

Discover the Miracle of Prayer

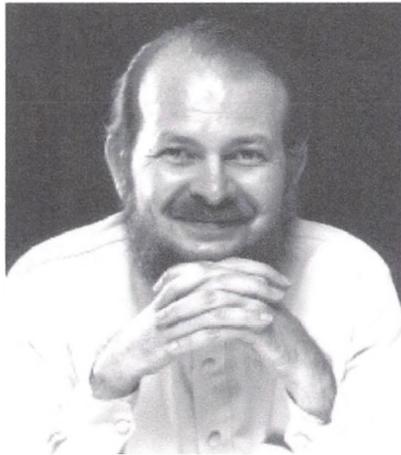
Fifteen Powerful Ways
to Pray Effectively

In this priceless little treasure, you will discover

- Twelve Major Forms of Mystical Prayer
- Three Higher Dimensions of Prayer
- How to Better Approach and Release Your Prayers

As you practice these magnificent forms of prayer, you may experience your own higher levels of consciousness—including serenity, ecstasy and perfect intuition.

Entering the dynamics of spiritual awareness, you will pray in the manner of saints and mystics. Your prayers will become a sacred privilege and personal delight.



Ramakrishna Ananda

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Dedication

This book is dedicated to
those who share their hearts
and minds with God.

Dear Friend of Yoga Center

I just wanted to greet you and share my hope that you and your loved ones are faring well. May each of us be:

- Healthy and strong in our yoga
- Happy in our love and friendships
- Receptive to Spirit in our meditations and daily activities
- Prayerful and compassionate in our minds and hearts.

May our homes radiate love, healing and well-being to everyone everywhere. Let's take care of ourselves and keep one another in our hearts until we are physically together again. In the secure awareness that God is always in charge, I hold you in my thoughts and prayers.

—Ramakrishna Ananda

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Preface

Do you know about the mystery of prayer? If so, you have seen many miracles, wonders and transformations which cannot be explained by logic or physics.

When you enter the quiet place in your heart and talk to your Creator, amazing changes occur in the lives of people near and far. How is this possible? What is this great gift of prayer?

Unfortunately, many people do not know how to pray. They say a few words to their distant, uncaring concept of deity and then hope something positive will occur. Often, their prayers are messages of doubt, confusion and fantasy. They don't see many results, let alone miracles and wonders. They live alone, outside of the mystical relationship with God and "The Powerful Goodness," as Benjamin Franklin called it.

This book was written to assist people in entering the magnificent Mystery of Prayer. I hope these methods will help you go further and further in your spiritual journey. You'll find fifteen forms of prayer, including three higher

dimensions of prayer for those who are keenly conscious of the omnipresence and omnipotence of Spirit.

By *mystical prayer* we mean prayer which transcends normal day-to-day consciousness and enters higher levels of awareness. As you learn to pray in the manner of saints and mystics, not only will your prayers be of greater assistance to others, they will also bestow utmost joy and satisfaction to you.

Additionally, *Discover the Miracle of Prayer* was written to encourage people throughout the world to come together in spiritual fellowship and, through mystically attuned prayer, create a more loving, more understanding and happier world.

As you practice these several kinds of prayer, you may begin to experience higher levels of consciousness—serenity, ecstasy and perfect intuition, for example. You will gradually become spiritually awake and aware. The mystery of prayer will be revealed to you directly and personally. The dynamics of prayer, as a wondrous creative interplay between you and your Lord, will continually inspire you. You'll recognize prayer as a sacred privilege and sweet delight.

You'll be personally blessed as you develop in these remarkable forms of prayer. Further, you'll become a friend

and companion to all people everywhere. Your prayers will make of you a healing light and an uplifting influence wherever you go.

Your prayers are acts of love. Through them you will extend the miracle of prayer to others.

Ramakrishna Ananda
April 2020

Discover the Miracle of Prayer

Why do we pray? We pray in order to enter into a conscious awareness of God's presence and loving care. We pray for others because we care about them and know that through prayer we can be of help.

