



WALTER'S INSPIRATIONAL PRAYER

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# INSPIRATIONAL PRAYER

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## INTRODUCTION

I began to use inspirational prayer back in the 1990s, at a time of emotional turmoil, and a phase of reorientation. It



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greatly helped me to change my life and get myself out of a number of problems. As I was doing a psychotherapy, I told my psychiatrist about the method, 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 inspirational prayer every day, consistently, over a period of six months.

The results were convincing, they were actually quite miraculous. My constant anxiety 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



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drawings, and many volumes of spontaneously composed music.

Eventually I became 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 Inspirational Prayer, for it had really inspired me and opened the fountain of my inner life.

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;



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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. So it is with Huna, the ancient science-religion of the Kahuna natives in Hawaii.

—See Peter Fritz Walter, *The Leadership I Ching: Your Daily Companion for Practical Guidance*, 2<sup>nd</sup> 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 ancient religions, is divination, 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.



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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 believe that inspirational 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?

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



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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 didn'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.

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

Our culture has created the straight 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.



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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 inspirational 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



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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 the one who knows much and not 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 in a state of inspiration 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.'

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,



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white and black, going forward, standing still or going backward, and so forth. Prayer establishes complete mental, emotional and physical health and wellbeing.

The next important point is that inspirational 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; hence, inspirational 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, inspirational 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.

## LEARN THE TECHNIQUE

How to work with the prayers? Best practice is to calmly recite them at least two times a day, in the morning after



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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.

Inspirational 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 inspirational prayer does in fact is to gradually change your mindset which is now perhaps a mindset of



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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.

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. Inspirational 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.



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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 decades or even centuries 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. Therefore the first thing to do, once we really want to change, is to accept that we are not driven by outside forces or other people, but uniquely by ourselves. It means to admit that we are the only cooks of our destiny soup; which in turn means that we have to forgive others and ourselves, and this regularly, just like something we do naturally, like breathing.



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After forgiving we are open to access our inner program using relaxation and meditation or some form of spontaneous art to get connected to our subconscious mind.

In the relaxed state then, we calmly recite our prayer, which deeply penetrates into our subconscious mind, especially if we 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 short 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 highly gifted people maintain.

To enhance creativity and to boost our talents, there is nothing more productive than play. Our creativity is at its peak level when we play, just like children do. This is so because in this state of mind, the natural balance within our inner selves is restored because our inner parent and our inner adult are



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put at rest. It means that the inner criticizer, the naughty observer is not any longer 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.

Inspirational prayer works with mantra-like formulas that we repeat to ourselves in a relaxed state so that they become part of our unconscious thought pattern. Our overall mental attitude reflects the program that we run in our 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.

Inspirational prayer uses the greatly enhanced receptivity of the brain during the alpha state—a state where



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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, 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.

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.



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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. 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



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our shortcomings, like a seed which produces a monster or a wonderful landscape, a demon or an angel.

Yet we 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 our 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, we can program the mind to recreate its original creation—and thus achieve to change our mindset.

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.

Our inner program is reflected by our self-talk. If we want to find out about it, we only have to watch our 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. We can transform our self-talk, so that it serves to bring us forward



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instead of blocking us; we can change our inner black magician into a white magician. If we wait for others to empower us, we 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.

Inspirational prayer erases or neutralizes the negative content of this program bit by bit, replacing it by a new and positive one.

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.



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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 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.

Relaxation induces in our brain the so-called alpha state, a condition of higher receptivity, which brings about a higher level of coordination between our two brain hemispheres. This 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



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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.

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 our brain functions in a way that left and right brain hemispheres work together in synergistic cooperation.

Inspirational prayer over time reorients the brain toward a more integrated functioning by dissolving the habit to function only on the left hemisphere, a habit we have been conditioned to by our left-brain oriented education and culture.



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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.

Inspirational 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.



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.



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## PRACTICE CREATIVE PRAYER

Having practiced creative prayer for now about twenty years, I can say with conviction that, if pursued seriously and 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 restructured, 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.

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.



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We are always 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 inspirational prayer help to build learning motivation? When we are in an inspired state of mind, and we pray, we receive directly or after a while flashes of insight or we take spontaneous initiatives that show us what we 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.

A very simple but powerful prayer for building learning motivation and ability is:

—Learning is easy and enjoyable for me.

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. I do not talk now about mind-techniques, of course. I talk about techniques like a piano technique, a type-writing technique, a carving technique, a mathematical technique, and so on.

For most of us learning was and is an experience directly related to techniques, to the learning of techniques. Yet learning at its origin is not something linked to a technique. I think that learning motivation even evaporates if we concentrate exclusively on learning techniques.

Practicing inspirational prayer, we develop natural confidence in our inner wisdom and its guidance, and we avoid over-stretching ourselves.

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.



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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.

