



# Harmonic Prayer

How to Instantly Increase  
Your Prayer Power

Alan Tutt



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Your Prayer Power

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# Chapter 1:

## Setting the Foundation

**E**verybody prays. Not everyone gets the results they should. This book explains why you may not be getting the results you should from your prayers, and what you can do to get miraculous results every time you pray.

What's missing in your life? Love, health, wealth, protection, peace, respect, a feeling of being useful to the world? Whatever you want and need in your life can be yours when you learn how to use Harmonic Prayer—with faith, focus, and a feeling of harmony with God.

Not only will you see better results instantly, but with continued practice, you'll reach new levels of joy and satisfaction as you grow spiritually.

Throughout history, mystics and spiritual leaders have told us that God answers prayers, and that the key factor is our faith.

*“According to your faith is it done to you.”*

— Matthew 9:29

*“And he did not do many miracles there because of their lack of faith.”*

— Matthew 13:58

*“I tell you the truth, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in his heart but believes that what he says will happen, it will be done for him.”*

— Mark 11:23

***“Everything is possible for him who believes.”***  
— Mark 9:23

***“I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father.”*** — John 14:12

In the quotes above from the Christian Bible, we are told that not only is our faith responsible for the results we get from prayer, but that Christ Himself could not perform miracles where there was a lack of faith.

These quotes also indicate that there are literally no limits to what we may do with prayer. Not only can we do everything that Christ Himself did, but even more as well!

*Although I have included a number of quotes from the Christian Bible, you do not need to be a Christian to get positive results from prayer. Harmonic Prayer works just as well if you follow other religions, or no particular religion at all.*

Some modern spiritual leaders have suggested that only certain things may be asked for in prayer. They suggest that it's wrong to ask for money, for example. As the quotes above indicate, this is not true. You may ask for anything.

However, as we will cover in more detail later, you may get more satisfactory results asking for some things rather than others. As a quick example—rather than asking for one specific person to fall in love with you, you may be much happier asking for “true love.” The person you select on your own may not be the best partner for you, and may actually make your life a living hell!

Because faith is such an important factor in prayer, some prayers tend to produce the exact opposite of what you want. This usually happens when you are not fully aware of the inner motivations behind a desire. As you will learn later in this book, WHY you pray for something is much more important than WHAT you pray for.

As an example, praying for a million dollars may seem to be a good way to produce abundant wealth and a comfortable life. However, the desire to stockpile large amounts of money usually comes from a fear mentality (greed), indicating a lack of faith in what many New Thought people call “everlasting supply.”

For this reason, it’s usually smarter to pray for the essence of what you want, because God knows a lot more than any of us. In Chapter 8, we’ll cover the types of requests that tend to produce the results you really want in your life.

## ***What Makes Me an Expert on Prayer?***

Although I am not ordained into any organized religion, I have lived my whole life with prayer, and have dedicated myself to learning the true nature of prayer and what makes it work.

It all began at an early age. I remember going to Sunday school as a boy and hearing stories about how Christ and the prophets performed miracles, such as changing water into wine, parting the Red Sea, healing the sick, and even raising the dead. Those stories stuck with me, and continued to pique my interest.

Sometime during my high school years, I prayed that God would teach me the truth behind miracles, promising to teach others what I learned. At that time of my life, everything looked great. I was a straight-A student, had earned a full-tuition scholarship to DeVry University for Electrical Engineering, and was headed for a career in a highly profitable field in which I had great interest and enthusiasm.

For a variety of reasons, I found myself failing at DeVry. I was trying to work full time while going to school full time, and

couldn't manage my time effectively. I started sleeping late, missing classes, and my scholastic career was quickly coming to an end.

Eventually, I dropped out.

For someone who had always done well in school, this was a monumental failure. The rest of my life came crashing down like a house of cards. Eventually, I hit bottom. No home, no car, no money, no job, no friends, and no one I could ask for help. As I left town (on foot), I found a penny on the ground, which was the ONLY money I had at that time.

I was truly starting over with nothing.

### ***The Discovery That Changed Everything***

In high school, my interest in miracles led me to delve into ESP and similar topics. As my life tumbled downhill, I started grasping at anything that promised to teach me how to tap into the power of miracles.

I read the Bible, and other than a series of generic suggestions to "have faith," there wasn't anything there which explained HOW to do that.

I turned to books on other religions, ESP, astrology, mysticism, magick, and even witchcraft, looking for some clue that would help me turn my life around and get it back on course with the vision of success I felt I deserved. In the course of a single year, I had read (at least a part of) several hundred books.

Nothing seemed to help, until one morning, after wandering the streets all night, I walked into a bookstore to get out of the cold, and found *The Miracle of Mind Dynamics* by Joseph Murphy, who instantly became my favorite author!

As I stood there reading the words on the page, I felt an incredible sensation rise up within me. I learned to pretend that my prayer was already answered, and to *feel its reality within the moment*. (This was a suggestion I never found in the Bible.) Instantly, I felt my whole body relax, and bursting forth was this unbelievable feeling of joy and satisfaction as I imagined that I

would be given enough money to rent a place and get back on my feet again.

