

JOSEPH MURPHY AND
THE POWER OF YOUR
SUBCONSCIOUS MIND

BOOKS BY PETER FRITZ WALTER

SOVEREIGN IMMUNITY LITIGATION

COACHING YOUR INNER CHILD

THE LEADERSHIP I CHING

LEADERSHIP & CAREER IN THE 21ST CENTURY

CREATIVE-C LEARNING

INTEGRATE YOUR EMOTIONS

KRISHNAMURTI AND THE PSYCHOLOGICAL REVOLUTION

THE NEW PARADIGM IN BUSINESS, LEADERSHIP AND CAREER

THE NEW PARADIGM IN CONSCIOUSNESS AND SPIRITUALITY

THE NEW PARADIGM IN SCIENCE AND SYSTEMS THEORY

THE VIBRANT NATURE OF LIFE

SHAMANIC WISDOM MEETS THE WESTERN MIND

CREATIVE GENIUS

THE BETTER LIFE

SERVANT LEADERSHIP

CREATIVE LEARNING AND CAREER

FRITJOF CAPRA AND THE SYSTEMS VIEW OF LIFE

FRANÇOISE DOLTO AND CHILD PSYCHOANALYSIS

EDWARD DE BONO AND THE MECHANISM OF MIND

JOSEPH MURPHY AND THE POWER OF YOUR SUBCONSCIOUS MIND

JOSEPH MURPHY AND THE POWER OF YOUR SUB- CONSCIOUS MIND

SHORT BIOGRAPHY, BOOK REVIEWS,
QUOTES, AND COMMENTS
(GREAT MINDS SERIES, VOL, 6)

by Peter Fritz Walter

Published by Sirius-C Media Galaxy LLC

113 Barksdale Professional Center, Newark, Delaware, USA

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Set in Palatino

Designed by Peter Fritz Walter

Free Scribd Edition

Publishing Categories
Biography & Autobiography / Religious

Publisher Contact Information
publisher@sirius-c-publishing.com
<http://sirius-c-publishing.com>

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About the Author

Parallel to an international law career in Germany, Switzerland and the United States, Dr. Peter Fritz Walter (Pierre) focused upon fine art, cookery, astrology, musical performance, social sciences and humanities.

He started writing essays as an adolescent and received a high school award for creative writing and editorial work for the school magazine.

After finalizing his law diplomas, he graduated with an LL.M. in European Integration at Saarland University, Germany, and with a Doctor of Law title from University of Geneva, Switzerland, in 1987.

He then took courses in psychology at the University of Geneva and interviewed a number of psychotherapists in Lausanne and Geneva, Switzerland. His interest was intensified through a hypnotherapy with an Ericksonian American hypnotherapist in Lausanne. This led him to the recovery and healing of his inner child.

In 1986, he met the late French psychotherapist and child psychoanalyst Françoise Dolto (1908-1988) in Paris and interviewed her. A long correspondence followed up to their encounter which was considered by the curators of the Dolto Trust interesting enough to be published in a book alongside all of Dolto's other letter exchanges by Gallimard Publishers in Paris, in 2005.

After a second career as a corporate trainer and personal coach, Pierre retired as a full-time writer, philosopher and consultant.

His nonfiction books emphasize a systemic, holistic, cross-cultural and interdisciplinary perspective, while his fiction works and short stories focus upon education, philosophy, perennial wisdom, and the poetic formulation of an integrative worldview.

Pierre is a German-French bilingual native speaker and writes English as his 4th language after German, Latin and French. He also reads source literature for his research works in Spanish, Italian, Portuguese, and Dutch. In addition, Pierre has notions of Thai, Khmer, Chinese and Japanese.

All of Pierre's books are hand-crafted and self-published, designed by the author. Pierre publishes via his Delaware company, Sirius-C Media Galaxy LLC, and under the imprints of IPUBLICA and SCM (Sirius-C Media).

I have seen miracles happen to men and women in all walks of life all over the world. Miracles will happen to you, too—when you begin using the magic power of your subconscious mind. This book is designed to teach you that your habitual thinking and imagery mold, fashion, and create your destiny.

—JOSEPH MURPHY

The author's profits from this book are being donated to charity.

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Introduction

About Great Minds Series

We are currently transiting as a human race a time of great challenge and adventure that opens to us new pathways for rediscovering and integrating the perennial holistic wisdom of ancient civilizations into our modern science paradigm. These civilizations were thriving before patriarchy was putting nature upside-down.

Currently, with the advent of the networked global society, and systems theory as its scientific paradigm, we are looking into a different world, with a rise of 'horizontal' and 'sustainable' structures both in our business culture, and in science, and last not least on the important areas of psychology, medicine, and spirituality.

—A paradigm, from Greek 'paradeigma,' is a pattern of things, a configuration of ideas, a set of dominant beliefs, a certain way of looking at the world, a set of assumptions, a frame of reference or lens, and even an entire worldview.

While most of this new and yet old path has yet to be trotted, we cannot any longer overlook the changes that happen all around us virtually every day.

Invariably, as students, scientists, doctors, consultants, lawyers, business executives or government officials, we face problems today that are so complex, entangled and novel that they cannot possibly be solved on the basis of our old paradigm, and our old way of thinking. As Albert Einstein said, we cannot solve a problem on the same level of thought that created it in the first place— hence the need for changing our view of looking at things, the world, and our personal and collective predicaments.

What still about half a decade ago seemed unlikely is happening now all around us: we are rediscovering more and more fragments of an integrative and holistic wisdom that represents the cultural and scientific treasure of many ancient tribes and kingdoms that were based upon a perennial tradition which held that all in our universe is interconnected and interrelated, and that humans are set in the world to live in unison with the infinite wisdom inherent in creation as a major task for driving evolution forward!

It happens in science, since the advent of relativity theory, quantum physics and string theory, it happens in neuroscience and systems theory, it happens in molecular biology, and in ecology, and as a result, and because science is a major motor in society, it happens now with increasing speed in the industrial and the business world, and in the

way people earn their lives and manifest their innate talents through their professional engagement.

And it happens also, and what this book is set to emphasize, in psychology and psychoanalysis, for Françoise Dolto, while having been a member of the Freudian psychoanalytic school, has created an approach to healing psychotic children that was really unknown to the founder of psychoanalysis, Sigmund Freud.

More and more people begin to realize that we cannot honestly continue to destroy our globe by disregarding the natural law of self-regulation, both outwardly, by polluting air and water, and inside, by tolerating our emotions to be in a state of repression and turmoil.

Self-regulation is built into the life function and it can be found as a consistent pattern in the lifestyle of natives peoples around the world. It is similar with our immense intuitive and imaginal faculties that were downplayed in centuries of darkness and fragmentation, and that now emerge anew as major key stones in a worldview that puts the *whole human* at the frontline, a human who uses their whole brain, and who knows to balance their emotions and natural passions so as to arrive at a state of inner peace and synergetic relationships with others that bring mutual benefit instead of one-sided egotistic satisfaction.

For lasting changes to happen, however, to paraphrase J. Krishnamurti, we need to change the thinker, we need to undergo a transformation that puts our higher self up as the caretaker of our lives, not our conditioned ego.

Hence the need to really look over the fence and get beyond social, cultural and racial conditioning for adopting an integrative and holistic worldview that is focused on more than problem-solving.

What this book tries to convey is that taking the example of one of the greatest child psychoanalysts of our time, we may see that it's not too late, be it for our planet and for us humans, our careers, our science, our collective spiritual advancement, and our scientific understanding of nature, and that we can thrive in a world that is surely more different in ten years from now that it was one hundred years in the past compared to now.

We are free to continue to feel like victims in this new reality, and wait for being taken care of by the state, or we may accept the state, and society, as human creations that will never be perfect, and venture into creating our lives and careers in accordance with our true mission, and based upon our real gifts and talents.

Let me say a last word about this series of books about great personalities of our time, which I came to call 'Great Minds' Collection. The books within this collection do not just feature books but authors, you may call them author reviews instead of book reviews, and they are more extensive also in highlighting the personal mission and autobiographical details which are to note for each author, including extensive quotes from their books.

Chapter One

Short Biography



I came in touch with Joseph Murphy's teaching back in 1991, when I was starting a hypnotherapy after the breakdown of my marriage and in midst of the difficult transformation of my professional career.

In fact, I was at that time entangled in a whole mess of personal problems that seemed without end and without hope.

I felt defeated, suffering from the scars of a highly abusive and alienating childhood, and was deeply irritated that, for reasons of 'good standing' and 'family peace,' I had agreed to study law while I had wanted to become a pianist and musical teacher. I was torn up by the nagging feeling to have wasted twenty years of my life in a struggle for *senseless diplomas and academic recognitions* that I found completely useless.

In addition, for purely financial reasons I had not been able to publish my doctoral thesis, which meant my academic laurels were ultimately relegated to the garbage bin of history. This inner fight and the violent revolt against family and society was tearing me up to a point that I was on the path to become suicidal or an outlaw and society hater.

In that period of transformation, Dr. Murphy's teaching came in handy, so much the more as my psychiatrist who was familiar with the method encouraged me to pursue it as an add-on to the therapy. At the time, I had been reading only one of the many books authored by Dr. Murphy.

It was *The Power of Your Subconscious Mind* (1963/2000).

This book virtually opened doors for me, and it helped me to pass the difficult transition to a new reality. Then, more than ten years later, I have taken up the prayer technique once again, and was reading the two other books that I am going to review as well.

Joseph Murphy

How to Be Well and Stay Well

1. You can lead a triumphant life by opening your mind and heart frequently to the influx of the power, joy, strength, and wisdom of God.
2. To be well and stay well, throw yourself mentally and emotionally into your project, work for it, and you will be filled with energy and vitality.
3. You can triumph over boredom by releasing your inner potentialities, becoming absorbed and intensely interested in the truths of God, in contributing to society and sharing your talents, love, and friendship with others.
4. When you have an intense desire to be well and stay well, you will be well.
5. When a person has no desire to live, find out his ruling love and play on that, and you will give him a new lease on life.
6. You don't have to think of ulcers to have ulcers; you can think ulcerous thoughts such as worry, resentment, hate, and hostility.
7. In order to heal a malignancy, you must void your mind of all fear and realize it is a product of false thinking; as you change your thoughts, you change your body.
8. The key to rapid recovery from sickness is to realize the ailment / is temporary; then have a vivid picture of yourself back at your usual work.
9. Even though paralyzed, realize that Infinite Intelligence which made your body can heal it; then persevere mentally and physically, and the miracle will happen.
10. Your body will follow your mental vision. You go

where your vision is.

—From: Dr. Joseph Murphy, *The Miracle of Mind Dynamics* (1964), pp. 30-31

Joseph Murphy was born on May 20, 1898, in a small town in the County of Cork, Ireland.

His father, Denis Murphy, was a deacon and professor at the National School of Ireland, a Jesuit facility.

Joseph was brought up in a strict Catholic household. His father was quite devout and, indeed, was one of the few lay professors who taught Jesuit seminarians. He had a broad knowledge of many subjects and developed in his son the desire to study and learn.

Ireland at that time was suffering from one of its many economic depressions, and many families were starving.

Although Denis Murphy was steadily employed, his income was barely enough to sustain the family.

Young Joseph was enrolled in the National School and was a brilliant student. He was encouraged to study for the priesthood and was accepted as a Jesuit seminarian.

However, by the time he reached his late teen years, he began to question the Catholic *orthodoxy* of the Jesuits, and he withdrew from the seminary. Since his goal was to explore new ideas and gain new experiences—a goal he could not pursue in Catholic-dominated Ireland—he left his family to go to America.

He arrived at the Ellis Island Immigration Center with only \$5 in his pocket. His first project was to find a place to

live. He was fortunate to locate a house where he shared a room with a pharmacist who worked in local drugstore.

Joseph's knowledge of English was minimal, as Gaelic was spoken both in his home and at school, so like most Irish immigrants, Joseph worked as a day laborer, earning enough to keep fed and housed.

He and his roommate became good friends, and when a job opened up at the drugstore where his friend worked, he was hired to be an assistant to the pharmacist. He immediately enrolled in a school to study pharmacy. With his keen mind and desire to learn, it did not take long before Joseph passed the qualification exams and became a full-fledged pharmacist.

He now made enough money to rent his own apartment. After a few years, he purchased the drugstore, and for the next few years ran a successful business.

When the United States entered World War II, Joseph enlisted in the army and was assigned to work as a pharmacist in the medical unit of the 88th Infantry Division. At that time, he renewed his interest in religion and began to read extensively about various spiritual beliefs.

After his discharge from the army, he chose not to return to his career in pharmacy.

He traveled extensively, taking courses in several universities both in the United States and abroad.

From his studies, Joseph became enraptured by the various Asian religions and went to India to learn about

them in depth. He studied all of the major faiths from the time of their beginning. He extended these studies to the great philosophers from ancient times until the present.

Although he studied with some of the most intelligent and far-sighted professors, the one person who most influenced Joseph was Dr. Thomas Troward, who was a judge as well as a philosopher, doctor, and professor.

Judge Troward became Joseph's mentor. From him he not only learned philosophy, theology, and law, but also was introduced to mysticism and particularly, the Masonic order. He became an active member of this order, and over the years rose in the Masonic ranks to the 32nd degree in the Scottish Rite.

Upon his return to the United States, Joseph chose to become a minister and bring his broad knowledge to the public.

As his concept of Christianity was not traditional and indeed ran counter to most of the Christian denominations, he founded his own church in Los Angeles. He attracted a small number of congregants, but it did not take long for his message of optimism and hope rather than the 'sin-and-damnation' sermons of so many ministers to attract many men and women to his church.

Dr. Joseph Murphy is known to have been a proponent of the *New Thought Movement*. This movement was developed in the late 19th and early 20th centuries by many philosophers who studied this phenomenon and preached, wrote, and practiced a new way of looking at life. By com-

binning a metaphysical, spiritual, and pragmatic approach to the way we think and live, they uncovered the secret of attaining what we truly desire.

New Thought preached an idea of life that brings out new methods and more perfected results in our approach to life. Several churches, whose ministers and congregants were influenced by the movement were founded and developed in the decades following World War II.

The *Church of Religious Science*, *Unity Church*, and similar places of worship preach philosophies similar to this.

Dr. Murphy named his organization *The Church of Divine Science*. He often shared platforms, conducted joint programs with his similar-thinking colleagues, and trained other men and women to join their ministry.

Over the years, other churches joined with him in developing an organization called the *Federation of Divine Science*, an umbrella for all Divine Science churches. Each of the Divine Science church leaders continued to push for more education, and Dr. Murphy was one of the leaders who supported the creation of the *Divine Science School* in St. Louis, Missouri, to train new ministers and provide ongoing educational education for both ministers and congregants.

Dr. Murphy was a featured speaker, encouraging participants to study and continue to learn, particularly about the importance of the subconscious mind.

Over the next few years, Murphy's local Church of Divine Science grew so large that his building was too small to hold them. He rented *The Wilshire Ebell Theater*, a former movie theater. His services were so well attended that even this venue could not always accommodate all who wished to attend. Classes conducted by Dr. Murphy and his staff supplemented his Sunday services that were attended by 1,300 to 1,500 people. These were supplemented by seminars and lectures that were held most days and evenings.

The church remained at the Wilshire Ebell Theater in Los Angeles until 1976, when it moved to a new location in Laguna Hills, California, near a retirement community.

To reach the vast numbers of people who wanted to hear his message, Dr. Murphy created a weekly radio talk show, which eventually reached an audience of over a million listeners.

Many of his followers wanted more than just summaries and suggested that he tape his lectures and radio programs. He was at first reluctant to do so, but agreed to experiment.

His radio programs were recorded on extra-large 78-rpm discs, a common practice at that time. He had six cassettes made from one of these discs and placed them on the information table in the lobby of the Wilshire Ebell Theater. They sold out the first hour. This started a new venture. His tapes of his lectures explaining biblical texts, and providing meditations and prayers for his listeners were not only sold in his church, but in other churches,

bookstores, and via mail order. As the church grew, Dr. Murphy added a staff of professional and administrative personnel to assist him in the many programs in which he was involved and in researching and preparing his first books. One of the most effective members of his staff was his administrative secretary, Dr. Jean Wright. The working relationship developed into a romance; they were married into a lifelong partnership that enriched both of their lives.

At this time, in the 1950s, there were very few major publishers of spiritually inspired material. Murphy located some small publishers in the Los Angeles area, and with them produced a series of small books in pamphlet form that were sold, mostly in churches, from \$1.50 to \$3.00 per book. Only when orders for these books increased to the point where they required second and third printings, major publishers recognized that there was a market for such books and added them to their catalogs.

As a result, Dr. Murphy became well known outside of the Los Angeles area because of his books, tapes, and radio broadcasts and was invited to lecture all over the country. He did not limit his lectures to religious matters, but spoke on the historical values of life, the art of wholesome living, and on the teachings of great philosophers both from the East and the West.

As Dr. Murphy never learned to drive, he had to arrange for somebody to drive him to the various places where he was invited to lecture and other places in his very busy schedule. One of Jean's functions as his adminis-

trative secretary and later as his wife was to plan his assignments, arrange for trains or flights, airport pickups, hotel accommodations, and all the other details of the trips. They traveled frequently to many countries around the world. One of his favorite working vacations was to hold seminars on cruise ships. These trips were for a week or more and would take him to many countries around the world.

One of Murphy's most rewarding activities was speaking to the inmates at many prisons. Ex-convicts wrote him over the years, telling him how his words had truly turned their lives around and inspired them to live spiritual and meaningful lives.

He toured the United States and many countries in Europe and Asia. In his lectures, he emphasized the importance of understanding the power of the subconscious mind and the life principles based on belief in the one God, the 'I AM.'

Dr. Murphy's pamphlet-sized books were then becoming so popular that he began to expand them into more detailed and longer works. His wife reported that he wrote his manuscripts on a tablet and pressed so hard on his pencil or pen that you could read the page by the imprint on the next page. He seemed to be in a trance while writing. His writing style was to remain in his office for four to six hours without disturbance until he stopped and said that was enough for the day. Each day was the same.

He never went back into the office again until the next morning to finish what he'd started.

He took no food or drink while he was working, He was just alone with his thoughts and his huge library of books, to which he referred from time to time. His wife sheltered him from visitors and calls and kept things moving for church business and other activities.

Dr. Murphy was always looking for a simple way to discuss the issues and to elaborate points that would explain in detail how it affects the individual. He chose some of his lectures to present on cassettes, records, or CDs, as the technologies developed and new methods entered the audio field.

His entire work of CDs and cassettes are tools that can be used for most problems that individuals encounter in life, and have been time-tested to accomplish the goals as intended. His basic theme is that the solution to problems lies within oneself. Outside elements cannot change one's thinking. That is, your mind is your own.

To live a better life, its your mind, not outside circumstances, that you must change. You create your own destiny. The power of change is in your mind, and by using the power of your subconscious mind, you can make those changes for the better.

Dr. Murphy wrote more than 30 books. His most famous work, *The Power of Your Unconscious Mind*, which was first published in 1963, became an immediate bestseller. It was acclaimed as one of the best selfhelp guides ever

written. Millions of copies have been sold and continue to be sold all over the world.

Among some of his other bestselling books were *Telepsychics: The Magic Power of Perfect Living*, *The Amazing Laws of Cosmic Mind*, *Secrets of the I-Ching*, *The Miracle of Mind Dynamics*, *Your Infinite Power to Be Rich*, and *The Cosmic Power Within You*.

Dr. Murphy died in December 1981, and his wife, Dr. Jean Murphy, continued his ministry after his death. In a lecture she gave in 1986, quoting her late husband, she reiterated his philosophy:

I want to teach men and women of their Divine Origin, and the powers regnant within them. I want to inform that this power is within and that they are their own saviors and capable of achieving their own salvation. This is the message of the Bible and nine-tenths of our confusion today is due to wrongful, literal interpretation of the life-transforming truths offered in it.

I want to reach the majority, the man on the street, the woman overburdened with duty and suppression of her talents and abilities. I want to help others at every stage or level of consciousness to learn of the wonders within.

She said of her husband: 'He was a practical mystic, possessed by the intellect of a scholar, the mind of a successful executive, the heart of the poet.'

His message summed up was: 'You are the king, the ruler of your world for you are one with God.'

Chapter Two

Book Reviews



The Power of Your Subconscious Mind (1963/2000)

The Miracle of Mind Dynamics (1964)

Think Yourself Rich (2001)

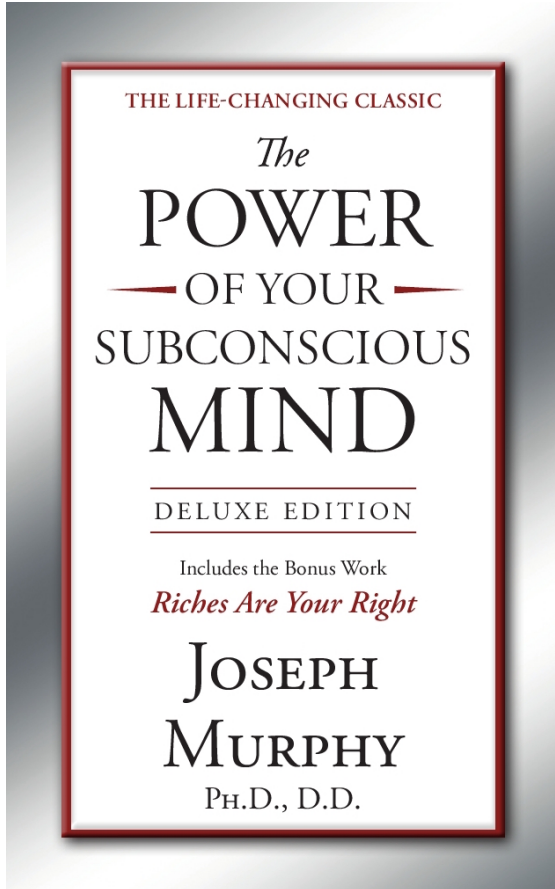
The Power of Your Subconscious Mind

The Landmark Bestselling Self-Help Book

Revised by Ian D. McMahan, Ph.D.

New York: Penguin Putnam, 2000

Originally Published in 1963



Review

The Power of Your Subconscious Mind helped me to pass a personal life crisis thirty years ago, and it also helped me

to remain on a path of personal growth for the years to come, after this profound transformation. I was then trying to open a conduit toward others, by teaching the method in a way that is comprehensive, but also backed by neuroscience, consciousness research and cutting-edge research on the quantum field. I came to call the technique ‘Creative Prayer.’

I found that my previous work on healing my inner child and generally, to practice a form of inner dialogue had opened to me a door to my inner life:

Look around you. Wherever you live, whatever circle of society you are part of, you will notice that the vast majority of people lives in the world without. Those who are more enlightened, however, are intensely involved with the world within. They realize—as you will, too—that the world within creates the world without. Your thoughts, feelings, and visualized imagery are the organizing principles of your experience. The world within is the only creative power. Everything you find in your world of expression has been created by you in the inner world of your mind, whether consciously or unconsciously. /8

Dr. Murphy properly explains the laws of the mind; he also gives brilliant examples from his long career as a public authority on what Ernest Holmes called ‘The Science of Mind,’ title of a book he published in 1938.

In this role, he received much mail from the public, and was talking to innumerable people in many countries, and this not over years, but over decades. This is how he could collect so many intriguing personal stories that enrich his

books and make them a pleasant time to read. Here is one that is really shocking, but it is the best I ever heard to explain the workings of the mind. I will relate it here in its entirety:

For many years I gave a regular series of lectures at the London Truth Forum in Caxton Hall, which I founded a number of years ago. Dr. Evelyn Fleet, the director, told me about a man whose young daughter suffered from both crippling rheumatoid arthritis and the disfiguring and painful skin condition called psoriasis. They tried many treatments, but nothing the doctors did seemed to help. The man was near despair. Over and over he said, to himself and to his friends, 'I would give my right arm to see my daughter cured.'

According to Dr. Fleet, one day the family was out for a drive. Their car was involved in a head-on collision. The father's right arm was torn off at the shoulder. When he came home from the hospital, he discovered that his daughter's arthritis and skin condition had vanished.

You must be very careful to give your subconscious only those suggestions that heal, bless, elevate, and inspire you in /all your ways. Remember, your subconscious mind doesn't understand a joke. It takes you at your word. /22-23

Now, the next step is to know how the conscious and the unconscious interact with one another. What Sigmund Freud observed is not theory but the observation of a universal mechanism that Murphy explains as follows:

The reason there is so much chaos and misery in the world is that so many people do not understand the interaction of their conscious and subconscious minds. When these two principles are in accord, in concord, in peace, and synchro-

nously together, you will have health, happiness, peace, and joy. There is no sickness or discord when the conscious and subconscious work together harmoniously and peacefully.
/39

This insight, that may sound novel, is known in tribal cultures who stress the importance to listen, on a daily basis, to the messages of our dreams, as they are the voice of our subconscious mind.

Hence, to disregard them means to run around without the other half, and think and act in a fragmented manner.

The wisdom of our subconscious mind is unifying our mind, when we listen and observe it regularly. The same is true for the relationship between our intellect and our emotions. Here, too, we must strive for balance, and integration. As Murphy says, 'Motion and Emotion must balance.'

We are often torn up by our frustrations which are of course due to our unfulfilled desires. But what about desire? Why is there desire?

