

THE PRAYER BOOK



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Prayer has always been a priority for the spiritually aware, regardless of their religion, and today in the increasing chaos that surrounds us, the importance of prayer cannot be underestimated.

It's important for our own well-being to find our center and nurture it. The divine spark within us is just waiting to manifest. Each one of us possesses the Creator Nature, but most of us are not aware of it. Prayer connects us directly to this Divine Core and helps us to bring out our inherent benevolence, compassion and wisdom.

We are spiritual beings in material bodies. We must provide our souls with the sustenance it needs so we may be guided in the right direction and hear the voice of our conscience.

This eBook will show you the various aspects of prayer and how you can use prayer to help you create the life you desire.

“Prayer is and remains always a native and deepest impulse of the soul of man.”

– Thomas Carlyle

PRAYER - A POWERFUL ENERGY

You can define prayer as focused psychic energy directed towards the accomplishment of a goal. If you want to lead a happy, fulfilled, and healthful life, many studies have shown that prayer is *essential*. Researchers have found that people who are dedicated to their spiritual path are happier than those who lack this discipline.

Even seeds and plants have been affected by prayer, as was discovered in the 1950s by the Reverend Franklin Loehr, who found that the seeds that were prayed over usually sprouted faster.

Why not use this energy to manifest your desires and create a better world? When you pray, you become one with the Creator. *Because of your focus and faith, your thoughts can turn into physical reality.* The greater your faith, the speedier this manifestation will be.

Frank Laubach, author of the popular book published in 1946 - *Prayer: The Mightiest Force in the World*, believed that ceaseless prayer could change the world.

According to the well-known healer Ambrose Worrall, all thoughts are prayers. Worrall says that *the most effective prayer doesn't seek to eliminate an existing condition, but to create a desired condition.*

"Imagination is the beginning of creation. You imagine what you desire; you will what you imagine; and at last you create what you will."

- George Bernard Shaw

SO WHAT DO YOU THINK OF WHEN YOU PRAY?

Do you find yourself pitying yourself when you pray? Do you ask the Creator to eliminate your suffering or blame Him for the challenges you face? If you do, you're creating negative thought and patterns which will keep attracting these unwholesome circumstances.

For some reason, the mind finds it easier to dwell on the negative, rather than the positive. If, for instance, you keep complaining that you have no money, you'll find that you'll continue to experience financial challenges.

Any thought held in the mind, especially during prayer, can be magnified and manifested as reality because prayer is a time of focused energy.

Your negative or positive thoughts become even more powerful as they magnetically attract similar thoughts of others. This builds them up and causes them to turn into physical reality faster.

However, if you stop feeding your thoughts with energy by thinking about them, they'll usually dissipate.

There have been recorded cases when thoughts have taken on a life of their own. The famous Dion Fortune, author of *Psychic Self Defense*, writes about unconsciously creating an “elemental” in the form of a wolf that terrorized her household until she “re-absorbed” it.

Alexandra David Neel, a fascinating woman who lived in Tibet among mystics and monks, learning much from them, created a “tulpa” (Tibetan term for a phantom form created to carry out a mission) of a phantom monk who was mistaken as a real lama by a herdsman. Eventually she too had to “re-absorb” her “tulpa” when it escaped her control and began to act malevolently. The feat took her six months.

The Buddha said that we create our world. Our reality is created by our thoughts. Change your thought patterns and change your world. Think positively when you pray. As an experiment, do this for a week and you'll see results. Your habits will also change as a reflection of this change.

For example, if you've lost a loved one, instead of feeling helpless and vulnerable, *use the situation to grow spiritually*. Tell your family members that you love them more often. Take up an exercise routine to deal with the stress, and remember

to say your prayers every day. During your prayers, you'll find that you're no longer filled with self-pity, but an attitude of "I can."

