

money love family  
health



# HOW TO HAVE YOUR PRAYERS HEARD

connection receptivity  
joy gratitude expression  
work peace children

# INSIDE THIS BOOK

## WHAT IS PRAYER

Prayer is accessing your true feelings and speaking from the heart

## HOW TO PRAY

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## GETTING STARTED WITH PRAYER

4 easy steps to follow

## RECEIVING BLESSING

Learning to receive and the process of personal growth

## A POEM

by Simon Jacobson

## BONUS

The Power of the Psalms, what they mean and how to find your personal psalm

## THIS BOOK IS FOR YOU!

- If you want to feel more connected to yourself
- If you want to learn more about spirituality
- If you want to pray but don't know where to begin
- If you want to connect with your soul and personal mission
- If you want to quiet the inner voices that distract you and fill you with self-doubt



# WHAT IS PRAYER

**W**hy do we find it so hard to pray? Prayer is a conversation, a dialogue between your heart and your soul, between your heart and a Higher Power, however you understand it. It is hard because it takes practice and work to develop the skills necessary to converse from the heart. This is why prayer is called “service of the heart.” As such, it is not an intellectual experience—it is an emotional experience.

Education and society today have programmed us to take control of things with our minds. We learn systems and rules that help us understand the universe in which we live so that we can manipulate it for our benefit. But we are not taught how to express our emotions—how to feel.

Of course, we all have emotions and feelings, but they are our natural ones, not something we have developed, cultivated or refined. That’s why we can have a brilliant and evolved mind while having the emotional maturity of a child.

**If study is exercise for the mind,  
prayer is exercise for the heart.**



This is precisely why prayer is so difficult. It is extremely hard to express emotions and especially to express emotions to someone invisible. This, then, is the challenge of prayer: to learn how to access your heart, to develop courage to be vulnerable and to express your feelings, and to do so before a Higher Power with no shame or fear.

Prayer—speaking from your heart to your Higher Power—is not about saying big things. It is about saying small things in big ways. It is not about saying many words; it’s about saying them with heartfelt sincerity. Don’t feel that you have to begin big. Better to begin small, in digestible pieces. Slowly acclimate yourself to the experience.

# HOW TO PRAY

## Connect to a Higher Power

To find G-d, Higher Power, Source, however you understand it, you must slowly acclimate yourself to spiritual growth. You must rise step by step until you can begin to see the universe from a spiritual perspective. The first step in this process is to simply acknowledge a reality that is far greater than yourself, and acknowledge that your reality is not real on its own, but an extension of divine energy. When you connect your life to a reality that is real and eternal, your every activity and accomplishment becomes more real and eternal. By opening your mind to a new possibility—that your reality is but a small part of an all-encompassing reality—you are able to move beyond the boundaries of your existence.

## Reclaim Prayer

Depending on the religious tradition that you grew up with, prayer might seem like any of these negative adjectives: Trite, fake, stiff, too organized, impersonal, boring. If you grew up in a tradition where the prayers were in another language, you can add “I didn’t even know what I was saying” to that list. And that’s not just a shame; it’s unfair to you. You were robbed of your own spiritual connection. It’s time for you to reclaim prayer.

Prayer is pouring your heart out to your Higher Power, and asking Him/Her/It to fulfill your needs. Your prayers do not have to come from a prayer book. By all means if the words of a prayer book feel like an expression of your core, then use them. But know that crying out to (or speaking quietly but sincerely to...it’s up to you) your Higher Power in your own words is the basis of prayer. It is very effective. It is free, and you can do it anytime and anywhere.

## Get Real

You might feel guilty about asking your Higher Power to provide for your material concerns. You might have been told that you are small and your Higher Power is big, and don’t bother Him/Her/It for the small things. Let go of that nonsense. The spiritual truth is that the basis of prayer is turning to your Higher Power, with all of your heart, and asking Him/Her/It to fulfill *all* your needs. By doing so, you acknowledge that even the smallest of your material wants are provided by a source greater than yourself. Recognizing and expressing that every single thing that sustains you is a product and a gift from a higher source is one of the deepest spiritual actions you can take.