That was about 10:30 in the morning. About 4:30 that afternoon, I received the results of my prayer when I found \$70 on the sidewalk! With this sudden windfall, I was able to rent a cheap room for a week (*very* cheap, and *very* run down) and get a little food to keep going.

The very next day, I went back to the bookstore and bought three of Joseph Murphy's books, *The Miracle of Mind Dynamics* (the one I read in the store), *The Power of Your Subconscious Mind*, and *Your Infinite Power to be Rich*.

Today I own 14 of his books, with multiple copies of some of them. I like to buy multiple copies so I can give them away when I feel someone needs what the book offers.

### ***Experiments in Prayer***

Most of the time, I would experiment with simple things that didn't involve other people, like changing the weather. There was one summer in particular when I was living with someone who had a small garden and didn't want to water it every day. At one point, she commented that it would be nice if it rained a little each day. A few minutes of thoughtful action did the trick. Every day for the next three months, a small amount of rain would fall from the skies.

During the same time period, a tornado was reported to be heading in our direction. When I saw my girlfriend running around to collect her animals, I told her to calm down and that I would pray about it. I sat down, focused my mind on dispersing the tornado, and within a matter of minutes, the news station reported that the tornado had dissipated.

Because I lacked faith in prosperity back then, my prayers for money rarely worked. There were a few successes, though. One such success occurred when I worked at a die-cutting shop, a place that does finishing work for printers. As a day-laborer hired merely to do odd jobs, I had absolutely no control over the amount

of work that came into the shop, yet I was able to consistently get the specific number of hours I wanted each week. Each week, I picked a different number, such as 40, 45, 42, 46.5, or 49. At the end of each week, my timesheet was consistently within a half-hour of what I specified to myself at the beginning of that week.

I'll never forget the time I was talking to one of the press operators about this and mentioned how I had decided I would get 48 hours that week. His reaction was, "We don't even have enough work to keep us busy for 40 hours. There's no way we'll get 8 hours of overtime!" I smiled and simply said, "We have no idea what other jobs are coming into the shop. We can only see what's here now. There will be more jobs coming in the next few days."

The other press operator (we had only two presses operating on second shift) thought the idea was intriguing and was open to the possibility. Within a couple of days, a large job came into the shop, which required foil stamping and needed to be out the same week. End result: the first press operator only got 40 hours that week, yet the second operator and I got 48 hours, proving once again that my prayer process worked.

The next week, the second press operator and I were talking about this and he suggested we go for maximum overtime. I thought it would be an interesting experiment and prayed by setting my intention accordingly. (Without a doubt, the SIMPLEST form of prayer possible.) By this time, my faith was so strong, I KNEW something special was going to happen.

Maximum overtime turned out to be 60 to 70 hour weeks for months on end! That special rush job was done so well we ended up getting far more work from it than we bargained for! My paychecks were FAT to say the least! I was smiling regularly for the first time in years.

Notice here that I was not running a business. Nor was I a salesperson in this company. I was simply a day-laborer brought in to fill a low-level position. I also wasn't asking God to make things happen for me. I simply "decided" what I wanted, and felt assured—had faith—that I would get it. I didn't spend any time

during the week thinking about whether I would get what I wanted or not, nor did I question the process. Once I set it in motion, I let it go and only checked at the end to verify that my timesheet matched what I had specified.

From the many experiments I performed, I had solid proof that I could get the results I wanted from prayer. Exactly how this worked was still a matter of debate, and I continued to test many different techniques and combinations of techniques for years afterwards.

Despite many suggestions that faith was the only requirement for prayer, my experiments led me to conclude that there were three keys to unlock the power of miracles. I knew that faith was one of those factors, but I also found that mental focus was a factor, as well as something I now call “harmonic resonance with God.”

All of these factors will be discussed in depth in this book.

### ***Relationship Success***

One of the most enjoyable results of prayer is the wonderful relationship I have with my wife, Linda. When I decided it was time to pray for the “perfect” relationship, I started by looking at the beliefs I had about relationships, and considered how I could increase my faith in this area.

I would say that the most important new beliefs were: 1) as long as I use prayer to create what I want, my life will always get better, and 2) every relationship is like a walk in the woods—sometimes you run into brier patches, but if you continue, you get to see glorious splendors. Both beliefs are based on faith—faith that there will be good times ahead.

Once I knew what new beliefs would support my prayers, I began working with self-hypnosis. (*I would use a different process now.*) I spent a few sessions a week programming the new beliefs into my mind so my reaction patterns would support the goal I set. Then, I started performing a form of prayer I call creative daydreaming.

