

THE POWER OF PRAYER

SHISHIR SRIVASTAVA



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In this book you will discover how the Power of Prayer can help you know your right intention and your life's purpose. You will also explore that, if fulfilled, how this purpose will cause greatest benefits to humanity and to all life on Earth.

This free eBook can be downloaded from www.shishirsrivastava.org

This book will help you to discover your life's true purpose by using the Power of Prayer. When you close your eyes from this material world and turn inwards, only then you can explore the miracle called 'true life' — a purpose - driven life that will help you to unlock your potential and reach new horizons. This book will help you throughout your journey called life.

May God bless you!

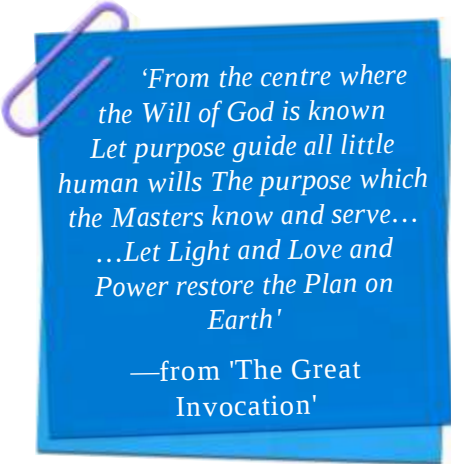
—Shishir Srivastava
Peace and Human Rights Educator
www.shishirsrivastava.org

THE POWER OF PRAYER

by Shishir Srivastava

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*'From the centre where
the Will of God is known
Let purpose guide all little
human wills The purpose which
the Masters know and serve...
...Let Light and Love and
Power restore the Plan on
Earth'*

—from 'The Great
Invocation'

1. Understanding the Power of Prayer

Prayer is an *art of communication* between our inner-self and the Supreme Soul. It is through the power of prayer that we can discover true happiness. Just like any other art, this art can be mastered by regular practice. When practiced with a pure heart and intention, prayer generates great power within the soul that is subsequently transferred to the mind and body.

'Prayer is an effective avenue for touching and communing with the Divine Spirit Energy and experiencing what some may call the attributes of God'

Sir John Templeton

One Prayer — different forms

Prayer can be performed in many different ways or modes. Meditation, dancing, singing, works of art, rituals or even by writing on a piece of paper are all forms of prayer. The form may be different but we all pray to the same supreme being. Prayer means complete surrender of our will to God and opening our hearts to the supreme consciousness which can guide us on to the right path meant for us. Once we approach the supreme kindness with a receptive mind and pure heart, our mind, body and soul get filled with profound inspiration and energy. The rhythm of life is then set for us and we are ready to move through life with ease as though we are here only

to dance on the music set by the supreme being. The power of prayer leads us to true happiness by helping us in self-discovery, strengthening our relationship with the supreme soul, realizing the true purpose of our life and expressing the divinity within us.

In my heart there is this burning prayer: O people hear me, for I want to tell you how great Creation is and how miraculous our lives are.'

– Anonymous

Prayer helps you connect to the Infinite Source of Powers

Prayer signifies a deep bond between the human soul and the Supreme Soul. It connects us with the spiritual world. By expressing our joyful thanks we bring the source of happiness closer to us.

We must know that in undiscovered dimensions around us, exists that powerful energy, the Source of All Powers – God. Here, I will address the Source of All Powers as God as He is that Supreme Being we can all relate to easily. From Him, all creations originate and through His thoughts, they take shape. If you look carefully, God appears in many forms – in the form of Nature's greatest gifts, in form of an opportunity or a co-incidence. If you look inside, He is the inner voice that dwells in our purest thoughts.

For a moment consider that God is like Super Information Highway and you are a computer. Then you have the ability to understand and access Infinite Source of Energy and the power to express it. We have been given wires in the form of prayer to connect and access this vast source.

Prayer will help you to connect to God, but this alone is not enough. Just like a computer connected to the internet wire externally needs its internal settings to be configured so as to get access to the world wide web, similarly you need to attune your thoughts and feelings with a pure heart to listen to what God wants to reveal without paying attention to impressions that have been collected through this mortal world.