If you still find it difficult to believe that your thoughts can influence your environment and circumstances, look at the photographs of Japan's Masaru Emoto in his book, *The Messages of Water*. In the book, you'll see pictures of water before and after being prayed on. One of Emoto's photos shows how prayer changes an ordinary blob of water into a beautiful 7-sided crystal.

"We have to pray with our eyes on God, not on the difficulties."

– Oswald Chambers

PRAY FROM THE HEART TO GET ANSWERS TO YOUR PRAYERS

All coincidence is meaningful according to the psychiatrist and founder of analytic psychology, Carl Gustav Jung. He was the first modern psychologist to declare that man's psyche is "religious by nature."

So when you begin to see the results of your prayers – the manifestation of the changes you've been praying for – avoid dismissing them as mere coincidence. They have become reality because of your focus and enthusiasm. Acknowledge that your prayers have worked and give thanks to your Creator.

Avoid thinking of yourself as a victim of circumstances, as this will attract conditions that will victimize you further. Believe that you can fulfill your aims and have absolute faith in the Creator.

When you pray, feel appreciation and repentance, rather than self-pity. If you feel that your prayers aren't answered, look to the motive. Does it align with the Creator's plan for you?

*“Our prayers should be for blessings in general,
for God knows best what is good for us.”*

– Socrates

THE PRAYER OF REPENTANCE

To repent doesn't mean to blame yourself. Blame the misdeed (the action), not the self. Repentance is being able to see your mistakes clearly and objectively without forming judgments such as: “I am an evil person.” That's not true!

Once you admit your mistakes, the next step is to apologize to the Creator and vow to transform yourself. If you truly repent, you'll avoid committing the same mistakes again.

Just chanting a verse of repentance or confessing your sins doesn't make them go away. Repent with a sincere heart as soon as you make a mistake. When you pray to repent, do it without thinking of the blessings you may consequently receive.

“Prayer is a confession of one's own unworthiness and weakness.”

– Mahatma Gandhi

MAKING A HEART-FELT OFFERING

In all faiths, one way to accumulate virtue and blessings is to make a sacred offering. Examples of sacred offerings are fruits, flowers, and money. But no matter how small the offering, if you offer it with a sincere and pure heart, it will bring blessings.

However, if you make an offering with a view to the blessings and virtue it will bring, or the recognition it may bring you, then you've missed the point of selfless giving. Make your offering without expectation, and forget about it. Avoid thinking about what the temple, church, or synagogue you've given to will do with it.

Only offer the best to the Creator. It shouldn't be something you'd discard. One thing is certain: a heart-felt offering will come back to the giver multiplied tenfold.

"God warms his hands at man's heart when he prays."

- John Masefield

PRAY LONG OR PRAY FIRST?

It doesn't matter how long you pray, as long as you make it a priority. If you pray first thing in the morning before you have your breakfast, you'll find that the rest of the day will go smoother than usual. The beginning of anything is an important time. If you begin right, you're more likely to end right.

"In every phenomenon the beginning remains always the most notable moment."

- Thomas Carlyle

KINDS OF PRAYER

There's no right way to pray. *Speak to the Creator whenever you feel the need.* It could be a prayer of gratitude and appreciation when you get up in the morning, thanksgiving before meals, or a prayer for bedtime. Ideally, all three!

Intercessions and petitions for the well-being of others have enormous power and have been known to accomplish miraculous healings.

Prayer of Appreciation

Appreciate the fact that you're alive today and able to enjoy once again the beauties of nature, your family, pets, friends, and comforts. Most of all, be grateful for having another day in which to realize your True Self. This is the very purpose of life. *That life is an opportunity for spiritual evolution has been propounded by all great spiritual leaders.*

Prayer of Thanksgiving

Give thanks to the Creator or Higher Power for the food you eat. Let every bite remind you of where it comes from. Think of the people who have prepared it - from the farmer to the person who has cooked it for you.

Give thanks for the air you breathe, sunshine, rain, sunsets, trees, and flowers. Appreciate those around you for their support and love, for the lessons they teach you and the truths they enable you to see. No man is an island. We depend on others for many things.