In those sessions, I would enter a light to medium level meditative state. While in that state, I would affirm “I am now creating the future I want, and the images I play in my mind will manifest into my life. My inner mind knows the best way for this to happen, and it brings this about in the best way possible.” (*Again, I would do it differently today.*)

For the next period of time (probably about 10 – 20 minutes), I would daydream about the relationship I wanted. I saw myself meeting someone who attracted me, and I saw her being attracted to me as well. I saw us spending lots of time together, and while seeing these things, I felt the emotions I knew I would feel when the events actually happened. I felt the most intense feeling of love I could imagine feeling. I felt the emotion of happiness, the emotion of desire, and all the other emotions that fill a good relationship. And yes, I daydreamed about wonderful sex.

After each session, I would feel very much at peace. There may have been a slight feeling of emptiness since the relationship was not there at the time, but I felt as if it would come soon enough. In essence, I felt as if I had spent some quality time with the woman of my dreams, and although she was gone, she would return later.

I continued to work with these prayer sessions nearly every day for several weeks. Then I had to focus on other tasks, so I let it go. (This was during a period of rebuilding my life after some failed experiments.) In a few months, I met Linda, who is now my wife. As soon as I met her, I knew she was the one. Virtually everything I visualized, including many elements I had never experienced in a relationship, are now a part of our life together.

### ***Business Success***

As you may recall, my life took a major downturn after I left high school, to the point where I became homeless. Living in such desperate circumstances proved to be a major handicap, as I quickly lost any faith in my ability to succeed. (Probably why we have the saying, “The rich get richer, and the poor get poorer.”)



Although I had experienced limited success in financial matters, such as in the die-cutting shop example, true prosperity continued to elude me for many years. (*If I had only known then what I know now....*)

Over time, I discovered several techniques to build my faith (discussed later in this book), and the more I used them, the more my results improved.

Along the way, I also learned photography. Eventually, I started working for Lifetouch doing school pictures, Olan Mills doing portraits, and a local company doing weddings. I also started pursuing freelance work in my free time.

All while praying that I would be successful.

A breakthrough came after I created my own “not-so-subliminal” tape to help reprogram my inner beliefs about money and success in general. I simply recorded myself repeating dozens of positive statements about what I thought were important beliefs to have. When I played the tape in the background while doing other things, it became subliminal since I wasn’t focused on listening to the recording.

Within a few months, I was making good money as a photographer, and having a great time doing it. In fact, there were some jobs where I walked away with the equivalent of \$1,000 for each hour I was there!

An even bigger breakthrough came when I prayed again for increased prosperity. In those prayers, I imagined owning a business which paid me a large, regular income and didn’t require my personal involvement on a day-to-day basis. As I exercised, I pretended that my company was being handled by employees, and when the phone rang, I pretended it was a big order coming in.

At the time, I had no idea what kind of business it would be, but I knew it could happen simply because I was praying for it.

In the following months, I started noticing many suggestions to start a business on the Internet. I had no idea how to create a website, and frankly, I didn’t want to learn, so I resisted the idea. However, the more the idea was suggested to me, the more I realized that God was trying to tell me something.

What got me off my butt and online was an idea I heard while listening to the audio version of *One Minute Millionaire* by Robert G. Allen and Mark Victor Hansen. I heard that there were website services to help you create an instant Internet storefront using a point-and-click interface.

The idea intrigued me, especially since the authors claimed it would generate a passive income with no day-to-day personal involvement. Although the resources they listed were no longer available, and the process wasn't as easy as they said, I did find a way to set up a website using a point-and-click interface. And thus, my first website ([www.KeysToPower.com](http://www.KeysToPower.com)) was born. (*It's changed a lot since then.*)

One thing led to the next, and within a month, I was making money online. The more I learned, the more money I made. The nature of the Internet allows quick, cheap testing of advertising, impossible in any other form of business. And although I made many mistakes and spent a ton of money on my education (buying ebooks, software, and marketing courses), the business was "in the black" (had earned more than I had spent) in less than 6 months. Almost impossible with any off-line business!

Over the years, my prayers have continued to produce tangible results. My relationship with Linda keeps getting better and better. My business grows more profitable, and has brought in as much as \$5,000 in a single day.

Now, I get to spend my days the way I want, and life is good.

## ***What Is Prayer?***

Some people think of prayer as a process of kneeling down beside their bed at night to talk to God. Others think of prayer as a sacred ritual using candles, incense, and a mantra chanted over and over again for long periods of time. Still others think of prayer as a scientific process of tapping into and directing Universal Powers using specially charged implements, such as talismans and amulets, in a process some call magick.

For the purpose of this book, I'm going to define prayer as a process of asking for Divine Assistance to fulfill specified desires. This is a very open definition which encompasses many different methods of prayer.

Any method of prayer may be used as long as it fulfills certain requirements, which we'll cover in detail in the next chapter.

## ***What (or Who) Is God?***

Many people see God as some type of "super human," with desires, plans, and personality, and while this may be okay, I think it limits God in countless ways.

Many others have found God to respond so predictably that we could consider God to be a natural force of the Universe, much like gravity, electricity, or nuclear energy. Again, while this may be okay, I think it also limits God in many ways.