Desire serves us to continue and fulfill our evolution. Desire attracts us to certain actions, to certain pathways, which are pathways of realizing ourselves. And here are at the core of religious teaching: how are we going to realize our desires? Murphy first quotes the Bible, and then explains:

What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. [Mark 11:24]

The success of this technique relies on the confident conviction that the thought, the idea, the picture is already fact in mind. In order for anything to have substance in the realm of mind, it must be thought of as actually existing./51

Another important question that comes up in this context is how faith effects miracles, and what faith actually is? Murphy explains it in a very simple and comprehensive manner: it's the fact to accept as true what is desired. Now, how active must that acceptance be, or in other words, is it possible to overrun the subconscious when this inner faith is not yet fully developed? Murphy answers the question in the affirmative, using another case story.

A man once asked me, 'How is it that I got a healing through a certain minister? When he told me that there is no such thing as disease and that matter does not exist, I did not believe a word he said. I thought he was insulting my intelligence. And yet, I was healing. How could that be?' As I told this man, the explanation is simple. He was quieted by soothing words and told to get into a perfectly passive condition, to say nothing and think of nothing for the time being. The minister also became passive. He affirmed quietly, peacefully, and constantly for about a half hour that this man would have perfect health, peace, harmony, and wholeness. At the end of the half hour, the man felt immense relief and was restored to health./69

Now, it's only logical that when you can hypnotize your subconscious into healing, you can also hypnotize it into sickness. The latter is the pitfall of belief, and unfortunately most people in fact *unconsciously* use the law of be-

lief, but in the wrong, negative, way, in that they *affirm constantly* their aches, their weaknesses, their illnesses. What is important as well is how to pray, and Murphy calls it ‘the science and art of true prayer.’ He explains that his technique is one of personal prayer, not the group prayer that is part of religious ritual, and that belongs to various religious cults.

The sound basis for the art and science of true prayer is your knowledge and complete confidence that the movement of your conscious mind will gain a definite response from your subconscious mind, which has boundless wisdom and infinite power. By following this procedure, your prayers will be answered. /79

Excerpts

What this Book Can Do For You

I have seen miracles happen to men and women in all walks of life all over the world. Miracles will happen to you, too—when you begin using the magic power of your subconscious mind. This book is designed to teach you that your habitual thinking and imagery mold, fashion, and create your destiny.

What motivates me to write books is a deep desire to share with others the answers I have discovered to many questions people carry in their minds all through their lives. I have tried to explain the great

fundamental truths of your mind in the simplest language possible. I believe it is perfectly possible to explain the basic and fundamental laws of life and of your mind in ordinary everyday language. You will find that the language of this book is that used in your daily papers and current periodicals, in your business offices, in your home, and in the daily workshop.

I urge you to study this book and apply the techniques it outlines. As you do, I am absolutely convinced that you will lay hold of a miracle-working power that will lift you up from confusion, misery, melancholy, and failure. It will guide you to your true place, solve your difficulties, sever you from emotional and physical bondage, and place you on the royal road to freedom, happiness, and peace of mind.

Scientific prayer is the harmonious interaction of the conscious and subconscious levels of mind scientifically directed toward a specific purpose. This book will teach you the scientific way to tap the realm of infinite power within you, enabling you to get what you really want in life. You desire a happier, fuller, and richer life. Begin to use this miracle-working power and smooth your way in daily affairs, solve business problems, and bring harmony in family relationships.

Do you know how to pray effectively? How long is it since you prayed as part of your everyday activities? In an emergency, in time of danger or trouble, in illness, and when death lurks, prayers pour forth. Certainly, prayer is an ever-present help in time of trouble. But why should you wait for trouble to make prayer an integral and constructive part of your life?

My work with people has led me to study the various approaches to prayer. I have experienced the power of prayer in my own life, and I have talked and worked with many others who have benefited greatly from the help of prayer. The problem usually is how to tell someone else how to pray. People who are in trouble have difficulty in thinking and acting reasonably. Their problems overwhelm them and block their ability to listen and understand. They need an easy formula to follow, an obviously workable pattern that is simple and specific.

Contrary to what many people think, it is not the thing that is believed in that brings an answer to a person's prayer. Prayers are answered when the individual's subconscious mind responds to the mental picture or thought in his or her mind. This law of belief is the secret operating principle in all religions of

the world. It is the hidden reason for their psychological truth.

The law of life is the law of belief. Belief can be summed up briefly as a thought in your mind. As a person thinks, feels, and believes, so is the condition of his or her mind, body, and circumstances. A technique, a methodology based on an understanding of what you are doing and why you are doing it will help you to bring about a subconscious embodiment of all the good things of life. Essentially, answered prayer is the realization of your heart's desire.

The Treasure House Within You

The treasure house is within you. Look within for the answer to your heart's desire.

The great secret possessed by the great men of all ages was their ability to contact and release the powers of their subconscious mind. You can do the same.

Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, 'I want to get up at 6 AM,' it will awaken you at that exact time.

Your subconscious mind is the builder of your body and can heal you. Lull yourself to sleep every

night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.

Every thought is a cause, and every condition is an effect. If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind and it will respond accordingly.

You are like a captain navigating a ship. He or she must give the right orders, or the ship is wrecked. In the same way, you must give the right orders (thoughts and images) to your subconscious mind, which controls and governs all your experiences.

Never use such expressions as 'I can't afford it' or 'I can't do this.' Your subconscious mind takes you at your word. It sees to it that you do not have the money or the ability to do what you want to do. Affirm, 'I can do all things through the power of my subconscious mind.'

The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things that will harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief it is done to you. Change your thoughts, and you change your destiny.

How Your Mind Works

Thank good and good follows. Think evil, and evil follows. You are what you think all day long.

Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, 'I can't afford it,' your subconscious mind works to make it true. Select a better thought. Decree, 'I'll buy it. I accept it in my mind.'

You have the power to choose. Choose health and happiness. You can choose to be friendly, or you can choose to be unfriendly. Choose to be cooperative, joyous, friendly, lovable, and the whole world will respond. This is the best way to develop a wonderful personality.

Your conscious mind is the 'watchman at the gate.' Its chief function is to protect your subconscious mind from false impressions. Choose to believe that something good can happen and is happening now. Your greatest power is your capacity to choose. Choose happiness and abundance.

The suggestions and statements of others have no power to hurt you. The only power is the movement of your own thought. You can choose to reject the

thoughts or statements of others and affirm the good. You have the power to choose how you will react.

Watch that you say. You have no account for every idle word. Never say, 'I will fail; I will lose my job; I can't pay the rent.' Your subconscious cannot take a joke. It brings all these things to pass.

Your mind is not evil. No force of nature is evil. It depends how you use the powers of nature. Use your mind to bless, heal, and inspire all people everywhere.

Never say, 'I can't.' Overcome that fear by substituting the following: 'I can do all things through the power of my own subconscious mind.'

Begin to think from the standpoint of the eternal truths and principles of life and not from the standpoint of fear, ignorance, and superstition. Do not let others do your thinking for you. Choose your own thoughts and make your own decisions.

You are the captain of your soul (subconscious mind) and the master of your fate. Remember, you have the capacity to choose. Choose life! Choose love! Choose health! Choose happiness!

Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept

and bring to pass. Believe in good fortune, divine guidance, right action, and all the blessings of life.

The Miracle-Working Power of Your Subconscious

Your subconscious mind controls all the vital processes of your bod and knows the answer to all problems.

Prior to sleep, turn over a specific request to your subconscious mind and prove its miracle-working power to yourself.

Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experiences, and events. Therefore, you should carefully watch all ideas and thoughts entertained in your conscious mind.

The law of action and reaction is universal. Your thought is action, and the reaction is the automatic response of your subconscious mind to your thought. Watch your thoughts!

All frustration is due to unfulfilled desires. If you dwell on obstacles, delays, and difficulties, your subconscious mind responds accordingly, and you are blocking your own good.

The Life Principle will flow through you rhythmically and harmoniously if you consciously affirm: 'I believe that the subconscious power that gave me this desire is now fulfilling it through me.' This dissolves all conflicts. You can interfere with the normal rhythm of your heart, lungs, and other organs by worry, anxiety, and fear. Feed your subconscious mind with thoughts of harmony, health, and peace, and all the functions of your body will become normal again.

Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.

Imagine the happy ending or solution to your problem, feel the thrill of accomplishment, and what you imagine and feel will be accepted by your subconscious mind, which will bring it to pass.

The Power of Mental Healing

Remind yourself frequently that the healing power is in your subconscious mind. Know that faith is like a seed planted in the ground; it grows after its kind. Plant the idea (seed) in your mind, water and fertilize it with expectancy, and it will become manifest.

The idea you have for a book, new invention, or play is real in your mind. This is why you can believe

you have it now. Believe in the reality of your idea, plan, or invention, and as you do, it will become manifest.

In praying for another, realize that your silent inner knowing of wholeness, beauty, and perfection can change the negative patterns of the other's subconscious mind and bring about wonderful results.

The miraculous healings you hear about at various shrines are due to imagination and blind faith that act on the subconscious mind, releasing the healing power.

All disease originates in the mind. Nothing appears on the body unless there is a mental pattern corresponding to it.

The symptoms of almost any disease can be induced in you by hypnotic suggestion. This shows you the power of your thought.

There is only one process of healing and that is faith. There is only one healing power; namely, your subconscious mind.

Find out what it is that heals you. Realize that correct directions given to your subconscious mind will heal your mind and body.

Develop a definite plan for turning over your requests or desires to your subconscious mind. Imagine the end desired and feel its reality. Follow it through, and you will get definite results.

Decide what belief is. Know that belief is a thought in your mind and that what you think you create.

It is foolish to believe in sickness or anything that will hurt or harm you. Believe in perfect health, prosperity, peace, wealth, and divine guidance.

Great and noble thoughts upon which you habitually dwell become great acts.

Apply the power of prayer therapy in your life. Choose a certain plan, idea, or mental picture. Unite mentally and emotionally with that idea. As you remain faithful to your mental attitude, your prayer will be answered.

Always remember, if you really want the power to heal, you can have it through faith, which means a knowledge of the working of your conscious and subconscious mind. Faith comes with understanding.

Blind faith means that the person may get results in healing without any scientific understanding of the powers and forces involved.

Learn to pray for your loved ones who may be ill. Quiet your mind. Your thoughts of health, vitality, and perfection operating through the one universal subjective mind will be felt and made manifest in the mind of your loved one.

Be a mental engineer and use tried and proven techniques in building a grander and greater life.

Your desire is your prayer. Picture the fulfillment of your desire now and feel its reality, and you will experience the joy of the answered prayer.

Desire to accomplish things the easy way—with the sure aid of mental science. You can build radiant health, success, and happiness by the thoughts you think in the hidden studio of your mind.

Experiment scientifically until you personally prove that there is always a direct response from the infinite intelligence of your subconscious mind to your conscious thinking. Feel the joy and restfulness in foreseeing the certain accomplishment of your desire. Any mental picture you have in your mind is the substance of things hoped for and the evidence of things not seen.

A mental picture is worth a thousand words. Your subconscious will bring to pass any picture held in

the mind that is backed by faith. Avoid all effort or mental coercion in prayer. Get into a sleepy, drowsy state and lull yourself to sleep feeling and knowing that your prayer is answered.

Remember that the thankful heart is always close to the riches of the universe. To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer.

Generate waves of harmony, health, and peace by thinking of the love and the glory of God. What you decree and feel is true will come to pass. Decree harmony, health, peace, and abundance.

When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea. Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem.

Do not be overly concerned with the beating of your hearth, with the breathing of your lungs, or the functions of any organ in your body. Lean heavily upon your subconscious and proclaim frequently that Divine right action is taking place.

The feeling of health produces health, the feeling of wealth produces wealth. How do you feel? Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be.

You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy.

Attract Wealth the Easy Way

Decide to be wealthy the easy way, with the infallible aid of your subconscious mind. Trying to accumulate wealth by the sweat of your brow and hard labor is one way to become the richest man of the graveyard. You do not have to strive or slave hard.

Wealth is a subconscious conviction. Build into your mentality the idea of wealth! The trouble with most people is that they have no invisible means of support. Repeat the word 'Wealth' to yourself slowly and quietly for about five minutes prior to sleep and your subconscious will bring wealth to pass in your experience.

The feeling of wealth produces wealth. Keep this in mind at all times. Your conscious and subconscious

mind must agree. Your subconscious accepts what you feel to be true. The dominant idea is always accepted by your subconscious mind. The dominant idea should be wealth, not poverty.

You can overcome any mental conflict regarding wealth by affirming frequently, 'By day and by night I am being prospered in all of my interests.'

Increase your sales by repeating this statement over and over, 'My sales are improving every day; I am advancing, progressing, and getting wealthier every day.'

Stop writing blank checks, such as, 'There is not enough to go around' or 'There is a shortage,' and so forth. Such statements magnify and multiply your loss. Deposit thoughts of prosperity, wealth, and success in your subconscious mind and the latter will give you compound interest.

What you consciously affirm, you must not mentally deny a few moments later, for this will neutralize the good you have affirmed.

Your true source of wealth consists of the ideas in your mind. You can have an idea worth millions of dollars. Your subconscious will give you the idea you seek.

Envy and jealousy are stumbling blocks to the flow of wealth. Rejoice in the prosperity of others.

The block to wealth is in your own mind. Destroy that block now by getting on good mental terms with everyone. Be bold enough to claim that it is your right to be rich. Your deeper mind will honor your claim.

You don't want just enough to go around. You want all the money you need to do all the things you want to do, when you want to do them. Get acquainted with the riches of your subconscious mind.

When money is circulating freely in your life, you are economically healthy. Look at money like the tide and you will always have plenty of it. The ebb and flow of the tide is constant. When the tide is out, you are absolutely sure it will return.

Knowing the laws of your subconscious mind, you will always be supplied regardless of what form money takes. One reason many people simply make ends meet and never have enough money is that they condemn money. What you condemn takes wings and flies away.

Do not make a god of money. It is only a symbol. Remember that the real riches are in your mind. You

are here to lead a balanced life—this includes acquiring all the money you need.

Don't make money your sole aim. Claim wealth, happiness, peace, true expression, and love, and personally radiate love and goodwill to all. Then your subconscious mind will give you compound interest in all these fields of expression.

There is no virtue in poverty. It is a disease of the mind. You should heal yourself of this mental conflict or malady at once. You are not here to live in a hovel, to dress in rags, or to go hungry. You are here to lead the life more abundant.

Never use the term 'filthy lucre' or say 'I despise money. You lose what you criticize. Money in itself is neither good nor bad, but thinking of it in either light makes it so. Repeat frequently, 'I like money. I use it wisely, judiciously, and constructively. I release it with joy, and it returns a thousandfold.'

Money is not evil any more than copper, lead, tin, or iron that you may find in the ground are. All evil is due to ignorance and misuse of the mind's powers. To picture the end result in your mind causes your subconscious to respond and fulfill your mental picture.

Stop trying to get something for nothing. There is no such thing as a free lunch. You must give to receive. If you give mental attention to your goals, ideals, and enterprises, your deeper mind will back you up. The key to wealth is to apply the laws of the subconscious mind by impregnating it with the idea of wealth.

Use Your Subconscious Mind as a Success Strategy

Success means successful living. When you are peaceful, happy, joyous, and doing what you love to do, you are successful. Find out what you love to do, then do it. If you don't know your true expression, ask for guidance, and the lead will come. Specialize in your particular field and try to know more about it than anyone else.

Those who are successful are not selfish. Their main desire in life is to serve humanity. There is no true success without peace of mind. A successful person possesses great psychological and spiritual understanding. If you imagine an objective clearly, you will be provided with the necessities through the wonder-working power of your subconscious mind.

Your thought fused with feeling becomes a subjective belief, and according to your belief is it done unto you.

The power of sustained imagination draws forth the miracle-working powers of your subconscious mind. If you are seeking promotion in your work, imagine your employer, supervisor, or loved one congratulating you on your promotion. Make the picture vivid and real. Hear the voice, see the gestures, and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer.

Your subconscious mind is the storehouse of memory. For a perfect memory, affirm frequently: 'The infinite intelligence of my subconscious mind reveals to me everything I need to know at all times, everywhere.'

If you wish to sell a home or property of any kind, affirm slowly, quietly, and feelingly as follows: 'Infinite intelligence attracts to me the buyer for this house or property, who wants it, and who prospers in it.' Sustain this awareness, and the deeper currents of your subconscious mind will bring it to pass.

The idea of success contains all the elements of success. Repeat the word 'success' to yourself frequently with faith and conviction and you will be under a subconscious compulsion to succeed.

How Scientists Use the Subconscious Mind

By giving your conscious attention and devotion to the solution of a perplexing problem, your subconscious mind gathers all the necessary information and presents it full-blown to the conscious mind.

If you are wondering about the answers to a problem, try to solve it objectively. Get all the information you can, but if no answer comes, turn it over to your subconscious mind prior to sleep, and the response will come. It never fails.

You do not always get the answer overnight. Keep on turning your request over to your subconscious mind until the day breaks and the shadows flee away. You delay the answer by thinking it will take a long time or that it is a major problem. Your subconscious has no problem, it knows the answer.

Believe that you have the answer now, in this moment. Get into a mood of receiving the perfect answer! Your subconscious will respond to your feeling.

Any mental picture, back by faith and perseverance, will come to pass through the miracle-working power of your subconscious. Trust it, believe in its power, and wonders will happen as you pray.

Your subconscious is the storehouse of memory, and within your subconscious are recorded all your experiences since childhood.

Scientists meditating on ancient scrolls, temples, fossils, and other evidence are able to reconstruct scenes of the past and make them alive today. Their subconscious mind comes to their aid in this task.

Turn over your request for a solution to your subconscious prior to sleep. Trust it and believe in it, and the answer will come. It knows all and sees all, but you must not doubt or question its powers.

The action is your thought, and the reaction is the response of your subconscious mind. If your thoughts are wise, your actions and decisions will be wise.

Guidance comes as a feeling, an inner awareness, an overpowering hunch whereby you know that you know. It is an inner sense of touch. Follow it with the simplicity of faith.

The Wonders of Sleep and Dreaming

If you are worried that you will not wake up on time, suggest to your subconscious mind prior to sleep the exact time you wish to arise and it will awaken you. It needs no clock. Do the same thing with all problems. There is nothing too hard for your subconscious.

Your subconscious never sleeps. It is always on the job. It controls all your vital functions. Forgive yourself and everyone else before you go to sleep and healing will take place much more rapidly.

Guidance is given you while you are asleep, sometimes in a dream. The healing currents are also released, and in the morning you feel refreshed and rejuvenated.

When troubled by the vexations and strife of the day, still the wheels of your mind and think about the wisdom and intelligence lodged in your subconscious mind, which is ready to respond to you. This will give you peace, strength, and confidence.

Sleep is essential for peace of mind and health of body. Lack of sleep can cause irritation, depression, and mental disorders. We need eight hours' sleep.

You are spiritually recharged during sleep. Adequate sleep is essential for joy and vitality in life. Your tired brain craves sleep so hungrily that it will sacrifice anything to get it. Many who have fallen asleep at the wheel of an automobile can testify to this.

Many sleep-deprived people have poor memories and lack proper coordination. They become befuddled, confused, and disoriented.

Sleep brings counsel. Prior to sleep, claim that the infinite intelligence of your subconscious mind is guiding and directing you. Then, watch for the lead that comes, perhaps on awakening.

Trust your subconscious completely. Know that its tendency is always lifeward. Occasionally, your subconscious answers you in a very vivid dream and a vision in the night.

Your future is in your mind now, based on your habitual thinking and beliefs. Claim infinite intelligence leads and guides you and that all good is yours, and your future will be wonderful. Believe it and accept it. Expect the best, and invariably the best will come to you.

If you are writing a novel, play, or book, or are working on an invention, speak to your subconscious

mind at night and claim boldly that its wisdom, intelligence, and power are guiding you. It will reveal to you the right way to go, and if there are obstacles, it will reveal to you how to overcome them. The solution will come to you as you pray this way.

Solving Marital Problems

Ignorance of mental and spiritual laws is the cause of all marital unhappiness. By praying scientifically together, you stay together.

The best time to prevent divorce is before marriage. If you learn how to pray in the right way, you will attract the right mate for you. Marriage is the union of a man and woman who are bound together by love. Their hearts beat as one, and they move onward, upward, and Godward.

Marriage does not guarantee happiness. People find happiness by dwelling on the eternal truths of God and the spiritual values of life. Then, the man and woman can contribute to each other's happiness and joy.

You attract the right mate by dwelling on the qualities and characteristics you admire in a woman or a man. Then your subconscious mind will bring you together in divine order.

You must build into your mentality the mental equivalent of what you want in a marriage partner. If you want to attract an honest, sincere, and loving partner in life, you must be honest, sincere, and loving yourself.

You do not have to repeat mistakes in marriage. When you really believe you can have the type of man or woman you idealize, it is done unto you as you believe. To believe is to accept something as true. Accept your ideal companion now mentally.

Do not wonder how, why, or where you will meet the mate you are praying for. Trust implicitly the wisdom of your subconscious mind. It has the power to carry out its mission. You don't have to assist it. However, you are mentally divorced when you indulge in peevishness, grudges, ill will, and hostility toward your marriage partner. You are mentally dwelling with error in your mind. Adhere to your marriage vows, 'I promise to cherish, love, and honor him (or her) all the days of my life.'

Cease projecting fear patterns to your marriage partner. Project love, peace, harmony, and goodwill, and your marriage will grow more beautiful and more wonderful through the years.

Radiate love, peace, and goodwill to each other. These vibrations are picked up by the subconscious mind resulting in mutual trust, affection, and respect.

A nagging partner is usually seeking attention and appreciation. He or she is craving love and affection. Praise and exalt their many good points. Show them that you love and appreciate them.

Partners who love each other do not do anything unloving or unkind in word, manner, or action. Love is what love does.

In marital problems, always seek expert advice. You would not go to a carpenter to pull a tooth; neither should you discuss your marriage problems with relatives or friends. If you need counsel, to go a trained person.

Never try to make over your wife or husband. These attempts are always foolish and tend to destroy the pride and self-esteem of the other. Moreover, they arouse a spirit of resentment that can prove fatal to the marriage bond. Cease trying to make the other a second edition of yourself.

Pray together and you will stay together. Scientific prayer solves all problems. Mentally picture your wife as she ought to be, joyous, happy, healthy, and

beautiful. See your husband as he ought to be, strong, powerful, loving, harmonious, and kind. Maintain this mental picture, and you will experience the marriage made in heaven, which is harmony and peace.

Praying for Happiness

William James said that the greatest discovery of the nineteenth century was the power of the subconscious mind touched by faith. There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power. Then you will make your dreams come true.

You can rise victorious over any defeat and realize the cherished desires of your heart through the marvelous power of your subconscious mind. You must choose happiness for it is a habit, a good habit.

When you open your eyes in the morning, say to yourself, 'I choose happiness today. I choose success today, I choose right action today. I choose love and goodwill for all today, I choose peace today.' Pour life, love, and interest into this affirmation, and you have chosen happiness.

Give thanks for all your blessings several times a day. Furthermore, pray for the peace, happiness, and

prosperity of the members of your family, your associates, and all people everywhere.

You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of imagination and faith. Imagine the fulfillment of your desire, feel its reality, and it will come to pass. Happiness comes in answered prayer.

By constantly dwelling on thoughts of fear, worry, anger, hate, and failure, you will become depressed and unhappy. Remember, your life is what your thoughts make of it.

You cannot buy happiness with all the money in the world. Some millionaires are happy, some are unhappy. Many people with little worldly wealth are happy, and some are unhappy. Some married people are happy, and some unhappy. Some single people are happy, and some are unhappy. The kingdom of happiness is in your thought and feeling.

Happiness is the harvest of a quiet mind. Anchor your thoughts on peace, poise, security, and divine guidance, and your mind will be productive of happiness.

There is no block to your happiness. External things are not causative. They are effects, not causes.

Take your cue from the only creative principle within you. Your thought is cause, and a new cause produces a new effect. Choose happiness.

The happiest person is the one who brings forth the highest and the best in himself or herself. God is the highest and the best in him or her, for the kingdom of God is within.

Praying for Good Relationships

Your subconscious mind is a recording machine that reproduces your habitual thinking. Think good of the other, and you are actually thinking good about yourself. A hateful or resentful thought is a mental poison. Do not think ill of another for to do so is to think ill of yourself. You are the only thinker in your universe, and your thoughts are creative.

Your mind is a creative medium; therefore, what you think and feel about the other, you are bringing to pass in your own experience. This is the psychological meaning of the Golden Rule. As you want others think about you, think you about them in the same manner.

To cheat, rob, or defraud another brings lack, loss, and limitation to yourself. Your subconscious mind records your inner motivations, thoughts, and feel-

ings. When these are negative, loss, limitation, and trouble come to you in countless ways. What you do to the other, you are doing to yourself.

The good you do, the kindness proffered, the love and good you send forth will all come back to you multiplied in many ways. You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him or her. Your thoughts are reproduced. What are you thinking now about the other person?

Become emotionally mature and permit other people to differ with you. They have a perfect right to disagree with you, and you have the same freedom to disagree with them. You can disagree without being disagreeable.

Just as animals are able to pick up fear vibrations, many people are just as sensitive. The thoughts you believe are hidden are actually broadcast by your voice, your facial expressions, and your body language. This is true both for positive and negative thoughts.