The Power of Prayer

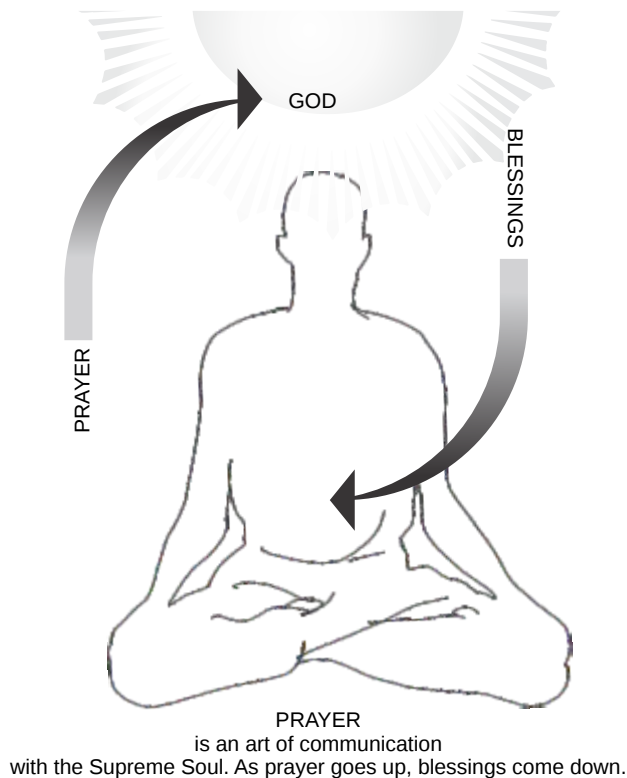


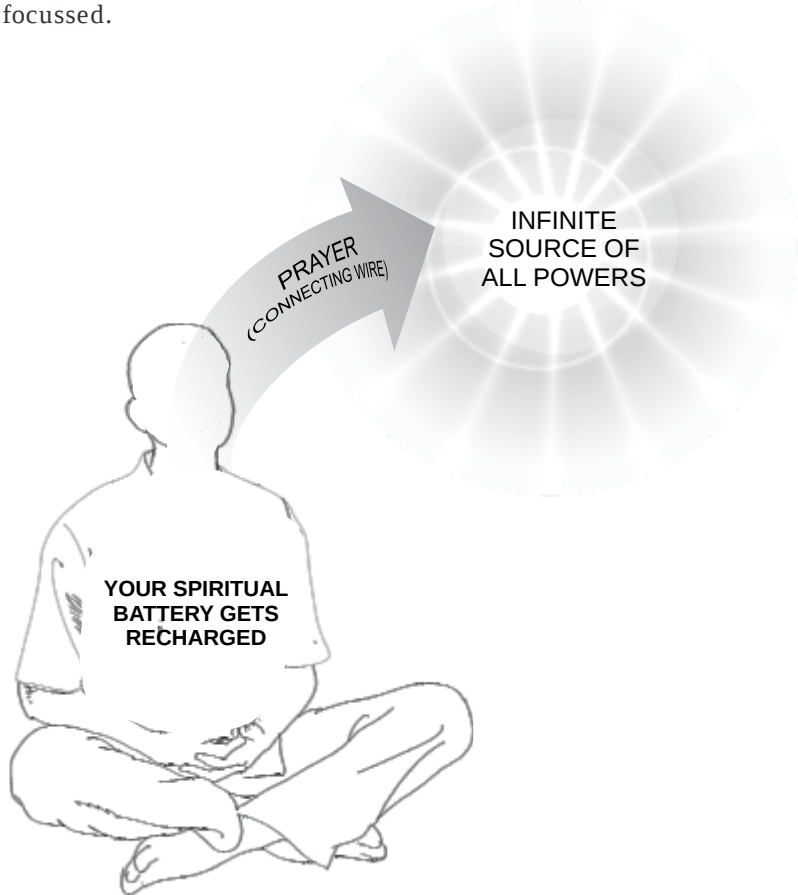
Figure 1

'Man has landed on the Moon and yet he has not landed in his own being, it is only a fool that goes outwards, an intelligent person first goes in' –Osho

A Daily Prayer as an Energizer

A daily prayer brings positive feelings, takes us closer to the Supreme Power and fills us with positive energy. For a moment, consider your body as a cell phone, and your soul as its battery that needs to be regularly charged with the Supreme Energy. Prayer, then, is the

connecting wire between your soul and the Supreme Soul to recharge your battery and keeps you working in the right spirit and in the right direction. The words and faith that we use in our prayer serve as the current that flows to the Supreme Power and when we are ready to listen, the flow from the Supreme Being comes in the form of feelings to our soul. For an effective communication the connecting wires, that is, the prayer and the flow of current, that is, the words and faith we use, have to be very strong, positive and focussed.



PRAYER CONNECTS US TO THE SPIRITUAL
WORLD AND RECHARGES OUR SPIRITUAL BATTERY

Figure 2

But prayer is not a one time affair; it has to be a *daily affair*. The spiritual energy that we receive during the prayer is subsequently transmitted into its mental equivalent through thoughts and converted into a physical equivalent through our actions.

Prayer as an expression of gratitude

When people think of prayer, they usually visualize it as 'Telling what we want the most in our lives while talking to God and asking Him to give it to us.' Therefore, the poor pray to become rich, the rich pray for more prosperity and good health, a teenager prays for a successful career and a grown up prays to achieve his purpose.

On the other hand, a true Prayer is an expression of our gratitude towards God who has given us the wonderful gift called 'life' and the meaningful things that we already possess. When we give thanks to the Source from whom all blessings flow, we attract more abundance in our life. It's a simple Law of Reciprocity. When you put out energy that is filled with gratitude, there must be, by Law, a reaction of equal power and magnitude - if not greater.

God already knows what you want. Therefore, you don't have to tell Him what He has to give you. He knows it better than you because He created you with a purpose. Therefore you don't have to ask Him what you want. He will take care of your needs according to the plan He already has for you. During the prayer, God wants to know how much you believe in Him and how you plan to follow the path he has ordained for you. Later in this chapter, we will see how to use the power of prayer to know our purpose for life.

Daily prayer as a purifier

A daily prayer can help you get rid of the negative emotions. As you will pray daily, the mental screen before you will become clear and God's thoughts will start appearing before you.

While you pray, you can listen to God and to listen to Him clearly, you must first purify your thoughts. To purify your thoughts you must free yourself from negative emotions that hold you – anger,

lust, greed and jealousy; and also keep a conscious check on any new thought that comes to your mind.

Just as you can't see your image in a dusty mirror or your reflection in impure water, similarly, to perceive God's vision for you, you must first purify your mental and spiritual screen. This will help you look at the source of infinite abundance and infinite inspiration without considering your own shortcomings; you will know how kind the Supreme Intelligence is!

