

The New Way

From Scientific Prayer to PSE

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Dr. Josephy Murphy and Scientific Prayer

I certainly do not need to introduce Dr. Joseph Murphy since there is no author of inspirational writings whose books have met such a widespread distribution and acceptance all over the world. Dr. Murphy's around twenty-five books have been translated into the most exotic languages and are re-edited constantly, their sales counting in millions of copies. But what is certainly still more important is the fact that Dr. Murphy has helped many thousands of people to change their life and find true happiness and fulfillment.

I personally owe much to Dr. Murphy since his prayer technique has helped me to successfully transit through a highly difficult phase of my life, a period of turmoil and transformation, times where my life was in danger several times and where I had to face the most adverse circumstances.

I continue practicing prayers designed after Dr. Murphy's highly elaborate instructions until this day, and they have become for me a source of new life, a well that never stops flowing.

During this time of my life I followed for two years a therapy with auto-hypnosis. I was very lucky since my therapist held Dr. Murphy's prayer method in high esteem and fully supported my idea to complement the therapy with Dr. Murphy's technique, a combination that, as it appeared, was almost producing miracles.

Not only my therapist, but my friends and even people who had shown open or hidden hostility toward me or my ideas, were amazed about the rapid changes that took place with me, changes in my whole personality, my way to relate to people and to life as a whole.

The idea for Selfbuilding and AuthorYourLife came up shortly after having repeatedly recited, in a state of relaxation, a prayer inspired by Dr. Murphy's teachings and prayer examples given in his books. It was the following prayer:

"The unlimited forces of my subconscious mind guide me now and ever to express my personal creativity in the ideal form, the ideal way and under the ideal circumstances which bring me and all beings luck and happiness and an enrichment of our lives on earth. This is wonderful."

There are many inspirational authors, in the meantime, especially but not only in the United States. Yet at the time when Dr. Murphy was living, there were very few. However, most of them were lacking the scientific depth that Dr. Murphy added to religious faith, or they lacked the brilliant clarity, the eloquent style and the simplicity of expression Dr. Murphy was a unique master of.

Dr. Joseph Murphy was one of the founders of the so-called New Thought Movement. He never pretended to be a saint and

was truly scientific in his whole approach to life and to religion, yet his teaching helps us to develop our true religio (which means literally 'back-link'), the connection to our Higher Selves, our original creative energy!

See at the Notes Annex for a little choice of Dr. Murphy's books (1).

The Uniqueness of Dr. Murphy's Prayer Method

The uniqueness of Dr. Murphy's method is the harmonious synthesis of its source (the scriptures) and the application of the knowledge drawn from this source. Dr. Murphy's starting point is the Bible, yet his interpretation of this thousand year old collection of books is revolutionary new and fresh, and revealing in many ways!

Dr. Murphy who was a lawyer as well as a theologian, a philosopher as well as a poet and who held three doctor titles, did not just invent a new theory about some or the other biblical stories. His intention was completely different. Dr. Murphy was interested to know what was the fundamental message of the scriptures if there was one, and if yes, if this message could be expressed in terms familiar to our modern language understanding.

It is their simplicity which makes Dr. Murphy's prayer techniques so effective. There are no philosophical speculations, no 'astral' knowledge, no encrypted and 'eventually revealed' or 'channeled' messages, no cabalistic complexities. Instead a whole set of highly practical tools that can transform our lives.

Dr. Murphy's method uses the power of our subconscious mind in order to re-align us with the omnipresent I-Am Force. More simply put: our faith will be enhanced since the sugges-

tions liberate us from the negative and destructive power of doubt. Belief is stronger than all; it is the greatest and most wonderful force in the universe. Faith is love. Love and faith are one and the same force.

Religio to Our Emotions

Before I came to apply Dr. Murphy's scientific prayer techniques, I had studied a bit the different religions. I was a seeker, a searcher. I was in search for truth, as so many today.

And perhaps I was most in search of myself! I tried out the most exotic ways of life, studied magic, the Cabbala, Gurdjeff, Krishnamurti, Maharshi, the Bible, the Koran, the teachings of the Buddha, the Vedic scriptures and psychoanalysis, became a vegetarian, exercised meditation, Yoga, Kung Fu, Thai Chi, healing with the inner smile and later Reiki. All this *searching* would perhaps have turned me upside down if I had not in all this searching applied the most simple technique of *finding* which is prayer.