Prayer of the Mystic

The prayer of the mystic is to achieve oneness with the Divine. This form of prayer is the highest and is contemplative and meditative in nature. It's an elevated state of awareness. There are no words, symbols, or images in this state.

Mystical prayer can lead to some interesting side effects such as prophecy, clairvoyance, clairaudience and levitation. Both St. Francis and St. Joseph of Cupertino could levitate while in rapture. It is believed that the latter could even “fly” and remain suspended for long amounts of time!

“When we pray to God we must be seeking nothing – nothing.”

– Saint Francis of Assisi

WANT TO PRAY, BUT DON'T KNOW HOW TO BEGIN?

Jan Engels-Smith, author of *Becoming Yourself* and a conductor of workshops in shamanism, says that it takes 21 days to form a new habit. Set a goal of praying ten minutes every day and it'll become a habit. You can always lengthen the duration of your prayer as you become more comfortable with it.

Persistence pays. It might take a while for your prayers to be answered, but don't give up. Continuance is power, especially on the spiritual path.

“God speaks in the silence of the heart. Listening is the beginning of prayer.”

– Mother Teresa

PRAYER IMPROVES MENTAL AND PHYSICAL HEALTH

Research reveals that those who pray regularly fall ill less often and recuperate faster. They have a lower incidence of depression and suicide. Prayer even lowers blood pressure.

In 1999, a study conducted in St. Luke's Hospital in Kansas City on nearly 1,000 heart patients, revealed that those who were prayed for healed faster, even though they did not know about the intercession.

In 1998, a study published in the Western Journal of Medicine showed that prayer done by strangers benefited AIDS patients. Among the group of 40 patients, those prayed for had fewer medical complications.

*“Health is a state of complete harmony of the body, mind and spirit.
When one is free from physical disabilities and mental distractions,
the gates of the soul open.”*

– B.K.S. Iyengar

MAINTAIN A PRAYERFUL ATTITUDE

It's easy to think good thoughts when you're praying, but what happens when you're not praying? We tend to separate our spiritual life from our worldly life. And then when things don't turn out the way we want, we wonder what went wrong with our prayers. Even worse, we may begin to go spiritual shopping, looking for other spiritual or religious paths that could bring about the changes we desire.

The challenge is not so much with the path we follow (for in the end, all faiths profess many of the same basic truths), but with our attitude. *With a prayerful attitude,*

you're always aware of your thoughts and actions. You apply everything you learn from your spiritual mentor to your daily life.

If, for instance, you're taught that all that you encounter has a message for you, you'll look for the message constantly. You'll ask yourself why you're facing certain circumstances. This requires much digging, but the rewards are great. Once you can pinpoint the part of you which is attracting such situations and people, you'll be able to transform.

Another way to maintain a prayerful attitude is to appreciate everything as you go through your day – your meals, nature, friends and family, job, comforts, and more. *True spiritual growth can only come about when you erase the lines between your spiritual and worldly life.*

Mother Teresa is an inspiration. She was always talking to God and tried to address her every thought to the Creator. For her, there was no difference between her spiritual and daily life.

Avoid watching news about violence and war, as well as horror movies. Think of the millions of viewers like yourself round the world watching distressing news. Imagine how powerful these negative thoughts can be when they connect with each other and magnify.

As for horror movies, did you know that these create thought forms of fear and revulsion? They also attract them.

“Prayer is not merely an occasional impulse to which we respond when we are in trouble: prayer is a life attitude.”

– Walter A. Mueller

Prayer is a focused energy, a communication with the Divine. You're not praying to something external. The sooner you realize this, the quicker you'll be able to manifest the perfection within.

Pray often, pray from the heart, and be full of appreciation and gratitude during prayer, instead of complaining to the Creator about the challenges you face. Remember that your thoughts create your world and a prayerful attitude will transform your life for the better!

“Grow flowers of gratitude in the soil of prayer.”

- Verbena Woods