"Anyone who doesn't believe in miracles isn't a realist."
-Billy Wilder

Why does a seemingly capricious deity answer prayers for some people and not for others? Why do some prayers remain unfulfilled? Is our technique of prayer ineffectual? Are we praying amiss?

Some people who attempt to pray give up in defeat, concluding that prayer does not work for them. They assume that only the fortunate few, perhaps those with extreme purity in their hearts, or excessive faith in their souls, can pray successfully. But God seems to lend a deaf ear to ordinary folks.

As a child I tried to pray and hoped God would respond. But it seemed the more I prayed, the more God refused to listen. I came to the conclusion that either God does not exist, or else I am not worthy for God to acknowledge me. This childhood experience was so disheartening that I totally lost touch with how accessible God can be.

It was not until 1986, when I learned a powerful method called "Scientific Prayer," that I realized that anyone who can learn a few simple principles is capable of praying successfully and getting startling results.

Even though many people are not getting winning results from prayer, there are millions who have used a proven prayer technique that is effective, practical, and highly successful. By reading this book, you will learn and practice this extraordinary method.

This book offers a unique process of Scientific Prayer that will help you get the positive outcome you are seeking. This system is based on the teachings of "New Thought," which is, in turn, the foundation of the human potential movement.

New Thought teachings were developed by such illumined souls as Ernest Holmes (1887-1960), founder of Church of Religious Science and author of The Science of Mind, and Charles (1854-1948) and Myrtle (1845-1931) Fillmore, co-founders of the Unity Church.

New Thought, a nonsectarian philosophy, proposes that all causes are internal forces, and all difficulties can be overcome by metaphysical means, such as prayer and affirmation. "Spiritual Mind Treatment," in which mind is considered primary and causative, is the principal method of healing used in New Thought.

Although prayer and affirmation have become increasingly popular, many people do not know how to pray effectively. They read books or attend churches that inspire them to pray, yet they do not know how to put the words together that comprise a powerful,
masterful prayer. While many people have studied principles of prayer and affirmation, they have not received basic training in the art of prayer.

This unique book offers a new, systematic approach to prayer. It helps anyone create miracles in daily life through a simple nine-step Scientific Prayer method. This system offers a source of inner strength and self-confidence unavailable in other teachings.

Although this book addresses the need to develop prayer power, it does not assume prior experience in the field. Anyone can easily comprehend and apply these simple methods that can be used in everyday life. These field-proven techniques have been tested and verified by millions of people from all backgrounds and religions, who have experienced significant benefits.

PRACTICAL SOLUTIONS

Throughout forty years of teaching meditation and prayer techniques, I have often heard the following complaints, to which this book provides practical solutions:

1. "I have tried prayer and affirmation, but it just doesn't work for me."
   In this book you will learn unique, simple prayer and affirmation techniques that anyone can do and get positive results.

2. "My negative thought-patterns, habits, and conditioning prevent me from fulfilling my desires."
   In Chapter __ you will find specific healing affirmations and prayers that help you overcome negative patterns.

3. "I feel frustrated that I cannot fulfill my desires."
   By reading this book, you will discover what your soul is longing to fulfill, and you will realize how to achieve those true desires of your heart.

4. "I want to fulfill my true purpose, but I don’t know what it is."
   Using a simple technique in Chapter __, you will get in touch with your true life plan and purpose and how to express it.

5. "I am offended by rules and regulations, cults, and coercive organizations."
   The universal techniques in this book impose no restrictions and are compatible with other religious philosophies, lifestyles, and personal beliefs.

6. "I don’t want to work at difficult, strict, hard-to-follow disciplines."
   This book is easy to understand-logical, and practical, with simple-to-learn methods requiring no previous experience, background, training, or knowledge.

BENEFITS YOU CAN EXPECT
Here are a few of the many benefits you can receive through practicing the methods in this book. Included are testimonials from people who have used these techniques to create miracles in their lives:

1. **Taking control of your destiny.**
   Janet Ponce, a cosmetologist from Las Cruces, New Mexico reports: "I felt like a ship without a rudder. My life had no particular direction. Since I joined a prayer circle and learned Scientific Prayer, my life has been on track. Now I feel I am the captain of my ship and can steer my own course."