In the most difficult times of my life, I had joined a prayer group. We prayed for each other. Until then I had no idea of the power of prayer. A friend of mine with whom I read the Bible regularly told me he had given my name to the prayer group and they would pray for me. First I thought that this was a bit silly yet could not hurt, so I let go. And then things began to change in an amazing, almost unbelievable way. And one day I was like hit by a stroke through the sudden insight that all this was perhaps the result of the prayers this group had done for me?

I in turn began to pray for others and saw what happened, saw the benefits these people had. Healing, love, money, happiness. Years later, when prayer was already firmly established in my life, I had a friendship with a young Chinese who was serving in a Chinese restaurant in Rotterdam (Netherlands), where I had my consulting company at that time.

He was an intelligent man yet unhappy since he gave all his workforce for his family, serving in one of their restaurants like a simple waiter. The payment he got for his more than ten hours work per day including the weekends was ridiculously low and in addition, the family was against his having a small room on his own and a family and planned to have him live again at the side of his parents.

One evening he invited me to join him for a visit of the Royal Casino in The Hague. His great pleasures were roulette and the lottery. Since I have no taste for playing roulette, I enjoyed the evening at a marvelous grand piano in the casino where I improvised in my style. I had thought my friend would enjoy the evening as I did, yet after hours of playing roulette and not winning anything, he was quite depressed when we went home. I prayed for him almost every day, as I did for other people. And I especially prayed for him being granted the chance of indepen-

dence from his family and the possibility to find out about his true potential and gifts.

Then I lost sight of him because his parents decided to put him in their restaurant in The Hague. Quickly, because of the absence of his valuable work, the restaurant in Rotterdam went down and was almost empty whereas before they had good business. And I'll never forget the day when I went there again for lunch and asked, as many times before, for him. The waitress, a relative of him, smiled and asked me, surprised, if I had not heard of his fortune? I said I had no information about him since quite a time. She said he had won five million guilders in the lottery, whereupon he had bought a large villa in The Hague, and enjoyed life...

My studies of religions and cults came to a very simple net result: I found that to love God means to love beauty, grace, that which is good and harmonious and which ends antagonism. I learned that the achievement of inner and outer harmony has many names and that, depending on cultural standards, it is expressed differently. However, I saw that the creation of this basic harmony in man was the common goal of all religions and philosophies and that, as a result, they all shared a common truth.

But I have also found out that most religions in a way disregard our emotions or at least postulate that we have to control them if not chastise us for having them, for being emotional. For the least religions tend to belittle emotions as something childlike or related to the feminine part of us (which they anyway disregard).

Or they even pretend that our emotions were the inherent danger in human nature. The final result of hundreds of years of pontifical disdain of our emotions are millions of human beings who can't handle emotions any more or repress them.

The question of religion has pretty much become the question of our emotions. When psychoanalysis began to act against the religious castration, many people who took the finger for the moon were scandalized. How could one dare to question the human nature which, they thought, was like a square, or had to be such?

Prayer and Faith

However, what I found common in all religions was the knowledge about the benedictions prayer provides, although the practice of prayer differs widely from religion to religion.

Most people think that in order to pray one had to 'believe in something'. The truth is however that not only faith leads to prayer, but even more so prayer leads to faith. People tend to argue that without faith prayer had no sense. This opinion is wrong. When we eat we believe that what we eat will be good for our body, even though we may not reflect consciously about this silent belief. We also believe that tomorrow we're still alive; otherwise nobody would ever make plans. When we have hurt ourselves we also believe that the power of healing in our organism will quickly 'repair' the damage.

Actually, we believe much more than we are conscious of. And yet we have discarded belief out of the hyper-clean ivory towers of our science that we believe (sic!) had to remain pure. Pure of what? Science that lives on discarded emotions is not pure. It's inhuman, a science for robots but not for human beings.

Through prayer we purify our subconscious mind from false messages such as for example the one which says that somebody who is weak or feels weak was not a man. This opinion is an illusion which comes from pride. It is one of the founding opin-

ions of a culture which is not based upon mother earth but upon an imaginary Atlantis of purely intellectual achievement. Such a culture has created the line as a symbol for progression, for evolution. However, the line is an artificial construction, inexistent in nature, a mental product. Evolution, in nature, is rather cyclic. It allows the line only in combination with the circle, so as to say, resulting in the spiral. Compton's Reference Collection 1996 explains the spiral as a circling around a central point in a flat curve that constantly increases (or decreases) in size.

The curving movement of the spiral is what it has in common with the circle; the increase or decrease in size of the spiral is effectuated by its linear going forward or backward. The spiral is the dominating form or construction in nature. It is a symbol for evolution as such. Life is coded in the spiraled double-helix of the DNA molecule. The spiral is the expression of the periodic, systemic and cyclic development that is in accordance with the laws of life. The progression of the spiral shows that it always carries its root, however transporting it through every cycle onto a higher level or dimension. Whereas the line leaves its root forever.

