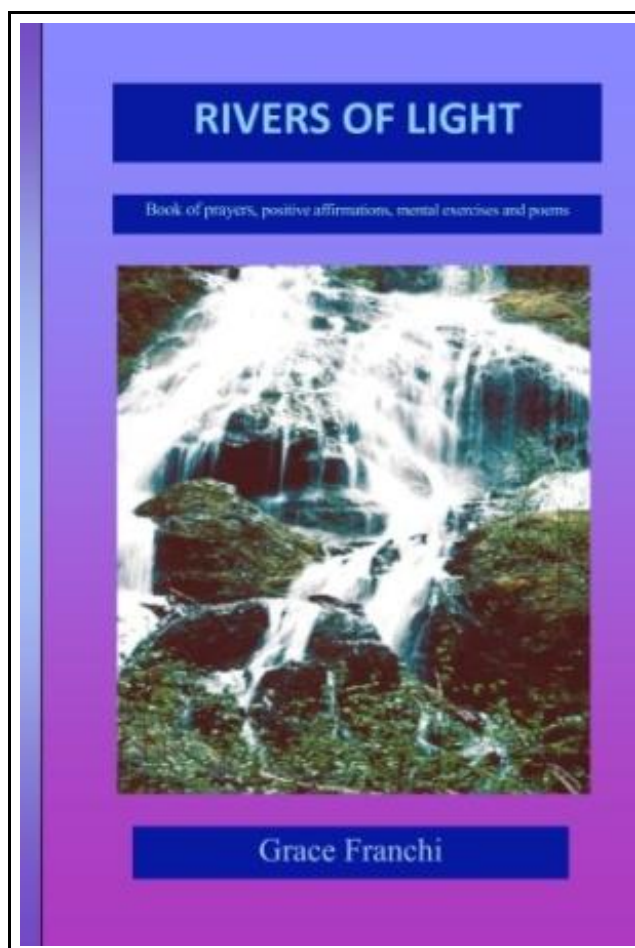


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(Ezra Bergstrom)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.My primary purpose in writing this book, was to share some useful material to assist in our spiritual progress. These poems, prayers, positive affirmations and mental exercises have a practical use, and are easy to perform. Although the time alone with God and ourselves is indispensable for our spiritual growth and the improvement of the communication with the Creator, we can also practice, read or listen to any part of this book while we are doing any other task. The Bible recommends us to pray unceasingly, and we can fill our minds with prayers of thanksgiving, appreciation, contrition and petition instead of leaving our thoughts roaming aimlessly. Many of these poems can be used as prayers, or subject for meditation. To pray is not necessarily only to ask God for what we need as often we do. We pray praising our Creator just because He is a magnificent God and His creation is splendid. We pray thanking the Lord for the innumerable blessings that He constantly pours on us and our dear ones. Furthermore, as God is our creator, our father and our friend, and He cares for us, we can talk to Him about anything, anywhere and at any time. A positive affirmation is a way of prayer. It s praying with faith and thanksgiving. Faith that God listens to us and provides everything we need, and gratitude for the blessing we expect to receive. Positive affirmations help us fix constructive thoughts in our minds. If we are sick and suffer pain, we may tend to concentrate on the negative experience that we are living. A positive affirmation of health and vitality can counteract the situation that...



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