And depending on what cultures you've experienced, you may be familiar with different names often used for God, such as Yahweh, Allah, Elohim, Adi Purush, Bhagwaan, Brahma, Ishvar, Maheshvar, Vishnu, Krishna, Rama, Waheguru, Ek Onkar, Satnam, Nirankar, Akal Purakh, or any of countless others.

Personally, I think it's impossible for any human to really define God, simply because we cannot possibly understand everything that God is. However, for the purpose of this book, I'm going to define God as the Divine Essence of the Universe, the Eternal Source from which all things flow.

In the end, God is what God is. ("I AM THAT I AM") As human beings, we do not have the capacity to fully understand God, and so it's best to allow God to reveal God's nature to us as God chooses. *(I apologize for the awkward language. God is neither strictly male nor strictly female, neither a 'he' nor a 'she', and the English language does not yet have a dual-gender pronoun, meaning "both male and female.")*

## ***Why Does God Answer Prayers?***

In order to get positive results from prayer, it's important to enter prayer with a solid expectation that your prayer will be answered. So let's take a moment and discuss the possible reasons why God would answer prayer.

If you choose to see God as a “super human” type of being, then you might see the prayer process as one where God hears your request, delegates the task of manifesting it to an angel or other heavenly being, who in turn goes to work to fulfill your desires.

From this viewpoint, you could say that God acts as a loving parent, doing whatever is required to help you live a happy and successful life, just as any *loving* parent would do. At times, this may mean that God will deny a request, because fulfilling it would somehow hurt you. It also means that when you ask for love, you will get love, even if it comes from a different source than you originally expected.

If you approach life with a more scientific view—choosing to see God as a natural force of the Universe—you might prefer to see prayer as a process where a vibration is established in a universal field, which produces the final manifestation in a more-or-less mechanical fashion. This is the typical explanation for New Age ideas, such as the Law of Attraction.

With this view of God, the reason for God answering a prayer becomes similar to the reason for hydrogen and oxygen to combine and form water—it just happens. This means that in order to get the results you want from prayer, you must pay attention to the variables in a “prayer formula” and make sure that all requirements are met, such as faith, focus, and a feeling of harmony with God, as described in this book.

Because we, as humans, cannot know the true nature of God, we also cannot know exactly how prayer works. Luckily, both of the viewpoints described above will produce positive results from prayer, because, for whatever reason, God DOES answer prayers

when those prayers are offered with faith, focus, and a feeling of Divine Harmony.

## ***What Is Successful Prayer?***

If we are to approach prayer in a practical way, we must have a practical way to measure success. In the case of prayer, where our intention is to produce a specific result, determining success is easy. Did we get the result we asked for?

Of course, we may want to consider other factors as well. How quickly must the prayer be answered, for instance, before we attribute the result to our prayer? Must the manifestation of our objective break the laws of physics before it can be considered a direct result of prayer? Does an angel have to appear before you?

Personally, I take a very pragmatic view. If you pray for something and get it within a reasonable time, your prayer was answered. For example, if you pray for a new car, and later discover that you can afford the payments with your current income, your prayer was answered. The fact that you already had the available funds simply means your prayer was answered before you even prayed about it.

On the other hand, if you've been praying for romantic adventures, and nothing has happened for several months, it's time to consider if your prayer process is working as it should.

## ***What Can You Expect?***

Most of the time, prayers are answered through what may be considered a normal course of events. Rarely will there be any bolts of lightning, or choirs of angels singing.

Let's say you pray for a new relationship. The next day, you get frustrated at a co-worker, and go for a drive. An hour later, you stop to get something to drink. Before you get back into your car, you notice a ball game, and decide to sit and watch. While

there, you “just happen” to meet someone, and as you talk, you find yourself wanting to get to know this person better. One thing leads to another, and a new relationship is formed. Whether you realized it or not, God guided you every step of the way so you could meet this person.

Divine Guidance can usually be described as a string of events and intuitive feelings leading you to do things you wouldn't ordinarily do. When God guides you, God will do whatever is necessary to get you there.

If you are open to intuition (which is just as common in men as it is in women), God will use this channel to communicate with you. However, if you block your intuition—either consciously or unconsciously—then God will create physical events which will “push your buttons” or give you “a kick in the backside” to get you moving in the right direction.

You may also receive Divine Guidance through your dreams. Here, it's important to realize that any “symbolism” used in your dreams will be relatively easy for you to interpret, because the message was intended specifically for you. If you wake up with any strong dream after praying, spend a little time to figure out what it may mean to you, and how it may apply to your prayers.

Any time you pay attention to your dreams, you'll start to remember more of them. This can be an excellent way to get in touch with your deeper self, as you become more familiar with the imagery and themes that appear in your dreams. You may find it helpful to keep a notepad near your bed so you can jot down notes to help you remember your dreams later. It's amazing how quickly a vivid dream will fade into oblivion if it's not written down.

