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The Energy of Prayer shows how prayer and meditation can offer a beneficial way to reconnect with ourselves while satisfying the basic human need to make a connection with something larger than our everyday self. Whether used as a daily practice, during times of crisis, or to express gratitude prayer serves many functions, and does not need to be tied to a particular religious or spiritual affiliation to be effective.

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introduces the reader to several meditation methods that re-envision prayer as an open, inclusive, and accessible practice that helps create healthy lives through the power of awareness and intention.

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You can view it as a prayer for positive energy if you wish as this technique is a form of energy clearing and a prayer for positive energy that basically flushes out the negative and replaces it with the positive. Prayer for positive energy: House Clearing Prayer. Sometimes clearing your own energy through a prayer for positive energy isn't enough. Every once in a while your house gathers negative energy that in turn affects you.

Prayer for Positive Energy and How to Carry it Out

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Thich Nhat Hanh reveals how the energies of prayer and meditation allow us to reconnect with our higher selves while satisfying our basic need to connect with the world as a whole. With a generous spirit that acknowledges the many different types and functions of prayer, The Energy of Prayer provides a guide for deepening our spiritual practice through the use of prayer.

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The Energy of Prayer introduces the reader to several meditation methods that re-envision prayer as an open, inclusive, and accessible practice that helps create healthy lives through the power of awareness and intention. Life's fast pace leaves little room for reflection and attention to the present moment.

Energy of Prayer — The Ark

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