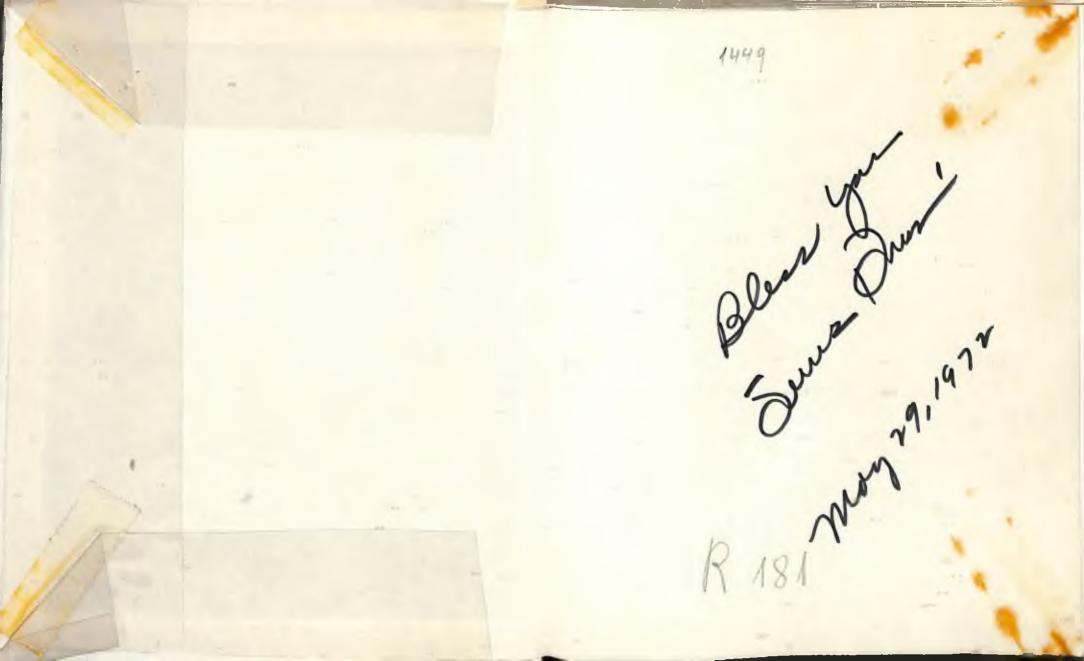
# JEANE DIXON REINCARNATION AND PRAYERS TO LIVE BY



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REINCARNATION	
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prayers	
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Dedicated to Man Believing and Unbelieving

JEANE DIXON

I would like to express my sincere appreciation to the Reverend Father Stephen Hartdegen, O.F.M., and to William H. Graham.

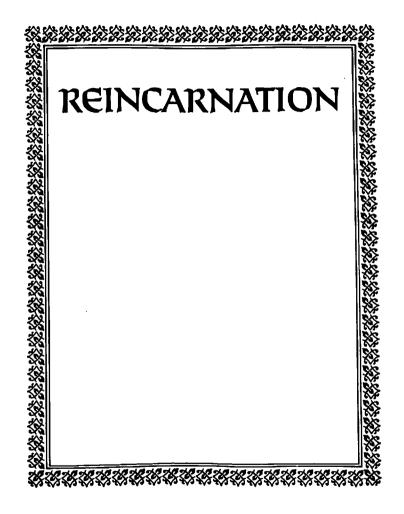
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"Is there such a thing as reincarnation?"

"Do you believe in reincarnation?"

Why does this subject intrigue people so? Because it grips them with something inflexibly true about God, about human history, and about the spark of life in each one of us, the immortal life stream we all share.

Even in its questionable forms, the belief in reincarnation has always reflected man's search to find continuity of God's purpose in human life and in human history. The idea of karma, of reincarnation, has its roots in oriental history from the time of Confucius and Buddha through the Kabala of the ancient Hebrews and the Greeks of Plato's time.

Life, the soul and the spirit, is a many splendored mystery, yet ever so clear and understandable, and all so awesome and wonderful — God works in mysterious ways to perform His wonders.

The doctrine of reincarnation in its true form recognizes God not only as the Lord of universal history, but also as the Lord of each human being's personal history. God is Lord of the tapestry called "World History" a tapestry woven out of all the personal histories of each

and every one of us, drawn together in the loom of life.

What does the word "reincarnation" mean? "Incarnation" stems from the Latin *in carne*, meaning "to be in the flesh." And of course the prefix "re" means simply "again," as in *return* and *reinvigorate*. Reincarnation, therefore, means "to be in the flesh again."

Christ, our Lord, was the Divine Word Incarnate, dwelling with us on this earth "in the flesh." Therefore, we Christians speak of His "Incarnation" and say Christ is "God Incarnate."

According to the ancient belief in reincarnation, man can be, or has been, the inhabitant of a mortal body more than once, in different places and at different times. This belief still pervades much of India today. In Tibet, the Dalai Lama is believed to be reincarnated continually and is the object of a special search, to be found and identified by the Buddhist monks of that country. Because of this belief and because the monks have always declared someone as the reincarnated Lama, rulership in Tibet has been continually provided for centuries until the invasion of Communist China.

It is a common tenet among some who believe in reincarnation that a human soul, which makes one the living individual that he is, has dwelled and will dwell in other human bodies after death. Furthermore, in some forms of the doctrine, there is a belief that one and the same human soul is "incarnated" and "reincarnated" in different kinds of animals. This, of course, is very degrading to the human spirit, and is therefore thought to be a punishment for failing to live up to the right standard of conduct for a human being. As a result, it is thought by some that "reincarnation" in a lower form of animal is the severest kind of punishment. It is surprising and regrettable how widespread these forms of the doctrine are among mankind.

People often tell me they are sure they were incarnated before in a different body because they seem to remember so distinctly that they have seen certain things before, or met certain persons or situations. Psychologists have analyzed such supposed phenomena and experiences and have dismissed them, labeling them with the French term déja vu, which means "already seen."

I have experienced this sensation of recollection many times.

One incident is still very memorable. It was Christmas time, 1962, when I was in Rome visiting my good friend, Mary Sisler. Fortunately for me, Mary's villa was directly opposite the magnificent Piazza Navona.