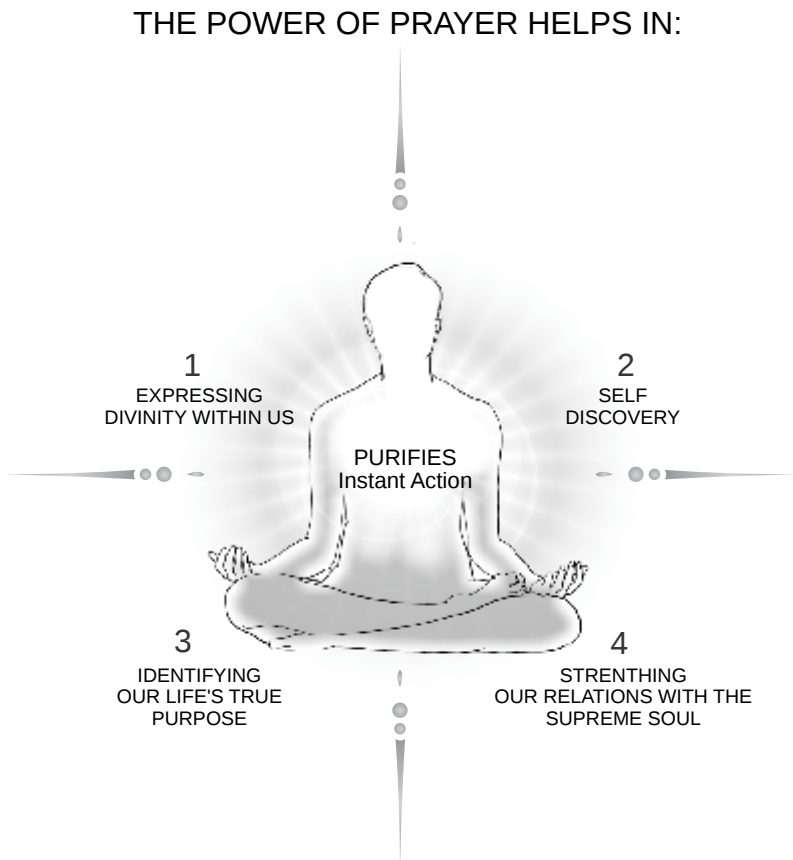


Figure 3

How to pray and how not to

Often people think that whether they pray regularly or not, the end results are going to be the same. People often pray while rushing to their office or any other job, but that's too little time to perform the *Art of Prayer*. To get an answer to your prayer, you must first prepare yourself to practice this art. Just like you can't paint a good picture on an old and worn out canvas similarly you can't pray with a heart full of preoccupation. Everyday, you must set aside an exclusive time to pray, preferably in the morning and before going to sleep in the night.

2. How the Power of Prayer works within you

Understanding reality through self-investigation

Have you seen the Moon and Sun at the same time early morning? I am sure you must have. Did you observe that they appear to be of the same size? But are they really of same size? Certainly not. Sun is many times bigger than the Moon but since the Sun is farther away than the Moon, they appear to be of the same size. Same is with the 'small' twinkling stars, many of which are much bigger than the Sun and yet appear so small because of the great distance. Reason? Our eyes are not so perfect as to show us the reality and therefore, we need devices such as telescope or microscope to support them in order to conceptualize the true picture.

The 'equal sized' Moon and Sun, 'small' stars and a mirage in the desert are few of the myriad examples that prove that our senses are not so perfect as to present before our mind the true picture of reality. Could this be one of the reasons that we are unable to see or hear God?

Well, for centuries, man has believed that there are five external senses that help one to see, smell, touch, taste and hear. But if you see carefully, these five senses are actually five different filters that allow only meaningful and desirable information to pass on to the real five

internal senses and in themselves; they present only a hazy and partial picture of the reality. Thus, in order to 'see' or 'feel' the true picture of reality. We must use the Power of Prayer.

How should you prepare yourself in order to listen to His true voice?

When we close our eyes to meditate or pray, we can feel the infinite energy and infinite intelligence that is present everywhere in the universe. This kind of experience is possible with our internal senses if they are purified and prepared to receive this continuous flow of energy and intelligence from the Supreme Source.

Suppose a person knows that there is a treasure trove of gold and that he can collect it freely. To collect this gold, he reaches with a big scale, but what if he reaches to collect the gold with a sack filled with mud? Obviously he has to first empty that sack and then only can he fill it with gold. The same is with us. We often approach God with a heart and mind that is already filled with preoccupation, guilt and ego. How can God pour out his infinite love and infinite abundance to a heart that is already full?

Prayer for practicing forgiveness

Well, all that is required is a little yet regular effort to be invested daily. We must set aside some time in our daily routine when we can pray. While we pray, we must ask God to forgive us and also others. We should also learn to forgive others and ourselves.

Prayer for quiet reflection

During the silent moments in the prayer, we must empty our mind and heart from all preoccupation and let go our ego. Only then we will be prepared to receive the message from the Supreme Soul. When we are prepared to listen more than we speak during the prayer, we will create space for God to reside in our heart and only then we can express divine attributes.

'Let us proceed in harmony with God's will, no matter how narrowed by wickedness the road becomes.' - Mokichi Okada

Creating a New Heart for a New Vision

To have a new vision for your future, you must first have a new heart full of love. Yes, a 'new heart' and this is possible by cleansing your heart and getting rid of all malice, prejudice and jealousy that you might have stored and gathered over the years. Any negative emotion can simply hold your thoughts and thus, your true progress. To proceed in the right direction, you must practice giving up your negative emotions and to give away your negative emotions, you must first become aware of them.

Remember, you must first become aware of these negative emotions before you plan to shed them off. They are bound to come back again and again with double force and unless you are aware of these emotions, you cannot get over them in spite of all restrictions that you try to impose upon yourself or however hard you try to adopt new thinking patterns.