Your inner speech, representing your silent thoughts and feelings, is experienced in the reactions of others toward you. With for the other what you

wish for yourself. This is the key to harmonious human relations.

Change your concept and estimate of your employer. Feel and know he or she is practicing the Golden Rule and the law of love, and he or she will respond accordingly. Another person cannot annoy or irritate you except if you permit him or her to. Your thought is creative; you can bless the other person. If someone calls you an insulting name, you have the freedom to reply, 'God's peace fills your soul.'

Love is the answer to getting along with others. Love is understanding, goodwill, and a respect for the divinity of the other. Have compassion and understanding for those whose negative conditioning has made them difficult and unpleasant. The divine spark is within them, just as it is within everyone. To understand all is to forgive all.

Rejoice in the success, promotion, and good fortune of others. In doing so, you attract good fortune to yourself. Never yield to another's emotional scenes and tantrums. Appeasement never wins. Do not be a doormat. Adhere to that which is right. Stick to your ideal, knowing that the mental outlook that gives you peace, happiness, and joy is right, good, and true.

What blesses you, blesses all. All you owe to any person in the world is love, and love is wishing for everyone what you wish for yourself—health, happiness, and all the blessings of life.

Praying For Forgiveness

God, or life, is no respecter of persons. Life plays no favorites. Life, or God, seems to favor you once you begin to align yourself with the principles of harmony, health, joy, and peace.

God, or life, never sends disease, sickness, accident, or suffering. We bring these things ourselves by our own negative destructive thinking, based upon the law As we sow, so shall we reap.

Your concept of God is the most important thing in your life. If you really believe in a God of Love, your subconscious mind will respond by bringing countless blessings to you. Believe in a God of Love.

Life, or God, holds no grudge against you. Life never condemns you. Life heals a cut on your hand. Life forgives you if you burn your finger. It reduces the edema and restores the part to wholeness and perfection.

Your guilt complex is a false concept of God and life. God, or life, does not punish or judge you. You do this to yourself by the subconscious effects of your false beliefs, negative thinking, and self-condemnation. The forces of nature are not evil. They react to how you think and use the power within you. You can use electricity to kill someone or to light the house. You can use water to drown a child or quench his thirst. Good and evil come right back to the thought and purpose in a person's own mind. People punish themselves by their false concepts of God, life, and the universe. Their thoughts are creative, and they create their own misery.

If another criticizes you, and these faults are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct that particular fault. You cannot be hurt by criticism when you know that you are master of your thoughts, reactions, and emotions. This gives you the opportunity to pray for and bless the other, thereby blessing yourself.

When you pray for guidance and right action, take what comes. Realize it is good and very good. Then there is no cause for self-pity, criticism, or hatred. There is nothing good or bad, but thinking makes it

so. There is no evil in the desire for food, sex, wealth, or true expression. It depends on how you use these urges, desires, and aspirations. Your desire for food can be met without killing someone for a loaf of bread.

Resentment, hatred, ill will, and hostility are behind a host of maladies. Forgive yourself and everybody else by pouring out love, life, joy, and goodwill to all who have hurt you. Continue until such time as you can meet them in your mind and know that you are at peace with them. To forgive is to give something for. Give love, peace, joy, wisdom, and all the blessings of life to the other, until there is no sting left in your mind. This is the acid test for forgiveness.

If someone has hurt you, lied about and vilified you, and has said all manner of evil about you, is your thought of that person negative? If so, you have not yet forgiven. The roots of hatred are still in your subconscious mind, playing havoc with you and your good. The only way to wither those roots is with love. Wish for the person all the blessings of life. This is the meaning of Forgive until seventy times seven.

Removing Mental Blocks

The solution lies within the problem. The answer is in every question. Infinite intelligence responds to you as you call upon it with faith and confidence.

Habit is the function of your subconscious mind. There is no greater evidence of the marvelous power of your subconscious than the force and sway habit holds in your life. You are a creature of habit, forming habit patterns in your subconscious mind by repeating a thought or act over and over until it establishes tracks in the subconscious mind and becomes automatic. You have the freedom to choose. You can choose a good habit or a bad habit. Prayer is a good habit.

Whatever mental picture, back by faith, you behold in your subconscious mind, your subconscious will bring to pass. The only obstacle to your success and achievement is your own thought of failure. When your attention wanders, bring it back to the contemplation of your good or goal. Make a habit of this by disciplining your mind.

Your conscious mind is the camera and your subconscious mind is the sensitive plate on which you register or impress the picture.

The only thing that follows anyone is the fear thought repeated over and over in the mind. Break the jinx by knowing that whatever you start you will bring to a conclusion in divine order. Picture the happy ending and sustain it with confidence.

To form a new habit, you must be convinced that it is desirable. When your desire to give up the bad habit is greater than your desire to continue, you are already fifty-one percent healed.

The statements of others cannot hurt you except through your own thoughts and mental participation. Identify yourself with your aim, which is peace, harmony, and joy. You are the only thinker in your universe.

Excessive drinking is an unconscious desire to escape. The cause of alcoholism is negative and destructive thinking. The cure is to think of freedom, sobriety, and perfection and to feel the thrill of accomplishment.

Many people remain alcoholics because they refuse to admit their problem. The law of your subconscious mind, which held you in bondage and inhibited your freedom of action, will give you freedom and happiness. It depends on how you use it. Your

imagination took you to the bottle; let it take you to freedom by imagining you are free.

Praying for Dissolving Fear

Do the thing you are afraid to do, and the death of fear is certain. If you say to yourself with perfect confidence and fait, 'I am going to master this fear,' you will. Fear is a negative thought in your mind. Supplant it with a constructive thought. Fear has killed millions. Confidence is greater than fear. Nothing is more powerful than faith in God and the good.

Fear is a person's greatest enemy. It is behind failure, sickness, and bad human relations. Love casts out fear. Love is an emotional attachment to the good things of life. Fall in love with honesty, integrity, justice, goodwill, and success. Live in the joyous expectancy of the best, and invariably the best will come to you.

Contract fear suggestions with the opposite, such as, 'I sing beautifully; I am poised, serene, and calm.' It will pay fabulous dividends.

Fear is behind the suggestive amnesia that strikes during examinations. You can overcome this by affirming frequently, 'I have a perfect memory for everything I need to know.' Imagine a friend congratulat-

ing you on your brilliant success on the exam. Persevere and you will win.

If you are afraid to cross water, swim. In your imagination swim freely, joyously. Project yourself into the water mentally. Feel the chill and thrill of swimming across the pool. Make it vivid. As you do this subjectively, you will be compelled to go into the water and conquer it. This is the law of your mind.

If you are afraid of closed places, such as elevators, mentally ride in an elevator while sincerely blessing all its parts and functions. You will be amazed how quickly the fear will be dissipated.

You were born with only two fears, the fear of falling and the fear of noise. All your other fears were acquired. Get rid of them.

Normal fear is good. Abnormal fear is very bad and destructive. To constantly indulge in fear thoughts results in abnormal fear, obsessions, and complexes. To fear something persistently causes a sense of panic and terror.

You can overcome abnormal fear when you know the power of your subconscious mind can change conditions and bring to pass the cherished desires of your heart. Give your immediate attention and devo-

tion to your desire, which is the opposite of your fear. This is the love that casts out fear.

If you are afraid of failure, give attention to success. If you are afraid of sickness, dwell on perfect health. If you are afraid of an accident, dwell on the guidance and protection of God. If you are afraid of death, dwell on eternal life. God is life, and that is your life now.

The great law of substitution is the answer to fear. Whatever you fear has its solution in the form of your desire. If you are sick, you desire health. If you are in the prison of fear, you desire freedom. Expect the good. Mentally concentrate on the good, and know that your subconscious mind answers you always. It never fails.

The things you fear do not really exist except as thoughts in your mind. Thoughts are creative. Look at your fears; hold them up to the light of reason. Nothing can disturb you but your own thought. The suggestions, statements, or threats of other persons have no power. The power is within you, and when your thoughts are focused on that which is good, then God's power is with your thoughts of good.

There is only one creative power, and it moves as harmony. There are no divisions or quarrels in it. Its source is love. This is why God's power is with your thoughts of good.

Remain Young in Spirit

Patience, kindness, love, goodwill, joy, happiness, wisdom, and understanding are qualities that never grow old. Cultivate them and express them and remain young in mind and spirit.

The neurotic fear of the effects of time may well be the cause of premature aging. Age is not the flight of years; it is the dawn of wisdom in the mind of humans. The most productive years of your life can be from sixty-five to ninety-five. Welcome the advancing years. It means you are moving higher on the path of life, which has no end.

God is life, and that is your life now. Life is self-renewing, eternal, and indestructible and is the reality of all humans. You live forever, because your life is God's life.

You cannot see your mind, but you know you have a mind. You cannot see spirit, but you know that the spirit of the game, the spirit of the artist, the spirit of the musician, and the spirit of the speaker is real.

Likewise, the spirit of goodness, truth, and beauty moving in your mind and heart are real. You cannot see life, but you know you are alive.

Old age may be called the contemplation of the truths of God from the highest standpoint. The joys of old age are greater than those of youth. Your mind is engaged in spiritual and mental athletics. Nature slows your body so that you may have the opportunity to meditate on things divine.

We do not count a man's years until he has nothing else to count. Your faith and convictions are not subject to decay. You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts. Your gray hairs are an asset. You are not selling your gray hairs. You are selling your talent, abilities, and wisdom that you have garnered through the years.

Fad diets and expensive pills won't keep you young. As a man thinketh so is he. Fear of old age can bring about physical and mental deterioration. The thing I greatly feared has come upon me. You grow old when you cease to dream and when you lose interest in life. You grow old if you are irritable, crotch-

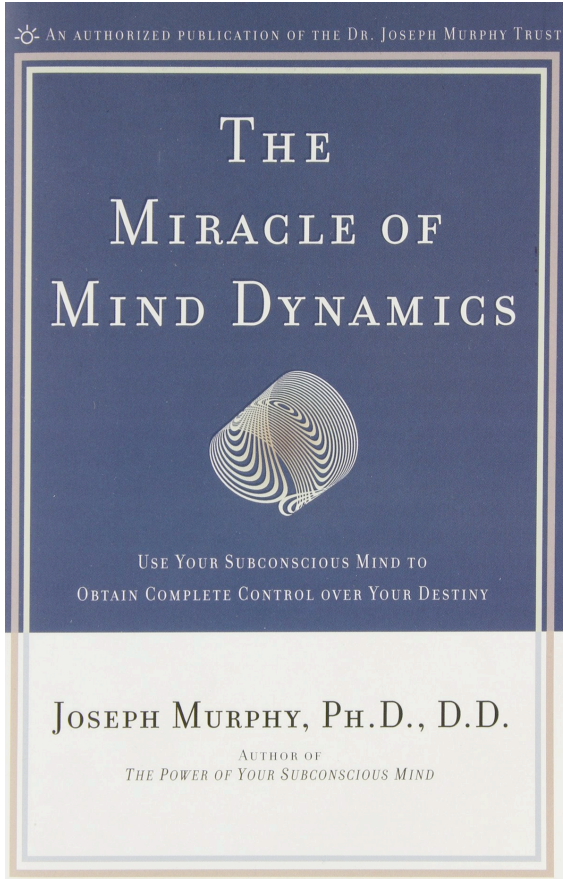
ety, petulant, and cantankerous. Fill your mind with the truths of God and radiate the sunshine of his love—this is youth.

Look ahead, for at all times you are gazing into infinite life. Your retirement is a new venture. Take up new studies and interests. You can do the things you always wanted to do when you were so busy making a living. Give your attention to living life. Become a producer and not a prisoner of society. Don't hide your light under a bushel. The secret of youth is love, joy, inner peace, and laughter. In God here is fullness of joy. In God there is no darkness at all.

You are needed. Some of the great philosophers, artists, scientists, writers, and others accomplished their greatest work after they were eighty years old. The fruits of old age are love, joy, peace, patience, gentleness, goodness, faith, meekness, and temperance. You are a child of the infinite life that knows no end. You are an heir to eternity. You are wonderful!

The Miracle of Mind Dynamics

A New Way to Triumphant Living
New York: Penguin Putnam, 1964



Review

I found Dr. Murphy's books in a time of great personal turmoil, in a condition that was a karmic backlash of ac-

tions that were the result of confusion and lack of insight in the workings of life, and its creative energy.

It was a time of change, and I was passing through a major period of transformation that was putting my life on a different foundation, one I would call *spiritual* without giving a fancy meaning to that term.

I am using the term spiritual not in the sense to signify something special, as all in life is one, but simply in the sense of *conscious*. And in fact, at that time in my life, I was simply *putting words on things*, rendering conscious my emotional and sexual wishes and my longings for partnership, instead of complaining about my loneliness.

I was learning to see and emphasize the *beauty of longing itself*, its streaming, its creative flow, its visionary quality. My psychiatrist, helped me greatly on this new path of consciousness. And he fully endorsed and embraced my wish to include Murphy's prayer technique in our therapy.

And not enough, I also took up work with recovering and healing my inner child, and developed a method I later called *Life Authoring*. Now, what I wish to convey here is that when you do those things, it's not enough to do them for a certain time and then forget about them again. I had done exactly that. At that time my body weight was ideal, my health was good, I was a vegetarian, had clear dreams and received daily guidance through them, had many friends, and there was no alcohol problem.

Now listen how the story continues. After five years of such spiritual life, I left the retreat and *entered business*. The

first one was a failure, the second one was successful. I began to grow into a kind of social life, was developing a successful career as a coach and corporate trainer—and was gradually abandoning most of the work techniques.

A decisive turn was the death of my mother six years after I had left the retreat situation. I inherited our family fortune, which meant on one hand a lot of trouble, on the other however a decent amount of money.

I still continued creative writing, spontaneous dance and spontaneous composing. But again six years ahead of that point, I also abandoned creative writing and composing, and was beginning to edit and publish my writings, music and art. That meant coping with a lot of technical and design matters, and it was a completely stationary kind of life. I became an alcoholic with an enormous daily beer and wine consumption, and gained thirty kilograms on top of my ideal body weight. When some health problems began to manifest, I woke up from my slumber and questioned myself why I had become a meat-eater again, why I had begun to smoke again, why I had become an alcoholic, why I had become restless and short-breathed, why I had abandoned meditation and my daily fitness program, and why I was so much focused on achieving public fame, instead of simply continuing to create?

And I found that indeed I had been craving for social success, fame and recognition—at the price of my health and wellbeing. Then, and only then, I took up *Creative Prayer* again and read others of Murphy's books. After a

few months it was easy to drop smoking, and put my regime back to a pure vegetarian diet, and I was able to restrict wine and beer consumption to occasional glasses that accompanied a meal.

Why had it been so easy to get back to normal? I think there are two reasons. The first reason is that I had embraced that condition earlier on in my life, so the pattern was already familiar to me, as a matter of morphological resonance.

Second, I knew from my earlier studies on prayer that it's all about belief and accepting or not accepting certain conditions. First of all, I had learnt to say a decisive No to conditions I found are damaging my health and wellbeing, or conditions that put me in danger and thus invoke constant fear. So I said No to being fat, immobile and short-breathed, and I said No to bringing danger to my life and my brain through alcoholism. What happened next? I remembered the following.

The law of life is the law of belief. Whatever you mentally accept and feel to be true will come to pass./33

Man is what he thinks all day long, and his character is the totality of his thinking. In order to experience good luck or good fortune, realize that you are the maker and shaper of your conditions, experiences, and events./34

So I asked what I had been thinking, predominantly, all through these years? I had been thinking virtually every day that I was not a published author, that all my writings

were just manuscripts, that I had got but refusals from publishers and that I wanted to be published. Working on publishing my writings, music, art and photography, I was repeating these thoughts in my mind, on a daily basis.

Dr. Murphy illustrates in the following anecdote from this book that the law of belief is a universal law, not a fancy or a theory, and that it has nothing to do with morality either. Thus, contrary to many religions, good-and-bad categories do nothing here, because profiting from a law does not depend on ‘goodness,’ but on the simple fact to obey the law.

Why the So-Called Good Suffer

I received a letter some time ago from a woman asking me, ‘Why is it that some men who are honest and good suffer so much, and the wicked men prosper like the green bay tree?’ I don’t know exactly what she meant by ‘good’; perhaps she meant from a superficial standpoint that these men went to church, were honest in business transactions, kind to neighbors, gave to charity, were good to their wives and families, and practiced the rituals and rites of their churches. Maybe she meant by ‘wicked men’ those who are irreligious, who have no church affiliations, who cheat and steal, who get drunk, and who deny God or any Superior Power. If so, her thinking is very shallow.

The so-called wicked man may believe in success, prosperity, and good health, and it is done to him as he believes. The Law is no respecter of persons. The sun shines on the just and the unjust, and Law has no morals. If a murderer can swim, the water will sustain him as well as a holy man. A cutthroat can breathe the air just as well as a spiritually illumined person. The so-called honest and good man may

secretly harbor obnoxious, vicious, hateful thoughts, and he will bring upon himself the sufferings which his secret, destructive thinking produces. You do not see others' secret fears, peeves, grudges, hates, and jealousies, but looking outwardly you are prone to judge by external appearances.

It is not what a man does externally for show and reward of men that matters. It is the inner movement of his heart that counts. It is what he thinks, feels, and believes deep down in his heart that matters, not what he professes to believe. Thus a man may observe all the tenets, rules, and regulations of his church; he may attend the ceremonies and rituals, give candy to children and dimes to the blind; and he may visit the sick—all of which may be considered 'good' from an external standpoint, but not from the standpoint of God and His law, which is 'As a man thinketh in his heart, so is he.' / 35-36

What was it that I had believed? I believed that I had to work hard, so hard that I was actually ten hours behind two huge computer monitors every day, while I was not making a cent from all the work I did. I did it for expressing myself, in the belief if I was only working hard enough success would come by itself. Nope, it didn't.

After ten years of unwavering efforts I had a range of brilliant web sites that went for the most part unnoticed, and nobody cared about my design, and the content of my many e-books. Then I found this.

Hard Work Is Not the Answer to Wealth and Success

A man may work very hard 14 or 16 hours a day, but if he fears that he will fail or if he has a guilt complex and feels that he should be punished, it will be done unto him as he

believes. The law of life is the law of belief. A man may be completely dishonest in certain directions from a worldly standpoint and actually deny the Presence of God; yet there is no law which says that he can't acquire wealth, provided he believes that he will be a success and that he will be wealthy. Then, according to his belief, is it done unto him. The dishonest man or the wicked man garners his own sufferings and the results of his thinking are the same as those of the honest and so-called good man. The Great Law is absolutely just and cannot give good for evil, or evil for good. All evil ultimately destroys itself. / 36

Over the next decade or so, I was in what seemed a negative growth cycle in that I lost money instead of making it, through a lack of business knowledge, on one hand, and through suffering betrayal and robbery, on the other.

As a result, I had built strong resentment which triggered *negative self-talk* and resentful feelings toward the world and others.

I lost many friends during that time. And I thought why me, and why is that possible at all? And I found this.

Don't Worry About Evildoers

The mills of the gods grind slowly, but they grind / exceedingly fine. 'Vengeance is mine, saith the Lord, I will repay' Remember that your subconscious mind, which in the Bible is called the 'Law,' is like a recording, which reproduces whatever you have impressed upon it. This is why you are told not to fret about evildoers or the workers of iniquity; their own subconscious mind reacts negatively or positively according to the use they are making of it. The point is this: Use your own mind constructively and harmoniously, and

don't bother about the other fellow—just wish him well.
/36-37

The next point in the list that may be entitled 'The Etiology of Failure' was my constant procrastination in front of change. I had felt that I needed a change, also physically, thus kept my vision:

Your vision is a definite promise of what you one day shall be; your ideal is the prophecy of what you shall at last unveil. (...) You will always gravitate to that which you secretly most love. You will meet in life the exact reproduction of your own thoughts. There is no chance, coincidence, or accident in a world ruled by law and Divine Order./37

Finally I found out that I did not need to be a vegetarian in order to be healthy and strong. I eventually found that my nutrition was not the culprit behind my depressions, but *the way I was thinking about it all*, and about the whole of my life:

He Blamed Heredity and Diet

I had a chat with a man a few months ago who had been taking sedation, rest cures, and observing a special diet for colitis, from which he had suffered for several years. He was deceiving himself by blaming heredity and diet as the cause. He said, 'Colitis runs in my family; my mother and grandmother had it, also, and I'm sure the food I eat has something to do with my trouble. I pointed out to this man that the late Dr. Flanders Dunbar, an authority on psychosomatic medicine, said that a study of a number of colitis cases in a New York hospital showed that the men were tied to their mothers and had never been away from their mothers for

more than 30 days in their whole lives. None of these men were married, and the onset of their colitis was associated with the conflict between the mother-tie and desire for marriage.

This man had a similar conflict plus a deep-seated resentment of his mother, who seemed to criticize and find fault with every girl he brought to their house as a prospective bride. I found that he was deeply in love with a spiritually minded young woman, but hesitated to marry lest he offend and disturb his mother.

His eventual solution was simple: He came to a decision to marry, and he bought a home for his bride. He broke the umbilical cord once and for all. He radiated love and good will to his mother and wished for her all the blessings of Heaven, but he informed her that his wife now came first in his life. His ulcerated colitis cleared up miraculously in a few weeks. He had been deceiving himself for several years, failing to see that the cause of his sickness was purely emotional and was due to the poison pocket of resentment in the crevasses of his soul. This man did not deliberately give himself colitis; his trouble came from the accumulation of his negative and destructive thinking.

Because the subconscious is a law, it arranges all the deposited thoughts into a complex pattern, and these constantly fed subconscious patterns are not only the cause of all ills, but also the cause of our successes and triumphant achievements./45-46

Fortunately I never believed in 'heavenly' punishment, as the woman in the following quote from this book.

I knew that the cause of my ailments was too much 'immobility' in my thoughts and action, too much of a stationary spirit and attitude, and not enough moving and

flowing with life—thus to put it in a word: *resistance*. I had resisted the welcome change by *putting pressure upon myself*, and by stressing achievement over creation, instead of just creating more, with a carefree and joyful attitude.

Why Doesn't God Heal Her?

While talking to a woman recently, I learned her mother had a serious illness, and that as she was a splendid Christian, kindhearted, religious, and most generous, why didn't God do something for her? Such a question illustrates perfectly the great deception that affects many people. The Law of Life is the law of belief, and we demonstrate what we believe. Whatsoever we sow in our subconscious mind, we shall reap. If we sow thoughts of sickness, fear, resentment, and enmity, we shall reap these things. To 'sow a thought', Biblically speaking, means to accept it wholeheartedly; it is our deep-seated beliefs that we demonstrate.

This girl and her mother were completely deceived, in that both of them believed that sickness is independent of the mind and has nothing to do with the thinking process. Her mother had a bad heart condition and believed that she could not be cured. That was her real belief, and so, naturally, she could not get a healing.

There are no incurable diseases – there are only incurable people; i.e., there are those who believe that they cannot be healed, and according to their belief it is done unto them.

Her mother is now making excellent progress. She is no longer under the spell of the great deception that her heart is a material object with laws of its own, independent of her thinking. She now believes that her body is subject to her thoughts and feelings, and as she changes her mind, so she will change her body. She is praying regularly, knowing that the Infinite Healing Process is flowing through her as the

beauty of wholeness, vitality, and strength, and that God's love dwells in her mind and body.

She is beginning to realize that sickness has no power beyond what she gives it in thought, and she will find herself healed. When trouble of any kind comes, look upon it as nature's signal that you are thinking wrongly in that direction; then change your thought and keep it changed./47

Finally, I self-published my books, and three years later made a summary, practicing an exercise I had found in a book. In this exercise, you vividly imagine to be on your death bed and look back at your life. Then, you find out what it is that you would want to have done differently.

Doing this exercise, I realized that I had sold very little, and the income generated as royalties from the books was so low that it would barely pay a single meal per month. But instead of throwing myself again into depression and despair, I had developed a new attitude, and I had developed it because of the prayers and that amazing exercise.

As a result, I unpublished all of the books and changed my basic attitude behind publishing. Once of a sudden, I became aware that the basic intention behind my efforts was one of being recognized as a 'published author,' as some sort of personal glory.

I then realized that this was not what my soul wanted. Imagining myself to be on my death bed and looking back at my life in retrospection, the result was dumbfounding me. I realized that what I really wanted was to share my knowledge, even for free, and without any credit for my-

self. This new insight virtually poured streams of happiness into me that I had never known in my life before. I expressed to the universe my gratitude to have had this fundamental insight not on my death bed but when I had still time enough to change course and start all over again. I became acutely aware that my selfish beliefs and attitude were behind my failure in publishing my creations.

All our beliefs and tendencies with which we were born are still with us, and they have power to manifest in and influence our lives. For example, if you believe that sitting near a fan will give you a stiff neck, your subconscious mind will see to it that you get a stiff neck—not because of the fan which represents innocuous molecules of energy oscillating at a high frequency, but because of your erroneous belief. If you are afraid that you will catch a cold because someone sneezes, your fear is a movement of your own mind which creates what you expect, fear, and believe. If you happen to be in a warm room and then go out into the cool atmosphere, nature may cause you to sneeze. This is nature's way of bringing about a balance and equilibrium in the body—the sneeze is a blessing. Many, however, fear that they are now catching a cold, not knowing it is the creative power of their own thought that causes the cold./48

My retrospection showed me that death is not an end to anything that is based upon our genuine creativeness, and that life is given to us as a free gift we should use not only for our own glory, but for sharing our gifts and talents with others in a natural, carefree and joyful manner.