If you cannot find any meaning in a dream, don't worry about it. Not every dream has meaning, and some dreams are simply our inner minds working things out. When God sends you a message, God will make it SO CLEAR that you cannot possibly miss it.

Divine Guidance isn't the only way that prayers are answered. Sometimes God changes the way other people behave.

If you pray to find harmony in a relationship with a co-worker, for example, you may go into work to find your co-worker in an unusually pleasant mood. And this may be the spark that nudges things into a more positive direction, eventually blossoming into a wonderfully harmonious working relationship.

There really are no set rules about how God answers prayers, and anything—literally, *anything*—can happen. And yes, that includes true miracles coming out of nowhere to answer your prayers. You just need to know how to do Harmonic Prayer.

## ***How to Get Maximum Results Quickly***

This book is organized to help you get results as quickly as possible—even BEFORE you're done reading it.

In the next chapter, you'll learn about the Harmonic Prayer process, which will improve your results right away. Just by following the Harmonic Prayer process, you can double or triple your prayer power. In Chapter 3, you'll learn more ways you can *instantly* increase the power of your prayers.

Each successive chapter gives you additional techniques which further increase the power of your prayers, but which also take more time. For example, Chapter 4 talks about meditation, which requires at least 20 minutes, and Chapters 5 & 6 talk about a process for discovering and changing limiting beliefs, which can sometimes take an hour or more.

Only after all of the “quick fixes” have been covered do we get into longer-term strategies to increase your prayer power to the N<sup>th</sup> degree.

As you go through this book, practice the various techniques described. Reading about them will do nothing for you. It's only when you work with them that they will increase your prayer power.





## Chapter 2: The Harmonic Prayer Process

In this chapter, I'll describe the essence of the Harmonic Prayer process. This process is based on the primary factors I've found to be responsible for effective prayer, which are faith, focus, and a feeling of harmony with God.

In the following chapters, we'll discuss how you can improve each of these factors to make your prayers even more powerful.

The steps outlined below do not need to be complicated, and each step may be completed in just a few seconds. If you want to spend more time on one or more of these steps, that's okay too.

For quick reference, the steps involved are:

1. Harmonize with God
2. Activate your faith
3. Focus on what you want
4. Give thanks
5. Follow Divine Guidance

### ***Step 1: Harmonize With God***

This is the starting point for effective prayer. Unless you are in harmony with God, your prayer will go nowhere, and nothing will happen. To be in harmony with God is one of the best feelings you can ever experience. It's better than drugs or sex, and can be a very healthy addiction.

One of the quickest and easiest ways to bring yourself into harmony with God is to love. Love life, love yourself, love everyone, love nature, love the Universe, and above all, love God.

This is one of the main reasons Christ taught love as a way of life. The more you love, the more you are in harmony with God,

and the more powerful your prayers will be. The more you engage in hate, envy, greed, and pride, the weaker your prayers become.

If anything is happening in your life that makes it difficult to feel love, the best advice I can give you is to ignore it (as best you can) for the few minutes it takes to pray for a solution.

Focus on anything and everything you CAN feel love for, and spend as much time as necessary (or as much time as you have available) to bring yourself into harmony with God. A little is good, a lot is better. In Chapter 4, I'll give you a few short meditations that will help with this.

Personally, when I pray, the first thing I do is to imagine God as a HUGE entity standing in front of me, and I imagine myself giving God a great big hug. As I do this, I also make a conscious effort to open myself spiritually to accept God into my being.

This results in an incredible rush of joy and satisfaction that makes every part of my body tingle, both inside and out. That's when I know that I am in harmony with God.

The more you practice opening yourself up to God and allowing God to fill your being, the easier it will be, and the better results you'll get.

## ***Step 2: Activate Your Faith***

Faith is the power which makes prayer work. As Christ often said, "according to your faith is it done to you." The stronger your faith, the better your prayers will work. With absolute faith (faith without any doubt whatsoever—a "knowingness"), true miracles are possible.

In the next several chapters, we'll go into much more detail on how to increase your faith during prayer. For now, realize that the easiest way to activate your faith is to think of something you know to be an absolute fact, such as the reality of your own hand, or the fact that you need God's help.

By thinking about something you KNOW to be true, a feeling of trust, confidence, and faith wells up within you, and you can bring this feeling into the rest of your prayer process. Once you feel faith welling up, you can also imagine “turning up the volume” on your faith, and by doing so, you can increase your faith even more. Again, we’ll go into more detail on this in the following chapters.

Ideally, you want to have absolute faith in the Harmonic Prayer process itself, and in the results that God will ultimately create for you. You’ll know when you’ve reached this point because you’ll experience something I call “Divine Detachment”—a feeling that the problem is already solved, and the solution will manifest no matter what you do.

When you’re first starting out, this may not be easy, since you have no real experience with getting results from prayer. However, by eliciting a feeling of faith about other things, you can essentially “borrow” this faith and “transfer” it to the Harmonic Prayer process.

