



The Only Little Prayer You Need: The Shortest Route to a Life of Joy, Abundance, and Peace of Mind

By Debra Landwehr Engle

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"We need to encourage an understanding that inner peace comes from relying on human values like love, compassion, tolerance, and honesty, and that peace in the world relies on individuals finding inner peace." --**His Holiness, the Dalai Lama**

These six words--*please heal my fear-based thoughts*--change lives. In this brief and inspiring book, based on Engle's study of *A Course in Miracles*, she explains how to use the prayer and experience immediate benefits:

- being less irritable, more patient
- laughing more
- feeling like you have more time, more energy
- worrying less
- making decisions more easily
- saying no without guilt

A typical prayer goes something like this: *"Please help us find the money to pay our mortgage this month."* Saying the prayer may help you feel like the burden of that month's mortgage has been lifted, but the part of you that feeds on fear will simply seek out new financial worries to keep you awake at night. Old patterns remain intact.

In contrast, asking, *"Please heal my fear-based thoughts about our mortgage"* lifts the burden AND relieves the need to re-create that fear and hold onto it. This prayer heals your very desire for burdens, your addiction to fear-based thoughts, freeing you to live without that fear and with greater peace of mind. As a result, your financial situation is also free to improve. That's what makes it so different.

One Facebook fan told Engle, *"The most blessed aspect of this prayer is all the open space it creates for peace--I never knew how many fear-based thoughts were clogging up in me until... this prayer."*

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Editorial Review

Review

"Suppose there is a path to a better life that is really the most simple thing, the most direct route to immediate effects? And what if this cost you nothing, took little of your time, and had absolutely no risk of backfiring or hurting anybody else? You are about to find such a gift in this book, and you will soon discover that all of your fears grew out of nothing. In so doing you are also about to embark on a life where forgiveness becomes a tangible practice, and being fixated on fear becomes a thing of the past." --**Dr. Lee Jampolsky**, author of *Smile for No Good Reason* and *How to Say Yes When Your Body Says No*

"Debra Engle's *The Only Little Prayer You Need*, took my breath away as I sat reading it. Like Engle, I, too, have been a student of "A Course in Miracles" for thirty years. And also like her, it has taught me all the important spiritual tools I rely on every day. However, her little prayer provides a much-needed shortcut to peace filled living that everyone, course student or not, can use daily. Hourly, even minute by minute. Thank you, Debra. I needed to read your book today. I needed to shift my perception on a current situation and your book and prayer did just that for me." --**Karen Casey, Ph.D.**, author of *Each Day a New Beginning*

"We are made to live lives of tolerance, respect and compassion. This simple yet extraordinary book gives our entire human family a tool to do so, starting today." -**Archbishop Emeritus Desmond Tutu** (Cape Town - South Africa)

"As stated in the Preamble of the Universal Declaration of Human Rights, 'Human beings shall enjoy freedom from fear.' Debra Engle, in this precious book, provides the compass to learn how to be and to live together, in order to contribute to the transition from a culture of imposition and violence to a culture of conciliation and peace, from force to words." -**Federico Mayor Zaragoza**, Former Director General of UNESCO and President of the Foundation for a Culture of Peace

"A delightful little book on healing our fear-based thoughts through prayer, which is a giving up of oneself in order to be at one with Love." -**Jon Mundy, Ph.D.**, author of *Living A Course in Miracles* and publisher of *Miracles* magazine

"Inspired by the psycho-spiritual wisdom of *A Course in Miracles*, this concise little tome offers peace of mind, laughter, more energy, and freedom from guilt. It's a lot to promise, but Engle delivers the means to the end she commits to in the title. In doing so, she's redefined the word "prayer", removing the overtones of hierarchical religion. Instead she uses the word to express a very simple, six-word request for help. The request is made to our inner selves not to an external overseer. A transcendent force is implied, but without the need to label it. Really, it's neuroscience. Change your thinking, change your life. Engle has packaged it all with compassion, creativity, and a blessing from the Dalai Lama." -**Anna Jedrzejewski**, *Retailing Insights*, October 2014

About the Author

Debra Landwehr Engle is the originator and facilitator of Tending Your Inner Garden workshops and a longtime teacher of A Course in Miracles, as well as a widely traveled inspirational speaker. Her websites include www.goldentreeeco.com and www.tendingyourinnergarden.com.

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Robert Zamora:

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