

THE ENERGY OF PRAYER

HOW TO DEEPEN YOUR SPIRITUAL PRACTICE



THICH NHAT HANH

AUTHOR OF *Being Peace*

INTRODUCTION BY LARRY DOSSEY, M.D.

Thich Nhat Hanh

The Energy of Prayer: How to Deepen Your Spiritual Practice



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In *The Energy of Prayer* Thich Nhat Hanh talks about the applications and effectiveness of prayer in Buddhist and various other spiritual traditions and closely examines the question of why we pray. Whether utilized as a daily practice, during moments of crisis, or even to exhibit gratitude prayer acts many functions, and will not need to be tied to a particular spiritual or spiritual affiliation to work. *The Energy of Prayer* shows how prayer and meditation can provide a beneficial method to reconnect with ourselves while fulfilling the basic human have to make a reference to something bigger than our everyday self. *The Energy of Prayer* includes visualization and breathing exercises and concludes with a rich sampling of a wide range of prayers, chants and invocations from the Buddhist tradition. *The Energy of Prayer* is a fast speed leaves little area for reflection and attention to the present moment. *The Energy of Prayer* introduces the reader to many meditation strategies that re-envision prayer as an open up, inclusive, and available practice that helps create healthy lives through the power of awareness and intention. Prayer has played a growing function in the practice that Thich Nhat Hanh presents to his students. Instead of viewing it as dogmatic obligation, Buddhism views prayer as a form of energy, a way of interacting with one's higher self, one's ancestors, or one's God. Prayer is certainly redefined not as being about requesting some external drive for what we need but about creating an interior environment in which it is simpler to manifest positive outcomes in our lives. To get rest from stress and discomfort, we often switch to consuming to be able to forget our struggling, but we soon find that material wealth is not enough to bring accurate happiness, and always leaves us looking for something more.



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Quite an achievement. There's very much to admire in this Buddhist monk and his smart understanding of East and West philosophies and spiritual practices." The energies of mindfulness, meditation, and Christianity are well presented. Thay, as he's called, writes clearly and beautifully. It was exactly what I required. But also cites the Christian The Lord's Prayer and Buddhist prayer parallels, that I found fascinating and gorgeous. This is a thought-provoking intro of the power of prayer from a Buddhist expert and practitioner. Compared to the complex and dense theological explanations for prayer that just scratch the surface of what prayer is, he has described a straightforward act to the primary with bravado. Unbelievable. Parallels Buddhism & I am better for reading this- what else could someone want? Especially Christ and forgiveness aligned with the Buddha and bodhisattvas for help in forgiving others and ourselves. Anyway, If you want the Truth and you also are a practicing Buddhist & a Christian, That is a fantastic publication for me. CHH These words talk with everyone. The analogies were perfect. I'm an atheist but I came across this set pleasant to read. I examine a passage every day. The words in this book speak to all people, also to all religions. Even atheists will see these phrases speak a common truth. I frequently find myself thinking about the profound influence Thich Nhat Hanh has on my existence. All I can say is a heartfelt "thank you" and pay his kindness forward. Actually if I have knowledge on prayers as per the Catholic and Buddhist practitioners I came across the book inspiring and I learned something new. Obviously, I immediately started to go through it and had trouble putting it down. For me, it is definitely a well crafted summary of prayer, which can be applied and valued by every religious tradition or spiritual path. Thich Nhat Hanh hits the nail on the top each time he addresses an element of prayer that many people, even people that have long spiritual tradition, may not be aware of.. Ven. Fajian Shakyamuni, MelChiZedek, OHY, OLB Lotus Zen Temple Lincoln, Nebraska I can't explain much better than that what it meant for me When I started this book had no preconceptions of what it should be but I thought it may be powerful. I don't pretend to end up being spiritually advanced but this publication, but I felt drawn to it. He is definitely inclusive of the whole of humanity and all that exists on our planet. This book provides a context that helped me understand meditation and prayer and just why it's so essential in our lives. He makes me want to move to Paris and join Wonderful and simple. I can't explain much better than that what it meant for me, and I wager each reader will find a very personal effective message that means it is so worth reading. Christianity I gave 5 stars because it fits in perfectly with my "Zero Doctrine" concept of Spirituality. I loved the book I loved the book. Excellent Book I ran across this little treasure during a recent stop by at my community Buddhist bookstore. He asks, "Does prayer work? Highly recommended. Very well written, just what a deeply spiritual thought process. I not only much recommend this book as a "must" for spiritual literature -- regardless of what religion or route one follows -- but also will use it with my students.. Very well written, just what a deeply spiritual way of thinking. Very interesting rather than at all in opposition to any Christian/mainstream religious beliefs. Prompt service Will be a great gift for a family group friend. A Moving Exploration for all Faiths This book transcends Christian and Buddhist faiths. It deeply engages the reader in a moving exploration of prayer and meditation. Contacting to one's heart of prayer it encourages the practice and the faith in all traditions Big wisdom, Little book The teaching of TNH condensed right into a small book and the cards for nurture and growth of spiritual well-being. It really is filled with insight and wisdom. Five Stars It's great! Blending Christianity and Buddhism in a lovely book Hanh writes a marvel of a publication on the potency of prayer both from a Buddhist perspective and a Christian perspective. A fantastic publication that explores prayer from a Buddhist perspective. Wonderful read Thich Nhat Hanh writes a wonderfully deep and simple explanation for prayer that crosses all lines of religion." and "What approximately the will of God? Those not used to Buddhism rarely think of prayer and Buddhism as synonymous, nor that it has a place in this philosophy or religion (this issue continues to be debated). Thich Nhat Hanh has written so many books that it's difficult to trust that he can continue steadily to produce new thoughts for readers

about such an individual and meaningful level. He reminds us that prayer in Buddhism is definitely reciting the sutra. Many tease about "touchy-feely" books, but this is not that. TNH is certainly a real, genuine Buddhist Monk. Chapter 4, The Role of Prayer in Medicine is crucial read for anyone struggling with health problems—recognizing the fitness of the mind is just as significant as the health of your body and reflect each other. Hanh is fairly convincing on spiritual recovery to heal the body, using “store awareness, and “collective consciousness” as paths to peace and happiness. Mindfulness meditation, of course, is the key and requirements to become a daily practice. Five Stars I really like everything he writes. I hardly ever felt lost in its spiritualness but I did so feel welcomed by its tone, and enlightened by its articles. Now the only challenge is to put this information to work and practice these each day. This is an excellent book.



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