Here in the center of this historic square was erected especially for Christmas a long, tentlike structure, shel-

tered on three sides, but open in front. In this opening the townspeople had placed a crèche with the Baby Jesus, all kinds of gifts, tree ornaments and gay package wrappings.

As I gazed in wonder at the spectacle, the true spirit of Christmas enveloped my whole being, and I reached out, yearning to be a part of it. Yet even as I did so, I realized that it was all there for children, and I said, wonderingly, "But these are all for children."

And my heart and soul responded. "Somehow, some way," I thought, "I have to do this too — reach out to children, bring them the gifts of life, help them."

"The children," I said aloud, and repeated, "The children."

"Yes," said Mary, "children — bambinos — everything is for bambinos; here in Italy and at this season of the year they are much honored. This is indeed all for the bambinos."

Christmas in Rome is more than a holiday celebration. It is a feeling, a spirit, that completely takes over heart and mind, leaving no room for anything but the sacred honoring of Christ's birth in a polyglot of worship, song, and color!

The people gather in the squares and shrines. Shepherds in colorful native garments walk in slow procession

down from the hills high above Rome, their high-laced boots drumming on the hillside trails, their sons following them in measured tread. The high, sweet sound of their ancient, reedy flutes precedes them as they enter the city... and their lilting song blends into the Christmas carols that constantly permeate the air.

For the Christmas spirit and Christmas music is everywhere ... chorales and carols abound ... the music fills the entire city. It comes through windows and doors, the very walls, it seems. In the dim recesses of my highceilinged bedroom in Mary's villa I heard carols throughout the night. The melodies heightened the glory of Rome that is Christmas.

In this country we see shepherds only as figures in books, but over there they are alive: real men who live in the hills where they tend their flocks. And when I saw them in Rome that Christmastide it seemed to me that these shepherds were men I had known before, although I knew not when or where.

Wanting to make this my greatest Christmas ever, Mrs. Sisler's son Paul gave up his own time and pleasures to guide me around Rome and tell me about the Eternal City's artistic splendors — statues, paintings, frescoes, the ancient churches and famous palazzos — all expressing the sincere dedication of their purpose to a mission.

There was something very special Paul wanted me to see. It was a painting of the Sacred Heart of Jesus. "It hangs in a church not far from here," he said. "I hope you are in a walking mood, for there are many steps to climb."

He told me the name of the church (which I have since forgotten), but even as he spoke the name, I answered him gently.

"No," I said, "it is not in that church but in another church not quite as far from here... and without all those steps." I described the church to him, saying, "The painting is in the third alcove of the church on the right side as you walk down to the altar, and it seems to hang very low — almost at eye level."

But Paul was hospitably insistent. "No, Jeane. I have lived here in Rome for many, many years — and the painting is in the church with all the steps."

But I could not agree. I knew, I knew! I described to him in detail both the exterior and interior of the church where the masterpiece was displayed.

I told him it seemed to me I had indeed been in that church before and knew exactly where to find the painting of the Sacred Heart of Jesus, although this was my first visit to Rome. "It is rather a small picture, not a large one," I added.

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Determined not to seem stubborn, Paul let me have my way and we stopped at the church I indicated. Without hesitation, I led him to the third alcove on the right side of the church. He stared in amazement at the eye-level painting he had so wanted to show me!

And as I, too, gazed at the picture, it was so familiar I felt I had been in that very place before. How or when or why I do not consciously know. It was as if my spirit had seen and remembered this very special painting from having seen it before.

I think there is a more satisfactory explanation.

I believe there is a distinct difference between the concept of soul and that of spirit in man.

Soul (Greek, *psyche*; Latin, *anima*) is the life principle in man. When united with a body of flesh, it makes man a living being. It is individual, singular, spiritual, and is never reincarnated in another body. It is the subject of personal life.

Spirit (Greek, pneuma; Latin, spiritus) refers to the center of mental activities. It is not restricted to the individual. Spirit may be "reincarnated," or continued in other souls, to carry on a particular mission at a precise time.

For example, although there was only one Abraham Lincoln, there are men and women who have been called

"other Lincolns." The soul of Abraham Lincoln is now in eternity, but the mission of which he was given a part continues. And the spirit which lived within the soul of Lincoln is the spirit of his God-given mission. That spirit continues as long as the mission remains unfulfilled upon this earth. That is why there have been and will be other men and women who share the same kindred spirit in their souls toward completion of that particular mission.

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Plato, the ancient Greek philosopher, believed that the human spirit had a pre-existence in heaven, which for him was the realm of divine ideas. From this pantheon the human spirit then descended to earth for its term of imprisonment — or incarnation — in a body. Plato thought that the most noble aspect of human knowledge — the awareness of fundamental principles of goodness, truth, beauty, right and wrong — was explained by what the spirit learned among the divine ideas in its preexistence. This transcendental thought persists today in the view that man is the divine idea of God, including all right ideas.

Some modern psychologists contend that the teachings of Aristotle and St. Thomas Aquinas are really true; that is, that all our knowledge is based upon and derived from our sensory experiences after our birth into this earthly life. In their view there is no aspect of human knowledge or character that depends upon a previous incarnation or existence.

Man has been given free will to accept or reject such notions. I do not accept the idea that the same human identity (the soul) is "in the flesh" many times, even in the body of a lower animal. And yet - as in all things human — the notion of reincarnation is a stumbling and a groping toward truth. What is this truth? It concerns the continuity of God's purpose for us as individual human beings - through the flow of human history toward a divinely appointed goal. The growth of the continuing spirit depends on each one of us developing his individual talents to the fullest potential in his life on earth. On the circular ceiling of the Reading Room of the Library of Congress these words are inscribed: ONE GOD, ONE LAW, ONE ELEMENT, AND ONE FAROFF DIVINE EVENT TO WHICH THE WHOLE CREATION MOVES — Tennyson (In Memoriam).

What a magnificent reality and what a call to faith for each and all of us! The notion of continuity of spirit is woven like a golden thread that binds together the Old and New Testaments of the Holy Bible. It is illustrated in the people through whom salvation history is developed. An outstanding example is found in the personages of Elijah and of John the Baptist. It is stated clearly in the Bible that Elijah would come again to prepare the way for the Messiah. Asked about this, Christ told His disciples that Elijah had come in the person of John the Baptist. John was fulfilling in his day a mission and purpose in the spirit of Elijah — that is, preparing the way for the Incarnate Lord.