As uncanny as it sounds, death had taught me how to live, and how to live happily and with a feeling of being blessed:

It is impossible that anything so universal as death should ever be looked upon as evil. It must be good or it would not be./64

Excerpts

—Dr. Joseph Murphy, *The Miracle of Mind Dynamics: A New Way to Triumphant Living*, Englewood Cliffs, N.J.: Prentice Hall, 1964, pp. 57-61.

How to Overcome Waves of Doubt and Anxiety

Our Bible states that there arose a great tempest in the sea. Each man is a ship traveling on the ocean of life. All of us are immersed in the great universal sea of consciousness. All of us are traveling psychologically and spiritually to certain goals, objectives, and achievements. Sometimes the ship becomes covered with waves; this represents the race belief in failure, lack, and limitation. The storms of doubt, anxiety, and depression haunt us at times The disciples said: ‘... Lord, save us: we perish.’ The disciples represent your faculties of mind, your thoughts, feelings, and beliefs, plus mental attitudes and expectancy in general. You must train your faculties of mind to look inwardly and to have faith in all things good, a joyous

expectancy of the best, and to have a firm belief inscribed in your heart that Infinite Intelligence will lead you out of your difficulty and show you the way. Have a firm conviction in the Power of God to solve problems and show you the way. This faith in God will enable you to walk over the waters of fear, doubt, worry, and imaginary dangers of all kinds.

There is Always a Way Out

When you say, 'There is no way out. I have no chance,' you are looking at the winds of confusion, fear, and human opinion, but when you remember the Lord, which is the Spiritual Power within you, absolutely All-Wise and All-Knowing, you will be looking at the solution, the way out, the happy ending, thereby ignoring the winds of human intellect and the waves of despair, melancholia, and depression.

The Meaning of Faith

Man is asleep to the God Power and the God Wisdom locked in his own unconscious depths; this is why in Matthew 8:24 it says, 'he was asleep.' The man of faith awakens and stirs up the gift of God within him. He knows this is the Kingdom of the Real. He knows that his ideal or desire is real in the Inner

Kingdom, and that his faith or feeling will cause the formless, or the invisible Presence, to take on substance as a condition, event, or experience. This is why the man of faith walks upon the waters of doubt and fear and moves in confidence and understanding of the promised land—his cherished goal. Faith is accepting as true that which your reason and intellect deny.

Why Your Thoughts Are Things

Man must awaken to the fact that science and religion are two arcs of a circle which unite to form a complete whole. He must leave the old-fashioned concepts which do not stand the test of truth. The sciences of chemistry and physics of a quarter-century ago are no longer tenable. Science is constantly discovering new truths. For example, the dogma of immutable elements is outmoded. This dogma disappeared with the discovery of radioactivity. At one time, people believed that the world was a fixed, static thing; today we know it is a fluid universe. Einstein and others have shown that the conservation of energy and mass are gone as distinct and separate verities. Energy and mass are interchangeable—this is why thoughts are things.

The Doom of Dogma

We must leave forever the old dogmas which assert something to be true which every scientific thinker knows is false. We are people who still insist on the six-day creation of the earth and that Adam and Eve were our first parents. The allegory of the Garden of Eden together with such concepts as the immaculate conception, the fall of man, judgment day, blood of the lamb, salvation, hell, and damnation—all these terms are based on *theological dogma* and are of ancient vintage; they must be seen as age-old myths exemplifying *inner psychological and spiritual truths*.

Religion must keep its mind continually open to new truth. Religion is undergoing a revolution today, and there is no end to the truths of God which will be constantly revealed to the perceptive and meditative mind. Creed, dogma, and tradition will not solve the problems of today. Man needs to discover his hidden powers and learn to rely on them and use the wisdom and power within him to lead him to paths of pleasantness and ways of peace.

He Was Afraid of God

A man wrote me some time ago, stating that he was a good Christian, gave to the poor, attended church regularly, and practiced the precepts and ten-

ets of the church, yet he added, 'Everything in my life is upside down. I am sick, mentally tortured, financially broke, and I find myself on the rocks. What is wrong?'

In an interview with this man, I found he had a degree in science, was a teacher in Sunday school, was an ardent student of Plato, Aristotle, Eckhart, and Plotinus, and could quote liberally from these famous mystics and philosophers.

While thoroughly conversant with these abstract philosophical ideas, he had never assimilated them so that these concepts could be utilized to bring him a measure of peace. To him, these writings were a sort of intellectual exercise and had never been appropriated so as to reach his heart. 'Out of the heart are the issues of life.'

He believed in a God in space, away up in the skies, some sort of an inscrutable, tyrannical being who would punish him if he sinned and who was sure to judge him on the last day. He was actually afraid of God; moreover, he believed God's will was that he suffer. I explained to him how his subconscious mind works, adding that as a scientifically trained man, he should know that laws of mind, like

the laws of chemistry, physics, or mathematics, are purely impersonal, and that whatever he impressed on his subconscious mind would be expressed in the same manner that seeds deposited in the soil would come forth after their kind. His religion was not scientific, and he actually violated common sense. His whole religious viewpoint was irrational, unreasonable, and most unscientific. He learned that he was punishing himself, and that his chaotic life was due to his negative and fearful habitual thoughts which generated destructive, negative emotions.

How She Triumphed Over Intention to Kill the Other Woman

Here is another illustration which points out vividly the workings of the mind. A woman was very angry, hateful, and resentful toward her husband because she discovered he had a mistress; she taught the children to hate him also. She was terribly jealous of the other woman and told me that she had bought a gun with which she intended to kill the other woman. I explained to her the workings of her deeper mind. I showed her that the corrosive and poisonous emotions which she was generating, if sustained, would build up a subconscious reflex mechanism which would compel her to commit the murder which con-

sciously she did not desire. Her orthodox religious concepts proved to be of no avail in the solution of her problem. She needed to awaken the Presence and Power asleep in the boat. She began to awaken to the fact that all the religions of the world, when shorn of their superficialities, wrappings, and trappings, consist exclusively of this basic and fundamental truth taught in the Scriptures: 'As a man thinketh in his heart, so is he.' The heart means the subconscious mind, and what you impress upon it will come to pass. Thoughts and feelings suppressed in your subconscious mind have a life of their own and are made manifest in your subconscious mind in your experience. Remember that the impressions made in your subconscious are compulsive.

This woman gave up her antiquated ideas and false opinions about religion and realized that she was the captain of her ship and was actively driving it on the rocks. Creed, dogma, and the traditional concept failed her completely. She prayed as follows: 'I surrender my husband and his mistress to God completely. I know God is the Great Deliverer. God knows me. God cares for me. I expect this mysterious and marvelous Divine Power to bring peace into my soul and lead me to harmony and joy. I will keep on know-

ing that God's love fills my mind and body. I know this Universal Power heals me, protects me and opens up new vistas of peace and prosperity for me. I know that the Holy Spirit flows through my mind, calming the winds. This Divine Spirit fills my heart, stilling the waves, and His power strengthens my body. God is stilling the winds and the waves in me now, and I feel a great calm in my soul.'

She repeated this prayer out loud slowly and lovingly many times a day. The result was that her husband came home to her and his family, asking forgiveness. The other woman, in the meantime, had passed on suddenly to the next dimension of life. There is a great calm in this home today.

Regardless of your professed religious beliefs, philosophical attainments, or scientific achievements, the only thing that really matters is to *become intimately acquainted* with the Spiritual Factor within you. It is indomitable, invincible, and invulnerable.

Why the Flame of Fire Could Not Burn Him

H.T. Hamblin, the late editor of Science of Thought Review, Chichester, England, related to me an incident of two planes, one British and the other German, which had fought in the air near his home. one of the

planes fell and crashed into the meadow in flames. The young English pilot was not touched. He told Mr. Hamblin, who had been praying for his security, 'I knew I was falling, and I wasn't a bit afraid; on the way down—I don't know how to tell you, but something changed inside of me, and I knew I could not be burned or hurt in any way.' A man can be in an exalted state of consciousness, living in higher dimensions of thought, and water will not drown him or fire burn him.

In the Book of Daniel, the incident mentioned above is corroborated. Three men—Shadrach, Meshach, and Abednego—were thrown into the midst of a fiery furnace. 'Lo, I see four men loose, walking in the midst of the fire, and thy have no hurt; and the form of the forth is like the Son of God.' The 'Son of God' refers to the Presence of God in each man which can save him from any predicament.

Learn to Triumph Over All Your Problems

Cease trusting in a vague, mysterious being outside of yourself. Learn the laws of your mind which are dependable, and you can trust these laws and principles implicitly. Feel the Presence of God's Love in your soul and become acquainted intimately with

God's qualities and attributes by building these qualities into your thought and feeling. Resurrect your God-given powers, and learn that you can overcome all problems and difficulties. Rise in consciousness by thinking of God and His supreme wisdom and power, and you will still the winds of confusion and the waves of fear and rage: 'Then he arose, and rebuked the winds and the sea, and there was a great calm.'

—Dr. Joseph Murphy, *The Miracle of Mind Dynamics: A New Way to Triumphant Living*, Englewood Cliffs, N.J.: Prentice Hall, 1964, pp. 63-64.

Thousands of years ago Job asked, 'If a man die, shall he live again?' This question has been asked millions of times since then. The truth is that there is no death in the sense of oblivion. God is Life, and that Life is our Life now. Life, or God, had no beginning, and It has no ending. Man, being Life as God in manifestation, cannot die.

The body has a beginning, and the body has an ending. We will always have a body because man's body, whether three dimensional or fourth dimensional, is the vehicle for the expression of Life. When the vehicle or body is no longer a fit instrument here, it is laid aside. Spirit then clothes Itself in a new body.

We must not think of death as an ending. Let us rather think of it as a new beginning, and that more abundant. We must not think it as losing, but rather as gaining. Instead of dismally thinking of parting, let us think of reuniting with all our loved ones. Instead of thinking that we are doing away, let us realize that we are arriving at our new destination. When we have tasted the reality of what man calls 'death,' we will have become aware that it is a new birth. It will be what health is to the sick man, what home is to the exile.

Milton said, 'Death is the golden key that opens the palace of eternity.' It is impossible that anything so universal as death should ever be looked upon as evil. It must be good or it would not be. The journey is from glory to glory; man goes onward, upward, and Godward. We admit renewal, resurrection and fruition processes in the seasons, birds, flowers, and insect life; but when it comes to man, we are struck numb and dumb with fear. We are timid about taking the position that death and birth are but two sides of the shield of life and should not be feared. Basically, it is life in the process of changing. Something old given up for something new is the transaction consummated in the so-called death process.

When you pass on to the next dimension of life, you will have the full use of your mental faculties. You will recognize your new environment. You will know others and you also will be known. You will see, understand, learn, and advance in all phases of your life. Death is more than an end; actually it is a new beginning, for when something ends something else always begins. This is why every end is a beginning. The entry into the next dimension of life is characterized by newness, freedom, and expression.

Life is an Endless Unfoldment

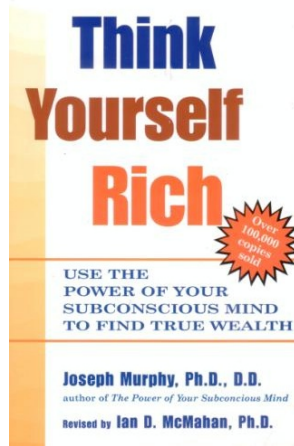
Life is a progression, an endless unfoldment forever expanding. In the next dimension of life, you will possess a memory of your life on this earth plane, and the remembrance of who you are and what you are is the link which reminds you of the continuity of your individual life as you expand ceaselessly. God is Infinite. You are also infinite, and never in eternity could you exhaust the glories and beauties that are within you—this is how wonderful you are!

Think Yourself Rich

Use the Power of Your Subconscious Mind to Find True Wealth

Revised by Ian D. McMahan, Ph.D.

New York: Penguin Putnam, 2001



Review

Think Yourself Rich if one of Dr. Murphy's books I found only recently, and I think it is very well written and edited, perhaps one of the best-edited books by the author, and the persons who care for the spiritual and literary legacy of the genius. What is unique in this book compared to *The Power of Your Subconscious Mind* and *The Miracle of Mind Dynamics* is the abundance of set prayers that you can profitably use for yourself. I will quote some of them further down.

Let me say this as an introduction to this review. This book is not only about creating wealth, but generally about handling your wishes and desires and learning to care for

their *positive outcome* and realization in our space-time reality. This is not a lack of focus; the truth is you cannot separate material riches from spiritual riches, which is one of the eternal laws of the mind. The material plane is a subplane of the larger spiritual wealth plane, which is why in the Jewish tradition and other ancient spiritual traditions, material wealth is considered an *outflow of spiritual wealth*.

King Solomon, as reported in the Bible, chose wisdom over material possessions and was then blessed with material wealth in addition to *abundant spiritual knowledge* and worldly power. This is not, as many today believe, a focus on material status, but flows out from a wide definition of spiritual wealth, as it is to be found in the root traditions of all ancient civilizations.

What I found very precious in this book compared to other books of the author is that it contains real life examples of people who did the prayers, but did them wrongly, thus experiencing no or reverse effects.

For example, Dr. Murphy told a client who prayed for an elder relative who suffered from a debilitating illness to change her approach and avoid dwelling on specific organs of the body and their disorders and instead identifying with the infinite healing presence in our subconscious mind. By the same token, prayers should not be endlessly repeated but *only a few times per day* because the very fact to pray excessively signals to the subconscious mind that we lack faith in the outcome of the prayer, thereby reversing

the response of the subconscious mind. Hence, the importance of *lightness of touch* when praying. Murphy explains:

When, through sympathy, we accede to the negative or baleful aspects of a person's situation or condition, we tend to aggravate the problem. /16

To feel sorry for the ill person and to commiserate with him or her is to drag the person down. This is a negative approach. /17

When you think of your desire, lightness of touch is important. /18

Long sessions of prayer are usually a mistake. They may indicate that you are trying to force things by using mental coercion. This generally leads to the opposite of what you are praying for. You will often find that a short prayer uttered from the heart gets better results than a long prayer. /81

Divine indifference means that you know it is impossible for your prayer to fail, for it is written, He will not fail thee, nor forsake thee (Deuteronomy 31:6)/96

The diagnosis as it were that the author applied to his clients, before he recommended a specific prayer, and by listening to their hardships, can be summarized as something like 'the war against the world and circumstances.' On the other hand, the cure of the disease of course is love, but it is hard to give a timeframe as to the outcome of the prayers:

The war you are waging against the world, you are really waging against your own subconscious mind. Every day you tell it that life is full of conflict and hostility, and every day it takes you at your word and makes manifest the conditions you expect. /20

Think regularly and systematically of life, illumination, inspirations, harmony, prosperity, happiness, peace, and the life more abundant. Think these truths rather than this or that condition on them. /24

Love frees; it gives; it is the spirit of God. Love opens prison doors and sets free the captives and all those bound by fear, resentment, and hostility. /43

People frequently ask me, 'How often should I pray for a loved one who is ill, who is in the hospital, or who is having serious financial problems?' The best response I can give is that you should pray until you feel satisfied within, or until you feel that this is the best you can do for the time being. (...) You will know when your prayer is answered, because you will experience an inner sense of peace and certitude. /81

Another important problem Dr. Murphy addresses in this book is to make choices. In fact, there are many people who *do not dare to choose*. They are afraid to choose or they are wary to choose, apprehensive of any possible outcome.

Dr. Murphy affirms our *right to choose* and explains that we actually always choose, even in the moment we refuse to choose. Because what we choose then, is being chosen by others, for passively fulfilling their needs and wants projected upon us:

I don't know what to choose, Greta M told me. How can I possibly tell what is reasonable or logical? You have made a choice, I replied. By deciding not to choose for yourself, you have chosen to accept whatever comes from the mass mind or the law of averages, in which we are all immersed. /138

You are constantly being called upon to choose in this life. What kind of thoughts and images are you choosing? I want to reiterate and emphasize again that your whole life represents the sum total of your choices. /139

Some say, I will let God choose for me. When you say that, you mean a god outside yourself. God, or the Living Spirit, is omnipresent and is also within you, the very life of you. The only way God, or Infinite Intelligence, will work for / you is to work through you. In order for the Universal to act on the individual plane, it must become the individual. /139-140

The ultimate root of Murphy's teaching is to bring us to *assuming full responsibility for our lives*; for this to achieve, we need to do away with projections and self-pity, and the eternal escape of blaming fate for our failures. Dr. Murphy explains:

It is not fate that blocks your success or riches, nor lack of money, introductions, or contracts. It is yourself. All you have to do is to change your thought-life and keep it changed. Let your habitual thinking be: Success is mine. God's wealth is mine, harmony is mine, and I am a channel for all the riches of God. Your thoughts are creative, you become what you think all day long. /162

Here are some prayers sampled from the book:

General Prayers

I know that to prosper means to grow spiritually in every dimension. God is prospering me now in mind, body, and affairs. God's ideas constantly unfold within me, bringing to me health, wealth, and perfect Divine expression./10

Today is God's day; it is a glorious day for me, as it is full of peace, harmony and joy. My faith in the good is written in my heart and felt in my inward parts. I am absolutely convinced that there is a Presence and a perfect Law that receives the impress of my desire now and that irresistibly attracts into my experience all the good things my heart desires. I now place all my reliance, faith, and trust in the Power and Presence of God within me; I am at peace./24

I am born to succeed; the Infinite within me can't fail. Divine law and order govern my life, Divine peace fills my soul, Divine love saturates my mind. Infinite intelligence guides me in all ways. God's riches flow to me freely. I am advancing, moving forward, and growing mentally, spiritually, financially, and in all other ways. I know these truths are sinking into my subconscious mind and will grow after their kind./68

I know there is only one Source, the Life-Principle, from which all things flow. It created the universe and all things therein contained. I am a focal point of the Divine presence. My mind is open and receptive. I am a free-flowing channel for harmony, beauty, guidance, wealth, and the riches of the infinite. I know that health, wealth, and success are released from within and appear without. I am now in harmony with the infinite riches within and without, and I know these thoughts are sinking into my subconscious mind and will be reflected on the screen of space. I wish for everyone all the

blessings of life. I am open and receptive to God's riches—spiritual, mental, and material—and they flow to me in avalanches of abundance. /86-87

Today is God's day. I choose harmony, peace, perfect health, Divine law and order, Divine love, beauty, abundance, security, and inspiration from On High. I know that as I claim these truths in my life, I awaken and activate the powers of my subconscious, which compel me to express all these powers and qualities. I know it is as easy for God to become all these things in my life as it is for a seed to become a blade of grass. I give thanks that this is so. /137

Divine right action is mine. Success is mine. Wealth is mine. Happiness is mine. God's river of peace flows through my mind, body, and activities, and whatever I do will prosper. I know my thoughts are creative. /91

God opens up the way for me to go on this journey in Divine order and through Divine love. /121

Giving Up Smoking

Freedom and peace of mind are mine now. I know that as I believe and affirm these truths, they are sinking down into my subconscious mind. I will be under compulsion to give up cigarettes, as the law of my subconscious is compulsion. In my / imagination I see my doctor before me. He has just finished examining me and is congratulating me on my freedom from my habit and my perfect health. /20-21

Problem-Solving

The God-Presence within me is all-wise and is taking care of this in Divine order. I am not keeping tabs on the God-Presence within as to how, when, where, or through what

source this will be solved. I let go and let God take care of it./22

Child-Rearing

I loose my son to God completely. He is Divinely guided in all his ways and Divine wisdom anoints his intellect. Divine law and order reign supreme in his life. He is guided to his true place and is expressing himself at his highest level. I loose him and let him go./23

Marriage

My husband is God's child. god is guiding him to his true place. What he is seeking is seeking him. God's love fills his soul and God's peace fills his mind and heart. God prospers him in all ways. There are harmony, peace, love, and understanding between us. It is God in action in our lives./77

I know my desire for marriage and happiness is the voice of God in me urging me to lead a full and happy life. I know that I am one with the Infinite now. I know and believe there is a woman waiting to love and cherish me. I know I can contribute to her happiness and peace. I can be a great asset to her. I can cherish, love and inspire her to greatness, just as she inspires me. She loves my ideals, and I love her ideals. She does not want to make me over; neither do I want to make her over. There are mutual love, freedom, and respect between us. These words go forth and accomplish whereunto they are sent. I have written this request in my subconscious mind with faith and confidence, and I decree it is done, finished, and established in my deeper mind. Whenever I think of marriage, I shall remind myself that the Infinite Intelligence of my subconscious is bringing this to pass in Divine order./89

Helping Others

Infinite Spirit in its wisdom opens up the gateway for [name]'s true expression in life, where he [she] is doing what he [she] loves to do, is Divinely happy and Divinely prospered. He [she] is Divinely led to the right people, who appreciate his [her] talents, and he [she] receives marvelous and wonderful income for wonderful service. He [she] is conscious of / his [her] true worth, and he [she] is blessed and prospered with God's riches beyond his [her] fondest dreams. I turn this prayer over to my subconscious mind, which has the ability to accomplish it. It brings it to pass in Divine order./129-130

My wife is a tremendous success. She is absolutely outstanding. The Infinite within her is all-wise and all-powerful. My wife is going from glory to glory; she is going up the ladder of success and promotion. Her real talents are revealed and appreciated. She is Divinely guided and her success comes to pass now. I give thanks, for I know what I decree stirs up the gift of God within her./201

Forgiving/Releasing

I forgive myself for harboring negative and destructive thoughts, and I release my former employers and present associates to God completely, wishing for them all the blessings of life. Whenever I think of any one of them, I will immediately affirm, 'I have released you; God be with you.' I know as I continue to do this that I will meet them in my mind and that there will no longer be any sting present. I claim promotion now, success now, harmony now. Divine law and order are mine now. God's wealth flows to me in avalanches of abundance. Life is growth and expansion. I am an open channel for God's riches, which are ever-active,

ever-present, unchanging, and eternal. I give thanks now for the riches within and without. What I am now decreeing comes to pass, and the light of God shines upon me. /131

I radiate goodwill to all humankind in thought, word, and deed. I know the peace and goodwill that I radiate to every person comes back to me a thousandfold. Whatever I need to know comes to me from the God-Self within me. Infinite Intelligence is operating through me, revealing to me what I need to know. God in me knows the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine wisdom make all decisions through me, and there is only right action and right expression taking place in my life. Every night I wrap myself in the mantle of God's love and fall asleep knowing Divine guidance is mine. When the dawn comes, I am filled with peace. I go forth into the new day full of faith, confidence, and trust. Thank you, father. /132

I surrender my son, his wife, and family to God completely, lock, stock and barrel. I loose them and let them go. I give them freedom to lead his own life in his own way, knowing that he is God's man and that God loves him and cares for him and his / family. I release him and set him free spiritually, mentally, and emotionally. Any time he, his wife, or his family come to my mind, I will immediately affirm, 'I have released you. God be with you. I am free now and so are you.' It is God in action in my life, which means harmony, peace, and right action. /208-209

Dissolving Addiction

I choose health, peace of mind, freedom and sobriety right now. This is my decision. I know that the Almighty Power backs up my choice. I am relaxed, and God's river of peace

flows through me. My spiritual food and drink are God's ideas and eternal verities, which unfold within me bringing me harmony, health, peace, and joy. I am Divinely happy. Whenever the urge to drink comes, I remember these Divinely inspired ideas in my mind and the God Power backs me up. /136

Specific Answer Desired

Father, you are all-wise. Reveal to me the answer and show me the way I should go. I give thanks for the right answer, for I know You know the only answer. /141

Prosperity

God is my instant and everlasting supply, and that bill is paid in Divine order. /67

That car is for sale. It is a Divine idea, and I accept it in Divine Order. /67

I acknowledge and praise the Source within and I make contact with my thought. I give thanks that the gateway to riches is now open wide for me. God's riches flow freely to me, and more and more money is circulating in my life every day. Every day of my life I grow richer spiritually, mentally, financially, and in all ways. Money is God's idea circulating in my life, and there is always a surplus. I give thanks to the living God, who giveth us richly all things to enjoy (1 Timothy 6:17). /125

Infinite Intelligence knows my hidden talents and opens up a new door of expression for me in Divine order. This knowledge is immediately revealed to my conscious mind. I

will follow the lead that comes clearly and definitely into my mind. /126

Self-Acceptance

From this moment forward I sow in my subconscious mind thoughts of peace, confidence, poise, and balance. I harvest the fruit of the wonderful seeds I sow. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner I accept the fact that the seed deposited in the ground will grow. I know it grows in the darkness; also, my desire or ideal grows in the darkness of my subconscious mind. In a little while, like the seed, it appears above the ground as a condition, circumstance, or event. Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely, and of good report. I think of these things, and God's power is with my thoughts of good. I am at peace. /142

Self-Realization

Infinite Intelligence is my constant guide and counselor. I will instantly recognize the promptings and monitions that come from my Higher Self, which forever seek to protect, guide, and watch over me in all ways. I will instantly recognize the lead which comes into my conscious mind, and I will always disregard groundless fancies. I know that my deeper mind responds to what I am now consciously writing on it, and I give thanks for the joy of the answered prayer. /146-147

Selling Stock Options

My subconscious mind will make me instantly aware of the right stock to buy, at the right time, in the right way. This will bless me and my clients./151