When do we pray? Anytime. However, prayer after meditation is particularly wonderful.

What is prayer? Prayer is a sincere and humble request to God, an affirmation of God's nature and loving presence, or an expression of praise and thanksgiving. Prayer often becomes a deep meditation and communion with one's Creator.

BEFORE YOU PRAY

PURIFICATION

When you enter prayer, it is very helpful to first release selfish motives and personal desires. You may wish to pray:

Beloved One, please bless my prayers. May I pray to You, free of selfish motives, personal desires and willful opinions. Please cleanse my mind and heart. I seek that Your loving will be done, not my will.

Then mentally chant *Amen* or *Om* and attune with the Lord of your heart. Center in your soul and enter deeply into relationship with your Divine Beloved.

Western mystics often conclude their prayers saying *Amen* which means “Truly, certainly. So it is! May it be so!” Eastern mystics often conclude their prayers with the sacred word *Om* which means “Universal Spirit, allness, oneness.”

THE ATTITUDE OF PRAYER

- Enter into prayer as God's loving son, daughter or companion.
- Be conscious that God loves and cares about you, that God listens to what you say.
- Avoid the attitude of beggar, panhandler, manipulator or whining child.
- Enter into a loving relationship with God whenever you pray.

WHICH FORMS TO USE

As you pray for your needs and the various needs of others, you will probably find in time that you use all fifteen methods of prayer. However, you'll likely adopt three or four as your favorites and use them most often.

After your practice of purification and after you have consciously entered into relationship with the Lord of your heart, select one person or a particular situation and decide how you'd like to pray.

Now let us turn to the sublime methods of prayer.

MYSTICAL FORMS OF PRAYER

One

NATURAL PRAYER

Simply talk to God out loud or mentally. Share your mind and heart with God's heart and mind. Then *listen* for insight, assurance and spiritual guidance which will empower you to pray more lovingly and effectively.

Spend at least as much time listening to the comforting inspirations of Spirit as you do speaking. Don't expect the Infinite Spirit to speak to you in words. The occurrence of words during quiet moments of prayer generally indicates that you are *imagining* responses to your prayer, that you are not in mystically elevated consciousness. Most responses to transcendental prayer are:

- *Revelations*—flashes of direct perception which prove to be true in the outer world.
- *Assurances*—the comforting knowledge that your prayer has been received by Spirit and has been answered.
- *Experiences* of light, wholeness, wonder and/or holiness.

Two

ARATI PRAYER

Arati means “the waving (or weaving) of light.” In Arati Prayer, you take the person for whom prayer is requested—or the problem for which you are praying—and circle your right hand in a clockwise motion, mentally surrounding the person or problem with Spiritual Light and Perfection. Visualize that the Infinite Spirit permeates and entirely fills the person or problem, bringing transformation, healing and wholeness.

Then, when you sense that Spirit fully abides within the Arati Circle and that Its loving will is fully manifested, relax your hand. Think or say:

Dear Lord, You are in (name the person or describe the situation). Your loving will is fully and freely expressing.

Then exhale and chant *Om, Amen* or *Thy Will Be Done*.

Three

INSTRUMENT PRAYER

As you pray, you may wish to think of yourself as an instrument which God is using. As you make your prayer, think and feel that the Spirit of God pours—or sweetly flows—through your mind, heart and body *outward* to the person or circumstance you are praying for.

Be sure to keep your personal will and desires out of your practice of prayer, especially this form of prayer. Prayer is not a bullying form of communication. Don't try to impose your will upon a more loving and wiser will. Rather, seek to *align* and *attune* with the Higher Will as you pray.

A deep sense of communion with Spirit often leads to profound Instrument Prayer.

Four

TAP AND PRESS PRAYER

If, in your selfless and loving thought, it appears to you that the person for whom you are praying is blocking their own happiness or the happiness of others, you may choose to visualize this person and mentally tap or press on his/her forehead. Mentally tap or press lightly on the lower central forehead above the juncture of the eyebrows (which mystics call the Third Eye center). As you tap or press, chant *God is love*, or *God is good*, or *God loves you*.