All towers of Babel are manifestations of the line, they are linear and are created by linear thought structures. True growth is always cyclic and spiraled.

Liberated from linear thought structures, man finds faith without effort. Or faith finds man. There is no better means than prayer to effectuate this liberation from linear (strictly teleological) thought. Teleological thought is purely causal and founded upon *do ut des*. Whereas the law of love is neither causal nor based upon *do ut des*. Neither is it teleological, but simply existing or existential. It is beyond causality, synchronistic. Truth is beyond causality and beyond time. Where all is synchronistic, time ends.

The creation principle, being beyond time, beyond space, beyond causality, beyond ratio and beyond thought categories cannot be grasped mentally. However, we carry it with us in every single cell, in the tiniest entity of the hologram of life. All what we know of this beyond-thought is that we do not know about it. It therefore is the ideal soil for faith.

Therefore one who knows much and not one who knows little has the greatest faith. Ignorance is no fertilizer for religion, despite the fact that the power mechanisms of certain religions have exploited human ignorance for their profit. Einstein said

that one who knew little moved away from God whereas one who knew much moved towards God. Or, to use another picture, one out of the wisdom of Zen.

Before you did Zen you saw a mountain as a mountain. When you begin Zen, you will not see a mountain as a mountain. When you are a master in Zen you will see a mountain again as a mountain...

When we pray we recognize that, to stay in the picture, the mountain is not visible for us, that we can't see it (because of our mental aberration) as a mountain. In prayer we do as if the mountain was something visible, comprehensible. We pray to God, we talk to God knowing that this is an illusion. However, we do not need this illusion. If we hold the existence of the Higher Force for more likely than its inexistence we do not run around like the blind hens who find a corn here and there. We then are seeing with other eyes and hearing with other ears.

Regarding this basic fact of our mental limitation towards the unknowable, we really can be like the children and allow us the grace which is promised and which is based on something like *une heureuse insouciance*.

The Heraclitean *all flows* is perhaps the greatest expression of faith in history although it has to my knowledge never been considered as such.

Prayer brings all our inner parts into a state of harmony. It creates a balance between ratio and emotion, between knowledge and belief, between male-giving (yang) and female-receiving (yin), between high and low, good and bad, positive and negative, white and black, going forward, standing still or going backward, and so forth. Prayer establishes complete mental, emotional and physical health.

Prayer, as sincere request to the universe for the benefit of another or oneself, effectuates healing. It also heals from negative thought structures that spoil and corrupt our life from inside. Prayer empties our inner garbage tons which are often filled with all sorts of fears and doubts and which hinder our free progressing in the realization of our wishes and desires. Once our spirit is whole, it is holy and functions holistically (Sic! Compare the common roots of the words 'whole', 'holy', 'holistic').

The most effective form of prayer is positive visualization, seeing the outcome of the prayer in front of our imaginative eye. However, not many people even if faithful and praying regularly, seem to know or practice this simple technique. Their prayers may be very elaborate on a mere language level (which is left-brain), but lack the emotional impact that comes from vivid

imagination (and thus the involvement of the right brain hemisphere).

It is the emotional impact in prayer that makes for its positive outcome. Most prayers that were not fulfilled were those prayers which lacked a deep emotional investment of the person who prayed.

The blockage of the emotional impact in prayer is but the sign of a much broader phenomenon. Many of us block themselves toward receiving the best in their lives. We tend to complain that this or that is not given to us, yet the problem is that we are not willing to receive it, or not ready to.

The reason may be that our general attitude towards life is negative or guilt-driven. Many of us grew up under the influence of a deeply distorted worldview that came about through hurt or by war or civil war. Or we were influenced by older generations whose predominant credo was one of defeat, pretending one had to sacrifice oneself or one's best talents to some mysterious destiny.

Such disempowering thoughts and feelings, however, can be dissolved if we accept the mere possibility that another vision of life has the quality of an equally valid reality. This mere acceptance of the possibility of change makes change possible and highly probable. It effectuates our openness toward receiving.

Besides that, the more good we wish or request for others in our prayer, the more we ourselves can receive.

Dr. Murphy has given detailed instructions about how to model our prayers so that they are in accordance with the universal laws and most likely to bear fruit.