Selling Real Estate

I have perfect faith in God's supply and in God's guidance. I know that all who buy a home through me are prospered and blessed. Infinite Intelligence attracts buyers to me who want the houses I sell, who can afford to buy them, and who will rejoice in their possession. I am blessed, and they are blessed. I am strong in the Lord and in the power of His might. Divine activity and immediate, perfect results now take place in my life, and I give thanks for the miracles in my life./165

Being a Brilliant Actor

I give all my allegiance, devotion and loyalty to the God-Self within, which is none other than my Higher Self. I know that love of my Higher Self means to have a healthy, reverent, wholesome respect for the Divinity within me, which is all-powerful and all-wise. I know that love of God is to give my supreme allegiance to the One Presence and Power within me. I know I can do all things through the God-Power that strengthens me. As I perform on stage, just as in my life off-stage, the Presence within me speaks directly and clearly to the Presence within those who watch. I live the role I play: I feel entranced, fascinated, and absorbed in the drama; and I hear those I love and respect congratulating me. It is wonderful./171-172

Healing Skin Problem

My skin is an envelope of God's love. It is without spot and blemish. It is fresher than a child's, and the radiance of youth and beauty saturate my whole being. / 176

Resolving a Law Suit

All those involved in this suit are surrounded by the sacred circle of God's love. God's love, truth, and harmony reign supreme in the minds and hearts of all involved. They are all known in Divine mind, and the law of love prevails. / 176

Paying Debts

God is the source of my supply. I know when I am anxious, it means I do not trust God. The money I now possess is magnified and multiplied a thousandfold. I realize all the money I have is a symbol of the infinite riches of God. I turn to the Infinite Presence within, knowing in my heart and soul it opens the way for me to pay all my debts, leaving me a vast surplus. I surrender a list of all these debts in the hands of my Heavenly Father, and I give thanks they are all paid in Divine order. God's riches are circulating in my life, and I rejoice and am exceedingly glad that every creditor is paid now, and God prospers me beyond my fondest dreams. I believe that I have received now, and I know that according to my faith is it done unto me. I know God will rain blessings from Heaven for me now. / 185

Peace at the Work Place

God's love governs me at work. I have no opinion about others. I judge not; therefore I cannot suffer or be disturbed. The peace and harmony of God govern me and all that I do. Every anxious thought is completely stilled, for I am work-

ing for God, and His peace fills my soul. The confidence and joy of God enfold me at all times. All who work in the office are God's sons and daughters, and each one contributes to the peace, harmony, prosperity, and success of this office. Divine love comes in the door of our office, and Divine love governs the minds and hearts of all in the office; and Divine love goes out the door. God is my boss, my paymaster, my guide, and my counselor, and I recognize no other. I give all power and recognition to God and I walk serenely and peacefully in His light. I laugh, I sing, and I rejoice. God works wonders in my life./187

Enhancing Memory

I have a perfect memory for everything I need and want to know./188

Relaxation

My feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my neck and shoulders are relaxed, my brain is relaxed, my eyes are relaxed, my hands and arms are relaxed. My whole being is relaxed. I feel God's river of peace flowing through me like a golden river of life, love, truth, and beauty. The spirit and inspiration of the Almighty flow through me, vitalizing, healing, and restoring my entire being. The wisdom and power of the Almighty enable me to fulfill all my goals in Divine order through Divine love. I am always relaxed, serene, poised, and balanced, and my / faith and confidence is in God and all things good. I can do all things through the God-Power that strengthens me. I dwell in the secret place of

the Most High, and all the thoughts entertained by me conform to harmony, peace, and goodwill to all./189-190

Spiritual Rebirth

Today I am reborn spiritually! I completely detach myself from the old way of thinking, and I bring Divine love, light, and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, 'I see the God in you and I know you see the God in me.' I recognize the qualities of God in everyone. I practice this morning, noon, and night: it is a living part of me. I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing - whether I am walking the street, shopping, or going about my daily business - whenever my thought wanders away from God or / the good, I bring it back to the contemplation of His Holy Presence: I feel noble, dignified, and God-like. I walk in a high mood sensing my oneness with God. His peace fills my soul./190-191

Protection

God indwells me, walks and talks with me. God is guiding me now. I can do all things through the God-Power that strengthens me. If God be for me, who can be against me? There is no power to challenge God, and God watches over me in all my ways. I realize every problem is Divinely unmatched and I grapple courageously with every assignment, knowing that God reveals the answer. God loves me and cares for me./194

The indicator of the Presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle. I now cease to sweat and my body feels warm, relaxed, com-

fortable and naturally dry all day long. I trust the God-Power implicitly. I know that all the wisdom and power I need to live a glorious and successful life are within me. I relax my entire body; my faith is in His wisdom; I go free. I claim and feel the peace of God flooding my mind, heart, and whole being. I know the quiet mind gets its problems solved. I now turn the request over to the God-Presence knowing it has an answer. I am at peace./202

Success in Examination

I am relaxed, at peace, serene, and calm. I have a perfect memory for everything I need to know at every moment of time and point of space. I am Divinely guided in my studies and I am completely relaxed and at peace at all examinations. I pass all examinations in Divine order, and I sleep in peace and I wake in joy./226

Excerpts

Your Right to Be Rich

It is your birthright to be rich. You are here to express the fullness of life in every way.

Your real purpose is to lead a happy, joyous, and glorious life—the life more abundant.

In fact, abundance are all around you, it is the main characteristic of nature. The treasure house of infinity is not to be found in a bank vault or a pirate's trove. It is within your own inner mind.

Your thoughts are creative. Each thought tends to manifest itself in your life. Thoughts of promotion, riches, expansion, and achievement, provided you do not deny them subsequently, come forth after their kind. You promote yourself, thereby answering your own prayer because it is done to you as you believe.

Begin now to extract from that marvelous gold mine within you everything you need—money, friends, a lovely home, beauty, companionship, and all the blessings of life. Whatever you need, whatever you want, you can bring it forth when you learn to pray properly.

We are more than our bodies, our hereditary characteristics, our family tree, the color of our skin, and eyes. The human subconscious mind is part of the eternal spirit, the creator force which is available to you when you pray sincerely, and from your heart.

The greatest secret of all times is that all the riches of the universe are within you. It is *infinite intelligence, boundless wisdom, infinite power and love*, and the answer to all and every problem you may have. This secret is not hidden any further, for we are living in a time of revelation! Begin now to tap the tremendous

powers within you and start to lead a full, happy and virtuous life.

It is natural that you want to achieve success, recognition, and prosperity in our life. You ought to have all the money you need for doing what you want to do, when you want to do it. There is no virtue in poverty. Poverty is a mental disease that should, and actually could be abolished from the face of the earth. Just as wealth is a state of mind, likewise poverty is a state of mind. If we want to eradicate all the slums in the world, we must first wipe out the mental slums created in people's minds by their belief in poverty and lack.

It is the right of you and your family to have healthy, nourishing food, good clothes, a comfortable home, and the money you need to buy the good things of life. You need the time every day for meditation, prayer, relaxation, recreation, and places that make these necessities possible. The true meaning of prosperity does not lie in having more things. It means that you begin to advance mentally, spiritually, and intellectually, as well as socially and financially.

You are here to lead the abundant life, a life full of happiness, joy, health, and rich living. Begin now to

release the riches of the treasure house within you. The real riches are within your subconscious mind.

The greatest secret in all the world is that God dwells in humans. The average person looks everywhere but within himself or herself for wealth, success, happiness, and abundance. God is the life principle, the infinite intelligence, and the infinite power within us, available instantly to all people through the medium of their thought.

You can tap the riches of your subconscious mind by claiming guidance, abundance, wealth, security, and right action, on a daily basis. Make a habit of meditating on these truths and your subconscious will respond.

If you lull yourself to sleep every night with two ideas, wealth and success, knowing that by repeating them you are activating the latent powers of your deeper mind, you will be compelled to express wealth and success. The infinite wisdom of your subconscious mind can only do for you what it can do *through* you. Your recurrent thoughts and feelings mold and fashion your destiny.

When you believe that the nature of this infinite intelligence in your subconscious mind is to respond

to the nature of your request, the answers will always come to you, however most of the time in ways you do not know of.

Be careful when you affirm wealth, success, right action, and promotion that you do not subsequently deny what you have affirmed. That would be like mixing an acid with an alkali, and you would get an inert substance. In other words, stop neutralizing your good. Your subconscious mind is impressed by your predominant thoughts, emotions, and visual imagination. What you feel you attract, and what you imagine you become.

Be sure that you are not envious or jealous of the success, riches, and wealth of others. Your thoughts are creative, thus if you are envious or critical of those who have more wealth and honors than you, you will impoverish yourself along all lines. What you wish for others, you tend to create in your own life experience.

Whatever you really feel to be true, and so decree in your life, will definitely come to pass. Decree riches, health, beauty, security, and right action.

The Power of Scientific Prayer

To believe is to accept something as true. It is to make alive the truths of God by feeling the reality of them in your heart. This is much more than a conscious or theoretical assent; it means that you must feel the truth of what you affirm in your heart. Belief makes the difference between success and failure, riches and poverty, health and sickness. Believe in the riches of the infinite power within your subconscious mind and you will experience them.

When your problems seem overwhelming, break the tension by praying sincerely for someone who is very ill or in deep trouble, and suddenly you will find your own problems solved.

When praying for a loved one, be sure not to identify with the ailment or any part of the anatomy. Realize that the infinite healing presence is flowing through the person you pray for as harmony, health, peace, and joy. Visualize the person as radiant and happy. Meditate quietly on these truths and pray again when you feel led to do so. Wonders happen when you pray this way.

Sympathy means to go down into the quicksand with the other, and it does not help the sick person.

Have compassion and give the sick person a transfusion of faith, confidence, and love, knowing that with God all things are possible.

Your thought is creative, and every thought tends to manifest itself. You can direct and steer your thoughts in the same way you steer your car. Thoughts are vibrations, and you have the power to raise those vibrations by raising the quality of your thoughts. The higher you vibrate, the more spiritual power you have. Your thought-image of wealth, success and achievement is the magnet that attracts to you all things that correspond with your thought-image.

The quiet mind get things done. Tell your body to be still, and quiet your mind by thinking of the infinite intelligence of your subconscious, which knows the answer. When your conscious mind is still and your body is relaxed, the wisdom of your subconscious will rise to the surface mind.

A good executive knows how to delete authority. You must be a good executive when using your mind. Turn your request over to your subconscious with faith and confidence, and you will get the appropriate

response. You know when you have really turned it over, because you find yourself at peace.

You can give up smoking or any bad habit by decreeing freedom and peace of mind, while at the same time imagining a friend or a physician congratulating you on your freedom. As you affirm and envision an antipathy toward tobacco, your subconscious will take over and compel your freedom from the habit.

Many have discovered the wisdom of turning an acute domestic problem over to the God-Presence, trusting that divine wisdom and intelligence will bring about the solution that is best for all. The short affirmation 'I now let go and let God' brings about a perfect answer.

Liquidate the past and never dwell on old grievances or grudges. The future is your present thinking made manifest. Think regularly and systematically of harmony, beauty, love, peace, and abundance, and you will have a wonderful future.

We do not own our children. When difficulties arise with a child, pray as follows: 'I loose my child to God completely. My child is divinely guided in all ways, and divine love takes care.' Whenever you think of your child, bless him or her silently by know-

ing that God loves your child and cares for the best.’
As you do this, whatever happens will be good.

Think of the infinite riches within your subconscious ind. Think of harmony, peace, joy, love, guidance, right action, success—all these are principles of life, and as you think of the life more abundant, you activate the latent powers within you. Your subconscious will compel you to express the abundant life right here and now.

Become a Positive Thinker

Begin to think regularly and systematically of success, achievement, victory, abundance, and the good life. Thinking makes it so.

The rich get richer for the simple reason that the consciousness or awareness of wealth and the expectancy of more and more of God’s riches, which are omnipresent, attract more and more wealth, health, and opportunities to the person who walks in that state of mind. This requires you to become persistent in positive thinking.

The thought-image of wealth produces wealth; the thought-image of a journey results in the opportunity to take it. Life in the conscious expectancy to the best, and by the law of attraction, you will attract the riches

of the infinite storehouse in your own subconscious mind. Keep thinking of prosperity, abundance, security, and increase in all things.

Whatever you give attention to grows, magnifies, and multiplies in your experience. Keep your attention on whatsoever things are lovely and of good report. Radiate abundance, goodwill, benevolence, and riches to others. They will pick it up subconsciously, and you will attract wonderful people into your life. They will prosper and you will prosper.

A rich person walks in the mental attitude that wealth is like the air he or she breathes. Having that state of mind, the person attracts more and more riches of all kinds. The poor person who is constantly picturing and talking of lack, bankruptcy, and hard times attracts these qualities to him or herself.

You can get acquainted with the riches of the infinite storehouse within you by reiterating and believing the following prayer: 'I am ever grateful for God's riches that are ever active, ever present, unchanging, and eternal.'

God gave you richly all things to enjoy in this universe. Life itself is a gift to you. The whole world was here before you were born. Believe and expect the

riches of the infinite, and invariably the best will come to you. As you practice this simple truth, the desert of your life will rejoice and blossom.

Resentment and hostility are mental poisons that rob you of vitality, enthusiasm, and energy. A severe eating disorder is often a disguised form of committing suicide, a way of seeking revenge against someone else. The answer is to open the mind and heart to the influx of divine love and to realize that others really do care and love you, bringing about a healing and a transformation.

When you begin to realize that you are an organ of God and that God has need of you, a complete transformation takes place, and you begin to realize the riches of the infinite as love, goodwill, inner peace, and abundance.

Often blind faith will bring about remarkable results. Paracelsus said 'Whether the object of your faith is true or false, you will get results.' A young boy who stuttered fired his imagination into a joyous expectancy and blind faith and believed that if he slept in the cell where St. Kevin was supposed to have slept, he would be healed. His subconscious mind accepted his belief, and he was healed.

True faith consists of the belief that the infinite presence that created you knows all the processes and functions of your body and that when you unite with it believingly, results will follow. True faith is the combined use of your conscious and subconscious mind, scientifically directed.

Some people experience excessive emotionalism at public healing gatherings; their emotional hysteria often brings a temporary alleviation of pain. These hypnotic suggestions have only temporary effect, however. In true healing, your conscious and subconscious mind must agree, and you must believe in your heart in the infinite healing presence. Then the result is permanent, not temporary. When you pray for healing, complete forgiveness must take place of all guilt, peevishness, and grudge. You know when you have forgiven others, because there is no sting in your mind.

There is no more power in sticks, stones, amulets, charms, or bones of saints. But if a person believes that the bone of a dog is that of a saint and that kissing it will bring a healing, it is not the bone of the dog that heals; it is the response of the person's subconscious mind to blind belief.

Negative and destructive emotions snarl up in your subconscious mind and cause many diseases. When a person feels guilty, he feels he should be punished, but what he fails to see is that he is punishing himself.

A wonderful prayer for forgiveness is this: 'I forgive myself for harboring negative and destructive thoughts about myself and others, and I resolve not to do this any more. Whenever a negative thought comes to me, I will immediately affirm, 'God's love fills my soul.'

Your skin is where the inner and the outer world meet. Emotions of hostility, anger, suppressed rage, and resentment may express themselves as skin diseases. Remorse and guilt, according to psychosomatic medicine, are the cause of many skin eruptions.

God never punishes. This presence always seeks to heal you and to make you whole. Self-condemnation and self-criticism are destructive mental poisons that send toxic signals all over your system, leaving you a mental and physical wreck.

Come to a decision. Forget the past and saturate your mind with divine love, peace, and harmony. Realize that divine love dissolves everything unlike it-

self. No matter what has happened in the past, you can change it now. Fill your subconscious with life-giving thought patterns and you will erase and crowd out everything unlike God.

Build Wealth Consciousness

Begin to think of the untold riches all around you waiting for human intelligence to reveal them. There is a guiding principle within you that, when called upon, will reveal to you the riches you are seeking.

There is an old saying: 'Make friends with money, and you always have it.' Look upon money as God's idea, circulating among nations, maintaining economic health. Claim that money is circulating in your life, and your subconscious mind will see to it that you have all the money you need.

If you condemn money, calling it 'filthy lucre,' the root of all evil, and making other such nonsensical statements, your money will take wings and fly away. Money, like everything else in the universe, is universal substance, which is Spirit reduced to the point of visibility. Money, like nickel, cobalt, iron, platinum, lead, oil, and coal, are all forms of the universal substance operating at different frequencies and vibrations.

Adopt a new attitude toward money, realizing you are entitled to be richly compensated for your work, whether it be writing, teaching, gardening or whatever. Think of all the good you can do when money is circulating freely in your life.

You can work very hard, but if you dislike money or criticize it, you will find yourself in want financially. You do not make a god of money, but you realize that it is essential on this plane of existence. You look to the real source of wealth, which is God, and you know that as you turn to the source, it will turn to you and give you all the riches of life.

Claim that you are always using money wisely, judiciously, and constructively for your own good and for that of all men and women everywhere. Constantly claim also that the infinite reveals better ways in which you can serve.

The master key to disciplining the mind for money is to come to a clear-cut decision once and for all that God is the source of everything you see in the universe and that everything people have made came also out of the mind of God. Believing this to be true, your affirmation for wealth will prove productive. When fearful thoughts or thoughts of lack come to

your mind, reverse them, at once by affirming, 'God is my instant supply—that bill is paid in divine mind now.' Never finish a negative statement about your finances. After a while, the negative thoughts will cease to come, and you will find you have conditioned your subconscious to wealth.

Praying Effectively

Whatever money you have, bless it now and believe it when you say, 'God will multiply this exceedingly, now and forevermore.' Believe it in your heart and you will never want all the days of your life.

When a husband and wife pray for each other, exalting the presence of God in one another and claiming peace, harmony, love, and inspiration, all resentment and ill will are dissolved, and both will prosper. If you are fired from a position, claim, 'Only good can come out of this.' You will discover a new door that opens up a far more wonderful position than the previous one.

Focus your attention on whatsoever things are lovely, noble, wonderful and God-like, and you will experience the riches of life. Remember, you reap what you sow in your subconscious. Watch your thoughts, for they are creative. Never talk about lack,

limitation, or being unable to make ends meet. This multiplies your misery. Think of God's riches and affirm boldly that the riches of the infinite are flowing to you in avalanches of abundance. Claim it boldly and the infinite will respond.

Your subconscious accepts the dominant of two ideas. Reason out clearly why all things visible and invisible come from one source. Think prosperity thoughts, and your subconscious mind will respond to your habitual thinking. Supplant all thoughts of poverty with the idea of God's opulence and endless resources. Be open and receptive, and let wealth flow freely to you. Be a good receiver!

Your conscious mind is the pen with which you inscribe your true desires in your subconscious. Think quietly and with interest of each desire separately, watering it and nurturing it with faith and expectancy. Do this three to four times a day, in a quiet moment. By frequent habitation of the mind, you will impregnate your subconscious, and the cherished desires of your heart will be realized.

Never engage in thinking of lack, limitation, loneliness, and frustration. On the contrary, have a mental plan of the things you want, then realize whatever

you attach to *I am ...* , you will create in your life. Repeat it over and over again as a lullaby. Do it knowingly and feelingly. As you sow in your subconscious, so also will you reap.

Instead of grumbling, whining, and complaining about current conditions, reverse that attitude of mind and claim boldly: 'Divine right action is mine. Divine success is mine. Divine love fills my soul, and whatever I do will prosper.' Know that your thoughts are creative and that you are what you think all day long. Have a healthy respect for your thoughts of good. Your thoughts are your prayer!

Begin to contemplate that God's beauty and riches flow freely through your thoughts, words, and deeds and you will experience the results of your thinking; furthermore, you will be able to pass on to your family the riches acquired by contemplation. You must have in order to give. Only rich people can contribute richly to all; the poor cannot give.

Life is a mirror for the king and the beggar, reflecting back to each of us precisely that which we deposit in our mind.

Your Psychic Treasure Map

The soul without imagination is what an observatory would be without a telescope. Imagination is the primal faculty of man, and it has the capacity to bring your idea into visibility on the screen of space.

You can draw up for yourself a treasure map, listing the cherished desires of your heart. Go over it several times a day, claiming and imaging the fulfillment of each desire now. Persevere and you will find that the images will be deposited in your subconscious mind, which will bring them to pass.

If you are apprehensive and worried about any important matter, such as, for example, a legal controversy, quiet your mind and claim that harmony, peace, and divine understanding operate in the minds and hearts of all involved. Imagine in all detail the harmonious agreement reached, and lull yourself to sleep with the phrase, 'happy ending.' You will succeed in impregnating your subconscious with the desired solution, and there will be a good outcome.

If you have trouble selling your house, imagine you are holding the check for full payment in your hand prior to sleep. Give thanks for the check, feel its reality, the naturalness and wonder of it all, and imag-

ine yourself at the teller's window depositing it in your bank account. Give thanks to your higher self and you will find wonders happening as you pray.

When you are competing with others for a contract, assignment, or position, avoid anxiety and tension by affirming, 'I accept this assignment or something far more wonderful according to the riches of the infinite for me.' If you do not get this particular position, something far more wonderful will open up for you in the light of your higher self.

All people throughout the world want increase; it is the divine urge within us seeking fuller, greater, grander expression in all phases of our lives. You plant wheat, barley, or oats in the soul, but it is God who gives the increase by multiplying the grains a thousandfold. Increase means the multiplication of your good along all levels.

Attention is the key to life. Clothe everybody mentally with the riches of God. Stop brooding over your own financial problems and stop talking about your lack of money. Give attention to the riches within and without, and you will prosper.

The Amazing Power of Belief and Faith

When I speak of faith—and even as it is spoken of in the Bible—I am not referring to creeds, dogmas, traditions, rituals, ceremonies, institutions, formulas, religious persuasion, or belief in a particular person, object, or thing. Look upon faith as an attitude of mind, an inner certitude—a certain way of thinking whereby you know that any idea that you emotionalize and feel to be true, is true and will be shown to be true.

A chemist has faith in the laws of chemistry, having learned the principles of chemistry; a farmer has faith in the laws of agriculture, having learned the principles of agriculture; and an engineer has faith in the laws of mathematics, having learned the principles of mathematics. To live the life you truly desire, you must have faith in the laws of your mind, having first learned the principles of your conscious and subconscious mind.

Everyone has faith in something. Some people have faith in failure, sickness, accidents, and misfortune. When you hear exhortations to have faith, you must remember that you already have faith. The question is, how are you using it constructively or negatively?

Faith is the mental image that in time clothes itself in a body of manifestation.

The law of belief operates in all religions of the world and is the reason they all are psychologically true. The Buddhist, the Christian, the Muslim, and the Jew all are able to receive answers to their prayers—but not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of their belief, or mental acceptance and receptivity, about that for which they pray.

As a person thinks, feels, and believes, so it is done unto him or her.

Our lives are the result of the totality of our beliefs. That is why the law of life is the law of belief.

Your subconscious mind works according to the law of belief. All things that have happened to you are based on the thoughts you've impressed on your subconscious mind through belief.

What you believe in decides how you will live.

Whatever you think, feel, believe, and accept as true in your mind is the only cause in your world. Remember: It is done unto you as you believe.

Place your faith in God and all things good, and you will attract to yourself—by an immutable law—the people, conditions, circumstances, and events in the image and likeness of your contemplation.

If someone asked me how I pray, I would respond by saying that to me, prayer means the contemplation of the eternal verities or truths of the Infinite from the highest possible standpoint. It's a way of thinking. It is a constructive mental attitude with the constant awareness that whatever you impress in your subconscious mind will come forth on the screen of space.

In other words, prayer is belief.

The Miraculous Power of Prayer

Many people's prayers aren't answered because consciously or unconsciously they are believing in two powers, or forces, in the world: one that brings sickness, and one that brings health; one that brings success, and one that brings failure; one that brings joy, and one that brings sorrow.

There is only One Power. Know this in your heart, and you will gain confidence and cease struggling, straining, and believing that you must put great effort into your prayers—thinking that praying is a type of contest between opposing forces.

In prayer, you are communing with your subconscious mind. When you offer new mental patterns to your subconscious mind through prayer, the latter accepts the new imagery and the past is obliterated and expunged.

In truth, you answer your own prayer, whether you are aware of it or not, because whatever you really believe to be true and accept in your conscious mind, is already real. In your mind, in other words, it is already a reality. Your subconscious mind simply brings it forth consistently as form, function, experience, and events.

Prayer is an act of spiritual companionship: Your conscious mind is conversing with your Higher Self, the God Presence within you, whereupon your Higher Self responds according to your belief in it.

In order to receive an answer to your prayer, you must first give to your mind. When you pray, you are not supplicating some distant deity. You are activating the Infinite Intelligence resident within you to begin working on behalf of your expressed desires.

When you beg and beseech, you are expressing that you don't have what you want now, and your sense of lack attracts more loss, lack, and limitation.

Prayer is cooperation with your subconscious. Lightness of touch is important. Remind yourself that Infinite Intelligence is taking care of things in Divine order far better than you can by tenseness of your conscious mind. With the subconscious mind, relaxation is the key.

Do not be concerned with details and means as to how your prayer will be answered. Turn your request over quietly, with faith and confidence, to your subconscious mind, knowing in your heart that the answer will come—knowing that like the seed you deposit in the ground, which grows after its kind, so will there be an answer to your request according to your desire.