They take over us easily because often we feel that we have overcome them. But that's not true. As a human being, our lower nature is ever persistent to hold and push us down. They act like gravitational pull that will not allow one to take a leap towards progress easily. It holds you until you make a conscious effort to get out of it and continue to make persistent efforts to rise higher in life.

Creating a New Vision of Future

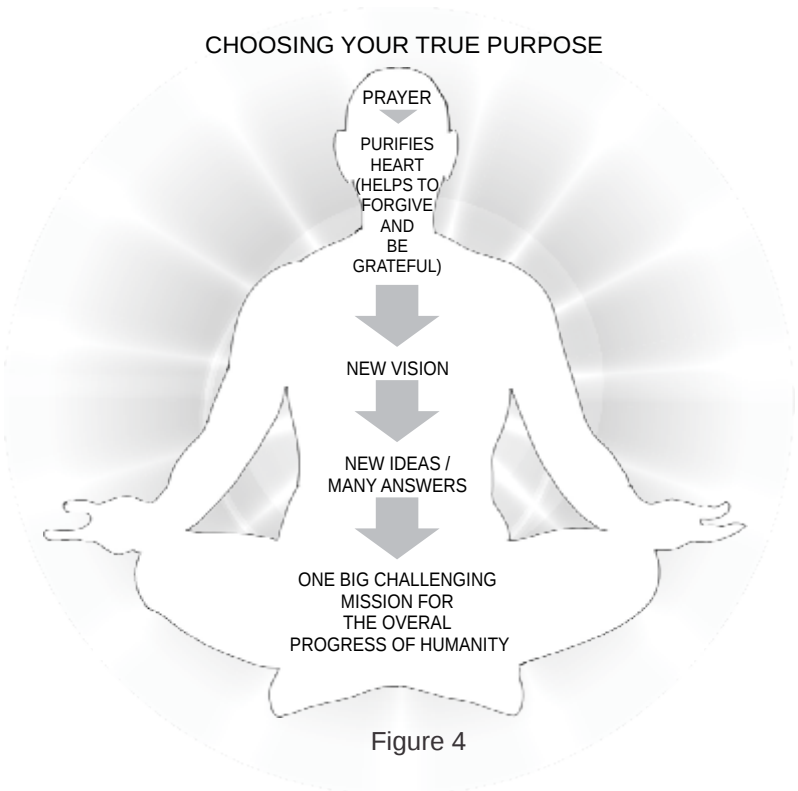
To allow new thoughts you must get rid of old ones. To allow a new path to be created for you, you must attune your thoughts to the new path that God wants you to follow for the benefit of the entire creation. In your 'hard disk' if you already have too many thoughts and deep impressions about how this world is and how it functions, you have two options to do away with them – either you delete this information or shift it to an 'old folder' and create a 'new folder' in your heart and mind. You then have to make a conscious effort to get rid of the 'old folder' and work on this 'new folder' in order to express new thoughts and new feelings in the light of the teachings of God. A New Vision of the Future will thus appear before you.

A daily prayer of gratitude and practice of forgiveness is what keeps all these negative emotions away and brings up your higher nature to glory.

Using the Power of Prayer to identify your purpose for life

Prayer – for knowing the purpose of life

After expressing our gratitude, the next mission should be to identify what God wants us to do for Him in order to contribute our efforts for a better world. Ask God for one thing that looks impossible and most impractical but which *you* feel strongly most that you can attain with assistance from God. Think: 'What is the One Great thing that I should ask God now?'



He will make it possible and practical for you even if the world doesn't recognize it so in the domain of 'rational thinking'. This One Thing is your mission on Earth, so just hold on to it and you will find it – sooner or later. In our simplest form we are thoughts and the world too, in its simplest form, is a Great Thought – the Thought of God. If we align our thoughts to that of God, we will know our purpose.

‘You are never given a wish without also being given the powers to fulfill it, you may have to work for it however.’—Richard Bach

Understanding God’s plan for you!

God wants to know whether you have realized your true purpose on this planet or not. If not, then He is not listening to you any further because there is no use for Him to listen to your petty desires and small things that you keep repeating and asking Him to give. He is not a Genie; He is not your servant. He is your Master and the Master of your destiny. He wants you to grow and take up huge challenges in order to complete the Universal Cycle. You are His tool and He knows how to handle you, sharpen you and use you to complete His cycle and therefore it is very important that whatever you desire should be in accordance to His wish and plan.

If He allows you to play with the powers He has bestowed upon you, it is only because He loves you and wants you to experiment with your powers. He keeps watching you and doesn't want you to be tense or anxious in your efforts. That is why He remains invisible. He wants you to use the powers you have for the good of the universe but when He finds someone misusing them, He is unhappy about it. He keeps quiet for sometime hoping that you will comeback and gives you fair time to choose the right track. But when he finds someone continuing to misuse the powers, He takes back the precious gift called life.

‘May all be happy, May all be free from disease, May none be subject to misery, May all realize what is good.’—Rig Veda

How to choose your true purpose

There may be a difficult question still. You will get many answers. Don't worry as of now. You are getting different answers because apart from the real program of this software, you have run many programs on it in the past. The real software, therefore, is now suppressed deep. It happens with most of the people as they have listened to others – their parents, their teachers, their friends and their colleagues - who would have wanted them to 'grow' and 'prosper' but sadly enough, they didn't know what exactly was right for them. They create more mirages showing you water in the desert when the oasis may be lying just below where you stand!

So without worrying about the 'many answers' that you are now getting, simply write all of them now and compile a list of all answers while you keep your fingers crossed and hands joined to pray for the 'real answer'.

While exercising your choices, hunt for the right answer that will further clarify your doubts: If there has to be a goal, it has to be VERY BIG, much beyond, what you 'think' or 'feel' you can achieve at the moment. While giving you a hint, I won't call it 'impossible looking' goal, because to you, this goal may look 'impossible', but it certainly isn't. Only because you have limited thoughts with limited beliefs, you *feel* that you can't achieve it. The truth is far from your own created 'reality'. Truth is – 'You can't think what you can't achieve'. That is to say 'You can certainly achieve whatever you can think of.'

After you have made a huge list in next 24 hours, please eliminate all those answers that will make only you prosper. Shocked?! Yes, just cross them, God doesn't want you to prosper alone. God loves all – the rich and the poor and He is not partial. So he can't make *only you* prosper. God has programmed all of us in such a way that we contribute towards the overall progress of humanity. This is the 'Thought of Giving' from the Supreme Intelligence to you as His representative. He made you in His own image and He wanted you to work as His tool to invent the best possible means to develop and let humanity grow. The desire of our heart should be one that will glorify God, not necessarily the human desires we have in order to make our life better.

Now you will have a very few or only one answer left. Don't think that you can't achieve what you have asked for. Thinking 'how to' is not your job. If it was so, you would have achieved infinite success in life by now. Because you haven't yet achieved it and still aspire to, you are surely going to achieve what is ordained for you to cause maximum benefit to all living beings. It is by expressing all the eight powers within you that you will be able to achieve your mission. To study these powers is your duty to yourself, to God and to humanity, for you can render to God and humanity no greater service than to make the most of yourself. There is a step-by-step process that will unlock your potent strength and unleash the powers within you and these are discussed in this book.

So now look at the list again and remember that there is nothing like a small or a big goal. All goals can be achieved because you could conceive them and the Infinite Inspiration has given you the power to conceptualize them!

'God, grant me the serenity to accept things I cannot change, the courage to change things I can, and the wisdom to know the difference.' – Serenity Prayer

How to achieve your mission

By now, I am sure you would have identified what you want to achieve in life. Now comes another important question: If you know what you have to achieve and realizing that it is quite 'impossible' to achieve it (at the present moment) - without proper knowledge, skills and attitude, how do you achieve it?

So, here again comes the answer: *'Listen to your inner voice and follow it!'*

State clearly to your inner voice the final answer you have arrived upon and start repeating the goal in your mind to re-record this long suppressed voice. Don't stop. Do that again and again. Once you are satisfied that you have developed the power of belief to achieve what you desire, don't wait any longer. Waiting won't help you. Act, Act now and get back to work! The other seven powers mentioned in pages ahead will further guide you as to how you can achieve your mission.

CHOOSING YOUR TRUE PURPOSE

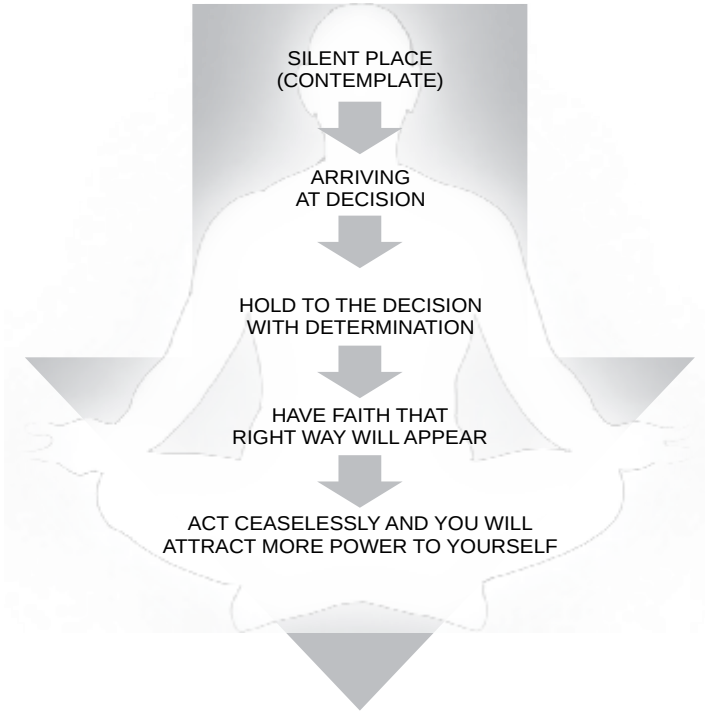


Figure 5

God loves you and wants to help you in your mission. God loves you, is very supportive and helping you always. The troubles and worries that He gives you are actually the sharpening processes to make your body, mind and soul tough for the bigger challenges ahead on His plan. Someone rightly said, *'Every experience that you have that doesn't kill you can make you stronger.'* Once He sees you are on the right track and will not drift from it, He opens all gates of success like roaring waters of the dam falls and floods your life with prosperity, abundance and happiness. Sometimes some people are baffled to think that even when things go wrong, still there is so much of prosperity, health and happiness flowing. It is then that you must realize that God is happy with you. He loves you and He wants you to enjoy this phase of life as well.

But wait a minute while you enjoy – bring yourself to nervousness that this won't last for ever and happiness and sadness are the part of the cycle. This is where God is testing you again. He wants to see whether you truly love Him or more importantly whether you remember your purpose or not. If you do, you will continue to enjoy success, health and happiness but if you don't, things will be taken away from you and you will come back to your origin thinking 'God must be angry'. False, God is never angry with you. He is neither unhappy. He is a Master Worker and enjoys working with His tools. The tools which obey Him, follow His purpose and help in His creation are the ones that are dearest to Him and He takes utmost care of them. Those who are not, are left for chance and on the way to rust. He didn't make you rust, His law did. Had you obeyed and followed Him sincerely, you would have been taken care of. So just know that God loves everyone but He has special love for those who help in the fulfillment of His plan. Those who don't are not disliked; they are only left for chance. The choice is yours – you choose His plan or yours!

