



- 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.
- 00:01:11 Janet Conner: You are not praying, you are being prayed. Prayed at the speed of love. This theme song is a gift. A gift from the Goddess [laughter]. I sent a prayer called "Do You Feel That Breeze?" to Timothy Frantzich, oh, about a year ago, and without my asking, without my even imagining that it could be music, he and his group *Sofia* created this chorus.
- 00:01:50 And every single time I hear it, I get teary because it captures the heart of my calling as a *Prayer Artist*. It conveys in the melody, the rhythm, and the words themselves my invitation to you to experience this speed of love, to experience prayer in any and all forms of artistic expression.
- 00:02:25 That's what it means to be a *Prayer Artist*. Maybe the expression is words, movement, images, videos, concerts, retreats, intensives [laughter]. Chance, all of it. All of it. The point is to open and allow original prayer to move through you, and it moves through you at a previously unknown speed, the speed of love. I'm Janet Conner, *Prayer Artist*, and you have arrived in perfect timing, speed of love timing to the third episode, the third conversation in my new podcast *Praying at the Speed of Love*.
- 00:03:16 I'm very careful to call these conversations because the intent of this podcast is to have real conversations with real people about real prayer. And today we are so blessed to have a very real conversation with a very real mystic, the *Beloved of Mary Magdalene*, Meghan Don.
- 00:03:43 In this conversation, there is something waiting for you, something sacred. Some sacred nugget of love is floating in the air, waiting to enter your heart and touch your life. So let us begin this conversation listening to the voice of the Tibetan bowl as she calls us to open our invisible ears that we may hear what wants to be heard.
- 00:04:20 [the bowl rings]
- 00:04:35 Janet Conner: That was so gentle and so small I wonder if it even came through the wires. It really feels like a whisper from the Divine Feminine inviting

us to open our sacred hearts. I first met Meghan Don through her publisher. This is one of the great gifts of having radio shows and podcasts is the publishers bring you guests and books that you otherwise would know nothing about.

- 00:05:11 Couple of years ago, I had planned a whole month on the topic of the Sacred Feminine and Kat Sanborn, the publicist at Llewellyn, she didn't just invite me. She ordered me. She ordered me to have Meghan Don on the show [laughter]. And I'm obedient, so I read Meghan Don's book *The New Divine Feminine*. And with each turning page, I just kept falling deeper and deeper, head over heels in love. This is a book that belongs on all our sacred library shelves.
- 00:05:52 In *The New Divine Feminine*, you can meet the Divine Feminine in so many ways. You can meet her on one chapter as the *Daughter of Light* and another with the *Mother of the Dark* and another the *Virgin of the Clear Light*. Page after page, chapter after chapter, face after face of the new Divine Feminine. And with each chapter, you can invite her to enter you through chants and prayers and stories and rituals. I love the book so much that I asked Meghan to come back.
- 00:06:30 Well, on the show the second time last fall, I don't why but Meghan began to describe Mary Magdalene praying. And she invited us to see Mary Magdalene in the night, in the desert, stars all above, breeze caressing her cheeks, and notice that Mary Magdalene is rising and beginning to dance around the fire [laughter]. And as Meghan spoke, the only reason I stayed in my chair is my headphone has me trapped to the computer.
- 00:07:05 I could feel Mary Magdalene rising in my own body, lifting me, calling me to pray. And in that moment, Meghan didn't know it, but I knew I had to invite her to co-create a prayer intensive to meet, not just talk about, learn about, but meet the living, real Mary Magdalene.
- 00:07:35 And Meghan and I are in the process right now. We are creating *Praying with and as Mary Magdalene* prayer intensive and it'll open on Monday, May 6th. I'm not sure you can have more fun than Meghan and I are having creating an intensive. A deep drop into the heart of Mary Magdalene. So welcome my Goddess sister, *Beloved of Mary Magdalene*, initiate in the *Sophian League*, Meghan Don.
- 00:08:10 Meghan Don: Thank you, Janet. It's so wonderful to be with you, and yes, I agree. We're having a wonderful time [laughter] planning this intensive. And, of course, working with Mary Magdalene how could we not?
- 00:08:23 Janet Conner: [laughter] Oh, she is so alive. She is so gorgeous. With every passing moment in communion with her, my heart just expands and expands and expands. And that's one of the reasons why we'd love to hear your soul's prayer story. This is the most fun on *Praying at the Speed of Love* is that we don't just meet people at where they are today, "Oh, this is your book. This is who you are. This is what you're teaching," but you take us back to little Meghan. And