Your attitude must be one of love and helpfulness, not judgment or correction. Use this method of prayer only on rare occasion. Pray first to be sure the Lord wishes you to use this method. Be sure you practice Tap and Press prayer with compassion and an openness to God's will.

Five

KARMA AND MERCY PRAYER

Awareness of Karma, the law of cause and effect, often guides and enriches prayer.

After you attune with Spirit, you might wish to pray in this manner:

Beloved Lord, this problem is the result of a cause. May the cause of this problem now be revealed and fully understood. May all that is to be learned from this situation be fully comprehended and dealt with constructively.

Lord, may Your mercy and grace guide _____ through this matter. May new spiritual causes now be initiated to bring forth Truth, Beauty and Goodness.

Six

SLEEP AND WAKE UP PRAYER

This is a marvelous form of prayer for people in such intense stress or profound grief that they seem impervious to prayer. For such deeply suffering persons, pray for them at night or very early in the morning while they're sleeping. If, for some reason, you cannot pray for them while they are asleep, ask that your prayer take effect while they're asleep and more receptive. First, pray to attune with God, then pray as follows:

Dear _____, by God's grace may you sleep in awareness of your soul and in the strength and presence of God. May you sleep in the assurance that God loves you and wake up aware of God and your soul. When you awaken you will realize that God loves you, that all is well, and all will be well.

Then release your prayer to Spirit's loving action as you chant *Amen* or *Om*.

Seven

DEVOTEE PRAYER

Sometimes you may not know how to pray or what to ask for. If so, simply approach the Lord in devotion and pray in this manner:

Dear Father/Mother/Lord, I don't know what to ask for. I don't know how to pray to You about _____. All I ask is this: May Your love and will fully and freely express in the life of _____. Amen (or Om).

Eight

VISUALIZATION PRAYER

If you are talented in creating mental images—i.e., gifted in creative visualization—you can pray by conceiving positive pictures within your mind and then offering these images to the Infinite Spirit on behalf of the person for whom you are praying.

First, *strive to sense Spirit is everywhere*. Then bring into your mind the person or problem you're praying for. Visualize that Spirit fills the person or situation fully, abundantly and perfectly. Visualize that the person or problem is entirely transformed in a delightful and ideal manner. For example, picture that the illness is healed and the person is dancing in health and joy. Or, picture that the enemies have come into accord and are embracing one another in cooperation and trust. In other words, picture that the lack is now perfectly fulfilled.

Visualize the ideal. Then offer your new image to the Lord as a prayer. Mentally see perfection as clearly and vividly as

you can. Then release your image to God with the sincere conclusion, *May Your will be done*. Let go of the image completely. Don't think about it for the rest of the day. Leave the image in God's hands.

It is best to practice visualization while in serene mystical attunement, which will help you to know what to visualize.

Nine

AFFIRMATIVE PRAYER

Through Affirmative Prayer you can help overcome negative events, destructive emotions and self-defeating states of mind in those who request prayer.

In Affirmative Prayer you realize that your mind is part of the Infinite Mind and is thus connected with all individual minds. In the awareness that all human minds are joined together in the Infinite Consciousness, you bring the person who requires prayerful assistance into your mind. Then you affirm and recognize that God is present in this person's body, mind, heart, life and circumstances.

*Yes, yes, yes! God's Spirit abides within you.
God is moving and expressing perfectly within
you now. Yes, yes, yes!*

Ten

METAPHYSICAL PRAYER

Metaphysics means beyond physics, the study of original source and true cause. We humans tend to have a “herd consciousness” which keeps us from realizing True Cause and most of life’s possibilities. We habitually follow the fears and primitive perspectives of our ignorant groups, thus limiting our ways of thinking and living.

In Metaphysical Prayer, you consciously recognize the Divine everywhere and in everyone.

In attunement with Spirit, first recognize the spiritual self of the person for whom prayer is being offered. Simply abide in Spirit and let Spirit reveal the real, true self of the person to you.

