



# Understanding Prayer

The Prayer How-To Manual

Why Our Prayers Don't Work

Corner  
Stone



**Author:** R. Lindemann

theories being consistently spread abroad to the masses, theories which now have become socially accepted as “settled scientific fact”. His position is that when dealing with any of the sciences, accuracy is paramount to having true understanding of any topic. He states that, “People’s desire to push their own agenda, all too often overrides their accuracy and turns into a system of beliefs and denial of actual evidence, rather than accurate evaluation of the information using true science.”

He feels that true human logic is important and that it has been overridden through methods of modern indoctrination. In effort to help others navigate through the fog of misinformation and enhance their own understanding, he has gone through the process of writing many books on some of the most prominently misunderstood topics.

His current bibliography includes the books *Bending the Ruler* about astrophysics, *Dream Thin* a plain language instruction manual to understand weight loss, and his four-book *Life Corner Stone Series* which includes the books *Hot Water*, *Red Hot Marriage*, *Strong Family*, and even *Understanding Prayer* exploring the effectiveness of prayer and its effects on our bodies and whether or not prayer to a higher power is scientifically realistic. He also wrote the five-volume series called *The Science Of God* analyzing the viability of the Genesis Creation account and the Global Biblical flood. To get your own copy of these or his other books, visit [RLindemann.com](http://RLindemann.com) or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

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## Author Bio

With over four decades in contract-engineering, this author has worked extended periods in several engineering fields, including chemical, electrical, and mechanical engineering, among others. This experience has offered him unique insight into key aspects of our physical and chemical world. Having also been heavily involved in the detailed data analysis that is required in various engineering fields, he was able define many core connections between physics, chemistry, our bodies, human behavior, and even how it all affects our beliefs and our decisions.

## Addition Bio Info

After having extensively studied the physical sciences, he began to see irrational

## ***Understanding Prayer*** **Sample Interview Questions**

*For additional discussion points, see the detailed Table Of Contents following this page.*

- 1.) In your *Life Corner Stone* series, the first three books, *Hot Water*, *Red Hot Marriage*, and *Strong Family* are centered around relationships and personal improvement, but *Understanding Prayer* doesn't seem to fit that theme. Can you tell us how it fits in?
- 2.) One of your subtitles for *Understanding Prayer* is "*Why our Prayers Don't Work*". Shouldn't it focus on how to make our prayers work, rather than on why they don't work?
- 3.) Does God exist? And do we have any proof one way or the other?
- 4.) In your book, you mention "Air Opportunities". What are "Air Opportunities"?
- 5.) In *Understanding Prayer*, you say we have to give God permission. Do we really need to?
- 6.) Do we have to believe that The Bible is true in order to have our prayers be effective?
- 7.) How do you describe the difference between *Believing* and *Knowing*?
- 8.) What can we do to get our prayers answered more effectively?
- 9.) Can people pray to be healed, or even actually be healed by praying?
- 10.) In *Understanding Prayer*, you say our emotions play a part in prayer. Can you elaborate?
- 11.) Can we pray for something good for us, but not good for others if that prayer is answered?
- 12.) What is today's takeaway from our conversation about *Understanding Prayer*?

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## Other Books by R. Lindemann