Because God is omnipresent and omnipotent there is a reincarnation of purposes and missions assigned to individuals in particular times and places, which gives continuity to the flow of God's plan in the history of men.

When Christ said, "Elijah has already come but they knew him not" (they did not recognize him), He indicated that the spirit of Elijah was accomplishing a mission in the person of John the Baptist (Matthew 17: 11-13). He was teaching us that John the Baptist had a particular purpose assigned to him by Almighty God a continuation and fulfillment of the purpose which the prophet Elijah in his life upon this earth carried out in a manner *proper to his time* and in accordance with his mission in the unfolding of God's plan.

Spirit refers especially to the higher intellectual life, the spiritual life of grace. It may also be regarded as the seat of supernatural life. The spirit of man thus stands subject to direction for developing the gifts God gave us.

The most outstanding and universal example of con-

tinuity of spirit to fulfill a world mission is the manner in which the spirit of Christ is incarnated in all people everywhere who believe in Him. It is "of His fullness [of spirit] that we have all received."

"For it has pleased God the Father that in Him [Christ] all His [God's] fullness should dwell and that through Him [Christ] He should reconcile to Himself all things whether on earth or in the heavens, making peace through the blood of His cross."

Receiving the spirit of Christ "poured out upon men through the Holy Spirit makes all who believe in Him sharers in His universal mission of reconciling to the Father all things on earth and in the heavens"; in a word, of continuing through time and space till the end of the world the saving mission of Jesus "that He might be the first-born among many brethren."

Human history is a tapestry woven by Almighty God in and through His Incarnate Son, and the threads He uses are the personal lives of each one of us — and each of us has to extend through time and space the mission Jesus came to accomplish because it is intended to benefit all men. It embraces the specific missions which earlier souls were given to carry on in earlier times. There is a sense of timing in the pattern already woven into the tapestry. God builds on that which is past. God assigns His purposes, His callings, His functions to each newly created soul in such a way that a wonderful continuity is preserved among the missions, purposes, and callings of earlier souls with those of people now on earth and those of souls yet to come because they are all centered and made one in Christ.

Scientists and scholars tell us there are two kinds of heritage among men — the biological heritage that we receive from our parents and ancestors by physical generation (carried in the genes and chromosomes), and the cultural heritage that can come to us only by learning.

There is a third heritage, however, which gives perspective and purpose to the other two, and that is the continuing participation of Almighty God in the affairs of men. It is the heritage that can be perceived in the pattern of human history designed by the Divine Weaver. In that pattern we learn our heritage. From that pattern we inherit our spiritual values.

But, you may ask, how do I discover for myself who I am? What is His purpose for me? This search for identity, this process of true self-identification, begins with the understanding that, as the Bible tells us, we are created in His image and likeness... and for a definite purpose.

In order for us to know our own identity we must

accept the fact that we are created in His image — not He in our image — insofar as we know ourselves as His reflection. God is not an old man with a white beard, reigning in Heaven. God is Spirit, Mind, the Divine Principle of all being. Our aspiration should be to attain a degree of spirituality in which we will be constantly aware of this fact. We should enter upon a course of constant conscious communion with God and dedication of our lives in service, using and developing the talents He has given us, and spiritualization of our thoughts by prayer, combined with work and good works. It is our thoughts, our words, our deeds, this very day, this very moment.

For this very reason, a set of devotional exercises is included at the close of these reflections on the reincarnation of the spirit. You will find prayers for various occasions, titled "Prayers to Live By" — but you must always realize that prayer without work is not enough.

Beginning with the ecumenical Easter prayer of one of the greatest popes, Pope Gregory, who became St. Gregory, these prayers can help us bring about the personal resurrection we are seeking and longing for. These prayers will help us obtain that mind which was in Christ (St. Paul said, "Have this mind in you which was also in Christ Jesus"), the attainment of which places us on the road to accomplishment, of fulfillment of God's plan for each of us — our purpose and our mission.

Our collective spiritual heritage is carried on in a seamless robe across the ages because of the assignment of purposes "incarnated" from individual to individual in Christ, each bequeathing the treasure he has inherited so that human history moves from the past through the present into the future — the future to us, but known already to the infinite mind of God.

To find ourselves in this mainstream of God's purpose we must be willing to place ourselves wholeheartedly in the context of His divine tapestry so that we will experience in our lives the reality of His true purpose for us ... a continuation of an earlier mission ... a reincarnation, if you will, of an earlier spirit.

When we place ourselves faithfully and completely in His loving hands, He leads us to know His will — His purpose for us in our own life. If we do not immediately receive the material rewards we have been working and hoping for, then let us always understand and accept that these material rewards — the reaping of our earthly harvest — are given to us in God's own time, not ours. For in His infinite wisdom and mercy He knows what is best for us and when it is best for us.

Christ Himself was sent by His Father into this world

with a mission which He was to fulfill. He continues its fulfillment through us by incarnating His spirit in us. It is to save all men and reunite them with His Father in heaven. Christ Himself prayed to His Father, "Not as I will but as You will." When we pray those same words as Christ prayed them and truly believe them, we begin to bring about the true world spirit — the Christian idea of "Peace on earth to men of goodwill."

When a child is born — whether to a destitute family in a slum or to a royal family in a palace — it lives because the Lord has breathed the breath of life into it. The Lord our God has created another individual soul in that baby. He does so because He has an individual purpose for that baby — to carry out an assignment in the living, continuous stream of human history, to bring to fulfillment an assignment which other souls in earlier times had begun . . . just as the spirit of Elijah reappeared and was fulfilled in that later individual, John the Baptist. The *spirit* of Elijah, not the *soul* of Elijah, was reincarnated in the person and mission of John the Baptist.

A soul is never reincarnated in another body, but the spirit of a mission unfulfilled is reincarnated until that particular purpose is completed. In all religions of the world there is a belief that God selected a special individual who grew into manhood and received and reflected the light of God. In this holy light, reflected in a single Individual, millions have walked.

Religions are many, but God is one.

Confucius was the great moral reformer of hundreds of millions of Chinese people. He believed in Heaven which entrusted him with curing the ills of the world. So despite ancestor worship, the Chinese also worshipped God in their own way.

