

Prayer

(Importance & Examples)

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 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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