we'd so love to hear your story. How did you go from a child in New Zealand to studying around the entire world, being initiated into the *Sophian League*, and now creating the *Sanctuary of Sophia*? What's your soul's story?

- 00:09:23 Meghan Don: Well, growing up in New Zealand, I grew up on a farm, so when I go back in my mind and memory to that time and think of it in the context of the spiritual context and prayer, one of the first memories that comes to me is being up—we had one particular field which we actually called in New Zealand the bush paddock [laughter]. And this bush paddock, we called it that because New Zealand is very much a farming land so that they have actually cut down over the years many of the trees to make way for the animals and the stock and the farming etc.
- 00:10:13 So this one field that we had that was full of trees was so sacred to me. And as a very young girl—I mean, I'm talking three. I'm talking four—I would go up to that field and I would sit among the trees and I would begin to sing. And I was singing heart prayers. I was singing heart prayers for the spirit of the trees that had been cut down and that were no more.
- 00:10:52 And I could feel the grief of this but also the beauty of I knew I was helping and praying for their spirit. Plus, I was also honoring and singing and praying for the spirit of the trees, the very few that were left, and so this became a sacred grove for me. And, of course, I'm part Irish, part Scottish so that Celt within me is so alive, and so this was my Celt really coming forth. So that's one of the very first memories I have.
- 00:11:33 The other, we would, of course, make hay every summer to feed the animals in the winter, so we had these hay barns [laughter]. And they used to be my places where I would find solace and quiet, contemplation. And so that was another memory that came forth that I would go into these barns and I would climb up on the hay bales and I would simply sit. And then I would be there, and maybe in the afternoon a shaft of sunlight would come through the doorway or through the wall because they weren't lined or anything like that.
- 00:12:18 And then I remember seeing the particles of dust flying [laughter] in through the sunbeams, and I remember feeling and knowing that even these particles of dust was God. This too was God. The sunbeam was God. The dust particles was God. Everything in that moment was God. And so I spent a lot of time in the hay barns [laughter] I think, principally, because it gave me such a place of communion. It was just absolutely gorgeous.
- 00:13:07 And, of course, being on the farm, I also communed very deeply with the animals. And one of my jobs was weening the small calves off their mothers and I would feed them. Now, this is really funny because we would use beer bottles [laughter], all beer bottles, and we'd put like a baby's teat sucker thing on it and fill it with

milk. And I would have to use my hands to get that calf to train from the teat of the cow to this teat of the beer bottle [laughter].