### ***Bending The Ruler***

*Time Travel,  
The Speed of Light,  
Gravity,  
and The Big Bang*

### ***The Science Of God Volume 1***

*The First Four Days*

### ***The Science Of God Volume 2***

*Day Three  
Gravity, Land, Seas,  
and  
Evolution of Plants*

### ***The Science Of God Volume 3***

*Day Five and Day Six  
The Creatures  
Revolution or Evolution*

### ***The Science Of God Volume 4***

*Day Six  
Evolution versus Man  
In Our Image*

### ***The Science Of God Volume 5***

*Boats, Floods, and Noah  
The Deluge*

### ***Understanding The Bible***

*The Bible How-To Manual  
AND  
The Things We Don't See*

### ***Hot Water***

*Your Perceived Identity  
The Life Repair Manual*

### ***Red Hot Marriage***

*Made in Heaven  
Filled with Passion and Joy  
The Marriage Manual*

### ***Strong Family***

*A Foundation of Rock  
The Family Repair Manual*

### ***Understanding Prayer***

*Why Our Prayers Don't Work  
The Prayer How-To Manual*

### ***Thank You GOD***

*Finding Gratitude in Hard Times*

### ***Understanding The Church***

*Upon This Rock  
I Will Build My Church*

### ***Dream Thin***

*The Weight Loss  
Repair Manual  
Lose Weight While Sleeping*

The Prayer How-To Manual  
**Understanding  
Prayer**  
Why Our Prayers Don't Work



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## Contents

<b>Chapter 1</b>	
<b>Understanding Definitions for Prayer .....</b>	<b>1</b>
Prayer Problems and Language .....	11
The Importance of Standards.....	12
Measuring with Words?.....	14
<b>Chapter 2</b>	
<b>Does a Creator Exist?.....</b>	<b>19</b>
Measuring Our Own Existence .....	20
Made In The Image Of .....	22
Do you Acknowledge the Creator's Desires for You? .....	24
Belief in God is Good for Your Brain .....	28
Don't Try to Force God to be on Your Side .....	31
"Truth" Cults.....	32
<b>Chapter 3</b>	
<b>Unneeded Competition.....</b>	<b>35</b>
Christian Religious Attitude .....	37
Order is the Order of Matter.....	39
Is Wisdom Spread Through Touch?.....	42
Speaking Wisdom .....	43
<b>Chapter 4</b>	
<b>Forgiveness.....</b>	<b>47</b>
The Ear That Hears.....	50
Why we Forgive Accidents so Easily .....	51
Harsh Judgments .....	53
Sympathy.....	55
What Forgiveness is Not.....	56
What Really is Confessing or Confession?.....	59
Asking for Forgiveness .....	63
<b>Chapter 5</b>	
<b>Why Don't My Prayers Work?.....</b>	<b>69</b>
Praying for the Wrong Things .....	71
I Want It Now!.....	73
Why are We Too Blind to See It? .....	75
Do You Pray Against Yourself?.....	78
What to Ask for in Prayer .....	84
Should We Pray for things like Weight Loss? .....	89
Praying for Healing.....	92
There Is a Way.....	95
<b>Chapter 6</b>	
<b>Give God Permission.....</b>	<b>101</b>
Wise People Welcome Correction .....	104
Is God Superior?.....	106
How do We Get God to Answer Our Prayers?.....	109
Do You Dangerously Deny? .....	112
<b>Chapter 7</b>	
<b>Seeing Through the Fog of Science .....</b>	<b>117</b>
Always Looking for a Secret .....	120
Natural "Sciences" .....	122
How The Daughter of Evolution Affected You .....	122
The Elite .....	125
Your Faith, Evolution, and the Realm of the Wealthy.....	127
The Dawn of Enlightenment .....	132