Zoroaster taught the Persians to return to their former worship of the creator of heaven and earth and of all beings, even though he was not free from worshipping other gods as well.

To the people of India came Buddha, who received the message of spirit after a life of sensuality and turned untold millions to Buddhism.

To the Hebrews came Moses with the Ten Commandments, the great moral and ethical document for human guidance in the history of mankind.

To the world of Islam came Mohammed whose Koran, upon close study, reveals the kinship of Father Abraham's offspring, the Arabs and Jews.

To all men came Jesus, the Incarnate Word of God, whose teachings we have been trying to absorb for two thousand years and upon whose precepts our nation under God was founded on July 4, 1776. And "what the world needs now is love," the fullness of Christ's love and understanding. It is Christ's compassion and healing of the poor and the sick and our faith which are needed in the world of today.

The benefits of science, of dollars dispensed with compassion and social justice, are what the world needs not missiles, atomic warheads, and poison gas. May the day come soon when America's true mission on earth is fulfilled! May a reign of God's justice ensue and give to mankind a never-ending era of world brotherhood with plenty for all — when love with understanding will reign supreme.

The answer lies with our faith in Almighty God, the Lord of all history, the Holy Trinity — the one God in Three Persons whom Christians know by the light of faith. Almighty God is the Father and the Son and the Holy Spirit. It is through Him and through faith in Him — the faith revealed by God through His Son — that we become aware of the fact that each one of us has a purpose and mission. By our awareness we recognize that purpose; by recognizing it through faith we are moved to work diligently to fulfill it; and with faith — by sincerely attempting to fulfill His purpose for us — we will reap rewards greater than all telling, beyond our fondest dreams! I cannot say too often that each personal history is a thread in the tapestry that God is weaving. Each stitch, each small personal thread, is important, with a special and individual importance, in God's pattern for this tapestry of our lives.

In breathing our souls into our bodies, God gave each of us some assignment, some mission, something to do in furthering His kingdom on earth.

The individual purpose of each one of us, however humble and modest, is supremely important because it has been designed by the Maker and because no one else can accomplish it in just the same way; no one else has exactly the same gifts — the means to do it — in just the same manner. Each one of us has the particular gift the particular talent — to fulfill his own particular purpose, and it is given to each one of us at precisely the right time. For the "right time," under God's Almighty power, and the timing of the purpose assigned to each person, is the clearest witness of His infinite greatness and power! "For God's Own Time Is the Best Time," wrote Johann Sebastian Bach in his great choral piece.

Furthermore, God's assignment of roles and functions to each of us takes place within the upward spiral of hufnan progress. Each person's purpose, when fulfilled in accordance with the divine plan, contributes at a precise moment of time to all human progress. Thus, at this very moment, both known and unknown scientists are working out their formulas and their discoveries under God's precise timing; each scientist has his own role and purpose to perform during his moment on the stage of human development.

From Democritus, the great Greek scientist and philosopher, to John Glenn, our first astronaut to orbit the earth, we see God's plan for the scientists of the world unfolding. Each new discovery depends on what has been discovered before. The gap between the known and the unknown is often filled by a spark of inspiration after years of hard work in a research laboratory, as the lives of many scientists attest. In God's own time, which is the precise right time, divine wisdom has come to successive scientists as man has learned more and more about himself and his universe.

And it is interesting to note that the last fifty years have produced more scientists and more scientific progress than the entire previous history of the world. Thus we see it is a part of God's divine plan for the universe that, in the development of mankind, the space age should have come now and not at the time that Benjamin Franklin was coaxing a spark of electricity from lightning in space through a key on his kite! Outer space belongs to the Lord our God and, in accordance with His plan, man has taken the first steps on the moon. Now work is in progress to enable men to venture farther into outer space, from the moon to other planets.

In order to accomplish this, new concepts of time, space, and energy will have to be developed to overcome the limitations of present knowledge, and I am confident that God in His wisdom will unfold to the right scientist at the right time the idea of a new form of energy and a new concept of time that will enable men to travel to the stars and look out upon the vast universe beyond.

The teams of American astronauts who first circumnavigated the moon and then made two successful landings are living examples of the need for unity of action and purpose in America today. It is interesting that in each Apollo mission a team of three was required. What a reflection of the Divine Trinity!

In each case three men, with roles so different, yet linked together into a wonderfully unified team, played their parts in a successful mission. The role of each was indispensable to the success of the total mission. If one man failed, his life and the lives of the others might have been lost. But on each flight all functioned perfectly according to each one's individual mission, purpose, and timing — and all three Apollo missions succeeded. The astronauts were the spearhead of a larger team of hundreds of thousands of individuals, working in mission control centers, laboratories, and factories all over America. All functioned to the best of their ability. Similarly, if we do not all carry out the role assigned to us under God's providential control as members of His appointed "team," if we fail in our personal missions, or waste our existence trying to play a role that belongs to someone else, we gradually upset our unity and our teamwork. Then the flight of our planet earth begins to fail, causing frustrations, individual unrest and unhappiness, broken marriages, broken homes, and broken lives.

And from the sum total of many lives being led apart from God's purpose comes the turmoil and destruction of riots, revolution, and war among nations.

All of earth's present turmoil and strife can be stopped when, and only when, we begin to function as a team, with all of us fulfilling our own important purpose however small it may seem to be in our eyes or in the eyes of others — in this our mission planned by Almighty God.

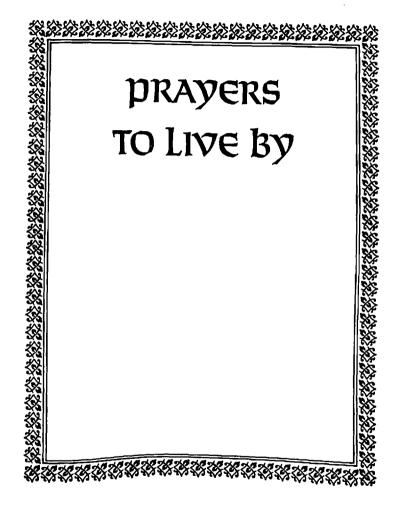
In this message our attention is called to the personal purposes, those divinely assigned purposes, that make all of us a great human team — a team that can and should work together. Just as those astronauts were an important part of the NASA team, which is made up of hundreds of thousands of firms and individuals working together in the conquest of space — a conquest which will be carried on and extended by others — so, too, each one of us is an important part of God's work, which will be carried on by others till the end of time.