# 4 EASY STEPS

to get started with prayer.

Time to open, connect,  
receive, and be grateful.



## STEP 1

Free up real time. Find a quiet space away from any distracting sights or sounds. Get everything else out of your mind and release yourself, by focusing inward. Listen to yourself breathe. Close your eyes. Sing a song to yourself. Create the mood—an oasis.



## STEP 2

Concentrate on your inner soul—the invisible force within that makes you tick. Allow yourself to feel and speak to your deepest essence. Then realize that your soul is part of a much larger essence. You can call that larger essence G-d or Higher Power. If you were able to speak to your essence, what would you say?



## STEP 3

Open your emotions. As you recite the words, speak to your Higher Power with the awareness that He/She/It is the essence which sustains and energizes your soul. Allow the words of the prayer to open up your deepest emotions.



## STEP 4

In your own words, ask Him/Her/It for everything you need in life. Be completely open and vulnerable. Express your feelings about the most important matters in your life.

# RECEIVING BLESSING

*Now that you've put your inner-most wishes and desires out there in the universe, stay open to the realization that your prayers are being heard and answered. Here are four ways to ensure that you notice and receive the blessings coming your way.*

## Take Inspired Action

Taking one action can change everything. The more aware you become of your deepest needs and are able to express them to your Higher Power, the more you will start to notice opportunities presenting themselves in your life that may or may not make sense at the time. Don't ignore them! Follow your intuition, take inspired action, and take the steps you feel will bring you closer to your aspirations. Cultivate your desire to take action and create excitement by spelling out exactly what you are going to do and get started, even if it's taking one small step.

## Divine Providence

As you progress in your journey and become more comfortable and fluid in your prayers, you will learn to be more sensitive to divine providence. You will recognize that everything from the fluttering of a leaf in the wind to the movement of the galaxies is driven by a Higher Power. Instead of looking at life from the outside in, you will learn to look from the inside out. As you learn to search for the meaning in everything that happens in your life, you will find your life itself becoming more meaningful. Your daily interactions, no matter how trivial, will take on new significance. As you begin to peel away the many layers that obscure divine reality, your intellect and sensory perception will grow sharper. The real world will begin to emerge, no longer shrouded in confusion and darkness, but bathed in the light of higher knowledge.

## Trust the Process

In our fast-paced era, in which we expect instantaneous results, we can easily forget that the most important things in life can only emerge through a process. Think of a flower: It cannot be forcibly pulled out of the ground; it blossoms in time after you nurture and water it. The same is true with your highest aspirations. They cannot be forced or purchased, and they cannot arrive overnight. Easy acquisition and the expectation of quick results, without effort, undermines the very process necessary to reach your noblest goals. Respect your process in personal growth and in the pursuit of other major life milestones.

## You are Loved

Remember—you matter. Your life and what you do with it matters. You are indispensable to G-d/Higher/Power/Source, and to this world. You are an indispensable musical note in life's symphony. Irreplaceable. Period. The world would be different if you were not here. Your life is precious and so are your needs and aspirations. Your prayers are always heard. Trust that they are on the way to being fulfilled through the channels you have created by your prayers and inspired action. Be open to experience blessings in unexpected ways.