God chooses His Messengers from time to time

God chooses His Messengers who have appeared at different periods of time and at different places when the problems in that particular part of the world aggravated and they came with His teachings to re-establish His Laws. His Messengers and His teachings expressed through them are the wires. People who recognized them were transformed and this gave birth to a religion. Whatever religion you practice, whatever beliefs you have or whichever way you prayer, you can realize God's plan for you because it is *within you*. All of us come from One Source and His Messengers are equally lovable to Him and so is all His creation. You are God's beloved and for God's love to reach you, you must first love Him with all your heart. You must create space in your heart and allow God to come and live there.

Prayers are always answered

Whatever we ask for is returned in form if we hold our desire with faith and ask it for the ultimate benefit of humanity. What we 'send to the universe' in the form of a mental image comes back 'in actual form' if our desires are in tune with the Supreme Will and according

to the Supreme Plan for humanity. To know the 'Supreme Plan', we must attune all our conscious, subconscious and super conscious thoughts to the Supreme Will.

Someone rightly said, '*All things are one.*' This person was absolutely right. All things are truly one. Whether you look inside or outside, things are one. What is born within can be manifested outside. Just like us! We were born with two cells and they multiplied to bring us to the present form. Everything changes in us as we grow except one

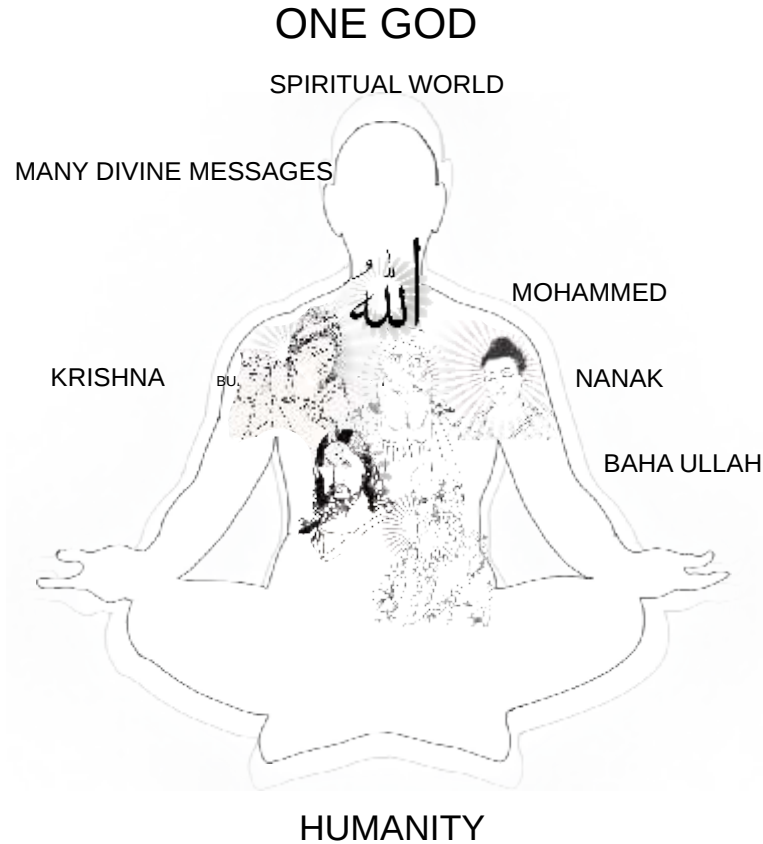


Figure 6

thing -- our inner software, our soul. This is what carries our true purpose. As we grow the impressions that our soul gathers from the world outside, the software gets corrupted and the real inner voice keeps getting suppressed. Those who recognize their inner voice proceed well and those who realize it earlier, reach their destiny earlier.

'May Peace Prevail on Earth' – a world peace prayer by Masahisa Goi

3. An empowering exercise to unleash the Power of Prayer within you

Following five steps for an effective prayer:

Step 1: Find a silent place and pray in solitude according to your beliefs. After you complete the prayer, remain in silence of contemplation for a few minutes.

Step 2

Arrive at a decision and hold this. This decision is usually born under contemplation. It may seem an almost impossible accomplishment but if it seems to be an answer to a prayer or a way of solving the problem, then immediately take the next step.

Step 3

Have determination to carry the decision through. Many fail here. The decision, budding into determination, is blighted and but still becomes a wish or a vague longing. When determination is born, immediately take the next step.

Step 4

Have faith and confidence that the power will flow inside you, the right way will appear, the door will open, the right thought, the right message, the right principle, or the right book will be given to you. Have confidence and the right thing will come to your need. Then, as you rise from prayer, take the 5th step at once.

Step 5

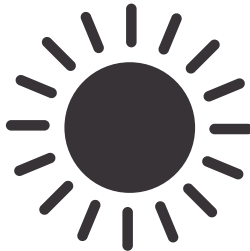
Act as though it had all been answered. Then act with tireless, ceaseless energy. And as you act, you yourself, will become a magnet, which will attract more power to your being, until you become an unobstructed channel for the Spiritual Power to flow through.