The Age of Reason .....	132
Enlightenment is Not Magical Mystery .....	135
Know Me Better .....	137
<b>Chapter 8</b>	
<b>The Path to Changing Your Attitude.....</b>	<b>139</b>
Are We Machines? .....	142
Why Body Chemistry Matters to You .....	143
Can We Feel Good by Doing Good?.....	147
Drug Dependency .....	148
Have You Thought about the Power of Your Negative Thoughts? .....	150
Do You Appreciate Everything?.....	153
Showing Gratitude .....	156
What is the Real Power of Your Words? .....	158
Lifespan of Tibetan Monks.....	159
<b>Chapter 9</b>	
<b>Science, Infinity, The Unknown, and Faith .....</b>	<b>161</b>
All Matter is Nothing.....	163
Does Reading More Books Make you Better?.....	167
Why Do Bad Things Happen? .....	168
From the Dead, The Raging Argument .....	170
<b>Chapter 10</b>	
<b>Being Single-Minded Versus Double-Minded .....</b>	<b>175</b>
Are You Hedging?.....	177
Are You Confused About Success? .....	177
Clarifying Your Needs.....	180
Clarifying Wants .....	181
<b>Chapter 11</b>	
<b>Learning How to Pray .....</b>	<b>183</b>
Be Focused.....	183
Get Things In Order.....	185
What to Pray For .....	186
Do You Ask Questions Wrong?.....	188
How to Figure the Right Things to Pray For .....	190
Do You Make Your Own Future?.....	191
What about Apparent Success of Others? .....	195
<b>Chapter 12</b>	
<b>Why Do We Have Problems?.....</b>	<b>197</b>
Do You Hold On Too Tight to Your Hope? .....	198
Recognizing Answered Prayers.....	199
An Answer to a Prayer is Not a Reward, It is a Result .....	200
Repetitious Prayer .....	202
Asking for Protection .....	203
Do You Accept Lies? .....	204
The Four Cornerstones of Life.....	205
<b>Chapter 13</b>	
<b>Out of Our Minds and Regaining Order .....</b>	<b>207</b>
Do You Need More, More, More?.....	208
Are You Suffering From Creativity Lows?.....	209
Are You Ashamed or Guilty? .....	211
People Who Want to Hurt You .....	213
<b>Chapter 14</b>	
<b>Do You Know Where You are Going?.....</b>	<b>215</b>
Do You Know Where You Have Been? .....	216
Do You Know Where You Are? .....	217

Do You Know Where You are Going?.....	218
Do You Understand Free Will? .....	221
<b>Chapter 15</b>	
<b>Religion Are You a “Religious” Person? .....</b>	<b>225</b>
Do You Try to Control Others? .....	227
You Cannot Please the Unpleasable .....	228
They Will Dispose of You .....	229
Are You Selfish?.....	230
The Seed of Betrayal .....	231
The Dangers of Sharing your Dreams with Negative People .....	232
<b>Chapter 16</b>	
<b>Focusing on Others .....</b>	<b>237</b>
Praying With Negativity Why Don't My Prayers Work?.....	238
Negative People are Mistaken for Discerning People.....	240
Leading With Negativity .....	242
Getting Rich with Prayer? .....	242
Do Your Wants Require Harm to Others?.....	244
Are Healings Real? .....	246
The Answers are there for Those Who are Willing to See .....	248
<b>Chapter 17</b>	
<b>Unkindness and Negativity.....</b>	<b>251</b>
This is Not About Crushing Your Enemies .....	253
The Danger of Angry Passion .....	254
Protect Children from Naysayers.....	256
If Only We Had Passion .....	257
<b>Chapter 18</b>	
<b>Calling Down a Curse .....</b>	<b>261</b>
If You Don't Want to Regret Your Mistakes Then .....	264
Do You Give Negative Situations Power? .....	265
Wisdom Creates Favor .....	266
<b>Chapter 19</b>	
<b>Passion in Prayer .....</b>	<b>269</b>
Obsession, Reward, and Compulsion .....	272
It Comes Down to Believing a Lie or Believing the Truth.....	275
Marriage Prayer Harmony.....	279
Where are Your Strongest Emotions?.....	279
Making Your Prayers Work with a New View .....	281
Are You in the Zone? .....	284
Do You Pray with Passion?.....	287
<b>Chapter 20</b>	
<b>Your Brain and Its Connection to Prayer .....</b>	<b>291</b>
Is Your Thinking Organized?.....	295
Image of a Brain and Body .....	298
Your Good Addictions and Your Bad Addictions .....	301
Brain Waves and Mind Reading .....	304
Body Drugs.....	307
<b>Chapter 21</b>	
<b>True Faith is Not Surprised.....</b>	<b>311</b>
Truth is What Builds Up.....	314
Truth Is a Choice .....	315
What is True Love?.....	317
Why We Cannot be Healed.....	321
What is The Faith of a Child?.....	323
Truth is a Dangerous Double-Edged Sword .....	327

When We Choose to Deny What is True and Good, Then We are in Error .....	328
When We Accept the Truth We Bind Lies, and then the Lies are Held Captive.....	330
<b>Chapter 22</b>	
<b>Clearing Your Mind to Pray Properly.....</b>	<b>333</b>
Do You Know How to Weigh Information Properly?.....	334
Stop Believing Lies .....	336
Negative and Cruel People .....	339
Giving up Riches is Not a Requirement .....	341
Do You Hold on Tight so You Don't Lose It?.....	343
Pray Properly and Clear Minded .....	344

## ***Introduction***

Throughout your life you have likely heard scattered bits and pieces of some of what you will read here. But without the proper comprehensive organization that is required in order to deliver the information to you, those bits and pieces you have heard are of little use. This book guides you down the proper path where you can achieve effective results with your prayers.

Many people struggle with prayer. The struggle with prayer typically originates from our doubt of the existence of a supreme Creator and from our lack of understanding of what prayer actually is. We pray for things to change in our own lives. We pray in large and small groups. We pray together for years. And for many people it is all done with no apparent successes. In all of this, our prayers appear to fail to reach the heart of God and get answered. Our situations often end in dismal failure because many of us who pray about the troubling problems that we are experiencing have not been properly taught, and therefore we do not understand the key aspects about prayer that are explained in this book.

We frequently believe that our prayers are being answered whenever something common occurs, which is always there for the taking with or without prayers. It's good that we keep believing for good things to happen in our lives, but to accept lackluster events as answers to our lackluster prayers falls short of what truly can be in our lives.

It is difficult to try to explain these fundamental prayer principles during normal conversation about the subject. We fall short of having our own prayers answered until we fully

understand these principles. When attempting to discuss some of the details of failed prayer versus successful prayer, the conversations often get off track or become futile exchanges of words, thus stopping delivery of the true message. We often become hostile and empty, and unnecessarily feel attacked when discussing our problems and failures. Such hostile distractions are of no help to any of us.

Unless this message can be delivered without debate during delivery, the message will continue to be obscured and misunderstood as it is being delivered, and if it is distorted or misunderstood in any way by the hearer, then it cannot be properly received.

Successful prayer is not some accidental thing that randomly occurs. Successful prayer is an *intentional* and *deliberate* action to get things right so that your mind is in the proper state, and your actions are in harmony with your proper state of mind.

Successful prayer *does* occur, and it is a truly wondrous thing when it's successful! Successful prayer is repeatable in your life when you get it right. That is to say: Get prayer right, and then you will also get the benefits that come along with praying properly.

Everyone is entitled to the privilege of having their prayers answered, but until we understand how to pray and think, we cannot expect our prayers to be answered with any certainty or consistency. You will learn a great deal about prayer in reading this book, and what you learn will allow you to take your rightful place in life—A rightful place that will teach you the true secrets of having your prayers heard and answered *when* you are able to see these Truths.

The privilege of having our prayers answered is a right of all of mankind, but that right is not without a price. We often want to do everything our own way, *and* have our prayers answered too—without a price. Does this mean that you will have to give everything up and become a preacher, monk, or nun? No, it

simply means that you have a Created privileged-right that your prayers will be answered *when you get things right*. But you cannot consistently “get things right” unless you’re extremely lucky, *or* you actually *understand* what causes success in prayer.

Having your prayers answered is a Right of mankind, but *understanding* is a privilege—a privilege to which everyone has a right. Only you can take away your right to the privilege of understanding. This book explains how we lose our right and what we can do to restore it. Expect your prayers to be answered and expect great things to occur in your life when you understand and apply this information about *Understanding Prayer* to your own life!