And as the saints and holy writers have told us through the ages, God never fails with His help. When we recognize our personal individual purpose and begin to work it out as a member of His team — a worker in His vineyard — with all nations at peace, with each family united in a bond of love, with each individual free to develop his individual talents and to live a fruitful life in a healthy society, and with all people united in an understanding of faith under one God, such a world will come to pass.

When that time comes — and it will come — we will all be united in the Brotherhood of Christ under the Fatherhood of God.

When that time comes — and it will come — the Lord's Prayer will be fully answered:

"Our Father who art in heaven, Hallowed be Thy name, Thy kingdom come, Thy will be done On earth, as it is in heaven..."



Some people pray only in their place of worship. Others pray at home or at work. Some pause a few moments during the day or night no matter where they are. Many pray before making an important decision, as did Abraham Lincoln in the darkest days of the Civil War. When illness or tragedy strikes, prayer can and does bring solace and even healing. Occasionally people give simple thanks for their blessings with a prayer. Prayers are, for many, an integral part of their lives, regardless of their particular faith.

Certainly, in the spiritual elevation of our thought and the reformation of our lives which are so necessary in tense and troubled times, as well as in times of peace and tranquillity, the habit of praying daily is of paramount importance.

The following is a collection of some of the best-loved prayers which have come down to us through the centuries, representing all faiths and creeds. Some were written or first spoken by famous figures in religious history, others by anonymous laymen. All of them express thoughts that can inspire and comfort — and help to bring us to that point where we shall truly reflect the divine image of our Creator.

# EASTER PRAYER OF ST. GREGORY

St. Gregory was in his youth Prefect of Rome. Born to wealth, he gave all to the poor and made his home into a monastery. He became Pope, converted the Lombards, and began the conversion of England, a lifetime ambition. His name is associated with the arrangement of the Gregorian Chant. He died in A.D. 604, one of the great Popes. His Easter Prayer has an ecumenical appeal so sorely needed today.

It is very fitting and right, with all powers of heart and mind, and with the service of the lips, to praise the invisible God, the Father Almighty, and His Only Begotten Son, our Lord Jesus Christ, Who paid the debt of Adam for us to the Eternal Father, and effaced the bond of the ancient guilt by the Blood poured forth in loving-kindness. For this is the Paschal festival in which You first brought our fathers, the children of Israel, out of Egypt and made them to pass over the Red Sea dry-shod. This, then, is the night which cleared away the darkness of sin by a pillar of radiance. This is the night throughout the world which now restores to grace and unites to holiness believers in Christ, separated from worldly vices and from the gloom of sin. This is the night in which Christ broke the bonds of death and ascended from the grave, the conqueror.

For to be born had been no blessing to us, unless we could have been redeemed. Oh, the wondrous condescension of Your loving-kindness towards us! Oh, the inestimable tenderness of Your love! To redeem the servant, You gave up the Son. This holy night, then, puts to flight offenses, washes away sins, and restores innocence to the fallen, and joyousness to the sad. Oh, truly blessed night, which despoiled the Egyptians and enriched the Hebrews — the night in which heaven and earth are reconciled! We pray You, Lord, therefore, that You would preserve Your servants in the peaceful enjoyment of this Easter happiness; through Jesus Christ our Lord, who lives and reigns with God the Father, in the unity of the Holy Spirit, God now and forever: Amen. Prayers are as different as the people who write them, and no two people will react alike to any particular prayer. As we move from the seventh century into the twentieth with the following prayer, we realize that even hard-boiled sports fans can react to heartfelt prayer. For millions of Americans it came as a complete surprise one night when Mel Allen, popular sportscaster of the New York Yankees baseball games, read his favorite prayer on a TV broadcast.

# A GAME GUY'S PRAYER

Dear God, help me to be a sport in this little game of life. I don't ask for an easy place in the lineup; play me anywhere You need me. I only ask for the stuff to give You one hundred percent of what I've got. If all the hard drives seem to come my way, I thank You for the compliment.

Help me to remember that You won't ever let anything come my way that You and I together can't handle. And help me to understand that the game is full of knots and knocks and trouble, and make me thankful for them. Help me to get so the harder they come the better I like it.

And, O God, help me to always play on the square. No matter what the other players do, help me to come clean. Help me to study the Book so that I'll know the rules, and to study the great players. If they found out that the best part of the game was helping other guys who were out of luck, help me to find it out too. Help me to be a regular fellow with the other players.

Finally, O God, if fate seems to uppercut me with both hands and I'm laid on the shelf in sickness or old age or something, help me to take that as part of the game too. Help me not to whimper or squeal that the game was a frame-up or that I had a raw deal.

When in the falling dusk, I get the final bell, I ask for no lying complimentary stones. I'd only like to know that You feel that I've been a good game guy. Amen.

There was something very special about this prayer: it may have been the language, or the sentiment, or the way it was read that provoked a tremendous response from the listening and viewing audience. Thousands of letters and calls poured into the studio requesting copies of the prayer. There were so many requests that a special printing had to be made to comply with the demand.

The meaning of that response is clear. Many people want to pray. They feel the need to pray. "A Game Guy's Prayer" filled this need for thousands of people.

And recently, in July of 1969 at the Yankee Stadium, thirty thousand fans broke out with cheers when the scoreboard flashed, "They're on the moon!" Then all went silent for a moment of prayer.

# MAKING PRAYER A DAILY HABIT

The habit of prayer is a form of spiritual renewal and progression that refreshes the soul. It is more helpful than keeping physically fit because in itself prayer has a healing power.

## Morning Prayer

Robert Louis Stevenson once wrote a short prayer which is ideal for busy people.

The day returns and brings us the petty round of irritating duties and concerns. Help us to play the man, help us to perform them with laughter and kind faces. Let cheerfulness abound with industry. Give us strength to go blithely on our business all this day, and grant us in the end the gift of sleep. Amen.

#### Midday Prayer

During a busy day there are moments when a prayerful thought can carry us over hurdles and smooth the way. Here is a prayer for all during the day.

