sofia* has done with these magnificent Beatitudes. In English, you're probably familiar with, "Blessed are the pure in heart; for they shall see God." Dr. Neil Douglas-Klotz expanded that into this translation: "Aligned with the One are those whose lives radiate from a core of radiant love; they shall see God everywhere."
- 00:05:42 And I think you can feel that energy in this clip from *Sofia: The Beatitudes*, Beatitude #6. "Aligned with the One are those whose lives radiate from a core of radiant love; they shall see God everywhere."
- 00:06:07 [music] *Tubwayhun layleyn dadkeyn b'lebhon d'hinnon nehzun l'alaha.*
- 00:08:06 Janet Conner: So you can hear what *Sofia* did for Jesus's prayers in Aramaic, [voice cracks] but I never imagined that they would do the same for mine. After listening to their CD *Sofia: The Beatitudes* for months [laughter], months, I invited Timothy Frantzich and *Sofia* to be on *The Soul Directed Life*.
- 00:08:39 And to give them a sense... "Who is this woman reaching out to me and asking me to be on her radio show?" I thought, "Well, I should send a few prayers. Give them a little sense of who is Janet Conner, and what does it mean to be a *Prayer Artist*." So I sent three or four, and one of them was "Do You Feel That Breeze?" Unbeknownst to me, the three of them played with that prayer and simply sent it back, unannounced, unrequested.
- 00:09:14 Just, "Hey, would you like to listen to [voice cracks] what we did with the chorus..." now the theme song of this radio show. And I know you've been listening to it for seven episodes now. I burst into tears the first time I heard it, completely. I was with a friend, and she was a witness to how powerful that music is.
- 00:09:46 Their music takes the words of a prayer, the words of Jesus in Aramaic and expands it so fully. I don't know how they do it, but they enter the vibration, the heart, the meaning, the sacred song and bring it to us in a song we can listen to and, more importantly, sing along with.

- 00:10:20 And so I have invited them to not just be on this show with you today, but we'll be telling you about the very first prayer concert with me and *Sofia* at Unity of Minneapolis on June 12th. Today, we are so blessed to have a very real conversation with two very real people, Timothy Frantzich and Carin Vagle, to talk about their very real lifelong experiences with prayer.
- 00:11:01 In this conversation, there is something waiting for you. There's some nugget of love floating in the air right now waiting to enter your ears, your heart, and transform your life. So let us begin this conversation as we always begin these conversations: listening to the sacred voice of the Tibetan bowl as she calls us to open our ears, our invisible ears, that we may hear what wants to be heard.
- 00:11:41 [the bowl rings]
- 00:11:57 Janet Conner: She's still singing and singing and singing. I don't think it comes across on the microphone, but I think she's very happy to be having a conversation with Timothy Frantzich and Carin Vagle, joining us from Timothy's home in Stillwater, Minnesota. Welcome, my precious friends. Welcome.
- 00:12:18 Carin Vagle: Thank you.
- 00:12:18 Timothy Frantzich: Hello, Janet.
- 00:12:19 Carin Vagle: Hi, Janet. Thanks for having us.
- 00:12:21 Timothy Frantzich: Thank you for having us. It's so good to hear your words and the way that your show is how you speak. It's just really nice. It's really good. Happy to be here.
- 00:12:30 Janet Conner: Well, I love doing this show so much, and I'm really barely stay in the chair for the opportunity to introduce the listeners of *Praying at the Speed of Love* to you and to *Sofia*. So this conversation is not like any other podcast. As far as I know, there's nothing quite like it. We're having real conversations about how people pray. So Timothy, would you start the conversation? Tell us. How did you grow up?
- 00:13:01 What did you learn about prayer? How were you taught to pray, and how has your prayer story evolved?
- 00:13:11 Timothy Frantzich: Well, that's such a good question to think about. And as I think way back, I grew up really on what someone might call the marshes of the Twin Cities here, of Minneapolis and St. Paul. The suburbs where I grew up were... this is the Land of 10,000 Lakes which is closer to 20,000 because there are so many small places in nature where there's a lot of water. And my house I grew up in was surrounded on three sides by cattail kind of marshes.
- 00:13:46 And I would go out into the marshes on my own with my dog or with my siblings and spent my first 10,000 hours, I think, there, falling in love with the earth

without knowing it. Just calling that my ally, and I wasn't afraid out there. I was really just a part of it, and it was a part of me. And so I think that was my first, probably as I think back, the feeling of prayer.