- 00:13:48 Yet what a communion was formed because I was like a midwife. I was moving the little calf from the Great Mother to this sort of surrogate mother. So there was this beautiful sense, too, of being present at the birth of these animals, which is a very messy affair but a sacred affair.
- 00:14:14 So the cycles, cycles in the weather, cycles in the lives of the animals, cycles in the lives of the farm became different places of prayer, different acknowledgement of the cycles. So this farm life is so deeply inculcated within me in connection deeply with nature. So that was one aspect.
- 00:14:46 At the same time going on, I was going off to Sunday school [laughter], and my mum was one of the Sunday school teachers a little later on. But I have to say this: I absolutely adored Sunday school. I loved it with every fiber of my being. And I used to have an illustrated, like a comic book of the *Old Testament*, and I would read and read and read that. And I would see these figures dressed in robes and standing on mountains and receiving prophecies, and I would recognize these figures. I knew them.
- 00:15:33 And I would sit hour upon hour with them. And I would pray with them on that sacred mountain. And I would start dancing with the prophetess Miriam as she and the women were dancing, all in my own little bedroom [laughter], in my own little world there. And I have to say this: I know people have this beautiful view of New Zealand, and New Zealand is a wonderful country. And especially now we are seeing that.
- 00:16:08 But, of course, like every country, behind closed doors, it has great violence and great abuse. And that was what was happening in our family. So also one of the prayers that saved me actually was the 23rd Psalm. "Even though I walk through the valley of the shadow of death, I fear no evil. You are my rod and my staff. You take me and I lie down in green pastures." I mean, I am paraphrasing a little here.
- 00:16:47 But I knew that as a child off by heart, inside out, back to front because somehow this 23rd Psalm, this comic book of *Old Testament* stories, and my connection to the land saved my soul, you know? I had both. I had both the earth connection and the heavenly connection, and being a sensitive, mystic being right from the start and growing up in that violence was very difficult. And I would pray and pray each night for it to end.
- 00:17:32 So I think, when I look back, really it was the land and the animals and this deep connection still to this Christian tradition that saved me, that brought me through. So that was my very early kind of feeling as a child. And then as a teenager, Christianity became very dry, and suddenly the farm wasn't so exciting [laughter].

- 00:18:09 I needed a little something more, and I found myself connecting with the Hindu tradition and with the Radha and Krishna tradition. And this was so important to me because here was Krishna and Radha, the sacred divine couple, the feminine and the masculine in that sacred union.
- 00:18:39 And I knew what I was seeing happening as a teenager with couples, I knew that that was not it. And I knew that that was not sacred. Getting pregnant at 16 and married at 18 and changing partners by the time you're 22 was not my idea of sacred marriage. And I knew instinctively that there was a sacred union. So this Krishna and Radha story and energy also took me into the ecstatic dance and chant, and I was in my element.
- 00:19:19 I was home so much so that by the time I was 19 years old, I was living in Vrindavan, in the very home of Krishna and Radha. In the very home. Peacocks wandering in the streets, bathing in the Yamuna River. I was walking in their footsteps and living in their ashram, thinking I had found my destiny at 19. This was it [laughter]! However...
- 00:19:56 Janet Conner: However [laughter].
- 00:19:57 Meghan Don: After a few months, I realized, "No, no. I need to go back to my Christian tradition," and I needed to find this same wisdom though. I needed to find the life force. I needed to find that sacred union.
- 00:20:14 So it took me to the mystics, the Christian mystics, the monastics and going back deeply into a contemplative nature. Finding the depth of wisdom there that I had to then move into sort of the Celtic and also a shamanic sense of being to bring in the land, to bring in the body because, as we know, the Christians were not that good on it just in that context.
- 00:20:54 But by the time I moved deeper into that—and I did a lot of work with the body and voice and sound healing and, in Arizona, opened up a lot of portals in that area and connected deeply with the Native American tradition in that area and the Aboriginals in Australia. So I kind of now was straddling two areas of the Christian mystics and the shamanic, and so that was helpful. And then, eventually, when I made my way to Mary Magdalene, that's when it all came together.
- 00:21:36 Janet Conner: And how did that happen? We'd so love to hear Mary Magdalene arriving in your life [laughter].
- 00:21:46 Meghan Don: Sure. It was a very sacred time. In fact, it was right around getting very close to this time because it was right at Easter. And I was in a monastery, in *Christ in the Desert Monastery* in New Mexico. A wonderful monastery. And it was at the very early morning ceremony for the Resurrection, and this wonderful abbot was doing the Eucharistic ceremony of that bread and wine.

- 00:22:19 And as he was raising the bread and wine to give it a sacred blessing, woah. What happens? My vision opens. The sacred vision opens. And there I see Yeshua, Jesus, and Mary Magdalene dancing together around the altar in complete harmony, in complete balance of masculine and feminine, in complete honor of one another, in complete equality.
- 00:22:50 And then Yeshua kind of backs away a little and Mary Magdalene comes right to the forefront. And she's standing right in front of me, and she opens her being. And all I can say, Janet—to try to put words on this is very difficult—but all I can say is she revealed herself as the very cosmos itself. And within that, I saw her as that universal, cosmic nature.
- 00:23:25 I saw her as the Great Mother. I saw her as the daughter, as the crone and grandmother. I saw her as the prophetess, as the visionary, as the spiritual midwife. I saw her as life and death itself. It was like gazing into the cosmic womb. And the most important thing was she was showing me, "This also is who you are."
- 00:24:00 That was the most important thing. She wasn't saying necessarily, "Oh, look at me [laughter]." She was saying, "Look at me and know who you are. Look at me and know who you all are."
- 00:24:13 Janet Conner: So Mary Magdalene is a mirror.
- 00:24:16 Meghan Don: Mm-hmm.
- 00:24:18 Janet Conner: If we approach her with that, if we allow her to be.
- 00:24:22 Meghan Don: Exactly, exactly. And she shows the way of especially the path of the realized feminine. And she was saying to me, "This isn't just in ancient times. This isn't just when I was alive on the earth. This is alive now, now, and for each and every one of you to partake of." And she also said to me, "It is time to trust in love again."
- 00:25:00 And I really got that very deeply because I looked at this magnitude, right, of being. One cannot enter into the magnitude of such being if one does not trust. And really, ultimately, what is this magnitude of this being but love itself? So trust, I came away as being so important for us all to return to, so that was really my initiation into her [laughter].
- 00:25:37 And then from there I discovered her in even deeper form in the *Sophian Lineage* where I went into very deep studies and connection with her, learning all sorts of chants and prayers. And of course, I made pilgrimages to France which was ultimately her, Mary Magdalene's home. So I went to all the different places of pilgrimage and just was infused.
- 00:26:10 Janet Conner: So tell us—and in the intensive we're going to spend more time—but the listeners right now, if they're anything like me, are just kind of on

the edge of their seat just as I was when you began to talk about her praying last year on the show. My heart is now opening. I'm getting glimmers of her in front of me and calling in the same way. So for those of us that haven't been able to go to Southern France and enter one of her caves, would you give us just a wee taste? What did you see and feel and smell and experience? What is it like to be with her in her sacred home?

- 00:27:00 Meghan Don: Well, first of all, going up to the caves in Sainte-Baume in Provence, you walk through an ancient forest. And this forest, Janet, is alive. You feel the ancientness of the trees. You feel the footsteps of the pilgrims having gone before you. And there is a story that talks about that this is where Magdalene died, and that she actually, when she died, spread out her sparks of her soul. So the sparks of her soul went out and into—hundreds, thousands of these sparks that were sent out so that we could take those sparks up and complete her mission.
- 00:27:56 And it was walking through that forest that I felt those sparks, and I felt that anybody who was open could take that in, could receive it. And going into the cave itself... Well, I've got to say, you walk up a very long way [laughter], and it's very, very high up through the trees. And then you keep walking up even further, up into this complete stone mountain area. The view is unbelievable. It is so expansive.
- 00:28:38 So my first impression, before going into the cave, turning around was that expansive open mind, the expansive open heart. So I felt myself leave behind the small self that I attached to, and I opened to the expansiveness of my own being. That was the first.
- 00:29:03 As I moved into the cave—how can I say? You know, it's dark. It's dank. There is sacred waters coming down that you can collect. And, oh my gosh, they are sacred waters. They are the living waters. It is spoken that she has blessed these waters, and when you drink, you can feel the purity. You can feel the purity coming through you, so you feel that. You hear that living water, and there's just an aliveness in the cave.
- 00:29:37 The spirit of a joyfulness but also a spirit of depth. A spirit of the feminine womb so that potential of life. You're in a womb, so you really are feeling your potential. And I have to say here, Janet, that I know it is wonderful to go to these places and to have that experience, but I also say this: I've actually now been guided not to go to these places because she's saying to me, "I'm right here, and my cave is right here. My cave is wherever you make it. My cave is wherever I am welcome. My cave is your womb. My cave is your mind, your heart, your body." So those who cannot go, do not despair. She's here and so are you.
- 00:30:47 Janet Conner: Well, and that is, although I only realized it now hearing you speak, is the heart and soul of not just the intensive you and I are doing for *Praying with and as Mary Magdalene* but all the intensives, all the prayer

practices, all the everything is that if the Divine is alive in us, we actually—it's not very far to go [laughter].

- 00:31:14 I'm walking to the kitchen. She's walking to the kitchen. I have a prayer that basically says that. "There you are, there you are," as you touch your own body, and the next line that came out is, "Turning together to sip the coffee." So when I take a sip of coffee, the Divine Feminine is saying, "Wow. That tastes pretty good. Let's have another sip as well."
- 00:31:32 This is dramatically—I was raised Christian as well. This is not how I was taught. And living in the city of Chicago, I didn't have the hay, and I didn't have the trees and I didn't have... So listening to you, although so many of us have shared the dark side of your child's experience, unfortunately, that shadow is in so many homes.
- 00:32:06 And so it's adorable to hear your story because who you are today is who you are coming out of your mother's womb, right? It was all there. You were being prepared. So what I'd love to hear now is how do you pray now? All of this comes together in whatever mystical practices, call it prayer or call it something else, that we all engage in to re-remember, to re-experience that state of communion.
- 00:32:41 The word that I use for that is prayer but it's not patriarchal prayer. It's these new definitions of prayer that I'm exploring. So I'd love to hear and I think the listeners would love to hear, with all of these glorious experiences, how do you pray now?
- 00:33:02 Meghan Don: I have to say it depends on the day [laughter] and depends on the moment. And I do look back and I realize I incorporate every single thing from my life. So there are times I do just sit in nature and I just open. I just open and I'm expanding and I'm communing. There are times when I am dancing and chanting ecstatically.
- 00:33:31 There are times when my mind is a little bit too busy so that I go a little bit more into a focused sense and chant I can use there. But I also can draw on my Kabbalistic Tree of Life practices or like Teresa of Avila, she would look at a line of sacred text and repeat that. So I'm always open to what the spirit is asking me to do, what my body is asking me to do. Sometimes I just have these divine persona and masters show up [laughter], so I just kind of roll with that and what they give me.
- 00:34:15 I think if there's any words that come, it's, "Show me the way. Show me the way." I do pray for others that they may be assisted in any way that they are needed. And I do work with archangels also, so I will send the archangels off to somebody when they are needed somewhere.
- 00:34:40 And Janet, I even have to say this: I love to swim, so swimming in a swimming hole, swimming in the ocean becomes a complete prayer in itself. Whenever we are open and receptive, there we become that vehicle.

- 00:35:01 Janet Conner: And one of the ways in particular that you teach us to pray, you offer in *The New Divine Feminine* and that we're going to be doing together in *Praying with and as Mary Magdalene* is chant. And your chants in non-English are just—something else happens. So can we have just a wee taste of a sacred chant with Meghan Don?
- 00:35:32 Meghan Don: Sure, sure. Actually, I would love to do this chant of Mary Magdalene, of course. And this is coming from the ancient Hebrew, and it really means, "The Feminine Power of the Anointed Beloved-Bride." So the chant is *Ya Ma Kallah Mashiach. Ya Ma Kallah Mashiach.*
- 00:36:02 And so the way we chant is we don't listen to how it sounds. It doesn't matter how it sounds. What is important here is the vibration so that we bring the vibration in from the top of the head all the way down. It comes down through the body, through the arms, through the heart, through the torso, through down to the legs and feet, so that the vibration and the energy of this Feminine Power of the Anointed Beloved-Bride takes residence up in you. So that is what we're hoping for.
- 00:36:39 So I invite listeners to either join in or simply sit back and absorb. Whatever is your pleasure. So we'll just go right into this. So taking a deep breath, opening to receive the chant within every cell of your body.
- 00:37:07 *Ya Ma Kallah Mashiach.* [chanting]
- 00:38:31 Janet Conner: Is that the gift you are giving the listeners in the prayer bag?
- 00:38:38 Meghan Don: Yes, it is [laughter].
- 00:38:45 Janet Conner: Yeah. Your gift is so beautiful and the translation of it. There is something so full-body sacred that happens when every part of your body is activated. Your ears, your body's moving, your feet start moving. And as that incredible theme song says, "You're not moving, you're being moved. You're not singing, you're being sung. You're not praying, you're being prayed."
- 00:39:21 And we can feel that. Being prayed, prayed in the sacred chant of Mary Magdalene. Woah. Meghan, my personal prayer life is evolving, but I'd have to say, it's evolving not even daily but hourly. New things arrive, new ideas come, new experiences, new feelings, or maybe new isn't the right word. Expansive, deeper. My favorite word on the planet, deeper.
- 00:40:00 And so the heart opens a little fuller. The body opens a little fuller, and I feel like I'm just being carried. I don't know where this river of prayer, this river of love is going but I trust. To use that beautiful command that you received from Mary Magdalene, it's time to trust and it's time to trust in love. Well, I'm trusting in the river of love, and it's carrying me into experiences of prayer, forms of prayer.

- 00:40:31 It carried me to you. It carried me to *Prayer Artist*. It's carrying me to this new podcast, having these juicy, glorious conversations with people I adore, not about their books or their lives or their teachings but their prayer lives. So I'm curious about what you're curious about because this river keeps moving. There is no arrival. Now, in fundamental religions, there can be an arrival. You now have the dogma. You now have the theology. Everything is set. Show up every Sunday. Show up every Saturday. Do whatever it is you're supposed to do.
- 00:41:09 I certainly was taught that you can just check off, "Okay. You're a good girl. You did that, you did that," and so the story kind of ended. That's not my experience. My experience is the mystic doors keep opening, and you're just invited and invited and invited. So what are you—what's on your heart right now? What are you sensing, feeling, allowing to happen in your mystical life?
- 00:41:40 Meghan Don: Well, timing is interesting, isn't it, always because as we head to Easter, we've really got to understand that in a slightly different way as in Yeshua on the Good Friday was liberating souls from the bardos, from the different realms of souls who had already died.
- 00:42:10 And Magdalene and many of the disciples knew how to assist souls on the other side, and this also is a gift that I have been given. So where I am going now is deeper into that territory, and I'm going to be writing a book on this and being able to give people just very simple prayers and access how to help their loved ones on the other side. And to bring full with the Mysteries—you know, you just don't die and go to heaven. There is a whole lot more in between.
- 00:42:51 So really, the Buddhists know this, but in the West, we've been a little bit slow. But the knowledge is there so that's where I am going. So I'm going with Magdalene. I'm going with Yeshua, actually, and I've got a few Buddhist masters helping me as well [laughter]. So that's where I'm going and I'm very excited about it.
- 00:43:15 Janet Conner: This is so interesting and elegant that we are having this conversation—now listeners could be listening to it two years from now in the middle of winter—but at the precise time that Meghan and I are having this conversation, it actually is the last day of the lunar year that's ending. And we're recording this on April 4th, 2019, and tomorrow, April 5th, 2019, we are in the dark moon, the new moon.
- 00:43:51 And all of the traditions looked to the moon. For the great Muslim traditions, Easter, these are lunar celebrations. But in our solar calendar, regulated, linear lives, we have a tendency to kind of miss that, really look up. And everything you need to know—you were able to experience this on the farm and with the trees—everything you need to know about the flow of life is in the moon above you.

- 00:44:24 And I pay great attention to this now, and therefore, like you, it has so expanded my understanding of the mystical truth of the Christian story. So the Christianity, the Catholic Christianity that I walked away from at 19, I am now re-entering but totally outside of the organizational religion, totally away from the Roman Church and yet coming into a deeper and deeper, falling so in love with Yeshua and Mary Magdalene.
- 00:45:05 So without understanding that intellectually, around four years ago, I just started feeling it necessary, not interesting, necessary to spend Easter weekend completely away from the computer, alone especially on Holy Saturday, re-reading books about Mary Magdalene. And that was before I read your book or knew you or really even knew much about Mary Magdalene.
- 00:45:35 But I found it's non-negotiable. I have to sit outside and turn the pages in the particular book I have returned to now for years is Cynthia Bourgeault's *The Meaning of Mary Magdalene*. And the second or third time I did this, I'm sitting outside reading *The Meaning of Mary Magdalene* on Holy Saturday and it just landed in me.
- 00:46:00 I don't quite have the visionary experience that you have, Meghan, where I can see Mary Magdalene in front of me, but I could feel her in my body. And what she taught me—[voice cracks] you can hear how I feel about this—is the sacrament of anointing. And I just said, "Oh. Uh, uh, okay. All right." And ever since then, in every single one of my intensives, I have received, and I guess they all have to be coming from her, a new sacred anointing.
- 00:46:32 And it happened because of re-entering their world, stepping into the mystical almost incomprehensible marriage, not just of the two of them but of all of us. Stepping into who are we really as human beings? What does it mean to be here as an embodied soul? They both chose to be embodied souls. I chose it. Meghan chose it. Every listener chose it. We chose to be here.
- 00:47:06 What does it mean? What does it mean to be a sacred, fully realized, to use your language, divine being walking this earth, trusting in love? So that's where I'm going to be on Holy Saturday, and if anyone's listening to this conversation as you're approaching that time or for that matter any time, you can always say, "Today, for me, it is Easter," and that's true for everyone of every tradition and of no traditions.
- 00:47:51 So Meghan, thank you so, so, so much for letting us into your heart to see your life, your prayer life, your mystical life, to give us a little taste of your sacred chant. Listeners can come to hear the entire conversation at janetconner.com. There's two ways you can get there. Of course, you can also subscribe at iTunes and Google Play and Stitcher and all the ways that you can get podcasts.

- 00:48:24 But if you come to janetconner.com and click on the podcast—and to make it really, really easy my wonderful web designers are going to set up every single one of these conversations with a number. So it's janetconner.com/3/ and you will be on the Show Notes page.
- 00:48:45 On the Show Notes page, it's an entire page, you get to meet Meghan, learn much more about her. And you get, thank you to Maureen Carter, a transcript of the show. You get to practice. And I've been taking notes and there are many things I want to put in that blue Prayer Action box. And, of course, you get to click on the Prayer Bag and get a gift from Meghan, both the chant and a PDF of the words.
- 00:49:17 And then the party continues. I've created a special Facebook community just for us, the hundreds and thousands of listeners of *Praying at the Speed of Love*. So come and share your experiences, what you are drawing out of this conversation with Meghan, your relationship with Mary Magdalene, and any of your questions. Meghan will happily come and visit and have a conversation directly with you. And so, Meghan, I have a little parting gift for you. Do you have some closing words for the listeners?
- 00:49:56 Meghan Don: I think I would just say, as much as you can, come into the spaciousness of your being. Invite Magdalene or invite any, any sense of greater being to help and assist and to allow yourself to fly.
- 00:50:30 Janet Conner: That's it. We're flying. That's the real point of *Praying at the Speed of Love*. Well, I have a small thank you for you, Meghan, in this fragment of a prayer called "Puddle of Love." I think it captures what Mary Magdalene is asking of us to trust in love. Here's a little bit from "Puddle of Love."
- 00:50:55 if I understood this
not in my mind
not in my heart
but in my body

if I knew
if every cell of my body knew
it was alive with Love

then wouldn't I glow?
wouldn't I quiver?
wouldn't I melt into

a puddle of love
a puddle of love
a puddle of love

Love

nothing more
nothing else
just a body alive with Love

00:51:49 Timothy Frantzich's Voice: This conversation in the mystic with *Prayer Artist* Janet Conner has been rated L.

00:51:59 [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.