

## The Energy Of Prayer How To Deepen Your Spiritual Practice Thich Nhat Hanh

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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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The Energy of Prayer | Plum Village

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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