

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

Prayer

(Importance & Examples)

(English)

Compilers

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Sanatan Sanstha

**Sanatan's
Texts**

**Spiritual Texts that teach
appropriate sādhanā**

Preface

‘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

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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**

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Important precaution to be taken
while performing religious rituals

One important precaution to be taken while performing religious rituals is that one should not let thoughts of anger, etc. come to the mind. While performing religious rituals, if thoughts are not related at all to the ritual being performed, then too, the effect at the subtle level is similar. The vibrations generated because of our thoughts affect the Deities coming to the venue of the ritual; hence, religious rituals should be performed with concentration. This shows how deeply the Hindu Scriptures have studied human attitudes & their effects.

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