O Lord, grant that each one who has to do with me this day may be the happier for it. Let it be given me each hour today what I shall say and grant me the wisdom of a loving heart that I may say the right thing rightly. Help me to enter into the mind of everyone who talks with me, and keep me alive to the feelings of each one present. Give me a quick eye for little kindnesses that I may be ready in doing them and gracious in receiving them. Give me a quick perception of feelings and needs of others, and make me eager-hearted in helping them. Amen.

## Evening Prayer for the Family

The following beautiful prayer for evening can be offered by the entire family. It is from an ancient service known as Pentecost Vespers.

Blessed art You, Almighty Master, who has granted us to pass through this day, and to reach the beginning of the night.

Hear our prayers and those of all Your people; and forgive us our sins voluntary and involuntary, and accept our evening supplications, and send down on Your inheritance the fullness of Your mercy and Your compassion.

Compass us about with Your holy angels. Arm us with the armor of Your righteousness: Fence us around with Your truth:

Guard us with Your power.

Deliver us from every assault and every device of the adversary, and grant us to pass this evening and the ensuing night, and all the days of our life, in fullness of peace and holiness, without sin and trembling. For it is Yours to pity and save, O Christ, our God. Amen.

### Bedtime Prayers

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When bedtime comes, here is a brief prayerful thought from the Bible.

I will lay me down in peace, and take my rest; for it is You, alone, Lord, who makes me to dwell in safety. Amen.

A favorite and beloved prayer of all children is this Old English prayer.

> Now I lay me down to sleep. I pray thee, Lord, my soul to keep. God bless my father and mother dear, And Heavenly Father, draw thou near, And bless me, too, and help me wake A happy child for Jesus' sake. Amen.

# GIVING THANKS FOR OUR DAILY BREAD

Saying grace at mealtimes is a good daily habit too. People of all faiths are finding that a new spirit of togetherness is felt when the family gathering at mealtimes starts with a member of the household saying grace. For single persons, too, the saying of grace is a pleasant way to begin a meal. Here are a few old-time favorites.

We thank You, our Heavenly Father, for Your care over us, and we pray that You will bless this food for our use. Amen.

Master of Life, make our table-companionship a revelation of Your presence, and turn our daily bread into the bread of life. Amen.

O God, our Father, Who gives food for the body so we can do our daily work, and truth for the mind, so enlighten and nourish us that we may grow wise and strong to do Your will which is our work. Amen.

Father in Heaven, sustain our bodies with this food so we have strength to do our work. Sustain our hearts with true friendship, and our souls with Your truth; for the sake of Christ Your Son. Amen.

## Graces for Children

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It's fun for the children to say grace, and also a good, reverent attitude for them to cultivate at mealtimes. Here are two of them to learn if you wish.

The first prayer is the childhood thanksgiving prayer at mealtimes of Julie and Tricia Nixon. Julie said the grace at the 1969 Thanksgiving Dinner at the White House when 230 elderly people were the guests of President Nixon.

> Thank You — for the earth so sweet, Thank You — for the food we eat, Thank You — for the birds that sing, Thank You, God, for everything. Amen.

God is great and God is good, And we thank Him for our food, By His Hand we must be fed, Give us, Lord, our daily bread. Amen.

# PRAYERS FOR SPECIAL OCCASIONS

There are special times in our lives when we turn to God through prayer spontaneously. Great joy or great sorrow, anxiety or perplexity are occasions for prayer. It is on such occasions that poverty of the spirit sometimes finds us empty of the words or thoughts we need to express what we feel. Following are prayers for various special occasions, beginning with a simple prayer of thanksgiving.

## Prayer of Thankfulness

Father of compassion and fountain of all goodness, we heartily thank You for Your bountiful gifts to us and to all men. We thank You for all kindly charities and pure affections, for the means of doing good You have given, and for the victory over sin and death You have promised us. Above all we thank You for the love that governs all our ways. We therefore bless Your holy Name, and bring our offering of praise and gratitude, praying that You will establish us in every good word and work and make us worthy of the love You have bestowed upon us. Amen.

## Prayer for Faith and Guidance

When asking for grace and help, faith or guidance, the following prayer by St. Patrick, the patron saint of Ireland, brief though it is, encompasses a great deal. O God, most holy, be above me to protect me; underneath me to support me; before me to guide me; behind me to forward me; within me to strengthen me; round about me to shield me. Be all things to me. Amen.

## Prayer for the Sick

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The following prayer has been used for the sick for centuries. The substitution of the word I or me for he and him in the prayer may be made by those who may be ill themselves.

Sovereign Lord, our God Almighty, we beseech You to save us all, You the only Physician of souls and bodies. Sanctify us all, You that healest every disease; and heal also this Your servant. Raise him up from the bed of pain by Your tender mercy and compassion; drive away from him all sickness and infirmity; that, being raised up by Your almighty hand, he may serve You with all thankfulness; and that we being made partakers of Your unspeakable kindness, may praise and glorify You, who perform works great and wonderful, and worthy to be praised. For it is Yours to pity and to save; and to You we ascribe glory, Father, Son, and Holy Spirit, now and forever, and unto ages of ages. Amen.

# Prayer for the Bereaved

The loss of a loved one is a time when most people turn to prayer. Here is a very old prayer that has helped to console or assuage the grief of many a bereaved person in the first hours of their grief, those most poignant, tearfilled moments.

O God, help me to think of You in this bitter trial. You know how my heart is rent with grief. In my weakness, tested so severely in soul by this visitation, I cry unto You, Father of all life; give me fortitude to say with Your servant Job, "The Lord has given; the Lord has taken away; blessed be the name of the Lord." Forgive the thoughts of my rebellious soul. Pardon me in these first hours of my grief, if I question Your wisdom and exercise myself in things too high for me. Grant me strength to rise above this trial, to bear with humility life's sorrows and disappointments. Be near unto me, O God. Bring consolation and peace to my soul. Praised are You, O God, who comfortest the mourners. Amen.

## Prayer for Help on a New Venture

When starting on a new job, beginning a new business, or undertaking any new venture, prayers can and do help.

The following prayer was written in the nineteenth century. The thought, however, is for all time.