Then, abiding in awareness of that person’s spiritual self, observe that the negative condition and false belief falls completely away. It is dissolved by Spirit into nothingness. Aware of Spirit, see him or her totally free of spiritual

ignorance and the former problem. Recognize the person as pure conscious Spirit, entirely emancipated from the problem and any negative, self-destructive desire(s) which may have caused the trouble in the first place. See that the person is now entirely whole and happy. (*Science of Mind* by Ernest Holmes is full of beautiful metaphysical prayers. It's published by Dodd, Mead and Company, New York.)

Eleven

REALIZATION OF GOD EVERYWHERE

This is another form of mystical and metaphysical prayer. It is especially effective when used after deep meditation as you abide in profound awareness of, and unity with, Spirit.

Mentally chant, *You, You, You!* and realize the presence of God in everyone and throughout the universe.

Then also bring the person needing prayer and the problem into your mind. Continue to chant *You, You, You!* and recognize that the Presence, Love and Power of God gracefully, totally and victoriously prevail within the person and the problem.

Continue to chant *You, You, You!* until you realize that Spirit has saturated and operated upon the person and situation in a perfect, loving, transformational act. Then release your prayer with *Amen* or *Om*.

Twelve

INSPIRED PRAYER

As your spiritual awareness grows deeper and you can sense Spirit more easily, you may often wish to practice Inspired Prayer.

Abide in Spirit after meditation and simply allow yourself to be moved by Spirit as you pray for your personal needs or those of others. Let your prayers be inspired by the Divine Consciousness which flows through you, through your mind and heart.

HIGHER DIMENSIONS OF PRAYER

Thirteen

BUDDHI PRAYER

The *Buddhi* is that part of your consciousness which comes from your soul and witnesses your mind. When you enter the Buddhi you feel sublimely awake and aware. The outer world and the thoughts of your mind seem as if they are a dream or a movie. In the Buddhi state you gain profound insight on any matters you are struggling to understand in the world or within you. The Buddhi bestows higher knowledge, a form of *direct spiritual awareness*.

You can take the help of your Buddhi when you pray. Here's how to proceed:

- After your initial purification and attunement, note the person for whom you are praying and the problem involved.
- Then, if you are sufficiently developed, witness your mind until you can watch the parade of your thoughts flow past your witnessing vantage point. Serene and undistracted, you remain peaceful and

keenly aware. In this manner, you enter a Buddhi state of awareness.

After you abide in the Buddhi state for awhile, your Buddhi will likely then bestow a profound insight to you—a flash of awareness—regarding the person and the problem. Buddhi awareness does not come in words but *revelations*.

Often, your Buddhi reveals the problem is now solved or shows the means by which the problem will be solved. Sometimes your Buddhi reveals the causes of the problem and related suffering.

Sometimes your Buddhi reveals that Spirit is now moving to transform the difficulty directly through your Buddhi Prayer.

After your Buddhi has made its revelation, you'll slowly return to normal consciousness and regain your verbal abilities. Then you humbly offer a prayer regarding that which your Buddhi has revealed.

Fourteen

MAHAT PRAYER

When you become advanced in the Buddhi State you will, in time, enjoy another mystical breakthrough: The Mahat State.

In the Mahat state you become aware of the Great Soul—that's what *Mahat* means. In Mahat you experience the vast awareness which is shared by all human beings.

In Mahat you are amazed to discover that your deepest self-awareness is not limited to your own body but also abides within everyone at the core levels of their being. In Mahat you become aware that “you” are inside other people, looking out at the world through their eyes, smiling through their lips, working through their hands, walking through their feet, and rejoicing through their hearts.

Mahat is an utterly magnificent, life-changing experience. You are never the same after you first enter Mahat. You learn for certain that you are one with all other people.

Their concerns are your concerns, their welfare and happiness truly your welfare and happiness.

