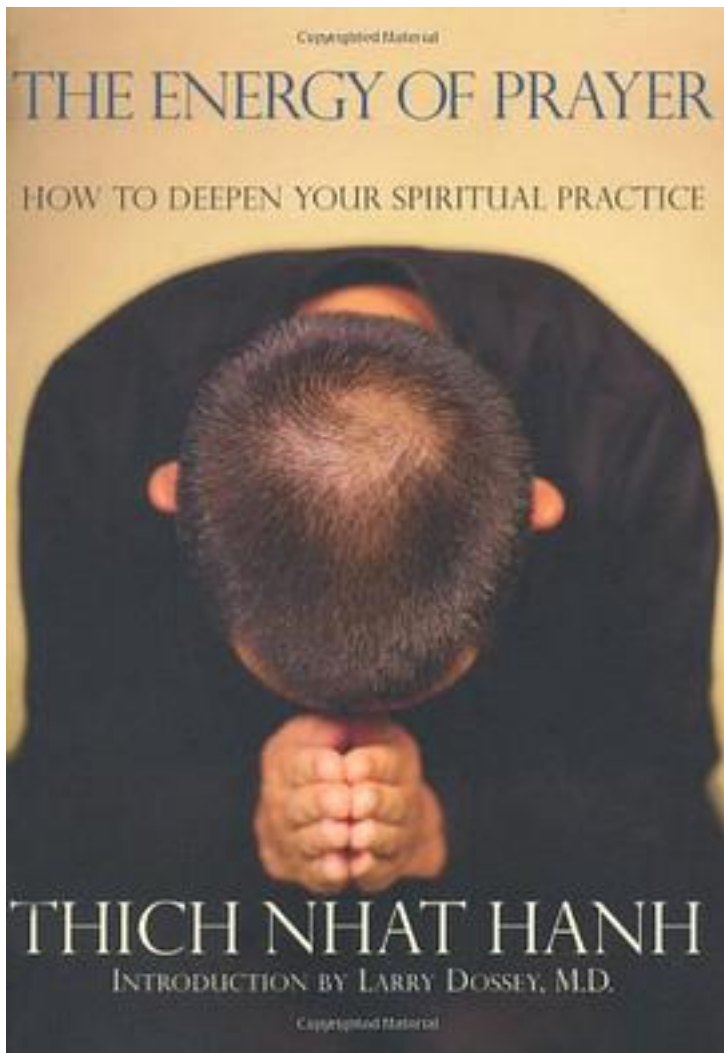


# The Energy of Prayer



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出版者:Parallax Press

出版时间:2006-3

装帧:

isbn:9781888375558

Exploring why people pray, The Energy of Prayer examines the applications and effectiveness of prayer in Buddhist and other spiritual traditions. The book introduces several meditation methods that re-envision prayer as an inclusive, accessible practice that is not tied to a particular religious or spiritual affiliation, but rather that helps anyone create healthy lives through the power of awareness and intention. Included are visualization and breathing exercises as well as a rich sampling of prayers, chants, and invocations from the Buddhist tradition.

作者介绍:

目录:

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