Only Infinite Intelligence within your subconscious knows the answer. Imagine the end as finished state. The law of your mind will do the rest.

Effective prayer is based upon the spiritual premise that there is a Supreme Intelligence within us that becomes the thing we desire, to the degree that we accept this premise as being true. Then, as you give your attention in prayer to God and Truth, you create a state of consciousness that begins to express itself as experience in your life. If you maintain a sustained,

affirmative attitude of mind, you will sooner or later reach a state of fulfillment, a sense of absolute conviction. The acid test of whether or not you have reached a conviction is when your mind accepts the idea completely and you can't conceive of the opposite. You must, in other words, unwaveringly believe in—accept as true—what you want. When you do that, you will have truly impressed your subconscious mind, which must then respond accordingly. Then you know the answer will come.

The Healing Power of Forgiveness

You cannot really forgive others completely until you have forgiven yourself first. To refuse to forgive yourself is nothing more or less than spiritual pride or ignorance.

Be intolerant of false ideas, but not of people.

The law of forgiveness is a scientific law of mind. Think and act aright, and you will be forgiven, even if in the past you have not used the principles of mind to pursue the highest good for yourself and others.

Self-condemnation brings failure and misery. Self-forgiveness brings happiness, peace, and triumphant living.

The Mysterious Power of Desire

The Infinite Power that gives you the desire will also reveal to you the perfect plan for its fulfillment.

What things soever ye desire, when ye pray believe that ye receive them, and ye shall have them.

(Mark 11:24)

Following the Biblical instruction, once you give thought to your desire with conviction, you completely eliminate from your mind all consideration of conditions, circumstances, or anything that might imply adverse contingencies. You pray believing that you have already received it. Have faith in the reality of your desire, and you will attract everything necessary for its fulfillment. You are planting a seed in your mind by impressing upon the subconscious the particular thing that you desire. If you leave it undisturbed, it will infallibly germinate into external fruition.

The mere fact that you have a desire for which you seek an answer means that the answer is already present in your mental and spiritual world.

When you pray for your desire, you aren't giving vitality to it: vitality is already inherent within it.

What you're doing is nourishing its manifestation as form, function, experience, or event.

Practice the law of silence. When you have a desire, don't discuss it with anyone except when it is absolutely necessary to do so—for example, someone who is directly involved. You can share it with a spiritual advisor, who is there to aid you. To talk with anyone else—friends, relatives—however, can prove to be unwise, as often they will ridicule your desires and diminish your faith in attaining them successfully.

A desire is a prayer. The desires of an atheist can be answered just as well as those of any religious person, as long as the atheist puts his or her whole faith into the desires. The law of mind, like the law of nature, works for one and all.

Delight thyself also in the Lord; and he shall give thee the desires of thine heart. (Psalm 37:4)

Ralph Waldo Emerson said, 'Nothing was ever achieved without enthusiasm.' Therefore you must back your desire with enthusiasm.

Take your attention completely away from the thought of opposition; this will starve the opposition

thought to death. Feast mentally and emotionally on your ideals and goals in life.

Failure over a long period of time to listen to your desires to be, to do, and to have will lead to frustration and unhappiness. Extinction of desire means apathy, no feeling, and no action.

Affirmations and prayer will not change matters. What is essential is that these are imbued with a strong desire. It is this combination that has the power to bring into your life prosperity of all kinds.

You must realize that there is nothing too good to be true, and nothing too wonderful to last.

Be careful that your desires do not conflict with your beliefs, your imaginings. / 120

Techniques for Harnessing the Power of Desire

Twice a day, quiet the activity of your mind and remove all tension from your body by simply talking to it and telling it to relax. This brings about an outcropping of your subconscious mind, and all effort and negative thoughts will be reduced to a minimum. Know that if you order it in this way, it has to obey. In that quiet, receptive, peaceful state, focus your attention completely on your desire. Feel the joy and reality of it all. Become identified with the picture of your

desire in your mind, and have faith that what you imagine and believe must come to pass. Think, imagine, speak, and act the way you would if you possessed your desire. For example, if you wanted a beautiful home, picture that ideal home in your mind—imagine yourself walking through the house, watering the garden, and playing with the children. Make it vivid and real. Feel its naturalness. Feel the solidity of the walls and the furniture. Show your friends through the house. Live there mentally, and what you imagine and feel to be true will come to pass. Then, turn this request over to your subconscious mind, releasing it with absolute faith and confidence in the same way that a farmer deposits a seed in the ground, trusting implicitly in the laws of growth, knowing that your subconscious will likewise respond according to the nature of your request.

The Persuasive Power of Gratitude

Praise and gratitude do not move God or the Law, but they do bring about a transformation in our minds and hearts so that we become a spiritual and mental magnet, attracting all kinds of good from countless sources.

The Boundless Power of Imagination and Visualization

Imagination is the action of forming mental images or concepts of what is not actually present to the senses. This is why it is said that where the five-sense person sees an acorn, the person with imagination sees an oak tree.

Your outer world and all its happenings, experiences, and events are projections of your inner mental images. When you become conscious of the distinction between your inner, causal world of imagination and the outer world of effects, you begin to truly understand how to bring your desires to fulfillment.

Mental images that you consciously accept as true are impressed on your subconscious mind and made manifest in your life. This was proved by Dr. Hans Selye at the University of Montreal's Institute of Experimental Medicine and Surgery, who demonstrated that the subconscious mind does not differentiate between stress states caused by imagined worries and stress states caused by real concerns. Dr. Selye showed that if a person persists in indulging in imagined worries, the body will create excess hormones that will play havoc with the body, causing psychosomatic disease.

Remember, then, that the law of your mind is that you will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. The subconscious will not argue with you. If you negatively discipline, control, and direct your imagination by imagining fears and worries, that is what you will bring into your life. Or you can constructively discipline, control, and direct your imagination and get what you want in life and according to your belief it will be done unto you.

Unless there is first an image in the mind, it cannot move, for there would be nothing for it to move toward. Your prayer, which is your mental act, must be accepted as an image in your mind before the power from your subconscious will play upon it and make it productive.

With your disciplined imagination, you can soar above all appearances, discord, and sense evidence, and imagine the way things ought to be, realizing the sublime principle of harmony operating through, in, and behind all things.

Every picture that you create in your mind, particularly when emotionalized, comes to pass. It works

out in action, either internally or externally. If you inhibit it from working out in external action, it is inevitable that it will manifest itself in some mental, physical, or emotional disharmony in the body.

As you are visualizing your desire, you will discover that there will come a time when you no longer feel driven to do so. This is the sure psychological sign that you have embodied your desire subjectively. It has become an inner knowing. Having realized your desire subjectively, you will have no further compulsion to pray for it.

The Creative Power of Sleep and Dreams

The highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state, negative thoughts that tend to neutralize your desire and so prevent acceptance by your subconscious mind are no longer present.

At times a dream may cause you to question some prevailing belief, thought, or action you are holding. Infinite Intelligence, in other words, often uses the occasion of sleep to stir us up, create a quarrel in our minds, and challenge our false indoctrinations, creeds or dogmas, compelling us instead to listen to God and Love.

You mold, fashion, and shape your own future by your thought and feeling, not by your dreams.

When you dream, your conscious mind is asleep and is creatively joined to your subconscious, which then dramatizes its contents in the form of dreams.

Robert Louis Stevenson devotes a whole chapter of *Across the Plains* to dreams. He was a vivid dreamer and had the persistent habit of giving specific instructions to his subconscious every night prior to sleep. He would request his subconscious to evolve stories for him while he slept. If Stevenson's funds were at a low ebb, his command to his subconscious would be something like this: 'Give me a good, thrilling novel that will be marketable and profitable.' His subconscious responded magnificently.

Your Unlimited Power to Attain Success

—ou may say, 'How can I put the first step of your steps to success into operation, if I don't know what my true place is or what I should do?' In such a case, pray for guidance as follows, knowing that the idea of success contains all the essential elements of success: 'The Infinite Intelligence of my subconscious mind reveals to me my true place in life.' Repeat this prayer quietly, positively, and lovingly to your deeper mind.

As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

There is a law of mind that states that supply and demand are two aspects of one thing. What you are seeking is also seeking you. If you place your faith in Infinite Intelligence, it will direct you to your true place.

Learn that what you expect, you experience. You must, therefore, break the so-called jinx by boldly affirming the following before the commencement of any desired activity: 'Infinite Intelligence is within me and knows how to complete all undertakings. If I waver or falter, I need only ask for and trust in the guidance of Infinite Intelligence, which is my own subconscious mind, and I will succeed.

Your Unlimited Power for Self-Acceptance

Life created you for a purpose. Bless those around you, and you will discover that by blessing others, you too will be blessed, and all sense of personal lack will be overcome.

There is genius within you. Attune yourself with the Wisdom and Intelligence of your subconscious, and the genius in you will be revealed.

As Ralph Waldo Emerson often pointed out, the great so often appear great to us because we are, through self-denigration, so completely on our knees.

Love of self, in the true biblical meaning, has nothing to do with egoism or self-aggrandizement. On the contrary, it is the wholesome veneration for the Divinity within you.

We rise as high as our dominant aspiration and descend to the level of our lowest concept of ourselves. Think kindly of yourself and have high hopes.

There are important reasons for you to accept yourself. You are Life expressed. Life became you, and you are an instrument for Life's expression. You are very important, therefore, to Life, and you must recognize that Life is intensely interested in your welfare, development, and unfoldment, because you have a special work to do here.

Timidity is a state of mind. Do the things that you fear to do. Then the death of fear is certain, and you will find that you can lift yourself up to astonishingly great heights.

Refuse to accept suffering and never resign yourself to any situation. The cause of all is your own mind and spirit, and as you are the only thinker in your universe, you can change your thoughts. Then, there is nothing that can defeat you. Remember these things and you will find that you can lift yourself up mentally over all conditions and circumstances.

No two people are alike, any more than any two leaves of a tree or two crystals of snow are alike. That is why you are here for a purpose, and it is not lowly. Emerson said: 'I am an organ of God and God hath need of me where I am, otherwise I would not be here.'

Monitor your self-talk constantly. There is a law of mind that responds to what you believe and decree yourself to be. Ideas are conveyed to the subconscious by repetition, belief, and expectancy, and are made manifest in your life. You cannot grow if your self-talk is negative.

Your Unlimited Power to Nurture Relationships

Do not permit people to take advantage of you and gain their point by attacks of the heart. Be firm but kind, and refuse to yield. Appeasement never wins. Refuse to contribute to others' selfishness and

possessiveness. Remember, do that which is right. You are here to fulfill your ideal and remain true to the eternal verities and spiritual values of life.

Remain true to your ideal. Know definitely and absolutely that whatever contributes to your peace, happiness, and fulfillment must of necessity bless all people who walk the earth.

When we understand the creative law of our own minds, we cease blaming other people and conditions for making or marring our lives. We are aware that externals are not the causes and conditioners of our lives and experiences. We know that our own thoughts and feelings create our destiny. For as a man thinketh in his heart, so is he. (Proverbs 23:7)

You must not try, through the use of any subtle mental influence of prayer, to bend another to your will. You must trust the Infinite Intelligence of your subconscious to bring what you desire in your life. You can get what you want in life through Divine Law and Order without infringing on the rights of others. Then there is no occasion for the use of mental coercion to try to influence others to do your bidding.

Not every critical comment from another will be false. If another finds fault with you and these faults

are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.

Remember that negative criticism cannot hurt you without your consent. You cannot be hurt when you know that you are master of your thoughts, reactions, and emotions. Emotions follow thoughts, and you have the power to reject all thoughts that may disturb or upset you because they are not in accordance with the law of harmony.

Refuse to transfer the creative power within you to others. You are the master of your own mind and should positively refuse to let others disturb you or manipulate your mind. The suggestions of others have no power to create the things they suggest. The power is in your own thought.

There are difficult people in the world. They are argumentative, uncooperative, cantankerous, cynical, and sour on life. Just remember that misery loves company. When you are around such people, think love in your heart, and it will be so.

In love and marriage, adjustments are needed, but this is not the same as trying to make your partner over. Such attempts only destroy the other's pride

and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Before you can draw to yourself the ideal partner and enter into a truly harmonious relationship, you must forgive the people in your past relationships.

Your resentment and hostility toward your previous partners becomes magnified in your subconscious mind and leads you over and over again to attract—and be attracted by—others who have an affinity with those negative feelings. It is the operation of the law of attraction. Like draws like. Birds of a feather really do flock together.

The key to changing this pattern is forgiveness. You must set yourself and your former partners free. You must replace your attitude of resentment with one of love and peace. If you can sincerely affirm, regarding your past partners, 'I release you and let you go, wishing for you health, wealth, love, happiness, peace, and joy,' you will find your whole understanding of love and marriage changed to a more spiritual basis.

Chapter Three

The Method of Scientific Prayer



You were born to be rich. You grow rich by the use of your God-given faculties, by tuning in with the Infinite, and as your mind becomes productive and full of good ideas, your labor will become more productive and will bring you all kinds of material riches.

There is no virtue whatsoever in poverty, which in actual fact is a mental disease, and it should be abolished from the

face of the earth. You are here to find your true place in life, and to give of your talents to the world. You are here to expand and unfold in a wonderful way, according to a God-given potential, and to bring forth spiritual, mental, and material riches, which will bless humanity in countless ways. Learn how to surround yourself always with beauty, and luxury, and realize your inalienable right to live, liberty, freedom and peace of mind. It is your Divine right to dramatize, reveal, portray and express the power, elegance, and riches of the Infinite One. I have seen miracles happen to men and women in all walks of life all over the world.

—DR. JOSEPH MURPHY

Dr. Murphy taught simple, scientifically proven techniques and the astonishing facts about how our subconscious powers can perform miracles of healing, how lung cancer has been cured and optic nerves made whole again, how you can use the Law of Attraction to increase your money-getting powers.

He also teaches how our subconscious mind can win us friends, peace of mind, and even help us to attract the ideal mate, how our dreams can help us solve problems and make difficult decisions—or warn us of potential disaster.

Murphy saw the subconscious mind as a darkroom within which we develop the images that are to be lived out in real life. While the conscious mind sees an event, takes a picture of it and remembers it, the subconscious mind works backwards, ‘seeing’ something before it hap-

pens—because intuition is infallible, it is the only true knowledge.

The subconscious responds to habit and habitual thinking. Being totally neutral in a moral sense, it is happy to adopt any habit as ‘normal’ without judging it as good or bad. We blithely let negative thoughts drop into the subconscious every minute of our lives, then are surprised when they find expression in day to day experiences and relationships. While there are some things that will happen to us that we had no role in creating, these are in fact rare. Mostly, the bad that happens is in us already, waiting for the light of day.

Understanding your subconscious mind as a photographic mechanism removes the emotion and struggle from changing your life, because if it is simply a matter of replacing existing mental images with new ones, you begin to see the ease with which you may change.

—The law of your mind is the law of belief, Murphy wrote.

What we believe makes us who we are.

William James observed that whatever people expect to be true, will be so, irrespective of whether the object of their belief exists in fact. In the West we have made ‘the truth’ our highest value; this motivation, while important, is weak next to the actual power of belief in shaping our lives. Whatever you give your subconscious—false or true, good or evil—it will register as fact.

If thou canst believe, all things are possible to him that believeth (Mark 9:23).

In all the old rituals of ancient times, with their weird mixtures and incantations, it was the power of suggestion and acceptance in the subconscious mind that healed.

Even today, doctors report the power of placebos to produce miraculous recoveries if accompanied by doubt-free instructions that 'this will do the trick.' Miracles of healing, Murphy wrote, are simply the body's obeying of the subconscious mind's knowledge of 'perfect health' when the questioning nature of the normal conscious mind is silenced.

Chapter Four

The Power of Faith (Excerpts)



The Power of Belief and Faith

When I speak of faith—and even as it is spoken of in the Bible—I am not referring to creeds, dogmas, traditions, rituals, ceremonies, institutions, formulas, religious persuasion, or belief in a particular person, object, or thing. Look upon faith as an attitude of

mind, an inner certitude—a certain way of thinking whereby you know that any idea that you emotionalize and feel to be true, is true and will be shown to be true.

A chemist has faith in the laws of chemistry, having learned the principles of chemistry; a farmer has faith in the laws of agriculture, having learned the principles of agriculture; and an engineer has faith in the laws of mathematics, having learned the principles of mathematics. To live the life you truly desire, you must have faith in the laws of your mind, having first learned the principles of your conscious and subconscious mind.

Everyone has faith in something. Some people have faith in failure, sickness, accidents, and misfortune. When you hear exhortations to have faith, you must remember that you already have faith. The question is, how are you using it constructively or negatively?

Faith is the mental image that in time clothes itself in a body of manifestation.

The law of belief operates in all religions of the world and is the reason they all are psychologically true. The Buddhist, the Christian, the Muslim, and the

Jew all are able to receive answers to their prayers—but not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of their belief, or mental acceptance and receptivity, about that for which they pray.

As a person thinks, feels, and believes, so it is done unto him or her.

Our lives are the result of the totality of our beliefs. That is why the law of life is the law of belief.

Your subconscious mind works according to the law of belief. All things that have happened to you are based on the thoughts you've impressed on your subconscious mind through belief.

Whatever you think, feel, believe, and accept as true in your mind is the only cause in your world. Remember: It is done unto you as you believe.

Place your faith in God and all things good, and you will attract to yourself—by an immutable law—the people, conditions, circumstances, and events in the image and likeness of your contemplation.

If someone asked me how I pray, I would respond by saying that to me, prayer means the contemplation of the eternal verities or truths of the Infinite from the

highest possible standpoint. It's a way of thinking. It is a constructive mental attitude with the constant awareness that whatever you impress in your subconscious mind will come forth on the screen of space.

The Miraculous Power of Prayer

Many people's prayers aren't answered because consciously or unconsciously they are believing in two powers, or forces, in the world: one that brings sickness, and one that brings health; one that brings success, and one that brings failure; one that brings joy, and one that brings sorrow.

There is only One Power. Know this in your heart, and you will gain confidence and cease struggling, straining, and believing that you must put great effort into your prayers—thinking that praying is a type of contest between opposing forces.

In prayer, you are communing with your subconscious mind. When you offer new mental patterns to your subconscious mind through prayer, the latter accepts the new imagery and the past is obliterated and expunged.

In truth, you answer your own prayer, whether you are aware of it or not, because whatever you really believe to be true and accept in your conscious

mind, is already real. In your mind, in other words, it is already a reality. Your subconscious mind simply brings it forth consistently as form, function, experience, and events.

Prayer is an act of spiritual companionship: Your conscious mind is conversing with your Higher Self, the God Presence within you, whereupon your Higher Self responds according to your belief in it.

In order to receive an answer to your prayer, you must first give to your mind. When you pray, you are not supplicating some distant deity. You are activating the Infinite Intelligence resident within you to begin working on behalf of your expressed desires.

When you beg and beseech, you are expressing that you don't have what you want now, and your sense of lack attracts more loss, lack, and limitation.

Prayer is cooperation with your subconscious. Lightness of touch is important. Remind yourself that Infinite Intelligence is taking care of things in Divine order far better than you can by tenseness of your conscious mind. With the subconscious mind, relaxation is the key.

Do not be concerned with details and means as to how your prayer will be answered. Turn your request

over quietly, with faith and confidence, to your subconscious mind, knowing in your heart that the answer will come—knowing that like the seed you deposit in the ground, which grows after its kind, so will there be an answer to your request according to your desire.

Only Infinite Intelligence within your subconscious knows the answer. Imagine the end as finished state. The law of your mind will do the rest.

Effective prayer is based upon the spiritual premise that there is a Supreme Intelligence within us that becomes the thing we desire, to the degree that we accept this premise as being true. Then, as you give your attention in prayer to God and Truth, you create a state of consciousness that begins to express itself as experience in your life. If you maintain a sustained, affirmative attitude of mind, you will sooner or later reach a state of fulfillment, a sense of absolute conviction. The acid test of whether or not you have reached a conviction is when your mind accepts the idea completely and you can't conceive of the opposite. You must, in other words, unwaveringly believe in—accept as true—what you want. When you do that, you will have truly impressed your subconscious mind,

which must then respond accordingly. Then you know the answer will come.

The Boundless Power of Imagination and Visualization

Praise and gratitude do not move God or the Law, but they do bring about a transformation in our minds and hearts so that we become a spiritual and mental magnet, attracting all kinds of good from countless sources.

Imagination is the action of forming mental images or concepts of what is not actually present to the senses. This is why it is said that where the five-sense person sees an acorn, the person with imagination sees an oak tree.

Your outer world and all its happenings, experiences, and events are projections of your inner mental images. When you become conscious of the distinction between your inner, causal world of imagination and the outer world of effects, you begin to truly understand how to bring your desires to fulfillment.

Mental images that you consciously accept as true are impressed on your subconscious mind and made manifest in your life. This was proved by Dr. Hans Selye at the University of Montreal's Institute of Experimental Medicine and Surgery, who demonstrated

that the subconscious mind does not differentiate between stress states caused by imagined worries and stress states caused by real concerns. Dr. Selye showed that if a person persists in indulging in imagined worries, the body will create excess hormones that will play havoc with the body, causing psychosomatic disease.

Remember, then, that the law of your mind is that you will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. The subconscious will not argue with you. If you negatively discipline, control, and direct your imagination by imagining fears and worries, that is what you will bring into your life. Or you can constructively discipline, control, and direct your imagination and get what you want in life and according to your belief it will be done unto you.

Unless there is first an image in the mind, it cannot move, for there would be nothing for it to move toward. Your prayer, which is your mental act, must be accepted as an image in your mind before the power from your subconscious will play upon it and make it productive.

With your disciplined imagination, you can soar above all appearances, discord, and sense evidence, and imagine the way things ought to be, realizing the sublime principle of harmony operating through, in, and behind all things.

Every picture that you create in your mind, particularly when emotionalized, comes to pass. It works out in action, either internally or externally. If you inhibit it from working out in external action, it is inevitable that it will manifest itself in some mental, physical, or emotional disharmony in the body.

As you are visualizing your desire, you will discover that there will come a time when you no longer feel driven to do so. This is the sure psychological sign that you have embodied your desire subjectively. It has become an inner knowing. Having realized your desire subjectively, you will have no further compulsion to pray for it.

The Creative Power of Sleep and Dreams

The highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state, negative thoughts that tend to neutralize your desire and so prevent acceptance by your subconscious mind are no longer present.

At times a dream may cause you to question some prevailing belief, thought, or action you are holding. Infinite Intelligence, in other words, often uses the occasion of sleep to stir us up, create a quarrel in our minds, and challenge our false indoctrinations, creeds or dogmas, compelling us instead to listen to God and Love.

You mold, fashion, and shape your own future by your thought and feeling, not by your dreams.

When you dream, your conscious mind is asleep and is creatively joined to your subconscious, which then dramatizes its contents in the form of dreams.

Robert Louis Stevenson devotes a whole chapter of *Across the Plains* to dreams. He was a vivid dreamer and had the persistent habit of giving specific instructions to his subconscious every night prior to sleep. He would request his subconscious to evolve stories for him while he slept. If Stevenson's funds were at a low ebb, his command to his subconscious would be something like this: 'Give me a good, thrilling novel that will be marketable and profitable.' His subconscious responded magnificently.

Your Unlimited Power to Attain Success

You may say, 'How can I put the first step of your steps to success into operation, if I don't know what my true place is or what I should do?' In such a case, pray for guidance as follows, knowing that the idea of success contains all the essential elements of success: 'The Infinite Intelligence of my subconscious mind reveals to me my true place in life.' Repeat this prayer quietly, positively, and lovingly to your deeper mind. As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

There is a law of mind that states that supply and demand are two aspects of one thing. What you are seeking is also seeking you. If you place your faith in Infinite Intelligence, it will direct you to your true place.

Learn that what you expect, you experience. You must, therefore, break the so-called jinx by boldly affirming the following before the commencement of any desired activity: 'Infinite Intelligence is within me and knows how to complete all undertakings. If I wa-

ver or falter, I need only ask for and trust in the guidance of Infinite Intelligence, which is my own subconscious mind, and I will succeed.

Your Power of Self-Healing

There is only one process of healing and that is faith. There is only one healing power—namely, your subconscious mind.

Your subconscious, the builder of your body, is on the job twenty-four ours a day. You interfere with its life-giving patterns by negative thinking. Feed your subconscious with thoughts of harmony, health, and peace, and all the functions of your body will be normal.

It is foolish to believe in sickness or something that can hurt or harm you. It is normal to be healthy. It is abnormal to be ill. There is within you an innate Principle of Harmony. Believe in perfect health, prosperity, peace, wealth, and Divine Guidance.

Have faith in the Healing Power within you. If you have an illness or disease, imagine and feel that you are now doing all the things you would do if you were made whole.

People may say it's impossible, but with God all things are possible. God, who created you, can heal you.

If you believe something, it will be manifest whether or not you are consciously thinking of it. Therefore, believe only in that which heals, blesses, and inspires you.

All of us are healers by nature, because the Infinite Healing Presence is within us and we can contact it with our thoughts and beliefs.

Food for the body is important, but your mental and spiritual diet is of supreme importance. The food that ultimately determines the healthful quality of your life is your thought. You are what you eat psychologically and spiritually.

When praying, do not identify with the ailment or any part of the anatomy. Instead, affirm that the Infinite Healing Presence is flowing through you as harmony, health, peace, and joy.