Prayer and Healing

In all the old myths and fairy tales the hero is a person who, through the patient mastering of all kinds of obstacles, got to gain the princess and the kingdom. Which means that he achieved inner unity (princess) and outer standing (kingdom). All those heroes are driven by an idea, be it marriage with the king's daughter, be it the realization of some skill or mastership. The marriage, love and sexual fulfillment and the children as the fruit of this union symbolize the *élan vital*, the life force that animates the hero, his personal power we would say today, his self-confidence, his inner strength. It is the force that conquers fear and drives us to new horizons and achievements, the power of constant renewal.

Optimism mixed with a good portion of pride and unfettered self-confidence characterize for example the *Virtuous Tailor* in the old German fairy tale. What in fact is self-confidence that is the basis of true optimism? Is it faith, is it confidence in one's star, one's Higher Direction?

The etymology of the word is interesting. Self-confidence means confidence in the Self. The Self, as teaches Ramana Maharshi, is our Higher Instance, our true I-AM Force. It is, to express it in Christian terminology, God in the form of the Holy Spirit which inspires the faithful and fills him or her with cour-

age and optimism. Self-confidence, it seems, is not pride let alone vanity, but simply faith. What myths and fairy tales convey to us is nothing different from the wisdom that the religions teach: to found one's life upon the Higher Direction that we receive through our Self.

Prayer is the easiest and most natural way to feed this faith constantly. Faith does not negate our human emotions, in the contrary. It accepts and affirms them. It also accepts our weaknesses, our fears and doubts. The faithful person knows that negating the human nature represents in turn a defense, and is produced by fear. We could say that faith means to believe that we will win despite our fears and doubts, despite all what seems to be otherwise an obstacle on our way to victory.

It is even more powerful than that. Faith not only accepts our weaknesses, but transforms them into strength. It effectuates a magical process, a true alchemy.

Prayer and Self-Confidence

What is life other than a magical circle, a circle which serves us to fulfill certain tasks in order to develop ourselves and to progress on our evolutionary spiral?

Reading fairy tales is revealing. They are highly initiatory and express eternal truths and wisdom in a beautiful picturesque language, a language that also children understand because it is non-intellectual and poetic.

Fairy tales teach us also that all masochistic world-views and castratory religious opinions are deeply wrong and that we are right, right from the beginning, in pursuing the desires of our heart. They encourage us to work on ourselves in order to increase our strength, self-confidence and courage since these qualities are highly important to succeed in life in whatever we want to do.

This is the reason why fairy tales are so important for children and adolescents as Bruno Bettelheim has shown us. And they reach the deeper mind of our children much better than our ordinary language does because they are written in the language of poetry which is the language of our subconscious mind. And this language is also the idiom of children.

This same language is the one in which our religious texts are written, be it the Torah, the Bible, the Koran, the Vedas or

other religious texts. This language is rich in symbols, simple in terms of grammar, yet colorful and suggestive.

It is the language of the old myths and sagas. When we listen to this language it sounds organic, simple and powerful. But everyone who has tried to write in it knows how difficult it is to reach the world of dream and occult mythology with ordinary words. Folk wisdom says one had to be born a poet.

Yet people who either have successfully followed psychotherapy or found inner peace through prayer or meditation reported that the language of poetry once of a sudden began to flow out of them as water from a well. Gabrielle Carmi, an inspirational author, for example, reports that she wrote her texts for the most part after long meditations and that these texts were, to her own surprise, written in a poetical imaginative language that she later could hardly identify as being her own, so different was it from her ordinary writing idiom.

I do not say that we need a therapy in order to get there, in the contrary. Whatever we use to become centered and find inner peace will produce those amazing results, if only, as I pointed out in the beginning, we believe that this event is a probability and accept it as such. (It means that we do not shut the door from the beginning). If, for example, we prefer using relaxing

music in order to get into a different state of consciousness, or we use colors, or engage in automatic writing, it makes no difference. We all have got our preferences and should respect them. Because all these different ways lead to the same source.

A good way also is to paint or print a symbol on top of a white page and then write a one-page observation about this symbol, a spontaneous text that is primarily focused on our emotions and our intuition provoked by the symbol. The themes and contents of such self-made-tales can reveal surprising inner truths; they in fact deliver messages from our subconscious mind. They often give hints to our present life situation and can show new ways and solutions.

Prayer and Positive Self-Empowerment (PSE)

Positive Self-Empowerment or PSE is the result of about ten years of research into the power of prayer and autosuggestion.

This method is a combination of prayer with techniques that enhance brain coordination and receptivity and thus contribute to rendering prayer still more effective. The prayers are less direct requests as we find them in usual prayer, but rather positive affirmations that render the landscape of our wishes in a way that approaches virtual reality. The basic philosophy of PSE is to assume with the power of our imagination that what we wish or desire is already realized in the very moment we express the wish.

