



3 EASY STEPS TO RELIEVE STRESS & ANXIETY in Today's Fractured World

Powerless and alone.

Do you ever feel that way?

It can happen when we turn on the TV and see politicians screeching at each other.

→ when we see multitudes in desperate circumstances.

→ when we read angry comments and posts on social media.

→ when we feel lost on our life's journey or beset by illness, financial woes, or fractured relationships.



What's the antidote?

CONNECTION.

Connecting with the strength and goodness within us.

At MAKOR, one of the ways we do this is by affirmative prayer/meditation. Affirmative prayer connects us with uplifting thoughts and emotions. Like *peace, love, optimism, strength, perseverance, courage, and enthusiasm*. Affirmative prayer can help us live lives filled with *serenity, joy, loving relationships, growth, creativity, resilience, meaning, and accomplishment*.

The very opposite of powerless and alone.

Scientists around the world are documenting the powerful impact our thoughts and emotions have on our lives. Meditation, Positive Psychology, and the mind-body relationship are just a few of the areas under serious investigation. Study after study shows these practices can change our brains and our lives. They result in **greater peace, happiness, emotional stability, resilience and health for people of all ages.**

That's why they can benefit everyone--regardless of spiritual beliefs. By adapting the language of affirmative prayer to your personal beliefs, our philosophy and our practices work if you have a strong belief in God ... and if you are atheist or agnostic.

"God" means different things to different people. Maybe it's your Higher Self or Spiritual Self. The Goodness inside of us. The Love, Kindness, and Compassion that inspires us to make the world a better place. To be a beacon of Peace and Happiness in the world.

Maybe it's the Presence that endows us with life. The Creative Intelligence from single cell to an adult that runs our body, beats our heart. Life itself. The potential given to us by Nature. That enables us to think, grow, learn, and create. That motivates us to face and overcome challenges. That heals our wounds when we are injured. The Source of strength and regeneration.

When we feel powerless and alone -- and lapse into fear, worry, anger, envy, and impatience -- we block the development and expression of our higher qualities.

What follows in this booklet is the antidote. We can re-train our minds to realize more of our higher potential. All it takes is faith in ourselves. Faith in our potential to change and grow. And a strong commitment to a transformational path. That's what this booklet will help you do. When we nurture our higher qualities, we can live lives of **peace, love, strength, passion and purpose**, and in so doing, help the world.

3 STEPS TO HEALING



How does affirmative prayer/meditation work? And why? Because ...

... having faith in, connecting with, and nurturing our higher qualities helps us to transform our emotional nature, changes how we experience and respond to life's challenges, and ultimately impacts the lives we create for ourselves.

We actually “meditate” all the time without realizing it.