A poem  
by Simon Jacobson

# To You My Heart Speaks

*Midst forests of green  
Of beauty serene  
Echoes of silence vibrating the scene  
'Twas tranquil and clear  
Birds perched in fear  
For strange did the quiet appear  
A man sits alone  
On a throne of stone  
His heart calling out  
With neither cry nor shout  
I long  
I search  
I yearn  
And the heavens above  
Respond to his love  
They open their doors  
To the souls' outpours  
Blessings and tears  
Mix into one  
As above and below  
Merge in one glorious flow*

**BONUS!**

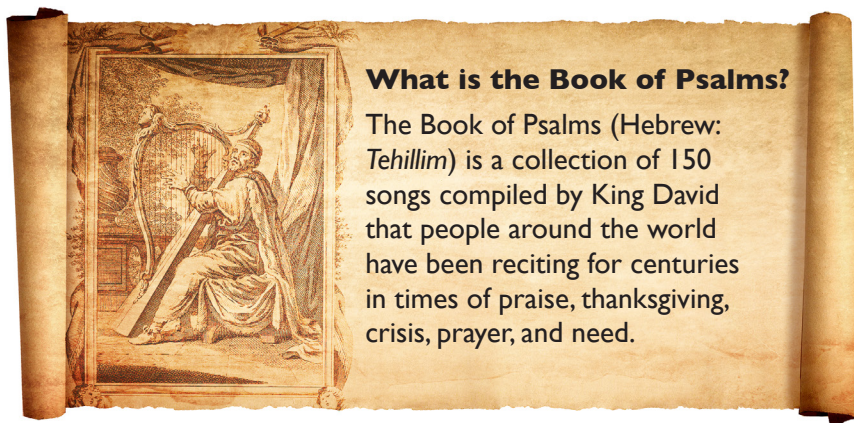
# YOUR SPECIAL PSALM PRAYER

If you need some help getting started, we suggest the perfect prayer crafted just for you. *The Book of Psalms* is among the most widely read of all the books of the Hebrew Bible. Given the immense power and life force attributed to prayer in Judaism, it is no surprise that throughout history people have turned to the *Psalms* in moments of anguish, for protection, solace, inspiration, or to express joy and wonder. The words give voice to our shared humanity and seek to express what we all feel at one time or another in our lives.

*“Know that the chapters of Psalms shatter all barriers, they ascend higher and still higher with no interference; they prostrate themselves in supplication before the Master of all worlds, and they effect and accomplish with kindness and compassion.”*

—The 3rd Rebbe of the Chabad Dynasty

There is a specific Psalm that corresponds to your age and is connected to your unique soul journey. It is your soul's song. You access this energy by mindfully reading your Psalm each day of the year. Every year on your birthday a new dimension of your soul's song emerges and you gain access to a deeper part of yourself through your next Psalm.



## What is the Book of Psalms?

The Book of Psalms (Hebrew: *Tehillim*) is a collection of 150 songs compiled by King David that people around the world have been reciting for centuries in times of praise, thanksgiving, crisis, prayer, and need.

## Find your Psalm:

Take your age, add one, and that is the number of your Psalm. Example: If you are turning 32, you begin reciting Psalm 33 on your birthday and every day henceforth until your next birthday when you begin Psalm 34.

**Each day**, preferably in the morning, designate time to recite your Psalm, concentrating on the message that most relates to your state of mind on that day.

## FIND YOUR SPECIAL PRAYER



**Allow your Psalm** to help you find your voice and sing your song.

## Read your Psalm:

Familiarize yourself with its general theme, and the message of each verse. Look for parallels between your life and your Psalm.

## Begin a daily journal

to document how your Psalm speaks to and helps you deal with your experiences and challenges.

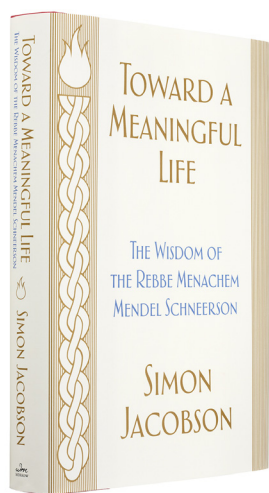


If you enjoyed reading this short eBook and started to implement some of the ideas in this book, you will start to see changes in your life fairly quickly.  
Just stay open and present to your life and mindfully watch the possibilities unfold.

If you would like to delve deeper into life’s most profound truths,  
we would like to make a special offer to you right now.