Since our capacity of imagination and visualization is individually very different, we have to train visual imagination as part of positive prayer. In PSE we use simple exercises, carried out in a relaxed state of mind (*alpha state*) to train our visualization capacities.

But still more basic and fundamental for PSE than visualization is *relaxation*. Only few individuals would be able to practice visualization effectively without previous relaxation or meditation. Why is that so?

It has to do with brainwaves. Our brain works on frequencies. Depending on the state of mind in which we are the length

of those waves is different. For example, when we are awake, our brain works predominantly on beta waves. When we sleep we are on theta or even delta. Particular attention merits the *alpha state* because when our brain works predominantly on alpha waves, it has certain very valuable characteristics: it is highly coordinated and extremely receptive.

The following brain chart may show this a little more in detail. The two charts on the next page show you the historical development of the brain, the cerebrum which is newer in evolution and the archaic and vital parts of the brain, serving for the survival of the human race, as well as the wave lengths of brain waves or psychic waves, and the functional assignment of the brain hemispheres. (See the graphics in the ANNEX part of this essay).

The alpha state is the state of mind in which we are between wake and sleep. In this special state of mind that we all know from daydreaming, we are more receptive and open for new learning input.

Alpha is a highly creative state. We use it for creating art, for brainstorming, for inventing and ideally also for therapy. Highly trained persons who are free of bodily tensions and nega-

tive emotions are able to switch consciously their state of mind from beta to alpha, thus opening their inner space for the reception of creative intuition, inspiration and a higher form of energy which is involved in creation.

Highly gifted artists, writers, shamans, some astrologers, psychics and also exceptionally talented business people and politicians dispose of this capacity. For all others, little help is necessary to get into alpha.

For this purpose, we can use relaxing music, relaxation techniques such as progressive relaxation (invented in 1929 by Prof. Dr. Jacobsen from Harvard University), automatic writing, trance, meditation, autohypnosis, and many more.

As to myself, I do not need much to get into alpha. I use a little bit incense or sandalwood smoke, put slow baroque or jazz ballads, classical guitar music or traditional music such as Oud, Shakuhashi, Gamelan, Koto, sit quietly down at my computer, watch a moment at the screen, and it kind of flows out of my fingers. It works much harder when I have to write with a pen since when it comes, it flows rapidly and I hardly can follow writing.

It is not really automatic writing since I still have control over what I write. It's more of a very rapid flow of thoughts with-

out any mental controller coming in between. When I write one phrase, the following is already present in my mind, waiting to be written down. And it's coming with an almost complete perfection in style, grammar and orthography. There is hardly anything to correct.

It works in German, my mother tongue, but also in English and French. It could work in other languages if I practiced them.

When we pray, we probably are in alpha, too. Religious ceremonies characteristically use means to enhance alpha. It is that what Carl Jung called the magic of religion. In my opinion, it's more than magic. It shows that already in ancient times (when religious ceremonies and cults were designed), the knowledge and wisdom about those facts was present, at least for certain people.

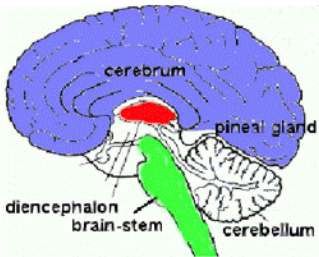
The step from prayer to PSE, Positive Self-Empowerment, as I have designed it, is simply one of enrichment. Simple prayer is produced on a mere language level engaging predominantly the left side of the brain where our language center is situated. Enriched prayer uses qualities of the right brain such as vivid imagination, visualization and bodily sensations as well. It is therefore nothing new what I developed. It's on the line of what the ancients practiced was forgotten during many generations.

Notes

(1) Some Publications of Dr. Joseph Murphy

- The power of your subconscious mind
N.J.: Parker, 1981, N.Y.: Bantam, 1982
- The miracle of mind dynamics
N.J.: Prentice Hall, 1964
- Miracle power for infinite riches
West Nyack, N.Y.: Parker, 1972
- The amazing laws of cosmic mind power
West Nyack, N.Y.: Parker
- Secrets of the I Ching
West Nyack, N.Y.: Parker, 1970

Annex



Brain Chart

delta waves 0.5 - 4 Hz // theta waves 4 - 7 Hz

alpha waves 7 - 14 Hz // beta waves 14 - 30 Hz

Left Hemisphere

Right Hemisphere

Thinking
rational
Analysis
Logic
Abstract schemes

Dreaming/Intuition
Irrational
Synthesis
Associations
Concrete images

Symbol:

Symbol:

