

**Spiritual practice for
awakening spiritual emotion : Vol. 2**

Prayer

(Importance & Examples)

Compilers

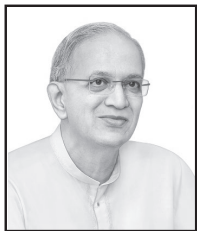
**Proponent of the 'Hindu Rashtra'
Sachchidānanda Parabrahman (Dr) Jayant Athavale
H.H. Sandeep Gajanan Alshi**



Sanatan Sanstha

Over 4400 Copies printed

Brief introduction to the expansive mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' - A Path of spiritual practice
3. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
4. Unique creation and publication of Texts on various topics
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies
6. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'
7. Uniting Saints, Sects, devout Hindus, patriots & social workers and providing spiritual guidance to them

(For details, visit - www.Sanatan.org)

Assurance of Sachchidananda Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Athavale

17.5.1996

H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

Contents

1. Origin and meaning	11
2. Importance	11
3. Benefits	15
4. Types	19
5. Prayer is a spiritual practice that is devoid of restraints	21
6. Who to pray to ?	22
7. How to pray ?	24
8. Mistakes committed with regards to prayers	30
9. Examples of prayers	32
10. As per Hindu Scriptures from thousands of years ago, foreigners too have now started understanding the importance of praying	59
11. In addition to praying, perform all aspects of spiritual practice to experience eternal <i>Ānand</i> in life	61

ॐ ————— Preface ————— ॐ

‘At dawn begin the day with a prayer and so too end it at night with a prayer’ - they say. In our hectic daily life there are events which may lead to us losing our mental peace. One aspect that helps maintain inner peace is a prayer. Even the impossible becomes possible because praying bestows us with the strength of faith and God’s blessings. The importance of praying has been acknowledged by scientists as well. A Japanese scientist, Dr Masaru Emoto says that praying has a positive effect on health. For those who perform spiritual practice for God-realisation, praying is an invaluable tool to remain in constant communion with God.

This Booklet contains simple prayers which will be equally useful for students, housewives, professionals, soldiers, patriots and seekers. Besides, through this Booklet, readers will also be able to learn how they should pray during daily

ॐ _____ ॐ

ritualistic worship, Holy and Religious festivals, daily conducts, ailments, while studying, driving, and through the use of tools and instruments, etc.

We pray at the Holy feet of our Guru that may all people benefit from this Booklet to make their life blissful and successful. - **Compilers**

ॐ _____ ॐ

**The reason for the honorific
Sachchidananda Parabrahman
for Dr Jayant Athavale**

As per the instructions of Saptarshi through Saptarshi Jeevanadipatti, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of *Sanatan's Texts (24.7.2022)***