Our willingness to learn is our own choice. Within this book I have laid out, for your consideration, the information required for successful prayer. What you choose to learn from this information, and subsequently do with it, will determine your future. This book is set up in a way that will keep it comprehensive and walk you through from beginning to end. Everything you need to know about prayer is in this book. It is only your own willingness or refusal to receive, to know, and to understand this information that will determine your success or failure in your prayers and in your life. If you choose not to put forth the ambition to understand this simple, basic, and required information, then, simply put, you do not deserve to have your prayers answered reliably or have a joyful life. It’s not the writer of these words who is requiring this; this is only a compact and organized collection of physical, scientific, Biblical, and real-world information that is always available to us all. It is assembled here for your benefit and understanding in order for your prayers to become effective.

## ***Chapter 1***

### ***Understanding Definitions for Prayer***

Is there actually a “God” who we can pray to who will deliver as promised when we pray? Did the fact that your prayers were not answered ever cause you to wonder if “God” even actually exists? Did the apparent lack of response from this “God” make you wonder if maybe we did evolve, rather than having been created?

Consider this as you read on: Today you have the opportunity to live a joyous life by receiving information that is hidden to most people. Or, you can choose to lag behind as you now are and continue in life’s sometimes cruel toil.

At some point, most of us have looked to the heavens with our eyes and with our heart, mind, and soul, while asking and often begging for deliverance from the troubles that are in our lives. Most of us have even gone as far as to ask for things that we truly do not need, like luxury items, such as a large beautiful home or a new car. Is it right to ask for these things? Should we be asking for such luxury items and/or for deliverance from our troubles? My answer is absolutely yes, we should ask for good

## ***Chapter 2***

### ***Does a Creator Exist?***

There's another standard that has been under attack throughout all of recorded history, and that standard has much to do with our own perception of the question of whether or not a Creator exists.

At some point, nearly all of us have been exposed to people who attend church or a religious service and make requests of God in their "prayers" while at the same time believing mankind has descended from apes. Even many Church leaders have adopted the position that descending from apes can coexist with a Creator-Creation belief. This approach clearly lacks a standard of any kind since the primary book that is used by the Church specifically claims that humans are formed by the Creator.

The Bible is often regarded as a "standard" for religion, but then is refuted by some of the same people as a book of mere "fairy tales". The confusion in our minds about the Bible that has been brought on by all of the debate surrounding the Creator-standard is understandable when we consider all of the

### **Chapter 3**

## ***Unneeded Competition***

Because we have allowed others to redefine many obvious and fundamental truths about our existence, and about our Creator, we have caused ourselves to doubt. Many of us have allowed the concept of Truth to be redefined in our hearts and minds, and have subsequently allowed ourselves to doubt the existence of a Creator. When we lack a sound foundation of understanding of the beginning, then we can't have a sound foundation of ourselves. This leaves us with nothing but self-doubt. Our self-doubt is our downfall and is what destroys us and neutralizes our prayers

When we doubt things that are true, then our natural inclination is to try to compensate for that. We feel the error, but we cause ourselves to be incapable of realizing that we are doing so because of the fact that we have chosen to believe things that are not true.

One of the tactics we use in compensating for our errors is to build ourselves up beyond what we actually are—doing this is *arrogance*. Another tactic is false humility. In our false humility

## Chapter 4

### Forgiveness

Another area of life that causes us a great deal of trouble with regard to prayer is our understanding of the word “forgive.” Many of us are mentally and emotionally torn when it comes to forgiving people. Some of us forgive and believe that we did not forgive the person, while others do not forgive and believe that they have forgiven someone.

The reason that there’s confusion with regard to forgiveness is because we lack a *standard* in the definition of the word “forgive.” Our concept of words is typically derived from common usage rather than from actually looking up the word in a dictionary and understanding it and then properly using it as per true definition. And even then, many dictionaries foolishly change the meanings to accommodate common usage.