Negative and destructive emotions snarl up in the subconscious mind and are the cause of many diseases.

The key to rapid recovery from sickness is to picture the ailment as temporary; then have a vivid pic-

ture of yourself back at your usual work. You can re-condition yourself to health and harmony as you meditate frequently on harmony, vitality, wholeness, beauty, and perfection.

You can't get something for nothing. The price you pay for healing is faith in the Infinite Healing Presence, for according to your faith is it done unto you.

All healing takes place according to the belief in the individual. The subconscious mind is the creative medium; it is the builder of your body and the healer of the body. Whatever the conscious mind impresses on the subconscious, the latter faithfully reproduces. Lull yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.

We did not create ourselves. Infinite Intelligence created us, and it can heal and restore us. Trust it, believe it, and call upon it, and you will get a response. Don't pretend to believe, but know in your heart that the creative intelligence that made all your organs knows how to heal and restore. According to your faith will it be done unto you.

Believe and Know You are Guided

You are spiritually equipped to overcome and to triumph over all problems, hurdles, and difficulties in life.

If you are wondering about the answer to a problem that you cannot objectively solve, turn it over to your subconscious mind prior to sleep, saying, 'Give your attention to this and reveal to me the answer.' Guidance may be given in a dream. If it comes that way, healing currents are also released, and in the morning you feel refreshed and rejuvenated. Guidance may also come during the day, as a feeling, an inner awareness, or an overpowering hunch. Follow the guidance you receive. It never fails.

When you pray for guidance and right action, take what comes. Welcome the new idea that comes into your mind in response to your prayer. Firmly believe that your new idea can bring riches into your life. Realize that as it comes from God, it is good.

Realize that every problem is Divinely out-matched. Still the wheels of your mind and claim that God has the answer and that you are one with God; therefore, you also have the answer and you will receive the Divine Solution to all problems.

Remember that there is always an answer. Persevere and relax, be calm and alert, so that you will recognize the lead that comes—and then follow it, and you will find wonders happening when you pray.

When your motivation is right and you have no desire to take advantage of any person, and when you are praying for Divine law and order in your life, you will receive God's guidance.

There is a way out of every problem and an answer to every question. Whatever you seek in life, you must go within the inner most recesses of your mind and there claim that you now are what you long to be, that you now possess what you long to possess, and your subconscious mind will reproduce what you claim and feel to be true.

You know when you have really turned your problem over to your subconscious mind, because you are at peace.

The Infinite Presence and Power within your deeper mind, which created the universe and all things, knows all, sees all, and has the know-how of accomplishment.

Stand up to your problem with the belief that you are receiving guidance now—that the answer is

within you now. Have firm conviction in the power of God to solve your problem. Your faith in the Infinite Intelligence within you will enable you to overcome all problems and bring you security in any predicament.

Your Right to Be Happy

There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power.

You can rise victorious over any defeat and find happiness through the marvelous power of your subconscious mind.

Happiness is a habit. Choose happiness. To be happy, you must sincerely desire to be happy.

Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.

You cannot buy happiness. The kingdom of happiness is in your thought and feeling. Happiness is the harvest of a quiet mind. Anchor your thoughts in peace.

The happiest people are the ones who bring forth
the highest and the best in themselves.

Chapter Five

Bonus Essay: 'Creative Prayer: The Miracle Road'



Introduction

The prayer method that I am going to present here was first outlined in basically two essays by the spiritualist James Allen and his son, Abel L. Allen. James Allen published *As a Man Thinketh* in 1902, and Abel Allen wrote *The Message of New Thought* in 1914. Next in the development

of the method comes Ernest Holmes, founder of the the 'Science of Mind,' and author of a book with the same title, which was published in 1938. The book is both a compendium of philosophical wisdom and a practical guidebook that teaches practitioners how to give treatments using the prayer technique.

Eventually, it was in the 1960s and 70s that the method became popular through the books of Dr. Joseph Murphy and Catherine Ponder.

Dr. Joseph Murphy came to call the method *scientific prayer*. Indeed, this kind of prayer is not founded upon belief, but upon knowledge; it is based upon insights in the functioning of the unconscious as, perhaps first in history, Sigmund Freud described it.

Well, I began reading Freud already upon entering law school, so I was well aware that the abuse and trauma I had suffered all through my childhood had become imprinted, in the form of thought patterns, on the memory surface of my subconscious mind.

I discovered the prayer technique during the time of my therapy and told my psychiatrist about it, to see with him if that work was compatible with the therapy. He replied that it was not only compatible, but something like an ideal add-on to it. With that reassurance, then, from the side of my psychiatrist, I was practicing affirmative prayer every day, consistently, over a period of six months.

The results were more than convincing, they were actually quite miraculous. My constant anxiety and compul-

sive sweating gradually ceased, my feet were behaving in somewhat normal ways, instead of being frozen all day long, and most importantly, my thoughts were getting a note of *self-affirmation* that I had never known before.

I was developing a new self-image. Observing my self-talk, I realized that before that time I constantly wiped myself out through disempowering self-talk. Eventually, I experienced moments of peace, harmony and bliss that were novelty for me.

As a result, my *creative expression* exploded, and I could not stop the flow that was set in place. I began to write and created in virtually all literary genres, from essays to film scripts.

In addition I created hundreds of spontaneous drawings, and many volumes of spontaneously composed music. I became eventually also successful as a coach, and my corporate seminars were found to be creative, amusing and effective. It is for that reason that I was going to name this prayer technique *Creative Prayer*.

And it was only then that I realized that for the first time in my life I began to manifest my soul reality, expressing in my creations not my ego, or conditioned self, but something from a beyond-realm that I can't express in verbal language. And at the same time I became acutely aware that such kind of spontaneous intelligent self-expression is what primes in life. In fact, emotionally intelligent children create *exactly in the same way*, at every moment when they

play; they share their *soul values* through manifesting their soul power.

Not long ago, science and religion were tightly separated, and some people even asserted that the two realms of human endeavor needed to be split apart. And yet, we know that in ancient civilizations science, philosophy and religion were one body of knowledge. To be true, the most ancient of religions were always both scientific and metaphysical because they knew that knowledge is limited.

The myths and tales of old were expressing the unknown realms of existence, showing examples of how hidden connections can manifest once the circular movement of thought is disrupted by an unusual or sudden event.

Taoism, the oldest known religion, from ancient China, was scientific in that it was based upon the I Ching, the *Book of Changes*, and the immutable cosmic laws that this wisdom book embodies and describes.

—See Peter Fritz Walter, *The Leadership I Ching: Your Companion for Practical Guidance*, 2nd Edition, 2015

Today, even popular science books mention the I Ching as a unique example for a *supremely intelligent view of life* that explains pattern, cosmic dependencies, and relationships between things, events and people, as well as the hidden connections we call synchronistic correlations, and that we express through binary-code mathematics.

The other element, that might be called the *deliberate uncertainty principle*, in those traditional religions, is divina-

tion, which is a form of exploration outside the realm of certainty, and that runs as it were on probability, extrapolating the present content of consciousness on a timeline into the future.

Ancient religious traditions were more wistful than modern materialism in that they saw that there is no contradiction between the certainty of knowledge, and scientific exactitude, on one hand, and *uncertainty as the tertium* after thesis and antithesis, on the other; in fact, they wistfully understood that the relationship between both realms of human perception is one of complementarity.

When you explore religion with a scientific mindset, you will find that much of what the hyper-rationalists held to be superstition and magic is actually a realm of knowledge that belongs to perennial science.

I hold that affirmative prayer is not only scientific, but that it is also a form of positive self-empowerment; even assuming you are empowered by a divine force or god, the empowerment comes from yourself, in the sense of coming from your higher self; after all, you are sitting down for it. In giving that effort, while it's kind of effortless to do this, you are participating in the divine plan. Thus it can be said that we are engaging in a form of *participatory consciousness* when we pray.

It doesn't matter if you believe in a divine superpower or in your higher self, your guardian angel, your heavenly parents, your ancestor spirits, or whatever you call that creator force; fact is that you, by an act of will, sit down to

pray. By doing this, you create the thought forms that are going to trigger a positive and creative response from the universe provided that what you wish to happen for yourself or others is non-harmful, constructive, and ultimately in alignment with cosmic purpose.

What is Prayer?

No Belief, But Faith

Let me first explain what I mean when I use the term *prayer*. What kind of prayer am I talking about, and why do I name it creative prayer?

First, I am not talking about prayer as part of a religious ritual, the prayer people do in churches, mosques, temples or synagogues. Furthermore, the prayer I am talking about is not based upon belief. In creative prayer no belief is involved, but *faith*. Faith and belief are not the same. Belief is an intellectual concept while faith is a quality of the heart.

Many of us believe that faith brings about prayer, but it is equally true that prayer enhances faith. People tend to argue that without faith prayer had no sense. When we eat we believe that what we eat will be good for our body; we also have faith that tomorrow we're still alive; otherwise nobody would ever make plans. When we hurt our body we are confident that the power of healing in our organism will quickly repair the damage.

Faith is something very basic, very natural, and something not reflected upon. People who say they have no faith are wrong. I ask them one question: 'Do you make any plans?' They of course affirm.

And even if they *don't* make plans, they still do have faith in that tomorrow morning they are going to wake up to a new day and not just die the same night.

Clearly, without this basic faith, humanity would never have achieved anything because people would just not have any regard into the future. To conclude, we cannot *not* have faith. It's as simple as that.

Not Linear, but Cyclic Thinking

Faith is not based upon linear thought but upon cyclic thinking, and more precisely, upon *cyclic growth processes*.

Our culture has created the line as a symbol for evolution. However, the line is an artificial construct, inexistent in nature, a purely mental achievement. Evolution is cyclic.

It allows the line only in combination with the circle, so as to say, resulting in the *spiral*.

Merriam-Webster's Dictionary defines the spiral as relating to the 'advancement to higher levels through a series of cyclical movements.' The curving movement of the spiral is what it has in common with the circle; the increase or decrease in size of the spiral is a function of its moving upward or downward.

The spiral is without a doubt the dominating form to be found in nature, and in all natural processes. It is a symbol for evolution in general.

Life is coded in the spiraled double-helix of the DNA molecule. The spiral is the expression of the periodic, systemic and cyclic development that is in accordance with the laws of life. The progression of the spiral shows that it always carries its root, however transporting it through every cycle *onto a higher level or dimension*; whereas the line leaves its root forever.

All towers of Babel are manifestations of the line: they are linear and are created by linear thought structures.

True growth typically manifests through a cyclic and spiraled gestalt. Liberated from linear thought structures, man finds faith without effort. Or faith finds man. There is no better means than creative prayer for triggering this liberation from linear thought.

Linear thought is purely causal and founded upon mutuality, whereas the law of love is neither causal nor based upon a condition. Neither is it teleological, but simply existing or existential. It is beyond causality and synchronistic. Truth is beyond causality and beyond time. Where all is synchronistic, time ends.

The *creation principle*, being beyond time, beyond space, beyond causality, beyond ratio and beyond thought categories cannot be grasped mentally. However, we carry it with us in every single cell, in the tiniest entity of the hologram of life. All what we know of this beyond-thought is

that we do *not* know about it. It therefore is the ideal soil for faith.

That is why one who knows much and one who knows little has the greatest faith. Ignorance is *no fertilizer for religion*, despite the fact that the power mechanisms of certain religions have exploited human ignorance for their profit.

When we pray creatively we hold the existence of all-that-is for more likely than its non-existence, and thus we do not run around like a blind hen who finds a corn here and there. We then are 'seeing with other eyes and hearing with other ears.' Regarding this basic fact of our mental limitation towards the unknowable, we really can be like children and have the grace which is promised and which is based on something like 'une heureuse insouciance.'

The Heraclitean 'All Flows' is perhaps the greatest expression of faith in history although it has to my knowledge never been considered as such. Prayer brings all our inner parts into a state of harmony, a balance of *yin and yang*. It creates a balance between rational mind and emotion, between knowledge and belief, between male-giving (yang) and female-receiving (yin), between high and low, good and bad, positive and negative, white and black, going forward, standing still or going backward, and so forth. Prayer establishes complete mental, emotional and physical health and well-being.

No God Concept

The next important point is that creative prayer is not based upon a god concept. It is based upon the existence of a universe that is the result of all-that-is, infinite wisdom, silence, love and energy—the creator principle, the word, the *logos*. What is beyond thought cannot be put in words; the non-manifest cannot be imagined as something manifest.

Let us say, therefore, that creative prayer is based upon the existence of *potentiality* or universal creative potential.

Prayer addresses the quantum field, the nonlinear continuum that is mostly, but not exclusively, located in the invisible realms of existence. Furthermore, creative prayer is not a wish or a demand, but an *affirmation*.

We simply affirm a state of affairs we wish to realize and that is not yet manifest, and we affirm it as if it was already manifest and realized.

No Self-Suggestion. No Hypnosis.

Last not least, I would like to clarify why I consciously use the word *prayer* and not the term *auto-suggestion*.

The question was once asked by my father who wondered why I talked at all about a prayer technique instead of using the term auto-suggestion. In Germany, there notably exists a technique called 'Autosuggestion' and people use that quite successfully for dealing with timidity or for fighting alcoholism or drug addiction. While indeed both techniques do the same, there is a difference. When I say

'prayer,' I mean that I address my words to a force that is beyond the mere rational mind, thought or the tangible, physical world.

I namely implicitly recognize an invisible realm of existence, and a supreme energy that is the creator force. However, when I use the word 'suggestion,' I implicitly make a reference to modern reductionist science and psychology that affirm there is nothing beyond our five senses and that all the rest is fantasy, imagination, psychosis or charlatanism. Because I know that there is an all-encompassing quantum field of which the physical world is only a tiny part, I will stick to the word *prayer* and call it *creative prayer* because it is a form of *creative writing* and gradually brings about a new reality through conscious and subconscious mind working together in sync.

Learn the Technique

Relax and Affirm

How to work with the prayers?

Best practice is to calmly recite them at least two times a day, in the morning after waking up, and in the evening before going to sleep, so as to profit from the natural relaxation that takes place in your mindbody during these special moments of the day. Creative prayer helps imprint your subconscious mind with positive images, images that heal and help you to be successful and happy in all areas

of life. In order to access this part of your consciousness you must get into what is called a *light trance*.

Typically, this light trance is brought about when your brain is in the so-called *alpha state*. Before explaining you the details, let me shortly point out why we need *relaxation* at all.

When we are relaxed, we more easily focus inside. We become still and listen to ourselves.

When we feel connected to the source of peace in us, there is nothing that cannot be, and we will be radiant, joyful, powerful, wonderfully successful and blessed with all life can offer. In order to work on the *fulfillment of our desires*, we need to connect with the supreme power that we bear inside of us! When we relax and let go, we let life offer its gifts freely to us instead of chasing life for receiving those gifts. What creative prayer does in fact is to gradually change your mindset which is now perhaps a mindset of limitation, to a mindset of infinite possibilities. Our destiny as human beings is to be happy, powerful, joyful and blessed. The only limitations there are, really are the limitations we set for ourselves.

Therefore, it is essential that you *find out about the black magic of negative thinking*.

It is negative thinking, and, resulting from it, wrong action that created all the illnesses, all the hurts or deprivations you are suffering from right now.

Build a Positive Attitude

It is not esoteric to have a positive mental attitude. It is directly related to, and connected with, our daily life experiences and relationships.

We do not need philosophical speculations and concepts in order to adopt a positive attitude. To have more success and achieve more happiness is not a function of effort alone, nor even of intelligence. All our outward experiences are the result of our *inner attitude* projected onto the interface of real life: the world. Our thought today is our reality tomorrow, it's as simple as that.

Creative prayer helps to create positive reality in transforming our thought structures.

Many of us are driven by *negative inner scripts* written in early childhood. Some of these inner programs, or some elements of them, may even have been imprinted on our mind during former existences.

These inner programs drive us unconsciously and if they are negative, they bring about frustration and unsatisfying or even hurting life experiences. This is because inner programs are composed of thought patterns and emotional patterns which, since they are repetitive, hold us within a vicious circle of frustrating life experiences that in turn seem to justify or to confirm our negative worldview.

Positive reality and success, happiness and fulfillment are not a chance; they are programmed! However, the will and intention alone to change our inner program are not enough.

They are necessary for the start, and even the primary condition for it, but they cannot do all the work needed to erase years and decades of negative self-programming.

This is so because much of our inner program is unconscious. We are not aware of it and have the impression that all comes upon us from outside.

Forgive and Choose

Therefore the first thing to do, once you really want to change, is to accept that you are not driven by outside forces or other people, but uniquely by yourself, by your own inner program. It means to admit that you are the only cooks of your destiny soup. This in turn means that you have to forgive others and yourself, and this regularly, just like something you do as naturally as breathing.

After forgiving yourself and others, you are open to access your inner program using relaxation and meditation or some form of spontaneous art to get connected to your subconscious mind.

In the relaxed state then, you calmly recite your prayer, which deeply penetrates into your subconscious mind, especially if you repeat this procedure several times per day, and over a certain period of time.

The problem for many of us is our lack of persistence.

We tend to give up after a while, assuming the method did not work because we did not see immediate results. Skepticism really is an impediment to personal growth. It leads to nowhere, or, yes, it leads to *more skepticism*. High

achievement is easily brought about by an attitude that is humble, and somewhat childlike. I know that most people belittle this kind of attitude but not only does the Gospel call it the direct way to heaven, but it is in my observation also the attitude that most genially gifted people maintain.

To enhance creativity and to boost your talents, there is nothing more productive than *play*. Your creativity is at its peak level when you play, just like children do.

This is so because in this state of mind, the natural balance within your inner selves is restored because your inner parent and your inner adult are put at rest. It means that your inner criticizer, the naughty observer is not any more part of the game. This is of course a temporary condition, but a very important one, as every artist knows. We have to give our *inner child* this freedom of expression once in a while, and these are the moments of bliss every creator knows to tell a story about.

Positive thinking leads to faith, a strong conviction that you will always attract the very best to you. Faith is not a mysterious grace fallen from heaven for select beings; it is available for everyone. It comes about not by chance, but by the constant intention to benefit others that is sustained and nourished by positive and empowering prayer.

Keep It Short

Creative prayer works with mantra-like formulas that you repeat to yourself in a relaxed state so that they become part of your unconscious thought pattern.

Your overall mental attitude reflects the program that you run in your subconscious mind. This program is composed of rational and irrational elements, and it seems that emotional content and generally what is related to pictorial thinking finds easier access to this part of our mind. Publicity exploits this fact very profitably.

Creative prayer uses the greatly enhanced receptivity of the brain during the *alpha state*, a state where our brain runs on longer brain waves than usual, in order to trigger significant changes deep down in our subconscious mind.

Humans are special in that they can re-create creation. They do it with their mind, using imagination as a tool.

All our great artists, inventors, scientists and business people have shown that it is possible, long before we were talking about virtual reality, to create *worlds within a world*. And if we go through the biographies of very imaginative people, we can see that they have created their own world, a world that is usually quite different from the world of the common man who takes reality for granted.

Create Your Own Reality

We have already asked the question ‘What is Reality’?

Now let us inquire further. Is reality a fixed concept that we can define and that is the same for all of us?

My observation is rather that there are seven billion realities on this world, in every head one—or even more than one. If we take multiple personalities, we can see that their brain creates different worlds, one for every split self.

Different personalities live in different worlds since they perceive reality in a different way. Quantum physics with its puzzling insight that the outcome of every experiment depends on the observer perspective corroborates this observation.

There is a *relativity theory* which goes far beyond the one Einstein is credited with—or perhaps we have conceived Einstein's observations in a much too limited fashion. What if this relativity theory was actually a universal concept in the cosmos, more than a mere science theory but a philosophical concept? You only need to remember how you see the world when you are angry, and how different it seems to you when you are content and happy.

The inside and the outside are one! When we are black inside we encounter black outside.

It is very strange but when we are filled with negative emotions, we encounter negative people, unlucky, unfortunate people, those who are mutilated, either physically or mentally.

Yet when we are positive and happy, the world seems populated with angels. This is not a trick of our imagination. It is because we project our inside world toward the outside and thus re-create creation.

We use to distinguish our emotional life from our mental life or mental attitude. In fact, the two are not separated. Or, to put it more precisely, the mental encompasses the emotional. The mental is the broader concept. *It is directly linked to the universal or cosmic spirit.* If we accept that

our mental reality encompasses all our feelings and emotions, and also our irrationality, we can easily comprehend the idea that the inner reality is at the basis of all our shortcomings, like a seed which produces a monster or a wonderful landscape, a demon or an angel.

Yet you have to go farther and see that the dualistic concept which distinguishes good and bad, white and black, yang and yin, male and female, is a *concept* as well, a product of your mind—and not the mind itself. The mind at its origin is pure and untouched, and it is the source of a multitude of virtual realities; it bears a *potentiality* full of beauty yet a beauty that we cannot grasp nor evaluate.

However, you can program and reprogram the mind to recreate its original creation—and thus achieve to change your mindset.

Change Your Inner Program

All of us are driven by an inner program. This program is a mixture of heritage, upbringing and self-programming. Unfortunately for many of us, this program is more or less negative, thus blocking the realization of our evolutionary potential.

Creative prayer erases or neutralizes the negative content of this program bit by bit, replacing it by a new and positive one.

Your inner program is reflected by your self-talk. If you want to find out about it, you only have to watch your self-talk or self-thought-talk during one day.

Many of us are not conscious of their self-talk. Perhaps you will be surprised, once you observe it, how negative it is, how cynical, disempowering, or how colored by guilt and fear.

You can transform your self-talk, so that it serves to bring you forward instead of blocking you; you can change your inner black magician into a white magician. If you wait for others to empower you, you may wait a lifetime!

We are at the root of our success or our failure, we are the carpenters of our house of life, and it will look outwardly exactly how we inwardly built it.

Be More Creative

Many of us feel they need more creativity or spontaneity. They perform well within established ways and routines, but when it comes to invent, to create new forms, to change established routines, to open up new pathways of realization, they have difficulties and feel blocked or inhibited.

This is predominantly the result of a mindset that is too much left-brain oriented, disregarding the wide range of creation potential situated in our right brain hemisphere.

Our two brain hemispheres carry out different tasks and are organized in different ways. We reach our full creative potential only if we imply the right brain hemisphere in our thought processes and thus think with both sides of the brain simultaneously engaged. This means that our thought processes have to be coordinated so that they

work as *one whole integrated thought process* that is based upon the harmonious functioning of the full brain. Learning and creativity are greatly enhanced from the moment we use the full brain.

With our brain hemispheres it's a bit like with the *potentialities* of two persons. We cannot say that one plus one equals two when we talk of two people brainstorming for new solutions.

We all know that in this case we have a multiplication factor or potentiality factor built in the cooperation of these two people.

In terms of human potential, one plus one can go up to thousands. Left hemisphere plus right hemisphere is not two, but perhaps millions.

Relax Properly

Relaxation induces in your brain the so-called *alpha state*, a condition of higher receptivity, which brings about a higher level of *coordination* between your brain hemispheres.

The following overview over all our possible brain waves reveals that alpha waves are among the longer brain waves. The longest brain waves, predominant when we are in deep slumber and not dreaming are *delta waves*. They are 0.5 to 3 Hz per cycle. Second among long brain waves are *theta waves*, predominant when we are drowsy and drifting into sleep and dreams; they are 4 to 7 Hz per cycle. Now, we got the *alpha waves* which manifest when we are

in a state of relaxation or meditation, and in the short interlude between wake and sleep; they are 8 to 12 Hz. Finally, among the short brain waves, we got the *beta waves* which are characteristic for our thinking activity, for our wake state, and for conversation; they are 13 to 30 Hz per cycle. Last not least, there are ultra short brain waves, called *gamma waves*, which are manifesting when our brain is in overdrive; they are 31 to 120 Hz.

- Delta waves 0.5 – 3 Hz
Deeply asleep and not dreaming
- Theta waves 4 – 7 Hz
Drowsy and drifting down into sleep and dreams
- Alpha waves 8 – 12 Hz
State of relaxation or meditation
- Beta waves 13 – 30 Hz
Busily engaged in activity or conversation
- Gamma Waves 31 – 120 Hz
Hyper brain activity

In the state in which *alpha waves* are predominant in our brain, the two brain hemispheres have shown to be most coordinated. This means that our thought processes while we are in alpha are more integrated.

When are we in alpha?

Typically, in the interval between wake and sleep or, artificially induced, while we do relaxation. In alpha, typically your brain functions in a way that left and right brain hemispheres work together in synergistic and complementary cooperation. Creative prayer over time reorients the

brain toward a more integrated functioning by dissolving the habit to function only on the left hemisphere, a habit that is conditioned through our left-brain oriented education and culture.

The second element that favors whole-brain thinking is creative visualization, which actively involves our spatial and pictorial thought capabilities and helps our prayers to be accompanied by pictorial content.

This makes for an integrated functioning of the two hemispheres during visualization because imagination is a right-brain quality while reciting the prayers, as it involves language, is per se a left-brain activity.

Visualization therefore *enhances imagination* and stimulates the right-brain hemisphere to participate in the creative prayer process.

Become Spontaneous

Creative prayer, last not least, enhances *spontaneity*. Spontaneity seems for many people something childish, something they think they can do without. Yet spontaneity is not only important in social life and on surprise parties, but it is a major factor in the process of creation. Without spontaneity, we always turn around in the same circles, we always stick to the same procedures, we always trod the same old paths.

Spontaneity typically means doing before thinking! Action without involving thought is more integrated and generally more holistic than thought-based action. You may not

believe this or you may misunderstand what I say. I do not suggest that we can entirely live without thought and base our whole life on spontaneous action. To state this would be silly.

What I am saying is that we need a *creative balance* between routine, on one hand, and spontaneous creation, on the other. Zen considers spontaneity as an essential part of a creative and happy life.

The techniques Zen uses for spiritual growth and self-development are designed to block thought processes in order to free our potential for spontaneous creation and action.

One of these techniques is the *koan*, a riddle-like tricky way of expressing truth, a way which is non-logical, non-rational or even impossible to grasp with thought. The koan tricks our mind to block thought or to go around the trap thought represents for true creativity.

For someone who has never done Zen meditation, it seems at the beginning almost impossible to grasp the idea of the koan technique or to resolve even a simple riddle. This is not a question of intelligence! It is the way we use our brain and how we organize thought. Only if we get used to imply *intuition* in our thought processes, we can progress in Zen – and in life in general.

Practice Creative Prayer

Having practiced creative prayer for now about thirty years, I can say with conviction that, if pursued seriously over a certain period of time, at least about three months, even deeply ingrained thought habits will begin to change.

In addition, our thought process as a whole will be re-structured, and creativity and spontaneous expression will be greatly enhanced so that inventive original thought can come up freely and lets us find new solutions to old problems.

These solutions are often so simple, and seem so evident that we may ask how we could not find them before?

Relaxation can be done either *progressively* with physical exercises, or with music. I myself prefer *relaxation with music* because it has the special advantage to work easily for brain coordination. This can be done with physical exercises, too, but with a little more effort from the side of the participant. Musical relaxation insures that changes will be brought about effortlessly.

Observing the lives of geniuses shows that they usually *dislike hard and ineffective learning*, which is perhaps why many of them drop out of school.

And yet they typically learn ten times faster than average people. This is so because they develop *their own learning techniques* that bring learning and pleasure together; they derive pleasure from learning. That is one of several reasons why they are motivated for learning. We are al-

ways motivated to engage in doing what brings us pleasure. But there is more to motivation. Even if learning as such gives us pleasure, this pleasure will evaporate if the matter we want to learn is felt as boring or off-track. How does creative prayer help to build learning motivation?

When you practice creative prayer, you receive directly or after a while flashes of insight or you take spontaneous initiatives that show you what you are really interested in. It happens that people remember early interests or childhood interests they had completely forgotten about. Intuitively we know everything about ourselves, yet often we do not regard intuitions as a serious source of insight and knowledge. Our culture and educational systems do not favor this knowledge and even more or less destroy it.

Learning Motivation

A very simple but powerful prayer for building learning motivation and ability is:

Learning is easy and enjoyable for me.

Teaching Motivation

For teachers, the corresponding prayer would be:

Teaching is easy and enjoyable for me.

The enthusiastic teacher, the one who teaches with joy and derives pleasure from teaching conveys implicitly that the learning process is an exciting adventure, even without

directly teaching learning skills. Anyway, what are learning skills for? No learning skill can relate the pleasure the learning process itself can provide, and no learning technique can build the motivation for learning. A technique is a technique, nothing more and nothing less. It is a tool for realizing something on a practical level.

Learning and Techniques

Techniques do not generally affect our inner attitudes, our motivation, or our mental disposition.

I do not talk about mind-techniques, of course. I talk about techniques like piano technique, type-writing technique, carving technique, mathematical technique, and so on.

For most of us learning was an experience directly related to techniques, to the learning of techniques. Yet learning at its origin is not something linked to a technique.

And there are many forms of knowledge other than techniques. I think that learning motivation even evaporates if we concentrate exclusively on learning techniques.

Practicing creative prayer, you will develop natural confidence in your inner wisdom and its guidance, and you will avoid over-stretching yourself.

Self-Healing

There are basic affirmations that open our inner potential. Once we are in deep relaxation and our mind is open and receptive, we can begin affirming:

Every day and in every way, I am feeling better and better.

This simple suggestion, developed by Dr. Émile Coué, effects miracles; he was one of the first pioneers of suggestive healing. In his hospital in Nancy, France, he let his patients repeat this powerful mantra while they were relaxed, and doing some repetitive activity such as sewing or embroidery.

Self-Acceptance

This mantra can be varied. Here is a prayer affirmation for self-acceptance:

Every day, in all respects, I approve more of myself.

In fact, many people are at pains with accepting themselves. What happens if you do not entirely approve of yourself? Well, in that case you continuously try to mold yourself into others' expectations or what you believe they expect from you. As a result, you are out of the center of your being and cannot realize your full potential. In addition, you feel stressed and unhappy. The stress to comply with others' needs can affect your health and even cause heart disease. A prayer for counteracting to this would be:

I realize my full potential from inside out.

The Principle of Inner and Outer Harmony

When I first got involved with scientific prayer, thirty years ago, reading Joseph Murphy's *The Power of Your Sub-*

conscious Mind (1963), I was especially moved by Dr. Murphy's stressing the necessity to formulate our needs in a way to bring good not only to ourselves, but also to others.

And I took this *principle of harmony* as my point of departure. In fact, I had encountered situations before that time that everybody except me would have considered as very unfortunate.

All my friends asked me where I took my optimism from? But my faith in a good delivery seemed to win over their skepticism; after having done creative prayer for a few months, I heard from a growing number of persons, including my psychiatrist that I had 'completely changed.' I myself was not much aware of it, besides the simple fact that I felt better about myself.

I namely had stopped to constantly judge and criticize myself as well as feeling guilty for some of my habits.

Well-meaning friends also revealed to me that before this fundamental change, I had tried to justify myself to a point to apologize for my very existence. One said: 'It was up to a point that you tried to apologize for your mother having put you in the world.'

Activate Self-Healing

Healing and self-healing are important issues in our times of turmoil, transformation and global change. Healing has a more universal connotation than mere curing a sickness. Whereas people, when their body is affected, may consult a physician and when they have a mental health

problem go to a psychotherapist, they may hesitate to see anybody when they feel empty, depressed and bored with life.

Depression is more complex and more dangerous than any physical ailment, and therefore it cannot be healed by palliative medicine. Some will see a spiritual healer, minister or counselor, but most will stay within their shell of mistrust that is in most cases the reason why they cannot get help.

And this mistrust in turn is not a fancy but has well founded reasons in the past of these people. There may have been some form of abuse or a heavy loss of trust in life, and in people. There are wounds that need to heal but that often have never been identified since these wounds are invisible.

The solution, then, can only come from your own inner source and not from outside sense-givers. But this source has to be found before this can happen; its existence must be acknowledged so that its healing powers can be activated. This means you have to connect to it, and by doing so get embedded in our original continuum. Thus healing is first of all *self-healing*.

How to activate this self-healing process? How to trigger the process of linking back to your primary source of being, to the I-AM force in you?

There are several ways. One of the easiest and certainly the most practical one is creative prayer. The fantastic thing about this technique is that it is similar to Lao-tzu's

famous *wuwei* or action through nonaction. On the outside level, you really do nothing else but reciting some affirmations. But inside a lot is going to change. And this form of medicine, unlike most other medicine, has really no side effects. The most marvelous is perhaps that our inner wisdom is triggered and activated which means that—

- We attract every possible help we may need;
- We are freed from resistance to accepting this help;
- We are protected from becoming a victim of charlatans;
- We are peacefully freed from negative relationships;
- We are gradually building a new self-image.

Build Self-Confidence

In old myths and fairy tales the hero is a person who, through the patient mastering of all kinds of obstacles, got to gain the princess and the kingdom. He is rewarded because he achieved inner unity, symbolized by the princess, as well as outer standing, symbolized by the kingdom.

All heroes are driven by an idea, be it marriage with the king's daughter, be it the realization of some skill or mastership. The marriage, love and sexual fulfillment and the children as the fruit of this union symbolize the *élan vital*, the *life force* that animates the hero, his personal power or *charisma*, as we would say today, his self-confidence, his inner strength. It is the force that builds

courage which in turn conquers fear and leads us to new horizons and achievements; it is our inherent power of renewal.

Optimism mixed with a good portion of pride and unfettered self-confidence characterizes for example the *Virtuous Tailor* in the old German fairy tale.

What in fact is self-confidence? Is it faith, and can it be enhanced through creative prayer?

The etymology of the word 'self-confidence' is interesting. Self-confidence means confidence in the *self*. The self, as teaches Ramana Maharshi, is our guide, our true I-AM force. Self-confidence, it seems, is not pride let alone vanity, but simply faith. What myths and fairy tales convey us is nothing different from the wisdom that the religions teach: the best way is to found one's life upon the direction that we receive through our higher self.

Creative prayer is the easiest and most natural way to feed this faith constantly; faith does not negate your emotions; it accepts and affirms them.

It also accepts your weaknesses, your fears and doubts, knowing that your greatest weakness will be your greatest strength.

The faithful person knows that negating the human nature is a defense, and is produced by fear. We could say that faith means to believe that we will win despite our fears and doubts, despite all that seems to be otherwise an

obstacle on our way to victory. Faith helps to bring about this alchemical process in us.

What is life other than a magic circle, a circle that serves to fulfill certain tasks in order for us to progress on our evolutionary spiral? Reading fairy tales is revealing. They are *highly initiatory* and express eternal truths and wisdom in a beautiful picturesque language, a language that also children understand because it is non-intellectual and poetic. Fairy tales teach us that all masochistic world-views and fundamentalist religious opinions are deeply wrong and that we are right, right from the beginning, in pursuing the desires of our heart. Fairy tales encourage us to *work on ourselves* to increase our strength, self-confidence and courage since these qualities are highly important to succeed in whatever we want to do.

This is the reason why fairy tales are so important for children and adolescents. And they reach the deeper mind of our children much more directly than our ordinary language does because they are written in the language of poetry which is the language of the unconscious mind, the language of hypnosis, and the language of children.

And it is the language of creative prayer. It is the language in which our various religious scriptures originally were drafted, be it the Torah, the Bible, the Koran, the Vedas or others.

This language is rich in symbols, simple in semantics and grammar, yet colorful and suggestive. It is the language of the old myths and sagas. When we listen to this

language, it sounds organic, simple and powerful. But everyone who has tried to write it knows how difficult it is to convey the world of dream and occult mythology with ordinary words.

Folk wisdom says one had to be born a poet. Yet people who either have successfully followed psychotherapy or found inner peace through prayer or meditation unanimously testify that the language of poetry once of a sudden begins to flow like water from a well. Gabrielle Carmi, an inspirational author from Switzerland, reports that she wrote her texts for the most part *after long meditations* and that these texts were, to her own surprise, written in a poetical imaginative language that she could barely identify as being her own, so different was it from her ordinary writing style.

I do not say that we need a therapy to get there; whatever we use to become centered and find inner peace will produce amazing results, if only, as I pointed out in the beginning, we believe that this is a *probability* and accept it as such.

This means that you do not shut any door or exclude any potential outcome when you start with the prayers. If, for example, you prefer using relaxing music to get into a different state of consciousness, or you use colors, or you make spontaneous drawings, or else engage in automatic writing, it makes no difference.

We all have preferences and should respect them, because all these different ways lead to the same source.

A good way also is to paint or print a symbol on top of a page and then write a one-page impression about this symbol, a spontaneous text that simply expresses what the symbol triggered in your emotions and in your intuition. The themes and contents of such tales can reveal surprising inner truths; they in fact deliver messages from your subconscious mind. They often give hints to your present life situation and can show new ways and solutions to problems that burden you.

When you assume the power of your imagination, you will use it when you do creative prayer. However, since our capacity of imagination and visualization are very different, creative visualization is not a must. In fact, we can do without. While this may slightly retard the outcome of our prayers, the absence of visual images does not render creative prayer ineffective.

The most important, to repeat it, is not visualization but relaxation before starting your daily prayer sessions.

This is so because your brain is something like a bioelectric organism; it runs on frequencies, as we have seen.

Depending on the state of mind in which you are, the length of your bioelectric brain waves is different. For example, when you are fully awake, your brain works predominantly on *beta waves*. When you sleep, you are in *theta* or even *delta*.

Particular attention merits the *alpha state* because when your brain works predominantly on alpha, it has certain very valuable characteristics: it is highly coordinated and

extremely receptive. As the alpha state is the state in which we are between wake and sleep, we actually do not need to learn any sophisticated relaxation technique to get into alpha, except we want to induce the light trance at other times of the day. For this purpose, for example for creating art, doing brainstorming, or for finding new ideas, we may resort to any relaxation technique, such as *progressive relaxation* or relaxation with music.

Progressive relaxation has been created in 1926 by Professor Jacobsen from Harvard University, USA. It is a technique that relaxes the mind through relaxing the body. It progresses step-by-step, hence the term, typically by relaxing an arm, then a leg, then the neck, the eye muscles, and so on. The secret behind this simple technique is what we today call *biofeedback*. When I want to relax, my mere will to relax is by far not enough to really get me into deep relaxation. I need my body to help me. The body helps by giving a feedback. So I simply tell my body what to do. I say:

—When I relax my arm, I get a slightly hot sensation in the arm muscles.

And the body responds by creating a warm sensation in your arm. Thus, the body feedback reinforces your intention to relax. When you feel hotter every time, you go on doing this with another limb of your body; this feedback greatly helps your mind to really relax, and focus. It's a fantastic technique because it's so simple and so effective.

tive. Its effectiveness comes from the fact that our body is intelligent.

I myself prefer and practice relaxation with music simply because I have more experience with music than with psychosomatic techniques. This is so because I am a musician, first of all, before being a lawyer, writer or coach. This does not mean that I belittle Dr. Jacobsen's technique, but I think it's better to stick to what you really know. By simply playing some relaxing tunes on the piano, I was able once to hypnotize a classroom with more than fifty orphan children, during my work as a volunteer with orphans in Jamaica in 1988. After about fifteen minutes, all children had their heads on their arms and were found to be in deep slumber. And this was the case even with highly disturbed and insomniac children. As the German orphanage director could not believe what the teacher told her, she ran out of her office to see with her own eyes what she called 'a miracle.'

Highly creative and self-managed persons, as for example Nikola Tesla or Albert Einstein, who are free of bodily tensions and negative emotions are able to switch consciously their state of mind from beta to alpha, thereby *opening their inner space* for the reception of creative intuition, inspiration and a higher form of energy which is involved in creation.

When you are relaxed, you can use one of the following prayers in order to build more self-confidence. Every

prayer has to be repeated over and over again in the alpha state:

I am naturally, comfortably, and more and more sure of myself.

I feel more and more myself and self-secured in every situation.

I trust my innate wisdom to realize all my gifts and talents.

Create Inner Peace

Here I would like to unfold a regard on how to realize inner peace. Many religions have tried to force peace upon man by dogma, prohibitions and punishment. Clerical and worldly forces have imprisoned the human animal in a set of tight rules, laws and prescriptions that resulted in rendering man a violent creature, full of contempt, rebellion, strife and turmoil. To get out of this net of obligations and the feeling of oppression that goes along with it, man is caught in an endless pursuit of pleasure. To make it worse, through the split in man's mental and emotional setup as a result of the schizoid dualism that judging our emotions in good and bad ones brings about, man's psyche is divided in a conscious or *official* part and an unconscious or *unofficial* one.

Through the process of so-called civilization and primarily the school system with mass indoctrination and the disregard of the individual as a unique soul-being, humanity has in fact devoluted since the end of the great Minoan

Civilization and other pre-patriarchal cultures of Antiquity, and evolution has made it only in the tiny range of technological advancement while in all other areas of life, we are today more barbarous than eight or twelve thousand years ago.

The solution for world peace is entirely different from what clerical and worldly powers have ever taught us. In fact, only those who were considered as heretics, saints or prophets have told the truth. Buddha, when he was alive, found truth by human struggle and suffering, but after his death his teachings were perverted into their exact contrary. Through levitating the man Buddha into a god-like tower of virtue, the applicability of his teachings for us was eroded.

And the same happened and presently happens with the teachings of J. Krishnamurti who, in accordance with the Buddha, taught total freedom as the only viable *modus vivendi* at the root of man's quest for sense and soul.

To make inner peace and peace in the outside world, we must first of all embrace all that is in us. This will enable us to embrace the world, and all-that-is.

What happens when we repress certain desires or emotions and discard them from our awareness? We will lose sight over them and at the end they will take over control and dominate us. Inner peace can only be established if we make an end to our inner fight and overcome our fragmentation. Why should we make peace? What is the value of being in peace with oneself or others? I think that for many

people peace is but a concept or a nice word or some kind of ideal but nothing they really give a priority in their lives. However, if you do not put energy in what you want to achieve, nothing will happen. It means you have to put *energy* into this wish, this very desire to be in peace with all-that-is. This simply means that, if you want something to grow, you have to care for the seed, you have to water the plant, put it in the sun or give some fertilizer. The same applies for your inner life. If you want to let something grow inside of you, you have to take care of the seed, water it and put it in the sun, the sun of your inner energy!

Put some energy into peace also means to take some energy out of war, the war within yourself, the conflict of your inner struggles, and the war with others or what you call 'circumstances.' But circumstances are but reflections of your inner life, projected upon the interface of outward reality. From your inner state, the screen of your thought and your conscious and unconscious beliefs, energy irradiates into the universe that brings about changes; it drives you and others to various kinds of actions. Depending on the level of integration and harmony of your inner actors, the resulting actions are effective or ineffective, constructive or destructive, harmonious or disruptive.

All your beliefs, taken together, form a coherent projection system, something like a slide projector you carry inside of you. On this screen you project images, memories, fantasies and visions.

You can control the outcome, the projection, by controlling your thought and your emotions.

It is through this form of inner control that you handle intelligently your outer world and your entire life.

I would like to recall the old Chinese general Sun-tzu who wrote the legendary book *The Art of War*. Sun-tzu who was a teacher not only of war but also of life said that in order to maintain peace we must prepare for war.

This sounds like a paradox and seemingly is one. Sun-tzu knew that peace is not a static situation and that for establishing peace we need to constantly maintain a *dynamic balance* between inner and outer forces.

As such, peace can only be maintained through balancing those forces or energies. And this is again not something we do once forever, but which needs to be done at every moment, constantly, at every moment of our life, as a never-ending task. This also means that we have to deal with everything in us and around us that is disturbing peace, by first of all taking it serious, and second, work on its integration. Taking inner struggles serious means to stop the struggle, the inner war, by *giving a higher priority to inner peace*.

How, then, to stop the inner war?

You stop the inner war by *giving up moralistic concepts* because those concepts make for inner conflict and strife. Second, you do it by focusing about peace instead of staying with should's and ought-to's that moralistic upbringing

ing has instilled in you. Meditating on peace does not necessarily mean to sit cross-legged for several hours every day. It does not mean either to declare peace an ideal to strive after. Ideals are in practice as destructive as moralistic concepts and get you into inner conflict instead of helping you to integrate conflicting opposites.

Meditation means first of all *acceptance* of all your inner drives and conflicts and second, *passive awareness*. When you are truly attentive at every moment to the whole of your inner and outer life experience, new integrated solutions will come up that show you the way to peace.

These solutions will come up spontaneously and intuitively. Intellectual constructs or mere reasoning will not lead you out of your inner chaos and fight. Nor will the big words of famous gurus, be they from a spiritual or a business background. The only guru that can truly help you is your inner guide, your true self. It is thus your task to find and connect to your self and to develop and allow its involvement in your daily thought and work.

Postface

In this essay we have seen that the 'spiritual track' is not necessarily the honest track, nor is it the track that leads to a transpersonal understanding of reality.

Stan Grof, the founder of transpersonal psychology, has stressed that for developing an authentic spiritual understanding of life, it is paramount to get beyond social and cultural conditioning. This was the reason why Grof

experimented for several years with LSD and psychoactive drugs, because he saw that when humans get to strip off their conditioning, by whatever means, they are suddenly connected, totally and forever, with their inner being, their unique spiritual identity. And by being connected to their own *atman*, their own spirit guide, they are also connected with *brahman*, the universal spirit, the cosmic intention that is the creator force for the whole of the universe.

Albert Hofmann of Sandoz Laboratories in Switzerland, discoverer of LSD, was a naturally religious person, whose intention was to help us discover our own unique spiritual connectivity, without being sidetracked by organized religion and ideology. Terence McKenna, an explorer of psychedelic reality and parallel realities, came to exactly the same conclusions, as he asserted that looking beyond the fence of our cultural conditioning is a key element in true spiritual growth and evolution.

When you remain on the level of the *persona*, the social mask, you cannot but follow your sense-givers, your religions, your ideological molds and concepts, and you are disconnected from your true mission and *dharma*. To connect with your soul reality, you need to unwind this social and cultural conditioning as much as possible.

This does however not mean that you will end up as a clochard or hermit. It means that you remain questioning the outside reality you are facing, the culture in which you are embedded, the society of which you are a citizen. This quest, if it is honest and nonjudgmental, is individual and

personal, and it's a matter of peaceful transformation. It will not trigger a bloody revolution, nor will you go out to missionarize for your point of view. In this sense, this personal transformation, this revolution is, to use Krishnamurti's words, *psychological*—and not political.

I have shown in this essay that one of the most important elements in *Life Authoring* is creative prayer, a self-coaching technique I created that helped me heal the emotional scars originating from adverse childhood experiences, and a climate, in which I grew, that I felt as *oppressive and manipulative*.

I have equally shown in this essay that creative prayer is not a religious concept and was not taken over from any religion; it doesn't interfere with your religious concepts and it doesn't sidetrack you from your particular religious worship and dogma. It is not normative in the sense that it doesn't consider itself to be the only way there is for self-coaching, healing and building self-confidence.

In this sense, it is humble enough to recognize that there are many ways to perceive reality, and that agnosticism is not to be frowned upon simply because it denies a god concept.

Not many would have guessed just half a century ago that the scientific revolution would also bring about a religious revolution, and at the same time a psychological revolution. When we pray, we address that universal field, called the quantum field, the zero-point field, the quantum scale, or the quantum vacuum. While these scientific terms

differ in some ways, what is basic to all of them is the fact that this universal field is both an energy field, and an information field.

We have here, on the subatomic level, a *convergence phenomenon* set in place, where all experience in our universe can be described as a constant, multi-vectorial and complex energy and information flow that is instantly updated when any new information arises. Some, such as the science philosopher Ervin Laszlo, speak in their books of the Akashic field, or the Akasha library of emotional patterns, or the universal pattern library. Plato had perhaps the first vision of that field when he spoke about the *eidós*, the ideas.

Hence, apart from the technique itself, that I have sufficiently explained in this essay, it is important to behold that creative prayer is a modern technique to connect with our inner quantum field level, also called *atman*, in Hindu religion, the *holy spirit* of Christian religion, the *indwelling spirit* in the Sufi esoteric teaching, or the *Buddha Nature* known in Zen.

In its functional usefulness, creative prayer is to be defined as a technique that helps inner healing, inner growth, soul expansion and soul healing, without having in any way the intention to replace the prayer that religions define and ordain for their followers. In fact, I have been reproached by some of those who know about my polyglot spirit that regarding creative prayer, I was unnecessarily restricting myself to a 'Christian' mindset, and that the

method could not be possibly applied by people who adhere to other religious beliefs and dogmas.

I strongly contradict. While Ernest Holmes and Joseph Murphy, the founders of the original method they called 'scientific prayer' were indeed focused upon a god-concept and applied the prayer technique they invented in that way, I was opposed from the start to their dogmatic views and for that very reason renamed the method into creative prayer.

Later I found out to my surprise that the term is since long known in the Sufi tradition, which is the wisdom quest of Islam. I believe that not only Christians, but also Muslims, Jews and Buddhists, and even Taoists can practice creative prayer, precisely because the method is not based upon a particular religion, nor a god-concept.

And let's go up one level in the hierarchy of wisdom, and ask what prayer in fact represents? In other words, is prayer worship?

Is prayer an expression of being signed up with a particular religious faith? It may be so inside of religions, but it's not outside. In real life, prayer simply is a form of connecting with our inner source, our inner wisdom, our inner guide.

Thus prayer is a wisdom quest just as the sweat-lodge is with native Americans, or sacrifice was for ancient religions, or regular *tithing* is for the practicing Jew.

And there is a reason why I called this method creative prayer. Psychoneuroimmunology delivered much evidence for the fact that *mind* and *body* are mere concepts; there is simply no such separation; body and mind are one, and there is intelligence in every cell, and our emotions are *not* in the brain, as modern psychology still wrongly believes, but in the human energy field.

There is also our memory, as it's a function of *emotional flow*, while the matrix is somehow reflected in the brain, but that is like the copy of an image. The image itself is contained in the aura or luminous body.

This being said, I made it clear enough in this essay that I refuse to 'agnosticize' my technique, calling it 'auto-suggestion' or the like because we are not machines, we are not mechanical devices, we are not 'gadgets' of nature, but spirit beings by nature. We are connected in the quantum field and *religio* simply means to connect with our primordial energy source.

Prayer is not really an intellectual process. It's actually your body talking to your body, your physical body talking to the complete body, which consists of seven layers of energy that have different density.

Hence, prayer, in the sense not as religions use it, but in the sense of a psychological tool, is a way to connect with the quantum field, by sending out vibrations into the universe that return to us in the form of what we desire, be it money, wealth, love, relationships of value, business con-

nections, good health, wellbeing, and so forth. That's how it works, not more, and not less.

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