As you begin to notice better and better results from your prayers, you will naturally gain faith in the Harmonic Prayer process itself, and before long, you’ll KNOW that your prayers will produce results—even miraculous results if necessary.

### ***Step 3: Focus on What You Want***

This is the step where you make your request known to God. You can do this with words, with mental images, or with actions. The form is not as important as the intention behind it.

It’s important that you communicate your intention clearly. To do this well, you need to focus your mind on what you want, and avoid all other thoughts during the Harmonic Prayer process.

You don’t need to include every detail about how your prayer should manifest. You want to leave it open for God to give you the best possible result, unhampered by limited human thinking.

Rather, you want to be very clear about what you want to happen. If you want a mountain to throw itself into the sea, you want to be clear about WHICH mountain is thrown into WHICH sea, and that no-one gets hurt in the process.

If you want a new romantic relationship, you want to be clear about what type of person you want, the types of activities the two of you will enjoy doing together, and any other details you want to be part of the new relationship.

If you're looking for a new job, you want to be very clear about the type of job you want. If the only thing you really care about is that you enjoy the work, whatever it is, then you want to be clear about the FEELINGS the new job will give you.

When you pray, you'll find the process will work better if you can imagine your request as you speak the words describing it. This combination of imagination and spoken words seems to help focus your mind to an incredible degree, and will make your prayers even more powerful.

### ***Step 4: Give Thanks***

Giving thanks is a great way to end the Harmonic Prayer process. Not only does it ease your transition to other things, it also brings you into greater harmony with God. And ending your Harmonic Prayer this way makes it even more powerful.

There are many folks who feel that spending time in gratitude is the best thing you can do to improve your life. The logic here is that the more you are in harmony with God, the more God will guide the events of your life to a state of perfection and grace.

The same can be said about love. The more you love, the more you are in harmony with God, and the more your life will reflect love back to you.

Love and gratitude are two very powerful forces. Forces that produce astounding and miraculous results.

## ***Step 5: Follow Divine Guidance***

After you've prayed, your task is to follow Divine Guidance. In most cases, your prayer will be answered with a set of instructions—given one at a time—that will lead you to the outcome you asked for.

And while God is certainly more than capable of guiding you without your help, you'll find it a lot easier—and more enjoyable—if you actively participate in the process.

A great way to listen for God's guidance is with meditation. After you've finished praying, stay right where you are, and quiet your mind. Don't strain for the answer. Just keep your mind open, and pay attention to the thoughts that come into your mind.

Not all of the thoughts which come into your mind will be from God. Some may be from your own subconscious mind, especially when you're new to the process.

The best thing I can tell you is that there will be a slight difference between thoughts which come from God and thoughts which do not. It's not that you'll hear angels singing, thunder cracking, or see a shaft of light beaming down from the skies. The difference will usually be small, like a feeling in your gut, or a tiny vibration which resonates at a different frequency.

With practice and experience, you'll learn to distinguish which thoughts are worth paying attention to, and which ones should be ignored. The more you trust the process (ie.— have faith), the sooner you'll notice the difference.

If you don't get anything definite right away, don't worry. Trust that God will answer your prayer in Divine Order—meaning that it will happen at the soonest possible opportunity, when the conditions are right.

As you go about your life, you may notice events that “push” or “pull” you in one way or another. This is another form of Divine Guidance, and being open to new directions will help God answer your prayers.

## ***Getting Direct Answers from God***

Another way to get Divine Guidance is to “cast lots” for the answer. This process was used in Biblical times when important decisions had to be made. (*See Acts 1:24 – 26 for an example.*)

Essentially, you pray for an answer to a question, then set up a “random” event to indicate God’s answer. This could be flipping a coin, drawing straws, throwing dice, drawing cards, opening a book with eyes closed and placing a finger on a page, or anything else that can indicate Divine Guidance.

Keep in mind that the purpose is to receive an answer from God, so you want to be as much in harmony with God as you can during the process. Otherwise, you’re just gambling.

The Bible has often been used for this. Here, you pray for the answer you need, then close your eyes, open the Bible to a “random” page, place a finger on a page, and finally look to see what is written under your finger. What you find there will indicate an answer to your question.

Other books can also be used. For example, if you have a problem in relationships, using a book on relationships can make it easier for God to give you a direct answer. You could also use the same process to select an appropriate book from several possible choices.

## ***How Often Should You Pray?***

Feel free to use the Harmonic Prayer process for anything and everything. Nothing is too small or too large to ask for God’s help. And the more you pray, the better you get at it.

As a general rule, it’s okay to pray whenever you feel the need, even if that means praying several times every hour.

Just realize that your prayers will be answered in God’s time. If you find yourself wondering if the process is working, you may want to pray for greater faith.

**This has been a sampler of Alan Tutt's newest book, *Harmonic Prayer*.**

If you liked what you found here, you'll LOVE the rest of the book. At only \$9.99, it's well within the budget of anyone who wants to improve the results they get from prayer.

You can get the full book directly from the author at:

<http://www.PowerKeysPub.com/harmonic-prayer>.