For a limited time, Simon Jacobson’s **best selling book**  
***Toward a Meaningful Life*** is available to you for **30% OFF!**

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**What people are saying...**

*“This was by far the most life-changing book I’ve ever read. It put to words so many things I’ve felt in life. The lessons I learned from this book have inspired me and informed my life on a daily basis.”*  
Simone Kboudion

*“This is not only a good read but a great resource to go back to when you are looking for another perspective to what is going on in your life and how to change your paradigm. It really is about living your purpose.”*  
Michael Horwitz

*“Wish i read this book 40 years ago! A plus!!”*  
Jeff Ketzman

## Who we are.

**The Meaningful Life Center (MLC) is a spiritual health center that empowers you to find meaning in everything you do, and discover your personal mission in life.** Through a wide variety of live and published programming, videos, webcasts, podcasts, articles and personally customized counseling and materials, the MLC offers you empowering and potent life skills that improve every aspect of your life. From love and relationships to work and finance, from fear and anxiety to joy and celebration, from birth to death, and all the life cycles in between, you can look forward to an exhilarating journey, which will both stimulate and provoke you to actualize your enormous potential and reach unprecedented heights.

**MLC presents the universal teachings of Torah as a blueprint for life, to people of all backgrounds. Called a “Spiritual Starbucks” by the *New York Times*, it is an outgrowth of Rabbi Simon Jacobson’s teachings which have captured the hearts of thousands of participants over the last 25 years with their spiritual message and profound insights into the human condition.**

The Meaningful Life Center is built on the belief that life is precious and that every individual has a unique and indispensable contribution to make. Oliver Wendell Holmes wrote: “Alas for those that never sing, but die with all their music in them.” The MLC is dedicated to assuring that you find and sing your special song.

We extend an invitation for learning and growing to everyone! Come, explore, and discover how to live a truly happy and amazing life...living up your highest potential.

Rabbi Simon Jacobson heads The Meaningful Life Center and is the author of the **best-selling book *Toward a Meaningful Life***, a *William Morrow* publication that has sold over **300,000 copies** to date and has been translated into twelve languages.



**Rabbi Simon Jacobson** is one of the greatest scholars and sought after speakers in the Jewish world today. He has lectured to diverse audiences on six continents and in forty states on psycho-spiritual issues and applying Jewish thought to contemporary life. His voice is rooted in the timeless teachings of Torah, yet at the same time is profoundly timely, relevant, unique, and cutting edge. He has been interviewed on over 300 radio and TV shows, including **CNN** with **Larry King**, the **Charlie Rose Show**, **Newsmax**, **The Dennis Prager Show** and the **CBS News Show *The Best of Us***.

# WANT MORE?

Get life skills guidance for your spiritual journey!



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## Get in Shape with our Soul Gym

Exercises for Your Soul and Psyche: Learn how to live not only your best life, but a meaningful life. Practical how-to ideas for self-help and personal growth, all from spiritual sources.



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Your soul was sent to Earth with a purpose. Are you living up to it? Learn how to live the exciting, fulfilling life by following a six-step plan to help you discover your personal mission.



BOOK NOW

## Personal Coaching with Rabbi Jacobson

If you have a personal issue that you need guidance for, if you want guidance that is sensitive, in-touch and contemporary, and sourced in the timeless divine wisdom of the Torah, you want a personal appointment with Rabbi Jacobson. Renowned for his unique approach in addressing psycho-spiritual issues and applying Jewish thought to contemporary life, his voice is rooted in the timeless teachings of Torah, and is uniquely in-touch, relevant and cutting edge. The deeper and more personal an issue is, the more Rabbi Jacobson's unique approach stands out and shines. Some of the many issues that people regularly seek Rabbi Jacobson's life-changing guidance for are:

- *Mental, emotional and spiritual health and stability*
- *Dating, marriage and relationships*
- *Recovering from physical, emotional and sexual abuse*
- *Clarifying your specific purpose in life*