**For-give:** *fore* meaning *ahead* or in *advance*—and to *give*.

Forgive is *not* something that we do *only after* someone apologizes to us. Forgiveness is something that we do **before** they apologize to us, and often we do it even before they make their

## Chapter 5

### **Why Don't My Prayers Work?**

Since the beginning of recorded history, mankind has been in a situation where some spiritual leaders did not know how to properly pray, leaving them unable to properly teach the people whom they led. While the Church is to be credited for bringing the calendar through thousands of years, it is also true that the Church couldn't get something as simple as the calendar right (it was changed to account for newly discovered errors, and still has issues after hundreds, even thousands, of years of effort), then can we expect that *all* Church leaders *fully* understand prayer? We must respect the Church, but realize that clergy are *people*, and it is these people who guide us, and many of those people are little, if any, more enlightened than the rest of us.

It is peculiar that after thousands of years of contemplation and study of the Bible, and philosophical discussion about the Bible and life, that many Church and community leaders have not come upon the understanding of prayer, or maybe how to convey that understanding, how it works, and why prayer sometimes does not work. This knowledge should have become a normal

## ***Chapter 6***

### ***Give God Permission***

When we pray we are authorizing full intervention in our lives; and by default, we are also authorizing intervention when we are not living in accordance with truth. If you are not in accordance with truth, it is certain that somewhere in your life you are in unjust violation of other people. When we unjustly violate another person, then our violations will eventually be corrected by intervention even though we typically think that we did not give the Creator permission to intervene in our lives. The Creator did not establish the order of things only to have it muddled up by a bunch of unsavory humans who refuse to embrace truth and then further insist upon violating each other.

Be assured that intervention will eventually occur and that your folly can then be used by the Creator as an intervention tool in order to correct you and the lives of others who are lesser violators in effort to get them in accordance with truth, all while you suffer the consequences of your own unwise actions.

The order of truth is full of irony in that way. If you have chosen to turn against the Creator, then bad or cruel people may

## **Chapter 7**

### ***Seeing Through the Fog of Science***

We place things or idols, including religion, as the focal point of our lives rather than having the Creator be our focal point. We derive our focal points from various sources and then believe that we are “enlightened” through our focal points.

We feel that we need a focal point such as an abstract idol or statue for our spirituality. All too often these false focal points are needed because they are constant reminders to us of what we are supposed to think about. However, these focal points often become the *focus* of our admiration, rather than being the *reminder* of what they represented to begin with.

An area where focal points are predominantly used in effort to achieve peace of soul, is with certain physical or mental exercises, such as meditation and yoga. In that sort of meditation, we seek to empty our minds of everything and hold it blank, or free, while we meditate and are not seeking answers to the root of our troubles. Many people believe there is some sort of mystical power in these activities that will bring on deeper spirituality, when in truth they do not. Do not misunderstand

## **Chapter 8**

### ***The Path to Changing Your Attitude***

We mentioned earlier about effects that our thinking and words can have on our bodies and minds. In this chapter, we are going to go more deeply into that. This chapter is critical with regard to prayer and its relationship to healing and answers to your prayers. Every aspect of your life will be affected when you understand the power of what we are discussing here. This is where your prayers will begin to shine and be received as a pleasing offering to the Creator.

One of the elements that arose in the “enlightenment age of reason” is what they called vibrations (the vibratory nature of our bodies). This is where the terms “bad vibes” and “good vibes” originate from. Our ability to change ourselves is often discussed in the Bible, but not in a technical or scientific manner as we would think of it today. All of the enlightenment movement’s thought science is nothing new. It’s just that in a relatively modern era we have been able to research the physical nature of things down to the molecular, atomic, and even sub-atomic levels.