The above five steps were suggested by Guardian of Baha'i faith, Shoghi Effendi, who further says: - *Many pray but do not remain for the last half of the first step. Some who meditate arrive at a decision, but fail to hold it. Few have the determination to carry the decision through, still few have the confidence that the right thing will come to their need. But how many remember and act as though it had all been answered?*

After you have performed the above five steps, it is very important to believe that your prayer has been answered and that it is time for you to start acting according to your decision.

4. The Symbol of the Power of Prayer

The Sun -- the source of energy and inspiration is chosen as the symbol of prayer. It is the star symbolizing light, warmth and hope. It ends the dark night and brings a bright day for us. It shines daily and equally for all. So should be our prayer – daily, powerful, shining and for the well being of all.



5. An Empowering Personality

MASAMI SAIONJI



How the Power of Prayer helps Masami Saionji to find peace within and discover her true purpose

About Masami Saionji:

Descended from the Royal Ryuku Family of Okinawa, Masami Saionji was born in Tokyo, Japan. She was educated in Japan at Gakushuin Women's Junior College and studied English in the United States at Michigan State and Stanford Universities. At an early age she became a Master of Japanese Classical Dance, and taught students for more than ten years.

While in her teens, she met the spiritual philosopher Masahisa Goi (1916-1980), who became her mentor and adoptive father. After his passing, at his request, she assumed leadership of the world peace prayer movement that he initiated.

Masami Saionji is Chairperson of the Goi Peace Foundation and the World Peace Prayer Society. She is an honorary member of The Club of Budapest, and a member of the World Wisdom Council. She and her husband, Hiroo Saionji, are the recipients of the Philosopher Saint Shree Dnyaneshwara World Peace Prize, conferred in 2008. Ms. Saionji is the author of some twenty books in Japanese and English, including *The Golden Key to Happiness*, *You Are the Universe*, *The Earth Healer's Handbook*, and *Vision for the 21st Century*.

The Story of Masami Saionji in her own words:

My life story—How the Power of Prayer changed my life:

When I was a young girl I had no special interest in prayer or spiritual matters. I was a fun-loving, sociable child, and my greatest joy was in practicing Japanese classical dance. My aim in life was similar to that of the other girls around me: to grow up, to marry, and to raise a family as a member of Japanese high society.

My life took an unexpected turn when, at the age of 19, I became seriously ill. My illness was diagnosed as a cerebral tumor, and the option of surgery held little hope of success. For the next year I had seizures every day and was unable to keep food down. I became very thin and gradually lost my eyesight, then my hearing.

During my illness, I used to see grotesque visions of human beings without faces, or with missing eyes, noses, or other bodily features. But thanks to the encouragement of my adoptive father, Masahisa Goi, I never gave in to fear or tried to run away from these phantom beings. I steadily continued to pray, and spoke to them reassuringly, saying things like: “You are all right! God loves you. God is taking care of you. You will be fine! Give thanks to God. Think of peace. Think: May peace prevail on Earth.”

In time, these visions gradually diminished and ceased. Gradually, my hearing returned, then my eyesight. But for a long time I was weak and continued to have seizures. And whenever I felt uneasy or fearful, I would pray.

One day, I had a near-death experience. My eyesight was getting better, and I was looking at the sun. As my heart filled with gratitude toward the warmth of the sun, the sun began to approach me. When it was right in front of me, it merged into my body. I then recognized a warm, loving light which communicated with me, not with words, but with an instantaneous flash of meaning, telling me about the purpose of my life in this world.

I felt gently enfolded in love—totally comfortable and at peace. It was then that I noticed that I was no longer in my physical body. I was looking down at my body from above. I could see the energy flowing out from my fingers and toes. “Oh,” I thought, “the energy is leaving my body. How interesting it is. This must be what death is!”

Then, recalling what I had been told about my purpose in this world, I was instantly back in my body, lying in my bed.

Through this near-death experience I gained a deep sense of the infiniteness of the universe. I became clearly aware that there is, indeed, a wellspring of life—an expanse of unlimited potential—existing at the source of the universe. I learned that from

one moment to the next, each of us is enabled to live by the energy provided to us by this universal wellspring of life.

Through my own experience I clearly learned that at any moment, a human being can receive a great, revitalizing supply of energy and power from the wellspring of the universe. However, to receive this energy in its purest form, our thoughts need to properly connect with it. We can do this with pure prayer—in other words, with a mind overflowing with peace, love, gratitude, and bright hopes for the future.

Prayer has changed my life in many ways, but the biggest change, I think, is that I no longer feel any dividing lines between myself and others. I always feel at one with other people, with the world of nature, and with the universe as a whole. As a result, I feel deeply responsible for exerting the best possible influence on the universe from moment to moment.

Three lessons from the Life of Masami Saionji:

1) You need to freely control your thoughts and this is where prayer plays its role. Prayer sweeps away the notion of 'otherness.'

2) Through The Power of Prayer, you must steadfastly guide and support yourself from within. Whatever the situation, you need to draw out your own shining, divine consciousness.

3) You have the inner power or wisdom to face life on your own. If you are to truly live, you must direct your consciousness to the infiniteness within us. In this way, you will finally guide yourself to oneness with all living things.