## ***The Harmonic Prayer Support System***

For those who wish to get faster results with Harmonic Prayer, I have created a set of audio recordings to make using the system easier.

Everything described here is a part of the *Essential Harmonic Prayer Support Package*. There is also a Deluxe Package available for those who wish to further maximize their results.

If you're interested in these audio programs, you'll find them at [www.PowerKeysPub.com/harmonic-prayer](http://www.PowerKeysPub.com/harmonic-prayer).

### ***Faith CDs (4)***

To help you increase your faith, I have included in the Essential support package four CDs from my *EmBRACES Belief Entrainment System*. These CDs were designed to be played in the background while you do other things (such as working, driving, or other activities requiring focus), and reinforce the beliefs required for strong faith in magic and miracles—exactly what most folks want from their prayers.

What's really great about these CDs is that they contain so much variety, you will never get “desensitized” to the material. This means that you will continue to get positive results no matter how long you listen to them.

For a complete description of the technologies contained in these *EmBRACES* recordings, go to:

[www.PowerKeysPub.com/belief-entrainment](http://www.PowerKeysPub.com/belief-entrainment).

## ***Feeling CD***

To help you increase your feeling of being in harmonic resonance with God, I have created a set of four guided meditations. All of these meditations include a BWE (BrainWave Entrainment) component, which helps put you into the ideal mind state for meditation.

**Harmonic Meditation for Divine Faith** – This 20-minute meditation helps to increase your faith as well as the feeling of harmony with God. It guides you through a proven process to identify the feeling of faith, and then to amplify it to the point where you KNOW that you can perform miracles.

**Harmonic Meditation for Divine Love** – One of the most powerful factors for achieving harmonic resonance with God, this 20-minute meditation guides you through a process which connects you with the most powerful love in the Universe.

**Harmonic Meditation for Divine Power** – This 20-minute meditation uses a Kabbalah form called the “Tree of Life”, said to be the most powerful way to bring yourself into harmonic resonance with God. This meditation does not stop with the middle pillar of balance as most do, and also includes the pillar of severity and pillar of mercy as well. By the time you’re done with this meditation, you’ll FEEL God’s Power vibrating throughout your entire body!

**Harmonic Meditation for Divine Wisdom** – The final 20-minute meditation on this CD, this meditation completes the process of bringing you into PERFECT harmonic resonance with God, as it combines Divine Love and Divine Power to activate dormant areas of your brain and mind, creating new connections between the neurons, and increasing your intelligence, your memory, and your creativity, as you grow more in tune with the Divine Mind of God.

**Feel free to listen to these meditations individually,  
or all at once. Either way releases incredible prayer power!**



### ***Focus CD***

To help you increase your ability to focus, and thereby clearly communicate what you want in prayer, I have created a series of three meditations.

**Passive Meditation** – This 20-minute meditation guides you into a traditional passive meditation, where you eliminate all distracting thoughts from your mind. This process is helped by a BWE (BrainWave Entrainment) track, which automatically takes you into a low alpha state of mind.

**Active Meditation** – This 20-minute meditation goes in the opposite direction, and guides you through a process where you eventually pay attention to EVERYTHING in the environment around you. Your limits will be pushed and stretched, as you grow to become more than you were. This meditation has produced extraordinary results for those who have used it.

**BWE Brain Tune-up** – This 30-minute BWE session contains no words, yet removes any resistance within your brain, allowing you to think faster, more clearly, and using less energy. As a result, you find yourself sleeping less, getting more done, and achieving better results. Incredible!

### ***Prayer Session CD***

This CD—intended to help you focus your mind during prayer—automatically makes your prayers more powerful. These sessions may also be used for self-guided meditations. They help focus your mind using BWE (BrainWave Entrainment), a natural technology proven to help you reach deeper levels than you could on your own. There are four 20-minute tracks on this CD.

**Alpha Track** – This track uses a basic alpha BWE protocol with music, giving you a gentle background with which to pray. Perfect for those new to BWE.

**Alpha+Theta Track** – This track goes deeper, and helps you focus even more, to the point of disconnecting from the world around you. The background contains natural forest sounds.

**Alpha+Theta+Gamma Track** – Similar to the above track, this one adds a gamma component, to prevent you from “zoning out” to the point of losing your intention. Especially useful for those who tend to fall asleep during meditation. The background here is a natural beach environment.

**Theta+Gamma Track** – For those who want to explore the limits of BWE-enhanced prayer and meditation. This session takes you deeper, while keeping you focused. Includes other-worldly music to help you further disconnect from current reality.

### ***BWE Session CD***

In addition to all of the above, the *Essential Harmonic Prayer Package* includes this resource CD, with four different BWE sessions to help you get positive results in all areas of life. None of these sessions include any words, and the effects are purely from the technology of BrainWave Entrainment. Also, headphones are NOT required for any of these sessions, making them easier to use any time you want.