- 00:14:18 The heart opening, the connection to something greater than ourselves that is somewhat of a mystery. That would be my first prayer right there, just being out in the marshes around our house. And, of course, in conjunction with that, my parents... I was raised pretty conservative Christian. I would maybe even say fundamentalist Christian back in the 1960s and '70s in a Covenant church.
- 00:14:46 Covenant was a Swedish offshoot that immigrants from Sweden. It was called the... it was in Minneapolis. It was called the Swedish Tabernacle, and it sometimes would have 1500 Swedes on a Sunday speaking in Swedish for all the church. I remember the old Swedes, and I remember the language when I was really young. But it was evolving then more into English in the '60s and '70s.
- 00:15:17 So I learned from my Sunday school teachers and my parents all the Bible stories. And I loved stories, and so I just took those in very deeply. I think the Bible stories, the Jesus stories are closest to my heart because they were the earliest stories my imagination could carry and chew on and dream about at night. Those stories meant a great deal to me and still do.
- 00:15:44 And so, as time went on I think God moved out, out, out, has been my feeling, from those places. And I encountered people from other faiths and other continents that all of a sudden I recognized as brothers and sisters in this walk. It struck me that, I don't know, that the prayer...
- 00:16:18 I guess, the prayer life for me made a big leap as I carried those stories. I think there's this interesting thing. It's sort of a theology of addition rather than getting rid of things. Of course, there's some stuff that we have to sort of wrestle with and get rid of maybe that wasn't part of it ever in the first place, but really it's about adding to it and moving out.
- 00:16:47 And so there's God the Father. That's fine. We can add God the Mother now and the Birther and the Creator, right? And so we add to those. We don't take away God the Father because that's still there, and that can be true in so much with the Bible stories that I grew up with and discovered.
- 00:17:07 Janet Conner: Timothy, you'll get the biggest kick out of my son's story. I told it on the very first episode of this show, but giving that you're talking about God the Mother, I think you'd love to hear this. I grew up Catholic and then nothing for years, two decades. Wake up pregnant at 40 and go, "Oh, Houston [laughter]. We have a problem. I need to give my son some kind of spiritual life."
- 00:17:35 So I tried to go back to the Catholic church. That didn't work so well. Then I decide, "I'm going to go to an Episcopalian church," and I went by myself and went, "Oh! I can do this. I know all the prayers. I know when to stand. I know

when to sit." And I bring my three-year-old. End of the service... I knew exactly what was happening. So the end of the service, I'm holding his chubby little hands. "In the name of the Father and of the Son and the Holy Spirit, amen."

- 00:17:59 Pull his little hands together—of course the church is silent, right—and he looks up at me, three, and says in a loud theatrical whisper, "Where's God the Mother [laughter]?"
- 00:18:17 Timothy Frantzich: That's perfect.
- 00:18:18 Janet Conner: It's perfect, right?
- 00:18:20 Timothy Frantzich: Yeah, yeah. So as time went on, I encountered wonderful teachers, and one of my main teachers in music has been a gentleman named Doug Von Koss, V-O-N-K-O-S-S. He's around the San Francisco areas, Sebastopol now these days, and in his mid-80s. I was just with him over the last 10 days in the backcountry of Maine where he teaches group singing, community singing.
- 00:18:55 It's a very sacred kind of singing. Many chants and songs in different languages from different beliefs. You can cover a lot of ground together and open our hearts together. We would begin every day from 6:30 to 7:30 for an hour with whoever wanted to sing that early, and usually about 60 people singing together out there. And it was... that for me now, fast-forward from my story, I've been saying for the last few months, that's my church now to hear people sing together.
- 00:19:29 It does the same thing on a mystical level, like this thing that you look at each other and go like, "What the heck is happening here? I'm not even going to try to answer this. This is just good." And then it's also just the voice and trying to sound good together, trying to harmonize where the intention is pure. And so anyway, if you want to visit any of it, you can see Doug Von Koss. I've made a little YouTube channel with him teaching some of these paperless songs.
- 00:20:02 It's called [The Temple of Melodious Sound](#), all one word. And you'll see him, and he looks something like Gandalf these days. So a wonderful man, and he's a real mentor in that. So for me, that's where I am now in my prayer life. It's more of a big giant community prayer that I love to start and incite and be a part of all of the above.
- 00:20:29 So I've been doing that in Los Angeles. I've been there off and on for about nine months, and we have a Saturday morning sing there that I organize of these kind of short, cyclic songs together. It's really wonderful.
- 00:20:44 Janet Conner: Well, I'll put the link to [Temple of Melodious](#)—
- 00:20:50 Timothy Frantzich: Sound.
- 00:20:51 Janet Conner: [Sound](#) in the show notes so that everyone can find it.

