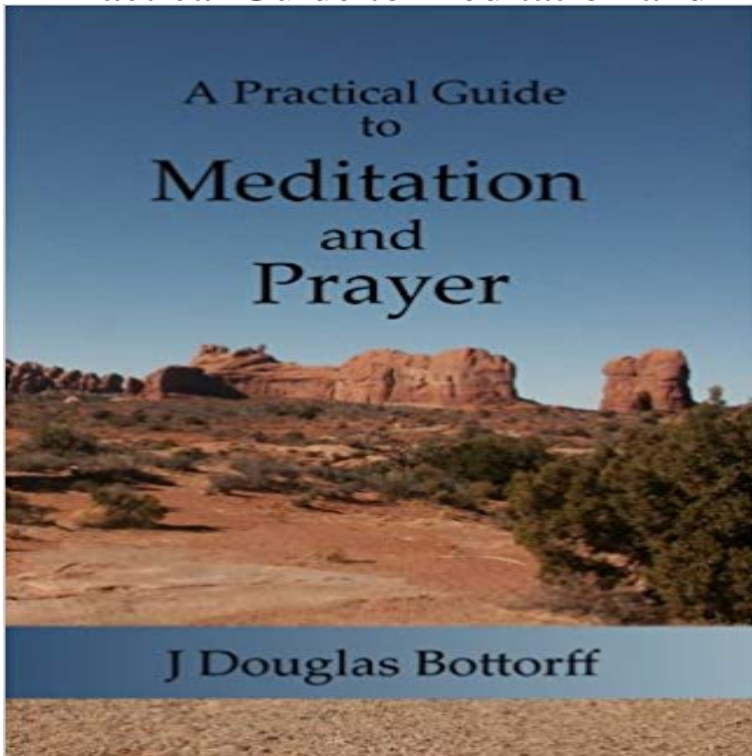


A Practical Guide to Meditation and Prayer



On the path to spiritual understanding, no practice is more important in terms of spiritual transformation than the practices of meditation and prayer. And yet, as in many areas of spiritual discipline, it is as important to know why we pray and meditate as it is to know how. This book answers some common but important questions relating to both the how and the why of these two disciplines. Part I lays the foundation necessary for a positive experience of meditation and prayer. Parts II and III explain the theory and practice of meditation and prayer and give steps for the practice. Part IV offers suggestions on the practical applications of prayer in the areas of healing, prosperity and relationships. Sprinkled liberally with helpful affirmations, inspiring quotation and the authors own wise insights, this book is more than a how-to. It is a why-to that will be a valued companion to anyone seeking a deeper spiritual life through the practices of meditation and prayer.

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