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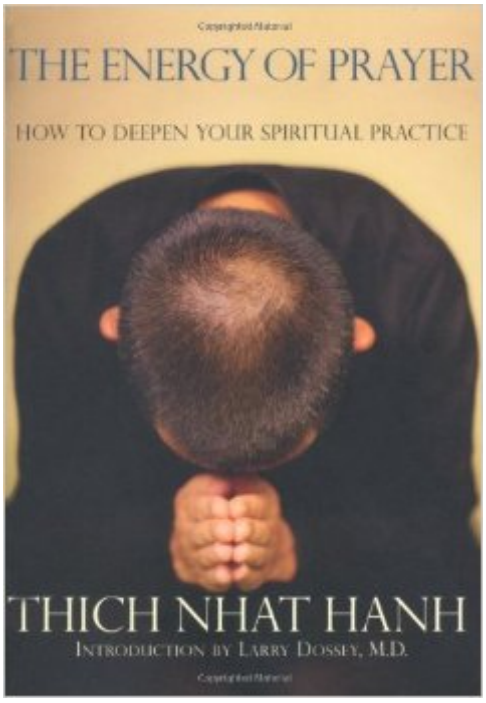
The Energy Of Prayer: How To Deepen Your Spiritual Practice



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Synopsis

In The Energy of Prayer Thich Nhat Hanh looks at the applications and effectiveness of prayer in Buddhist and other spiritual traditions and closely examines the question of why we pray. The Energy of Prayer introduces the reader to several meditation methods that re-envision prayer as an open, inclusive, and accessible practice that helps create healthy lives through the power of awareness and intention.Lifeâ ™s fast pace leaves little room for reflection and attention to the present moment. To seek relief from stress and pain, we often turn to consuming in order to forget our suffering, but we soon find that material wealth is not enough to bring true happiness, and always leaves us searching for something more. The Energy of Prayer shows how prayer and meditation can offer a beneficial way to reconnect with ourselves while satisfying the basic human need to make a connection with something larger than our everyday self. Whether used as a daily practice, during times of crisis, or to express gratitude prayer serves many functions, and does not need to be tied to a particular religious or spiritual affiliation to be effective.Prayer has played an increasing role in the practice that Thich Nhat Hanh offers to his students. Rather than viewing it as dogmatic obligation, Buddhism views prayer as a form of energy, a way of communicating with one’s higher self, one’s ancestors, or one’s God. Prayer is redefined not as being about asking some external force for what we need but about creating an internal environment in which it is easier to manifest positive outcomes in our lives.Â The Energy of Prayer includes visualization and breathing exercises and concludes with a rich sampling of a broad range of prayers, chants and invocations from the Buddhist tradition.

Book Information

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Customer Reviews

The cover photo itself (that of a monk bent in prayer) speaks volumes about the contents of the book - that of prayer, prayer and prayer. In the likeness of books on prayer by Thich Nhat Hanh, this one seeks to uncover the benefits of meditation as prayer. The author proposes many benefits and (if one is to believe) all peoples in the world, regardless of race, language or religion, should allow themselves the benefit to sit in silence, meditating either in silence, with a chant, with words from Scripture, or with concentration on the breath. The latter, when done with full concentration, is able to nourish and to heal the mind, body and spirit. The author provides various exercises on how to meditate using the breath at the end of his book. I believe some of these exercises have been covered in his other books as well.The author quotes from Christian Scripture and even uses the Lord’s Prayer - the "Our Father" - in one of his examples on meditative prayer. Really, this is a book not only for Buddhist meditation practitioners but for all seekers of meditation practices. The exercises to still the mind apply to all races, language or religion. If we can all practice the mindfulness that the author writes of, we can apply the practice to our faiths. For example, a Christian could use the ability to stay in tune with silence to meditate on God’s Word, or a Buddhist could use this ability to be silent within to concentrate on a chant. The idea is really how one can grow to befriend silence in view of the opposing attacks from the noise of daily living - television, media, people around us, loud music, our fears and worries, the pursuit of desires and wants, the list goes on.I like the book for the solace and comfort and the encouragement it contains.

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