- 00:20:56 Timothy Frantzich: And that's the name of the YouTube channel, so you have to go into YouTube and search that. Yeah, yeah.
- 00:21:03 Janet Conner: We'll make sure that's available for everyone.
- 00:21:05 Timothy Frantzich: Yeah. Great, great. I don't know if that answers your question, but that's kind of where it started and where it is now these days. And so with *Sofia*, it's this wonderful... Dean and Carin are so centered in their heart, and when you're centered in your heart, well then the center is around all of us at the same time. And it's so wonderful to create music with them, as you've experienced personally.
- 00:21:38 And for me, like just the last month or so, we've been sending around some lines that we really love or parts of poems that we really love, and it's just the most natural thing to make music together. And Carin will start with a melody, and all of a sudden it becomes something that's near and dear to my heart. So I hope to keep doing that for some time.
- 00:22:06 Janet Conner: Well, and as you're talking, I'm imagining that a family sitting around the table, of friends getting together for yoga, we could all do this whether we are "good" singers or not, right? If a line speaks to me, a word speaks to me, I could simply turn to my son at the dinner table and we could begin to sing it, right?
- 00:22:38 Timothy Frantzich: I mean, now you and I are talking the same language here. I mean, the last eight days in the backwoods of Maine, because we sing so much, I do a one-on-one workshop with people that's about "What about my singing?" This kind of a workshop, and people come. And I'm a simple singer, and I had a lot of fear and trepidation in my early years with singing.
- 00:23:02 And I love singing now, and I see it's such a gift. So I sit with them and I listen. And we match tones, and we talk about harmony. And we talk about where they are with their singing. But really, honestly, I mean, in our culture we've outsourced singing to American Idol. Oh, where there are judges that put their thumbs up or down, or they don't spin their chairs around. "I hope I'm not one of those. I'm not even going to open my freakin' mouth."
- 00:23:26 Well, I mean, up until about 50 years ago, there were just treasures of singing walking among us, and most people were singing. And there were people in every family that knew all the harmonies to about 100 songs. I'm talking about four harmonies for each song. Just like these amazing... it was the thing that we all did because that was how we got together, so.
- 00:23:54 Anyway, I would love to encourage anyone to do that because we have this instrument inside of our bodies.

- 00:24:02 Janet Conner: Well then, I am so putting that in the Show Notes that we simply open our mouths and take any words, any sounds that speak to you and start humming and singing. It's all prayer, right? It's sound. It's prayer. It's all prayer. What about you, Carin? What's your soul's prayer story?
- 00:24:30 Carin Vagle: It's interesting listening to Tim talk about his. I mean, we're all designed in our own unique way, and I'm so different from you [laughter] and Tim. And I love it, but at the same time, of course, I can really relate to so much of what you're saying. In my life, prayer has been the experience of knowing myself.
- 00:25:07 And what I mean by knowing myself is through different things whether it's running outside and playing, or creating images and reflecting on them. Or I grew up in a musical family, so I've always sung to lots and lots and lots of people since I was like three. But there was always this anchor of going into my heart and knowing myself and being so grateful and thankful.
- 00:25:42 Like I knew in this life from a very young age of how grateful I was to have these different gifts to experience who I am. So prayer was always sort of an unfolding of that. And I mean gifts as in just being human, but also the gift of art or the gift of sound, the gift of relationships, the gift of being able to run. Those kinds of things. And as I grew older, that prayer really just became what I've built my life around, the prayer of knowing myself through my creation.
- 00:26:25 And then I became really, really ill. My son was about five, and I was in my late 30s. And when I became so ill, I couldn't do anything. I actually felt that I didn't know how to pray because I didn't have access to my gifts. And it was devastating, and my whole world completely changed.
- 00:26:51 And in that moment, I contacted my godmother, and I asked her to give me something, some holy oil, some prayer regimen that could hold me in that time. And she did, and that was really powerful to have someone who could give me that. And then as I healed, through this long process of healing and coming into my own—some people would call it ascension, other people would call it just the healing process—but coming into my own in this world and still being very connected to my prayer.
- 00:27:28 Now, my prayer is deeply personal. And it actually is praying in the moment until I can feel it in my body, so repeating it as chant what my prayer is. And if there's fear, if there's joy, if there's hope in those prayers, whatever it is, reciting those prayers and then giving it up to the creative, benevolent power, and really letting it go so that it's no longer even in my heart, and just trusting that the best thing will happen with it.
- 00:27:59 And I feel it as if it's like pillars of light around me, around the situation, around loved ones. So it's deeply personal, but yet it's also very connected to people. So

yeah, that's what it is. And I feel so prayerful when I pray by singing, and I love that. And *Sofia*, that is one of my favorite ways to pray.

- 00:28:30 Janet Conner: So can we have a little taste of Carin praying in song?
- 00:28:39 Carin Vagle: Yeah. So let's see. There's so many different ways to pray, and I'm not a master of any language. I haven't studied really deeply in any particular avenue, but I've been deeply moved by all sorts of different ways to pray. One of the ways I love to pray is just by being intuitive with seed syllables which are found in all sorts of different mystical languages, Aramaic and Sanskrit.
- 00:29:21 I learned quite a bit about that when I was studying in India and when I studied on the West Coast with Vox Mundi. So I could take one of those. This would be the practice of the unbroken sound, and it's just a really simple chant that you can sing as many times as you'd like. But I'll sing it three times.
- 00:29:55 *Sa Ah Na Re Nom. Sa Ah Na Re Nom. Sa Ah Na Re Nom.*
- 00:30:27 Carin Vagle: So that's just repeating that same phrase three times, and you can go on and on and on [laughter] with it.
- 00:30:35 Janet Conner: And so it doesn't matter what those words mean? Do we just bypass... you know, the brain wants to go, "Well, what are we singing?" It's not about that? Does it matter to know what the words mean?
- 00:30:53 Carin Vagle: I think it's so important to be open to letting yourself say things that you don't understand and use sounds that you maybe even have never used before and that absolutely bypasses the mind. And it goes into the body, and it sort of goes into that archetypal space that we all hold that can be so profound. And just opening yourself up to the grander you, to the larger you, the more connected you.
- 00:31:29 Janet Conner: So is that how you came to record the Beatitudes in Aramaic? How did that all happen, Timothy?
- 00:31:39 Timothy Frantzich: Well, I had those stories I mentioned that have been nesting in my heart, really in soul, in my consciousness for a long time. The Jesus stories. And so when I... someone gave me the teachings of Neil Douglas-Klotz on a CD form. I think it was a series of like nine CDs, something about breath. Maybe you know that one.
- 00:32:15 But he's going through all the Beatitudes and teaching them more or less, and I just loved listening through the things that he taught. Not the different translations but additional translations. There's that theme again. Leaving the core one there that, of course, that's very important. That's what we first learned, and then moving outward with other possibilities because those words, the Aramaic words, the Hebrew words, have so many, so many meanings, oftentimes two or three per word.

- 00:32:49 So it's really interesting as in translation, I'm around a lot of poets these days that do translations, and how they come out so differently from different poets. So it was just so rewarding to start reading these things that went click! When I'd read a new translation of the Beatitudes that it clicked better than what I had heard before all my life. All of a sudden, click! And I'm like, "Oh, I've got to go check this guy out." So I actually went to Madison, Wisconsin within a year of that because he was doing a dance there with his community.
- 00:33:21 And all of a sudden, I was like hanging out singing the 99 names for God, and it was really a treat to meet him. And then eventually, I do... where I just came from, the Great Mother Conference out in Maine, there he was about five years ago... maybe more than five, maybe more like seven because Robert Bly was a mentor of his. So he came back before Robert's time ended there at The Great Mother to pay honor to him.
- 00:33:46 And then I got to really talk more deeply because I was doing music at the conference, and then I started talking about Beatitudes and asked what he thought about if Carin and Dean and I would do this. And he was excited about that so that really got the ball rolling.
- 00:34:05 Janet Conner: Oh, and it's so beautiful. And thank you so much for this concept of addition, that it isn't, "Oh, that's wrong." So I'm holding the liner notes from *Sofia: The Beatitudes* and this just one example so the listeners have a sense of the addition of the translation. And for anyone that was raised Christian, it's like they're memorized.
- 00:34:37 I suppose it's the King James Version. So here's the second Beatitude: "Blessed are they that mourn; for they shall be comforted." That's, I think, memorized by anybody that grew up anywhere near that tradition. "Blessed are they that mourn; for they shall be comforted." Sounds pretty lovely. But you can tell us the Aramaic, but the English translation that Dr. Klotz does that's the addition or expansion is, "Blessed are those in emotional turmoil."
- 00:35:20 Now, right away who hasn't been in emotional turmoil? Whereas the word mourn, I have a tendency to think someone died. There's some reason to be in tears. But, "Blessed are those in emotional turmoil," I can think of a lot of times when I have been in emotional turmoil. But then it's not, "They shall be comforted," which feels like an external, Mom's going to come along and give you a hug kind of. Listen to this.
- 00:35:49 "They shall be united inside by love." Okay. My brain can't quite... this is, we've bypassed. We're in English, but we've left English. "Blessed are those in emotional turmoil; they shall be united inside by love." I call this dropping into the mystic. That's the terminology that I use, so I'm speaking English. I'm reading English, but [laughter] I've left the planet and I've dropped into the mystic.

- 00:36:26 So I want everyone to get to hear this second Beatitude. Before we listen to it, do you want to give any introduction or introduction to the—I'm not saying it correctly, even looking at it—the Aramaic?
- 00:36:47 Carin Vagle: So actually, you'd like us to say the Aramaic?
- 00:36:52 Timothy Frantzich: Yeah, or—
- 00:36:53 Janet Conner: Yeah, I think that that would be helpful to the listeners. Say it in just spoken and then let's listen to it.
- 00:36:59 Timothy Frantzich: This word that starts every Beatitude, *tubwayhun*. It's kind of a V-W, "*tubway*" or "*tubvwayhun*," *tubwayhun*. It's all one word, and that was often translated into "blessed are." That's what we always knew. That's how every Beatitude begins, but it can mean a number of things, right? It can mean "ripe is this very moment."
- 00:37:26 Ripe, ripe, ripe like a fruit. Ripe is this time for those in emotional turmoil to be united inside by love. And so there are a number of different meanings. So this one, do you want to say it or sing it, Carin?
- 00:37:49 Carin Vagle: *Tubwayhun lawile d'hinnon netbayun*. Yeah. That's how it's sung. *Tubwayhun lawile d'hinnon netbayun*.
- 00:38:08 Janet Conner: It's so beautiful. So I'm curious, so I'm assuming the listeners would be curious as well. What's the process? So you have these words in Aramaic. You have Neil's additional translation. Did you just sit with the words? I think I heard Timothy say Carin starts with the melody, so were the three of you sitting in a room and just chanting these words over and over and the melody starts to come? How did this most beautiful...
- 00:38:44 If there's one CD that belongs in absolutely everybody's home, it's *Sofia: The Beatitudes*. Give us a little understanding for how it happened.
- 00:38:55 Timothy Frantzich: Well, this is... I'm so glad that you asked that to clarify because this record, as opposed to the stuff that we've done since this first recording, this one was a true collaboration with Neil Douglas-Klotz. So most of these melodies are things that he started for us. He has recordings on the thing, *The Living Breath* or whatever that CD group is called, where he kind of sings and teaches these melodies.
- 00:39:27 And so we used that as a pushing off point. They're very simple, and Carin and Dean and I took those to new places. But for this one record, it was really collaborative with him. Wouldn't you say that, Carin?
- 00:39:40 Carin Vagle: Yeah. I would say he had a blueprint of very beautiful, simple chants. And then we took those lovely melodies, and we just expanded them. We kind of grew into them, and they grew into us. And it was so wonderful.

- 00:39:56 Timothy Frantzich: Yeah.
- 00:39:56 Janet Conner: More addition! We have addition going on [laughter]. So Timothy, introduce us and let us listen to Beatitude #2.
- 00:40:09 [music] *Tubwayhun lawile d'hinnon netbayun*. "Blessed are those in emotional turmoil; they shall be united inside by love."
- 00:41:47 Janet Conner: Oh, it's hard to... I keep going [laughter]. I love all of them. I love all of them. But this one in particular, I can feel it. I can feel it's like Jesus is reaching out to me and saying, "Beloved, you're in emotional turmoil. Here, let us together be united inside by love." Oh.
- 00:42:18 So we're going to be together at Unity of Minneapolis on Wednesday, June 12th, for a prayer concert. I mean, I don't even think there exactly is anything quite like this. So would you give the listeners a little sense of what will be happening in this beautiful room at *The Speed of Love Concert*?
- 00:42:50 Timothy Frantzich: Well, what I love about Janet and Dean and Carin, and I feel comfortable including myself in this, is that any one of us could take that time and do something that was meaningful in the room. And I believe that it's for everybody in the room that's in on the prayer. And so the cool thing is we also all know how to take a step back when someone else is doing that, and we also know how to collaborate.
- 00:43:21 And so this is going to be a unique time where there's going to be all kinds of new, in the moment, present moment stuff happening. It's very exciting. I think that's a spiritual law that was lost from my childhood church is acting in the present moment if somebody's inspired. Rudolph Steiner from the Waldorf Schools told all his teachers back in 1918, "Plan meticulously, and throw it all away for inspiration in the moment."
- 00:43:54 And so that's what we hope to do there, and I think there will be surprises. And there will be just a lot of beauty and heart in the room. So I don't know how much I can say. Through music, through sound we're going to... as I see it, Janet will do some of her own stuff. We'll do some of our own, but there's going to be a good chunk of it where we really just try this new thing.
- 00:44:19 Janet Conner: The languaging around prayer that has been given to me is these two words: original prayer. Original prayer. And that came through in deep soul writing, and I looked at it and I, still stuck in my head instead of my heart, thought, "Oh, original. That means way back when. That's 'How did we pray before the patriarchal religions stuck prayer in this tight little box?'"
- 00:44:50 And then—I can be really slow—it was like the commercial when you put your hand on the forehead. Wait a second! Wait a second. Original means brand new. Original also addition. It's an addition, right? Yes. Original prayer. There's some

part of our bodies that remembers how we prayed 8-, 10,000 years ago. We don't intellectually remember, but our bodies know. I think that's what's so fabulous about Neil Douglas-Klotz.

- 00:45:21 He's tuned in. He's walking around in the mystic all the time, and he brings it up and brings it to us. Well, original prayer is brand new, created in the moment, and we have a tendency to think of the word original as artists create originals. And here I am being awakened and told I'm a *Prayer Artist*, so that's what we're doing. And that's what I adore about you. You sing these 2,000-year-old Beatitudes in Aramaic.
- 00:45:52 And Carin has this unbelievable song called "The Bridge" which is a Christian hymn which would be what? A few hundred years old. And then a Hindi song from the Vedic tradition that is how many thousands of years old? And if it's okay with everybody, can we put "The Bridge" in one of Prayer Bags for all of the listeners so they can hear this?
- 00:46:21 Talk about addition. There is a Christian hymn and a Hindu hymn coming together in one original new creation. So it's like there's original prayer. The old newly created by Carin Vagle and *Sofia*, and it's there for everyone in Prayer Bag #7. So Timothy, let's pray together. Can you get out your guitar and have us pray a sound, or? On this show we pray together. How can we pray together?
- 00:47:03 Timothy Frantzich: So I was talking about this community singing stuff, and I'll play a little bit of a chant that was taught to me by a friend named John Terlazzo out on the East Coast. And we get to carry these songs along. It's kind of an oral tradition. Most of them are not written out. But this is one that I just jumped on right away because it's so easy to sing with, and people want to start singing before they should.
- 00:47:36 That's always a good sign. Like you're trying to teach it, and they're starting to get in on it. And so this one is for Ganesh. This is for the Prince, the Hindu human body and the elephant's head. And often times, Ganesh is holding a musical instrument. Ganesh's job is to remove blockades from our life and sometimes to place them there if we need to slow down.
- 00:48:07 So Ganesh gets to decide those things for us, but this is an invocation for Ganesh. Just saying Ganesh's name and then shortened versions of Ganesh's name. And it's *Om Gam Ganesh Om Namaha* are the words, and I'll just sing it through one time. It's like four different ways of saying that line, and it can speed up.
- 00:48:33 [music] *Om Gam Ganesh Om Namaha*
- 00:49:40 Timothy Frantzich: So that goes round and round, and if you're lucky, it'll go on forever.

- 00:49:45 Janet Conner: Or at least to 108 [laughter]. I like to take my mala beads with me when I go for a walk, and you've given me now a new... I often see those obstacles in front of me and say, "Ganesh, I could use a little help here." And I've been chanting *Om Gam Ganesh* 108 times, so now you've given me a very rhythmic and beautiful chant.
- 00:50:16 And it goes nicely with walking, I think. It feels very [laughter], so Ganesh and I will be walking the Pinellas trail, chanting your beautiful, musical prayer. What a conversation. This has fulfilled everything I wanted for *Praying at the Speed of Love*. I wanted this to be real conversations with real people about their very real prayer lives.
- 00:50:50 And that is exactly what has happened with Timothy Frantzich and Carin Vagle, and Dean Magraw is here in spirit. The three of them are Sofia, S-O-F-I-A. And on the Show Notes page, I will have links to their website, links to get the CD, links to everything we talked about today. I think there's going to be a lot on the Show Notes page. And all of that is available at [janetconner.com](http://janetconner.com), C-O-N-N-E-R, [janetconner.com/7](http://janetconner.com/7).
- 00:51:29 Now, seven you know is the mystical number, and we actually tried to record this quite a while ago. And it was supposed to be, I think, like Show #4. No, I think Ganesh has been waiting. It needs to be Show #7. So listeners, when you come to [janetconner.com/7](http://janetconner.com/7), you can hear this entire show. You can read about this conversation. You can meet Timothy and Carin and *Sofia*.
- 00:52:03 And you can play with all the things we've been discussing. It'll all be laid out for you on the Show Notes, and you can click on the Prayer Bags and receive beautiful, beautiful, beautiful music. Prayer music from Timothy, Carin, Dean, and *Sofia*. So as we say goodbye, Timothy, do you have a last thought?
- 00:52:31 Timothy Frantzich: What do you think, Carin? Do you have a last thought here? You know, Hendrix said wave your freak flag high [laughter]. So for me, that means like find your gifts that other people might not recognize. Even the closest people to you might be a little cringe-y because they know you so well but go find those things. We each have those, and you have yours and I've got mine.
- 00:53:04 And that's really what this is about is bringing your beauty to the world, so [crosstalk].
- 00:53:10 Janet Conner: Isn't that what Carin said? Isn't that how you define prayer? Right at the beginning you said, "It brings me home to myself," right?
- 00:53:17 Carin Vagle: Yeah, and I would say on the other spectrum, too, like receive, just receive.

- 00:53:25 Janet Conner: Well, I dare say that this conversation is a beautiful gift that everyone is receiving, and I always give a final little gift to the listeners and to the guests. So for Timothy and Carin, here is just one stanza from one of the very first prayers I received. It's called "This Moment." And I always think, "Now, what little segment of one of my prayers fits with this conversation might be about?" because we do exactly what Rudolph Steiner said.
- 00:54:03 Prepare very well and then poof [laughter]! What is meant to happen will happen. This is a chorus from "This Moment:"
- 00:54:13 That first chord of silent music—  
I'm not sure I hear it  
Can't quite catch the tune  
But my heart knows it  
My heart knows it by heart
- 00:54:33 Timothy Frantzich's Voice: This conversation in the mystic with *Prayer Artist* Janet Conner has been rated L.
- 00:54:42 [music] You are not moving, you are being moved.  
You are not singing, you are being sung.  
You are not praying, you are being prayed  
Prayed at the speed of love.