Lord, I desire to place myself, and what I am about to undertake, in Your hands. Guide, direct and prosper me, I beseech You. And if You see that this undertaking will be for Your glory, grant me good success. Make me to feel that unless Your blessing is with me, I cannot succeed, and that, except the Lord build the house, their labor is but lost that build it. Help us then, O Lord, in this and all our doings with Your most gracious favor, and further us with Your continual help, that in all our works begun, continued, and ended in You we may glorify Your name, through Jesus Christ. Amen.

## Prayer for Help in Our Daily Living

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Here is a beautiful and inspiring prayer which is said to have been used by Mary Stuart, Queen of Scots.

Keep us, O God, from all pettiness; let us be large in thought, in word, in deed. Let us be done with faultfinding and leave all self-seeking.

May we put away all pretense and meet each other face to face without self-pity and without prejudice.

May we never be hasty in judgment and always generous.

Let us make the best of things, and make us to grow calm, serene and gentle.

Teach us to put into action our better impulses, straightforward and unafraid.

Grant that we may realize that it is the little things of life that create differences, that in the big things of life, we are as one. And, O Lord God, let us not forget to be kind. Amen.

# Prayer of Thanks for Good Fortune

Prayers of thanks are most appropriate in times of prosperity, upon the acquisition of wealth, or after what we might call a stroke of luck or good fortune. Here is a prayer to be used in times of prosperity.

O my Father, You have indeed blessed me far beyond my deserts. You have prospered me. O make me thankful. Tune my heart to praise You as I ought. Put a new song in my mouth, even thanksgiving unto my God.

Keep me from being too much taken up with the things of this world. Make me ever mindful that this is not my rest. I desire to show my gratitude by living henceforth more entirely for Your glory. Let me not forget You in my present prosperity, lest a curse come upon me, instead of a blessing. But feeling Your goodness and Your love, may I give my whole heart to You and live for You all my days, for the sake of Jesus Christ. Amen. Prayer for the Discouraged — The Twenty-third Psalm In times of trial and discouragement millions of people turn to the Twenty-third Psalm for comfort and strength. This Psalm of David is an expression of confidence in God's grace. Use it often!

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: He leadeth me beside the still waters.

He restoreth my soul: He leadeth me in the paths of righteousness for His name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for Thou art with me; Thy rod and Thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies; Thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord for ever.

## Holiday Prayers

Our great national holidays — Thanksgiving, Christmas, and Easter — are, of course, religious holidays, a fact that is too often forgotten, overlooked and overshadowed by feasting, finery, revelry, and materialism. Here are appropriate prayers for each of the holidays. The Easter prayer is included for its reference to the Resurrection. St. Gregory's prayer, already included, is one of the great Easter prayers of all times.

#### THANKSGIVING DAY

Almighty God, our Heavenly Father, from whom comes every good and perfect gift: let Your blessing rest upon us in this festival of Thanksgiving. We praise You as the bountiful benefactor from whose gracious Hand all our blessings have come. We remember Your loving-kindness and tender mercy toward us through all the years, and with grateful hearts we lift up to You our songs of joy. For all the gifts You have bestowed upon us, and upon the whole family of man, we give You humble and hearty thanks. May we show our gratitude by faithful lives devoted to Your service; through Jesus Christ our Lord. Amen.

#### THANKSGIVING PRAYER

O God, You have fulfilled our founding fathers' faith in Your divine providence by making and keeping us a land rich in the abundance of Your creation.

Freedom, justice, and universal brotherhood are for us our precious heritage, but for countless men, in our midst and all over the world, they are still only a dream. May we be faithful to share this heritage with the living and transmit it to a people still unborn: through Jesus Christ.

#### CHRISTMAS

Come You, dear Prince, come to us this Holy Christmas time! Come to the busy marts on earth, the quiet homes, the noisy streets, the humble lanes; come to us all, and with Your love touch every human heart, that we may know that love, and in its blessed peace bear charity to all mankind. Amen.

#### EASTER

You who make the stars, and turn the shadow of death into the morning; on this day of days we meet to render You, our Lord and King, the tribute of our praise; for the resurrection of the spring-time, for the everlasting hopes that rise within the human heart, and for the gospel which has brought life and immortality to light. Receive our thanksgiving, reveal Your presence, and send into our hearts the Spirit of the Risen Christ. Amen.

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# PRAYERS OF OTHER FAITHS THAT CAN INSPIRE

# A Jewish Prayer — The Yigdal

The Yigdal appears at the beginning or end of the Morning Service in the Orthodox observance on the Sabbath. It has a timeless, universal appeal.

- 1. The living God O magnify and bless Transcending Time and here eternally.
- 2. One being, yet unique in unity; A mystery of Oneness and measureless.
- 3. Lo! form or body He has none, and man No semblance of His holiness can frame.
- 4. Before Creation's dawn He was the same; The first to be, though never He began.
- 5. He is the world's and every creature's Lord; His rule and majesty are manifest.
- 6. And through His chosen, glorious sons expressed In prophecies that through their lips are poured.
- 7. Yet never like to Moses rose a seer, Permitted glimpse behind the veil divine.
- 8. This faithful prince of God's prophetic line Received the Law of Truth for Israel's ear.
- 9. The Law God gave He never will amend, Nor ever by another Law replace.

- 10. Our secret things are spread before His face; In all beginnings He beholds the end.
- 11. The saint's reward He measures to his meed; The sinner repays the harvest of his ways.
- 12. Messiah He will send at the end of days, And all the faithful to salvation lead.
- 13. God will the dead again to life restore In His abundance of Almighty love.

## Prayers from India

#### HINDU PRAYER

This Indian prayer is from the Rig Veda, one of the four sacred books of the Brahmins and the oldest of the collections of Hindu hymns (c. 1500–1000 B.C.).

Where there is eternal Light, in that immortal imperishable sphere, where life is free, where the worlds are radiant, there make me immortal; where joys reside, where the desire of our desires is attained, there make me immortal... May that soul of mine — which is a ray from out the inextinguishable light — be united, by divine meditation, to the Spirit supremely blest, supremely intelligent.

## HINDU PRAYER TO BUDDHA

Buddha was born circa 563 B.C. in India to a wealthy Nepalese family named Gautama. After a life of sensuality and ease he became a hermit and wanderer, renouncing his class and past. During this period he learned the principles on which Buddhism was based. He died about 483 B.C., having been given the title Buddha (Enlightened One) by his followers.