**Creativity Booster** – This 20-minute BWE session will break you out of any box of limited thinking you may be stuck in. Using a series of random BWE frequencies, your brain will be slowed down, sped up, and taken for a ride so you can see your problem from many points of view all at the same time. Creative solutions tend to pop out just like toast from a toaster!

**IQ Booster** – This 20-minute BWE session activates dormant area of your brain using a highly specialized BWE protocol in the upper-beta range. Scientific studies have shown that many people gain an average of 30 IQ points from listening to this protocol once a day for a week.

**Healing BWE Session** – This 20-minute BWE session uses two distinct BWE tracks to activate the natural healing process in your body. For best results, listen to this session three times or more in succession for maximum effect.

**Anxiety Relief** – This 20-minute BWE session is especially useful for those who find it difficult to relax. Starting at a high-

beta, this session slowly brings you down into a more relaxed alpha state before bringing you back to a low-beta at the end. As a result, you'll be calm, confident, and alert.

Again, all of these recordings are part of a special support system I've created for you to get maximum results from the Harmonic Prayer process as quickly as possible. This system may be found at: [www.PowerKeysPub.com/harmonic-prayer](http://www.PowerKeysPub.com/harmonic-prayer)

Thank you.



# Also Available From PowerKeys Publishing

## ***Choose To Believe***

The core foundation of Alan Tutt's work, *Choose To Believe* provides a scientific and practical understanding of the power of faith. In this book, you'll learn:

- What science has to say about the Power of Faith
- How beliefs become "real world" experience
- How to find and measure your true beliefs
- How to change what you believe and enjoy life more
- How to covertly help others change what they believe

## ***Essential Package***

- *Choose To Believe* ebook
- *28 Days to Effortless Success* ebook
- 2008 Choose To Believe workshop audio recordings
- 2011 Choose To Believe workshop audio recordings

## ***Deluxe Package***

Includes the complete Essential Package above, plus:

- Complete Self-Esteem module from *EmBRACES Belief Entrainment System* (36 recordings)
- *Law of Attraction Insider* teleseminar series (23 recordings plus transcripts)
- 5 additional teleseminars featuring Alan Tutt.

All of the above are fully described at  
[www.PowerKeysPub.com/choose-to-believe](http://www.PowerKeysPub.com/choose-to-believe).

## ***EmBRACES\* Belief Entrainment System***

For those who want maximum results with minimum effort. The *EmBRACES Belief Entrainment System* includes 360 recordings of background audio (120 full CDs worth) which combine BWE, NLP, NSS, and 492 belief statements to condition your mind for true success. Covers all areas, from self-esteem and self-sufficiency, to confidence, motivation, productivity, self-mastery, peace of mind, relationships, and prosperity.

One of the main problems with most mind-conditioning materials is that they repeat a handful of statements over and over again with the same voice and the same music. As such, your inner mind quickly identifies it as a repeating pattern, and tunes it out before it has a chance to produce any results.

With the *EmBRACES Belief Entrainment System*, multiple voices are used, with a wide variety of music and tones to create a highly textured audio experience which remains non-distracting, yet keeps your inner mind engaged and listening. This maximizes the results you get.

Further enhancing your self-development, the belief statements are not subliminal, but are presented in a low-key manner which presents minimal distraction. This “not-so-subliminal” (NSS) approach has been proven to work time and time again.

Each recording in the EmBRACES Essential Package includes a BrainWave Entrainment (BWE) track which gently shifts your brain into a highly relaxed and receptive state, the ideal state for learning new material.

Both of the above packages are fully described at [www.PowerKeysPub.com/belief-entrainment](http://www.PowerKeysPub.com/belief-entrainment).

**\* – EmBRACES stands for:**

Empowering Belief Reinforcement and Alignment for  
Confidence, Excellence, and Success.

## ***Awaken the Avatar Within***

Similar to *Harmonic Prayer*, *Awaken the Avatar Within* (due to come out in 2012) presents its material without the religious overtones.

For more information on this book and associated packages, go to [www.PowerKeysPub.com/awaken-the-avatar-within](http://www.PowerKeysPub.com/awaken-the-avatar-within).

## ***Prosperity From the Inside Out***

Taking the core ideas from *Choose To Believe* and addressing the issue of prosperity directly, *Prosperity From the Inside Out* starts by addressing the specific beliefs required for abundant prosperity, and then expands by covering a variety of practical tips and tricks for attracting money from every direction.

## ***Treasure Map to Online Riches***

The Internet has been responsible for more “overnight millionaires” than anything else in history. In this 157-page report, Alan Tutt explains the key principles involved in building an online business that is practically guaranteed to be a success.

Covering everything from basic concepts, to step-by-step instructions for setting up a profitable website, to high-end marketing principles previously available only in \$2,000 courses, *Treasure Map to Online Riches* is literally a gold mine of high-value information.

Both of the above books, plus associated packages, may be found at [www.PowerKeysPub.com/prosperity](http://www.PowerKeysPub.com/prosperity).

## ***PowerKeys Pointers Mailing List***

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