## **Chapter 9**

### ***Science, Infinity, The Unknown, and Faith***

Our level of doubt about a Creator, and therefore about our prayers being able to be answered by that Creator, has been greatly altered by the information that scientists and scholars demand is “factual.” Quite often these “facts” are only mere speculations of the scientists and scholars. Because we place our trust in people, rather than placing our trust in Truth, we miss a great deal of the basic true information that anyone who chooses to can plainly see with their own eyes and reason through with their own mind. This information is missed by us because we don’t bother to look. And we don’t bother to look because of what we are told is true based upon the so-called “facts” presented by the people we wrongly placed our trust in. There are many simple evidences that any one of us can clearly see that indicate a great deal of conflict in many of these so called “facts”. There are aspects of the Creator and of science that we somehow imagine are not connected. But I propose that all aspects of science and the Creator *cannot* be separated.

## **Chapter 10**

### ***Being Single-Minded Versus Double-Minded***

Being single-minded means to be focused and to not waver in what you want to do or in what you desire. When you are single-minded you will be more concerned about why and how you got injured than you will be about the bandage to patch the wound.

We all must understand what is required of us to be in harmony with *order* and *truth*; if we are outside of these two most basic aspects of Creation, then it is ridiculous for us to hope for joyful success in our lives or to expect to achieve it. We will unavoidably be double-minded, rather than single minded, when we are without order and truth.

When we lose our single-minded focus we become double minded. There are several ways to be double-minded. We touched on being double-minded earlier when we discussed someone praying for a bandage when they want to stop bleeding, but then complain and fight the solution when it comes along. Another area where we are double-minded is in our prayer requests. Too often we lack the ability to request anything in a

## **Chapter 11**

### ***Learning How to Pray***

We cannot legitimately expect to have our prayers answered when we're unwilling to get the needed things in order in our own lives in effort to have those prayer answers able to occur without trouble and pain to ourselves.

#### *Be Focused*

Imagine for a moment that you need an entirely new wardrobe of clothing because all of your clothes are worn thin. Now, imagine you are praying for a new wardrobe of clothing: If you do not prepare your mind and life for the possibility of new clothing, then can you really expect for it to occur?

In our attempts to pray properly, our first *need* will always be to see it in our mind first, as in, "I want a new wardrobe". Then we need to realize in our minds that it can happen in *any* imaginable way. Or in the case of most of us, due to our lack of imagination, it is in any **un**imaginable way.

## Chapter 12

### **Why Do We Have Problems?**

We have problems in our lives because we ask for the wrong things, such as in the bandage example we have been using. When we pray in this way, we fall short of requesting what we are actually wanting. We also fall short of realizing what may be required in order for our prayer to be best answered. This is why we usually are disappointed with the outcome of our prayers and our lives.

In general, people do not handle disappointment very well. This is understandable since disappointment is the releasing of hope. Our *hope* is our *ability to desire*. Without hope there would be no advancing in our lives, and we would live boring, lackluster, uneventful, and even miserable lives.

A real prayer is a display of hope. When we give up, we feel crushed because we are letting go of a belief that we held deep within us. Our hopeful beliefs help to produce, within us, some of those “feel-good” chemicals mentioned in a previous chapter. Our hope becomes our desire and our joy *when* we release our hope to our understanding of what is true.

## ***Chapter 22***

### ***Clearing Your Mind to Pray Properly***

Recorded historical accounts of various cultures show us that as far back as it is recorded, humanity has struggled with the questions that we have been discussing, “Is there a Creator?” and “What is the value of prayer?” Though, historically it may not have been stated in those specific terms.

In recent centuries we have seen, in any time contemporary to each of us, where people who were overwhelmed with the trappings of the world would give up everything they have and then choose a life of a more relaxed nature, often entering into a life of meditation and relaxation. Yet, even with a profound life-shift of this nature, far too many still failed to find what they were truly looking for, as can be witnessed in writings or in speaking with some of them if they are still alive. Of those who are already gone, many died at younger than average ages and some others fell away from their new-found ways in the later years of their lives. Clearing our mind of lies and untruths is really what is being sought when we do these things.