Thou in whom innumerable creatures believe! Thou, Buddha, Victor over the hosts of evil! Thou, all-wise Being, come down to our world! Made perfect and glorified by innumerable by-gone revolutions; always pitiful, always gracious toward all creatures!

Look down upon us; for the time has come to pour out blessings on all creatures.

Be gracious to us from thy throne built in thy heavenly world.

Thou art the eternal redemption of all creatures, therefore bow down to us with all thy unstained heavenly societies.

## A Japanese Prayer

Among the briefest of prayers is this one which a Japanese pastor was heard to pray just after the Cherry Blossom Festival:

As the cherry blossoms quickly fall and are forgotten, so in Your bounteous mercy grant that our sins may be shed and remembered no more.

# A Ceylonese Prayer

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Ceylon is said to be the locale of the Garden of Eden. The day of many a community in this island of Paradise begins at 4:30 A.M. with this Tamil Lyric.

When all the strings of my life are tuned, O Master, then every touch of Yours shall come out the music of Love. American Indian Prayer

Stenatlihan is the supreme sky goddess of the Indians of the Southwestern United States.

Stenatlihan, You are good! I pray for a long life. I pray for Your good looks. I pray for good breath. I pray for good speech. I pray for feet like Yours to carry me through a long life. I pray for a life like Yours. I walk with people, ahead of me all is well. I pray for people to smile as long as I live. I pray to live long. I pray, I say, for a long life to live with You where the good people are. I live in poverty. I wish the people there to speak of goodness and to talk to me, I wish You to divide Your good things with me, as a brother. Ahead of me is goodness, lead me on.

## Mexican Indian Prayer

#### HYMN TO THE ALL-MOTHER

This Mexican Indian goddess is Teteo-Inan, the "Mother of the Gods," also "Heart of the Earth." Her native shrine in Guadalupe, where the "Lady of Guadalupe" made her appearance to Catholic Mexicans, has been replaced by a modern Catholic one.

Hail to our Mother who makes the yellow flowers to bloom — who scatters the seed of the maguey as she comes from the Land Divine!

Hail to our Mother who casts forth white flowers in abundance!

Hail to our Mother who shines in the thorn bush as a bright butterfly!

Ho! She is our Mother — the woman god of earth. In the desert she feeds the wild beasts, and gives them to live.

Thus — thus you see her ever abundant gifts to all flesh.

And as you see the goddess of earth give to the beasts, so also she is giving to the green herbs and the fishes. Hail to our Mother who casts forth yellow flowers to the sun from the Land Divine!

# THE LORD'S PRAYER

This great prayer is part of the religious service of all Christianity. It is the model of all prayers for all time. Untold millions turn to this prayer when seeking help, guidance, healing, solace in every conceivable situation.

Our Father who art in heaven. Hallowed be Thy name, Thy kingdom come, Thy will be done On earth, as it is in heaven. Give us this day Our daily bread, And forgive us our trespasses As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil; For thine is the kingdom, And the power, And the glory, Forever and ever, Amen.

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# A NEW WAY TO PRAY

In this swiftly changing world, many of us find that due to negative influences we cannot pray as our forefathers did or as we did when we were children. How shall we pray then if prayer is to have meaning and then be answered? The solution is that it must be lived as well as expressed in words. Your belief, your action, your prayer, and above all your *work* must all harmonize. This kind of prayer will enable you to believe your way into action. Your life will then be a prayer to God. This will be your new way to worship Him.

This kind of prayer will be an outpouring, a cleansing of your heart. There will come a growing self-knowledge, which will be a therapy as well as prayer.

The early Christians composed their own prayers, and so can we if we wish. Let the language of your prayer grow from within, to express your joy and wonder and exploration of God's goodness.

# THE WAY TO A SATISFYING LIFE

In closing, I hope this book will become a constant companion in your daily life. The way to a satisfying life requires discipline and individual effort. There is no mass salvation, either spiritual or economic. Self-discovery, self-understanding, and self-expression are the way. Neither the mass hypnosis of totalitarianism nor any government-inspired master plan can show us the way to a satisfying life.

The only way is to build an individual foundation of spiritual strength through the inspiration that comes from prayer, from dependence on God for daily sustenance and guidance, combined with the habit of work.

WHO DID HINDER YOU THAT YOU SHOULD NOT WORK?

This question is answered by the statement of the Bible that *faith without works is dead*. (James 2:26.)

Your answer, too, should be: No one and nothing can keep me from my life's work. Neither the desire to procrastinate, to "put off until tomorrow what can be done today," to shirk homework or daily chores, to spend idle hours gossiping, visiting, dallying at the cocktail bar, or yielding to the temptation that might wreck a career, a marriage, a home, a family — none of these SHALL HINDER YOU THAT YOU SHOULD NOT WORK.

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With prayer and with work, each of us can find true and satisfying freedom. With prayer and with work, each of us can find his rightful place upon this earth.

Then the God-given talent entrusted to each of us at birth will have been developed and our purpose and mission achieved. Our enriched spirit will then be capable of passing on to be "reincarnated" in others for the glory of the Weaver of the World's tapestry and for the benefit of all mankind. Each one, at last, will then reap a harvest greater than all telling and beyond each one's fondest dreams. God has blessed all of us.

This prayer has been very helpful to me in difficult times. I hope it will be helpful to you as well.

> I know not by what methods rare, But this I know — God answers prayer, I know not when He sends the word That tells us fervent prayer is heard. I know it cometh — soon or late; Therefore we need to pray and wait. I know not if the blessing sought Will come in just the way I thought. I leave my prayers with Him alone, Whose Will is wiser than my own.

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JEANE DIXON, author of *Reincarnation and Prayers to Live By*, is a living example of the Christlike calm and serenity which come from constant dependence on God for inspiration and guidance in our daily lives.

Step by step, her life has unfolded as a dramatic story of self-discovery in which she has demonstrated over and over her uncanny gift to bring reality and truth to each person who hears her speak or reads her books.

Mrs. Dixon is dedicated to help her fellow men to help themselves — as exemplified in her charitable work, her Children to Children Foundation, and in her personal appearances coast to coast in which she has electrified thousands with her helpful message of faith and her dynamic, radiant personality.



# REINCARNATION AND PRAYERS TO LIVE BY

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