In Mahat Prayer you enter Mahat and realize your oneness with the person requesting prayer. Usually this unity between Spirit, the person you are praying for and you is sufficient prayer. The matter of concern is beautifully resolved. However, you may also pray verbally after returning from Mahat to normal consciousness. Mahat experiences will reveal *how* and *what* to pray.

Fifteen

INTERPRETIVE PRAYER

When you become mystically awakened, you can sense the substance and presence of the Infinite Spirit. Free of selfish motive or egocentric opinion, you enter the realization that Spirit dwells within and moves through all persons. You can subtly sense how freely and fully Spirit flows inside and around each person.

When you receive a prayer request or notice a person in apparent need of prayer, first attune with the Infinite Spirit. Then seek to become conscious about how freely the person who requires prayer assistance is interplaying with Spirit.

For example, if you sense the person is blocking Spirit in a particular body part, you pray that Spirit flow back and forth in that area until that body part is filled with spiritual light and energy.

If you find anger and hatred between people, you may be moved to ask that Spirit abide between them and

within them, revealing the way to understanding and compassionate accord.

In advanced Interpretive Prayer, you sense the spiritual blockages and pray for the restoration of a conscious connection, a return of spiritual indwelling and the resumption of spiritual interplay between the suffering person and the universe.

Your awareness of Spirit guides your prayer in each instance.

Once a week you may wish to practice Interpretive Prayer on yourself. You may find it useful to sit before a mirror and gaze calmly into your face for a few minutes before becoming absorbed in this sublime form of prayer. Practice Interpretive Prayer upon yourself just as if you are helping another person for whom you feel love and compassion.

FOR ALL PRAYERS

THE RELEASE

Here are a few suggestions about *releasing* your prayers. All forms of prayer require a thorough release. When you say *Om* or *Amen*, let go! Turn your prayer over to God and gratefully trust that God will now do His part.

Letters go nowhere unless you mail them, unless you let go of them. Similarly, until you release your prayers to God, you are likely thwarting the interplay between yourself and God, thus rendering your prayers ineffective. You are musing rather than praying.

When you conclude your prayer, let go of it. Give it to God. Then live in the trust and belief that God has lovingly, wisely and perfectly helped the one for whom you are praying. Live in thankfulness and confidence throughout the day that God is moving and manifesting in a new way in the life of that person.

When you have several people to pray for, it is best to pray for each one individually—and *release* each prayer—before proceeding to the next person or situation.

TROUBLESHOOTING

These are the main errors which so often make prayer ineffective. Please bear these in mind and review them from time to time.

- Praying while distracted.
- Praying without your mind on God.
- Wishing, daydreaming or fantasizing rather than sincerely and directly sharing your heart and mind with God.
- Telling God what to do.
- Conditional prayer. (If you do this, I'll do that.)
- Vengeful prayer—asking God to hurt others. God loves those other people too.
- Challenging and testing prayer—asking God to prove His presence, care or ability.
- Imposing your will and opinions rather than seeking the Higher Will, Wisdom and Love.
- Praying with anger toward God. (An exception is heartfelt sharing of deep grief or painful loss.)
- Superstitious prayer. (This brings psychic and astral effects which are often delusional.)

- Selfish prayer.
- Begging prayers.
- Countless requests.
- Disappointed prayer.
- Praying thinking that God doesn't care about you or know anything about you.
- Praying thinking that God doesn't want you to have abundance and happiness.
- Praying for an unfair advantage over others.
- Praying that God will be partial to your wants and plans over those of others.
- Praying thinking that God is uninformed, that He needs your advice and superior wisdom.
- Praying thinking that God must be impressed or overwhelmed by you before He will take action.

Prayer is spiritual communion, sharing your heart and mind with God's heart and mind.

THE LORD'S PRAYER

Here's how Jesus taught us to pray. You may enjoy studying and praying this often. Needless to say, it will help you immensely.

Our Father, Who art in Heaven, Hallowed be Thy name. Thy kingdom come, Thy will be done, on Earth as it is in Heaven. Give us this day our daily bread. Forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil. For the Kingdom, the Power, and the Glory are Yours forever. Amen.