“What you envision in your mind is, itself, a strong power of creation, a power of manifestation, and a power of great value. If you wish to create a good destiny, you must think and project only good and positive thoughts at all times. Then you will be able to lead a happy life.” – Masami Saionji

Source: www.goipeace.or.jp

6. Eight Empowering Questions

- (I) Does my daily prayer include practice of gratitude and forgiveness.
- (ii) What kind of wings can I give to the world and take it to a new era of prosperity, peace and development for all life on Earth?
- (iii) Have I truly discovered the purpose of my life and is it Divine in essence? How is my daily prayer helping me to understand the laws of the universe and taking me one step closer to my purpose?
- (iv) Am I holding fast to the decision I have taken after prayer? How am I contributing in God's plan for the universe?
- (v) What are the indicators today that God's blessings are reaching me? Do I feel a connection with God throughout the day?
- (vi) Do I feel energized every time I pray? How can I convert this energy to action?
- (vii) Is there any negative emotion like jealousy, prejudice, anger or lust that is stopping my true progress? Am I letting go my old beliefs and what new beliefs have I created today?
- (viii) How best can I use the creativity that is inspired by the Power of Prayer and what opportunities is God presenting before me today?

7. Eight Empowering Beliefs

- (i) I have found that my purpose and I are one and everyday I am getting closer to my purpose.
- (ii) I feel great power awakening within me and I can serve the world to the best of my abilities.
- (iii) Every time I turn to God, I listen to Him with a open heart and He showers His infinite love and infinite blessings upon me.

- (iv) I realize that there is a great synergy with me and the Universe and I feel better about myself everyday I live.
- (v) I have forgiven everyone who did wrong to me and I have forgiven myself.
- (vi) I see the world as a safe, wonderful place. I love people around me and they love me too. I support and feel supported by all people around me.
- (vii) I'm grateful for all that I have and I feel great every time I simply remember the blessings upon me.
- (viii) I keep a conscious check on my thoughts and when my negative thoughts threaten to overtake me, I let them go off easily.

8. Eight facts to remember about the Power of Prayer:

- (I) Prayer helps you discover your purpose: The Power of Prayer helps you to identify your strongest desire. You can also explore, if fulfilled, how this desire will cause the greatest benefits to humanity and to all life on Earth. If not, you should look for something else. Prayer extends our horizon of possibilities and gives light to our dark space.
- (ii) Prayer awakens your powers: The Universe is vibrating and so is our body. Prayer helps in aligning the frequency of our thoughts, body and soul to that of the Universe. When this resonance happens, a great creative power awakens.
- (iii) Prayer is more of dynamic listening and less of talking: Prayer is a two way communication, when we ask God for something, we must be gratefully ready to receive some of His demands as well; when we tell Him our feelings, we should be ready to listen to His answers with a pure and open heart. Be prepared to listen.

- (iv) Prayer enhances your performance: Prayer strengthens your relationship with the Supreme Intelligence and uplifts your consciousness level. The closer you feel to God, the better you perform in life.
- (v) Prayers are always answered: You should know that God will not give you all that you desire as all your desires may not be good for you but He will certainly give you what is good for you. Before praying, think in the present moment. Avoid memories from the past to sink in and do not be anxious about the future. 'Now' is the only moment you have.
- (vi) Prayer creates love around you: You cannot make anyone love you. Get rid of the worry that someone loves you or not. You can only let yourself be loved by someone and the Power of Prayer will help you do that. Also, you must know that there are people who love you dearly, but they have simply not yet learned how to express or show their feelings. If you have a disagreement over an issue with someone, you must know that it is normal as two people can look at the same thing and see it differently.
- (vii) Prayer allows you to forgive: You must completely forgive if you feel someone has done something wrong to you. You must practice forgiving others regularly and it is equally important to forgive your ownself. This is best possible during the prayer. It is human to commit mistakes but the lesson learnt from the mistake should not be forgotten and you must forgive yourself for mistakes.
- (viii) Prayer can make you more creative: During the prayer, you must shift your consciousness to a creative plain. Align yourself to the cycle of creation and get away from competition. Be content with what you have in the present. A rich person is not one who has the most, but is the one who needs the least.

Use the Power of Prayer

Become aware of what you want the most in life: Through the Power of Prayer and meditation, know your right intention and strongest desire. Also explore that, if fulfilled, how this desire will cause the greatest benefits to humanity and to all life on Earth.

About Shishir Srivastava

Shishir Srivastava born at Lucknow, India on 26 September 1977 is a peace and human rights educator. He is currently serving as the Head of World Movement for Rights of Children and Head of the Department of Personality Development and Career Counselling of City Montessori School (CMS), Lucknow, India.



Shishir's inner call to serve the people of the world led him to quit the Indian Navy in September 1999. Thereafter, he joined the CMS team on 1st January 2000 and since then his ongoing commitment and concrete activities in support of the culture of peace at the local, regional and international levels have demonstrated unflagging determination and devotion. In 2005, Shishir was invited at the UN Headquarters, New York, USA to participate in the Global Conflict Prevention Conference and in the General Assembly hall he appealed that a 'Right to a Safe Future' be included in the UN Declaration for the Rights of the Child for safeguarding the rights of world's children and safe future of generations yet-to-be born, a plea that was much appreciated.

In the capacity of India Coordinator of the World's Children's Prize for the Rights of the Child, Shishir has empowered over 1.2 million children in 4,078 schools in India to demand respect for the rights of the child. Shishir is the Organizing Secretary of 'Global Symposium: Awakening Planetary Consciousness', an annual gathering of civil society activists which he conceptualized in 2004 and has, since then, been able to bring together 220 organizations from 61 countries to create awareness in the masses about issues such as nuclear disarmament, global warming and sustainable development.

In 2009, the Mayor of Lucknow, Dr Dinesh Sharma, honoured Shishir with the 'Young Communicator Award' constituted by Symbiosis Institute of Journalism and Mass Communication (SIMC), Pune for 'his decade long efforts in the field of peace and child rights education.' Recently, he received 'Man of the Year 2012' Award by Justice TLV Iyer Foundation, Chennai.

For more details: www.shishirsrivastava.org