

# WISHES AND PRAYERS



## **The Basics**

There are assorted forms of prayer like petitioner prayer, prayers of supplication, thanksgiving, affirmative and worship/praise. Prayer might be directed toward a deity, spirit, deceased individual, or lofty idea, for the purpose of worshipping, requesting counsel, calling for assistance, confessing sins or to express one's thoughts and emotions. Thus, individuals pray for a lot of reasons like personal benefit or for the sake of others. Yoga is likewise a common form of prayer as well as affirmative prayer.

Most major religions use prayer in one way or another. A few ritualize the act of prayer, calling for a strict sequence of behaviors or placing a restriction on who's permitted to pray, while others teach that prayer might be exercised spontaneously by anybody at any time.

Scientific studies regarding the utilization of prayer have mostly centered on its effect on the healing of sick or injured individuals. Meta-studies of the studies in this field have been executed demonstrating evidence a potential effect.

Assorted spiritual traditions provide a wide assortment of devotional acts. There are break of day and evening prayers, graces stated over meals, and worshipful physical gestures. A few Christians bow their heads and fold their hands. A few Native Americans see dancing as a sort of prayer. Hindus chant mantras.

Judaic prayer will involve swaying to and fro and bowing. Muslims practice salah (kneeling and prostration) in their prayers. Quakers remain silent. A few pray according to standardized rituals and liturgies, while other people prefer extemporaneous prayers. Still other people blend the two.

These techniques show a variety of understandings of prayer, which are led by fundamental beliefs.

These beliefs might be that

- The finite may communicate with the infinite
- The infinite is concerned with communicating with the finite
- Prayer is meant to inculcate particular attitudes in the one who prays, instead of to influence the recipient
- Prayer is meant to train an individual to center on the recipient through philosophy and intellectual contemplation
- Prayer is meant to enable an individual to gain a direct experience of the recipient
- Prayer is meant to affect the very fabric of reality as we comprehend it
- Prayer is an accelerator for change in oneself and/or one's conditions, or likewise those of third party beneficiaries
- The recipient wants and appreciates prayer
- Or any combining of these.