The Lord's Prayer contains universal principles and mystical realizations which will help you to attune with Spirit whenever you pray. As you thoughtfully reflect and meditate on each of these sections, your prayer life will noticeably become richer and more potent. This prayer can be well stated in less than one minute. It can also be meaningfully offered, phrase by phrase, slowly and contemplatively, over an hour or two. When you can pray with a devoted heart

and undivided mind you will likely witness many wonders within and around you.

Our Father,

I am conscious of my relationship with You.

Who art in Heaven,

You are the eternal, omnipotent reality.

Hallowed be Thy name.

Holy is Your Nature. In You is Wholeness.

Thy kingdom come,

May what You wish for us come to pass.

Thy will be done, on Earth as it is in Heaven.

In the world, in me, in my body, mind and life.

Give us this day our daily bread.

I recognize that You provide all my needs.

I don't worry about tomorrow.

Forgive us our trespasses as we forgive
those who trespass against us.

*As I need forgiveness, help me, bless me,
to forgive those who trespass against me.*

Lead us not into temptation,
*May I not yield to temptations
but make loving, wise choices.*

but deliver us from evil.
*May my mind, heart and life not be separated
from loving awareness of You.*

For the Kingdom, the Power, and the Glory
are Yours forever.

Amen.
So it is!

ENJOYING THE MIRACLE OF PRAYER

Now you know the ways to pray powerfully and effectively.
Have a good time!

Praying for others is one of life's greatest joys.

You'll help multitudes of people, create a better world, and
you'll live as the partner and cherished companion of your
Divine Beloved.

HELPING CREATE A BETTER WORLD

If you have discovered the privilege and wonder of prayer, you can help make this world a kinder, more peaceful and fulfilling place. Your heartfelt prayers can uplift not only the people you know but the billions you will never meet physically.

Your compassionate thoughts will uplift and enrich people of all countries, races and faiths.

Sharing your heart and mind with the Lord will bring positive, enriching change. Further, you will greatly enjoy living in the world which your prayers help to manifest.

NOON MYSTIC PRAYER

You are invited to join us in spiritual mystic fellowship every day at 12 Noon (your local time) to pray for global love, understanding, and peace. Mystics and seekers from around the world join in prayer which rings out continuously day and night.

We pray for, and then meditate on: *expansive love, understanding, and appreciation toward others*, for a period of five minutes.

If you'd like to join us, simply pray in your own way. Or, if you prefer, you may pray this prayer:

Beloved Spirit of all, please move in our hearts and minds so that we may now love, understand, and appreciate one another—person to person, nation to nation, race to race, and religion to religion—here in our local communities and throughout the world.

Then *mentally picture*, and *emotionally feel*, the presence of the Infinite Spirit moving through you and all people as Love, Understanding, and deep Appreciation for others. Your attunement will foster peace between people and an increasing reverence for life.

Meditate in this way for five minutes (or longer if you wish). Then exhale and consciously release your prayer to the Infinite.

Conclude, if you like, by saying, *Amen*, *Om*, *So be it*, or *So it is*.

Join our noon prayers as often as you like. We love your company.

About the Author

Ramakrishna Ananda (a.k.a. Graham Ledgerwood) began meditating as a youth in 1958. Since 1962 he has practiced many forms of Western and Eastern Mysticism—Sufism, Jewish Mysticism, Christian Mysticism, Zen, Egyptian Mysticism, The Tao, Theosophy, the Eight Main Yogas and many others.

He became an illuminatus in 1966, a recognized Master in 1971, and received honors and initiation into the status of *avadhut*—one who lives in Spirit—in 1976. He has been teaching Mysticism, Yoga, and Metaphysics since 1970 and has personally taught more than fifteen thousand people.

Ramakrishna Ananda has also written *Keys to Higher Consciousness*, an inspiring book on spiritual awakening. In July 1995 he left full-time teaching to focus on writing and meditation. Although an internationally revered teacher of many spiritual paths, he prefers to be regarded as a fellow student and brother mystic.