This mantra can be varied. Here is a prayer 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 we do not entirely approve of ourselves? Well, in that case we continuously try to mold ourselves into others' expectations or what we believe they expect from us. As a result, we are out of our center and cannot realize our full potential. In addition, we feel stressed and unhappy. The stress to comply with others' needs can affect one's health and even cause heart disease. A prayer for counteracting to this would be:

—I realize my full potential from inside out.

## 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.



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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 perhaps 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 our 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 we have to connect to it, and by doing so get embedded in our original continuum. Thus healing is first of all self-healing.



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How to activate this self-healing process? How to trigger the process of linking back to our primary source of being, to the I-AM force in us?

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 non-action.

On the outside level, we 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.



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## BUILD SELF-CONFIDENCE

In the 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 inspirational prayer?

The etymology of the word 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: leading a constructive life is based upon the direction that we receive through our higher self. Inspirational prayer is the easiest and most natural way to feed this faith.

Behold, faith does not negate our human emotions; it accepts and affirms them. It also accepts our weaknesses, our fears and doubts, knowing that our greatest weakness will be our 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 leads us through this alchemical process.

Reading fairy tales is revealing. They are 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. And they teach us that all masochistic worldviews and fundamentalist religious opinions are 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 ordinary language does because they are written in the language of poetry which is the language of the subconscious mind, the language of hypnosis, and the language of children. 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.



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Gabrielle Carmi, an inspirational author from Lausanne, 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 poetic imaginative language that she could barely identify as 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 event is a probability and accept it as such. This means that we do not shut any door or exclude any potential outcome when we start with the prayers.

If, for example, we prefer using relaxing music to get into a different state of consciousness, or we use colors, or we 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 our emotions and in our intuition.



The themes and contents of such tales can reveal surprising inner truths; they in fact deliver messages from our subconscious mind. They often give hints to our present life situation and can show new ways and solutions to problems that burden us.

When we assume the power of our imagination, we will use it when we do inspirational prayer. However, since our capacity of imagination and visualization is individually 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 inspirational prayer ineffective.

The most important, to repeat it, is not visualization but *relaxation* before starting our daily prayer sessions. This is so because our brain is something like a bioelectric organism; it runs on frequencies, as we have seen already. Depending on the state of mind in which we are, the length of our bioelectric brain waves is different. For example, when we are awake, our brain works predominantly on beta waves. When we sleep, we are in theta or even delta. Particular attention merits the alpha state because when our brain works predominantly on alpha waves, 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 relax, and focus.



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It's a fantastic technique because it's so simple and so effective. 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 working 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 self-managed persons 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



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inner space for the reception of creative intuition, inspiration and a higher form of energy which is involved in creation.

When we are relaxed, we 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:

#### PRAYER ONE

I am naturally, comfortably, and more and more sure of myself.

#### PRAYER TWO

I feel more and more myself and self-secured in every situation.

#### PRAYER THREE

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



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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 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 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.

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 teaching was put upside-down. Namely, through levitating Gautama Buddha into a god-like tower of virtue, the applicability of his teachings for us was eroded.



To establish 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 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 we have to put energy into this wish, this very desire to be in peace with all-that-is.

This simply means that, if we want something to grow, we have to care for the seed. We have to water the plant, put it in the sun or give some fertilizer. The same applies for our inner life. If we want to let something grow inside of us, we have to take care of the seed, water it and put it in the sun, the sun of our inner energy! Put some energy into peace means to take some energy out of war, the war within



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ourselves, our inner struggles, and the war with others or what we call 'circumstances.' Circumstances are but reflections of our inner life, projected upon the interface of outward reality. From our inner state, the screen of our thought and our conscious and unconscious beliefs, energy irradiates into the universe that brings about changes; it drives us and others to various kinds of actions.

Depending on the level of integration and harmony of our inner actors, the resulting actions are effective or ineffective, constructive or destructive, harmonious or disruptive.

All those beliefs form a coherent projection system, something like a slide projector we carry inside of us. On this screen we project images, memories, fantasies and visions. We can control the outcome, the projection, by controlling our thought and our emotions. It is through this form of inner control that we handle intelligently our outer world and lives.

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



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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 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? We stop the inner war by giving up moralistic concepts because those concepts make for inner war.

Second, we do it by meditating about peace instead of staying with should's and ought-to's that moralistic upbringing has instilled in us. Meditating on peace does not necessarily mean to sit cross-legged for 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 us into inner conflicts instead of helping us to integrate conflicting opposites.



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Meditation means first of all acceptance of all our inner drives and conflicts and second, passive awareness. When we are truly attentive at every moment to the whole of our inner and outer life experience, new integrated solutions will come up that show us the way to peace.

These solutions will come up spontaneously and intuitively. Intellectual constructs or mere reasoning will not lead us out of our 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 article 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



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experimented 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.

The late 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 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.



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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 self-development is inspirational prayer, a self-coaching technique 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 inspirational 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.

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 speak 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 article, it is important to behold that inspirational 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 Buddhism.

In its functional usefulness, inspirational 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.

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 inspirational 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.



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 connections, good health, wellbeing, and so forth.

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