2. **Setting clear goals and fulfilling them.**
   An engineer from San Diego, Anthony Hague, says: "Thank you for teaching me how to establish clear-cut objectives that I can work to achieve. Through praying to manifest my goals, I was able to start my own consulting business, which has become a very successful company with several employees."

3. **Getting in touch with your true heartfelt desires and divine purpose.**
   An artist from Dallas, Sharon Bordic, reveals: "For many years I was seeking to know my life purpose. By discovering my divine plan in Susan Shumsky's workshop at Unity Church, I had a revelation that changed my career path. I went back to art school and have been painting again. This new direction is like a ray of sunshine for my life."

4. **Enjoying better relationships with family, friends, and coworkers.**
   Jacob Unger, from Point Roberts, Washington says, "I have been using the methods of spiritual healing and am surprised at the result. My friends seem to relate to me on a more clear level, honoring my integrity and quality of being. They are less possessive and more tolerant and unconditionally loving towards me. My relationships are changing for the better. They're more clear, mature, and the muddy emotional imbalances are less."

5. **Enjoying a sense of inner happiness in everyday life.**
   Andrea Lasko, an administrative assistant from Denver, reports: "Since I started using the prayers from Dr. Shumsky's workshop at the Energy Medicine conference in Boulder, I have undergone a major shift in how I see myself and my relationships. I am amazed by how much joy I have discovered in the little miracles of life. Thank you for this beautiful teaching."

6. **Being more self-reliant and less dependent on others.**
   James Tan, an architect from San Diego says, "I feel less controlled by other people. I feel that if someone is trying to control me, I now have a way that I can be detached from that."

7. **Enjoying greater self-love, self-acceptance, and inner power.**
   Lorene Spencer, a cancer patient from Lansing, Michigan writes, "I am learning how to finally love myself, heal myself, and overcome this loneliness. I've been saying the
healing prayers and affirmations daily. I really feel like I have power within me—feeling something great inside."

8. Learning to pray for yourself and for others and getting positive results.
A mother from Ontario, Canada, Juliet DiFranco, says: "Since taking your workshop at Christ Church Unity, I have been using the prayers and find greater harmony at home and at work. Especially when I pray for my kids, I notice immediate benefits. My prayers have healed everything from physical ailments to problems at school. Thank you for changing my life."

9. Dwelling in the joyous, comforting, loving presence of God.
Grace Suzuki, a teacher from San Francisco says, "One thing I've experienced is a feeling of invincibility. When we know the healing prayers, we know we are protected by the light of our being; then there's no reason to fear, no matter where we go, no matter who we happen to be with. This is a wonderful sense of security."

10. Experiencing God's grace at work in your everyday life.
Doina Barkhaus, teacher from Phoenix, Arizona writes: "For the leap in spirituality I gained in one day at Dr. Shumsky's 'Expect Miracles' workshop, I would have had to attend church for 100 years. Upon awakening the next morning, I was so much lighter! I had let go of all my religious conditioning—my preconceived notions of what God is. I was lifted to a new level. I realized, I AM a divine being! I AM a part of God, and it's okay to say that. I realized how limiting my life has been, and I'm ready to cut through! I know what to pray for, what the block is, and what to do. I am ready to let it go. A lot of obstacles were removed."

11. Creating miracles in your everyday life.
From Portland, Oregon, Jason Reynolds, a consumer advocate writes, "I am a long-time meditator. I call myself a God junkie, and my prayer life is frequently ecstatic. In the last two years, I have had great luck praying for people with cancer. In eight of nine cases so far the tumors have disappeared in God's perfect light. I am astonished each and every time. Also blown away by God's generosity. One thing about the spiritual journey: it is never dull! Infinitely expansive love for our Infinite Creator."

**GIFTS OF THIS BOOK**

This book is written to open untold possibilities to everyone who is led to it. It is a guidebook to fulfilling your personal desires and an introduction to the field of miracles. Lovingly brought forth under the guidance of the Holy Spirit—the spirit of wholeness within—it will help you use your inner God-given power, which is your birthright, to fulfill your dreams and manifest your divine purpose.

This book tears down old idols, eliminate useless concepts, and abolish habitual, damaging thought processes. Therefore it is designed to effect the true transformation that you seek as an aspirant of the living God. It is not for those unwilling to learn, to
grow, and to take a few risks. It is not for anyone content to be hypnotized by previously-held, false beliefs that have held you in bondage.

"To grow in prayer is to grow in awareness of what’s real. We free ourselves from denial, from illusions, from addictions."-Thomas E. Clarke

This book is meant as a gift of love from a God of love. Those who wish to cling to a God of wrath and punishment may find little comfort in these pages. However, if you have held such a belief so far but are open to the possibility of something new, then this book is a gift to you with blessings of the Almighty.

Those who are exhausted with the world, downtrodden and weary of struggling to find fulfillment, to you this book may be a great awakening and a treasure. Therefore, be open to possibilities that await you in the jewels of your inner precious crown of life, God's gift for you.

WHY I WROTE THIS BOOK

I have practiced spiritual disciplines since 1967, when I learned to meditate. My first spiritual mentor was Maharishi Mahesh Yogi, enlightened master from India, guru of the Beatles and Deepak Chopra, and founder of Transcendental Meditation. In 1970, on the banks of the Ganges River in India, Maharishi personally trained me to be a meditation teacher. I lived in his ashrams (learning institutions) in secluded areas, including the Himalayas of India and the Swiss Alps, for twenty-two years, and I served on his personal staff for seven of those years.

Under Maharishi's tutelage, I used to meditate up to twenty hours a day. I would go into my room and not emerge for eight weeks at a time. Meals were left outside my door. I sometimes observed silence and did not utter a word for four months at a time. I fasted for up to two months at a time. I practiced total celibacy. I was in introvert, and that is definitely an understatement.

After spending twenty-two years with my eyes closed, I had a profound realization. Even though I was fortunate to enjoy amazing spiritual experiences in daily meditation, I was not expressing spirituality in my outer personality. Exceedingly arrogant, I believed my guru was the only guru, his teaching was the only way to realize God, and his disciples were superior human beings on a higher mission. No one could tell me anything-I knew it all. Little did I know how little I knew.

Happily, I was introduced to a wonderful New Thought teaching in San Diego-Teaching of Intuitional Metaphysics, founded by Dr. Peter Meyer, co-author of Being a Christ! Dr. Meyer's techniques helped me attain direct communication with the "still small voice" of God within and to use the power of the spoken word in prayer in order to heal others and myself. I began teaching Divine Revelation® seminars, and students had such miraculous experiences that I was inspired to offer these seminars in print. Divine Revelation was
the first book published. This, my fifth book, Miracle Prayer, offers a practical program to help you fulfill your purpose and create miracles in everyday life.

I am pleased and grateful to now give this precious teaching to you. For Scientific Prayer has definitely transformed my life, and it can transform yours. You have the God-given power to dream, and your dreams are real and worthy. Let God's love and miracle-power help you fulfill your dreams. If you can dream miracles, and you can believe in miracles, then you can achieve miracles. Believe in yourself now and begin to realize your destiny. Trust in God's grace to be your guide on this journey to fulfillment. You are the driver. Let God be your co-pilot.

Let us now get started on this miraculous voyage.

9 steps for a scientifique prayer (acc. To the structure of Lord’s prayer):

1) request or goal
2) recognition or glorification
3) state the qualities of god that correspond to your goal
4) Unification – state you are one with god (your higher self)
5) Claim or resolution – you claim “your perfect job” for instance
6) Renewal or healing – heal blockages that prevented you from attaining your goal
7) Gratitude or reward – giving thanks
8) Release or letting go
9) Silence

The Law of grace overcomes The Law of karma