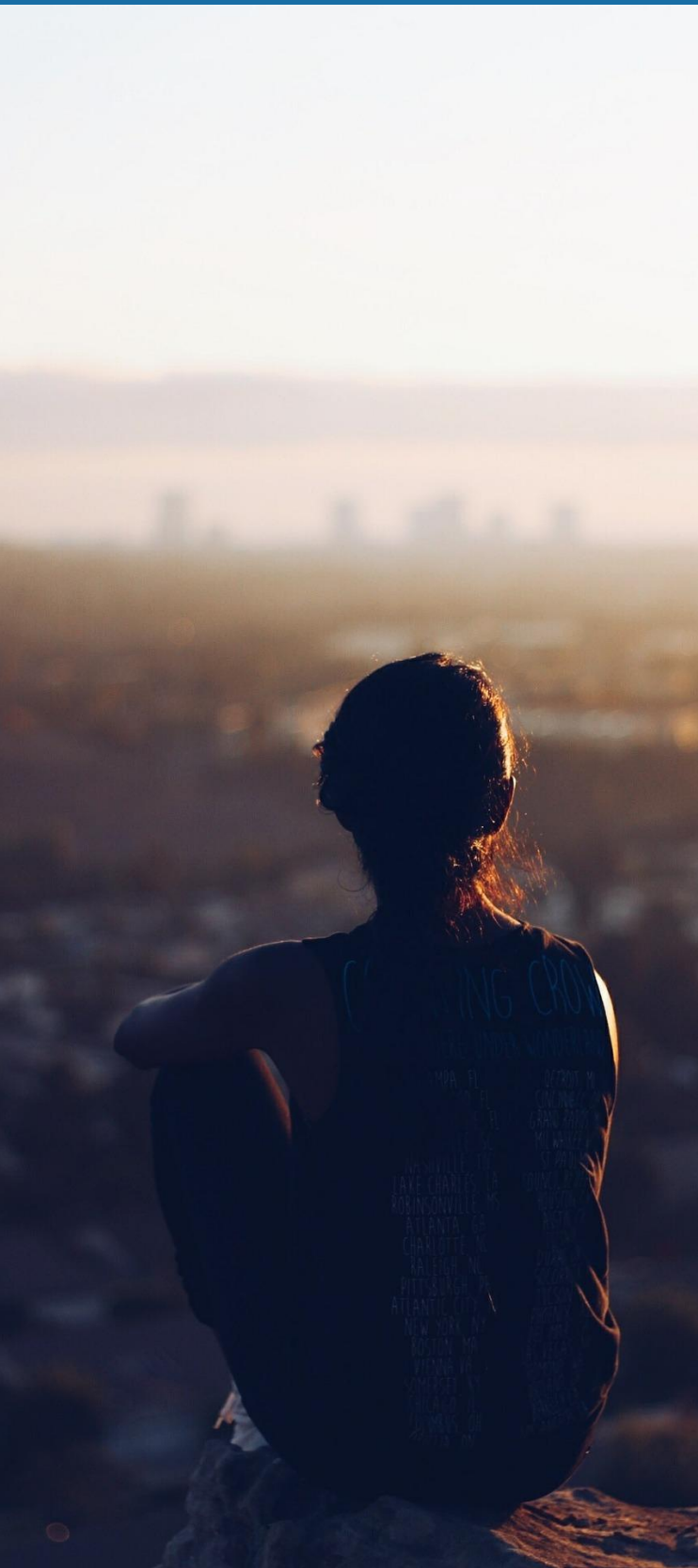
We often meditate on loss, lack, and limitation (*“I’m unhappy because of all the things that are wrong in my life. I wish I weren’t so unhappy.”*) This attitude does not create a resilient frame of mind that is able to deal with difficulties with strength, wisdom, enthusiasm, or energy, and, therefore, it creates more unhappiness.

Founder Tehilla Lichtenstein outlined three steps to spiritual healing in her essay, ***“How to Heal Yourself,”*** which we’ve shared with you at the end of this workbook (lightly edited). Although written over a half-century ago, these time-honored principles have worked for millions of people worldwide.

Take some quiet time to read Tehilla’s essay. Don’t rush – read it slowly to let the language sink in. There is poetry in Tehilla’s words, music in her cadence. And an invitation from her to you from across the generations to anchor your connection with the Divine Source or your Divine Potential.

We have included a step-by step description of affirmative prayer/meditation below so you can use it for yourself.

Affirmative Prayer Meditation 101



The power of prayer/meditation has been known to humanity since the beginning of time. Each of us has found our own way to experience our connection to that “something” which is greater than our daily events and challenges. Affirmative Prayer / Meditation – what the Lichtensteins called “Jewish Science” – is one of those many ways.

While we offer examples of meditations below, it is important that you experiment and find the words, ideas, and images that are most powerful for you. Don’t confuse the words with the process. You can think in terms of God, Nature, or your innate potential.

We are trying to make the connection and nurture the higher qualities that exist in potential form in all of us; we are re-training our minds at the deepest level.

Remind yourself that no matter what your background, no matter what the situation, we all have unrealized potential that has remained dormant because we have not known how to call upon, nurture and develop it. We all have the potential to change and grow, to become stronger, more loving, and more joyful.

STEP 1

RECOGNIZE. GOD IS.

What we call God – and you may have your own name for that Higher Power and energy – is present and omnipresent. Fill yourself with that consciousness. There is a power that will work for your well-being. Calm your body and your breathing and your mind by knowing that God's goodness is with you. As the prophet Isaiah said, Be still and know that I am God (Isaiah 46:10). Name as many attributes of God as you can think of to remind yourself that there is a power greater than the issue at hand.

YOU MIGHT SAY

There is One loving Power, One Divine presence, One Source of all things—which I call God. God is health, calmness, harmony, creativity, joy, wisdom, abundance, ease, and flow. God is courage and strength, laughter and love.

OR

God, the Divine Presence, is the very Life of me. It runs my body, it beats my heart, it heals my wounds. It is the source of growth, strength, courage, wisdom, goodness, love, creativity, joy, regeneration and renewal.

What terms would you use to express God? Write down the names or concepts that speak to you:

STEP 2

CONNECT. ME TOO!

It may be easy to recognize that God is all these things. It's harder to see those qualities in ourselves. Yet, you were "made in the image and likeness of God." So, when you allow yourself to see with your Divine eyes, of course you have the seed within you to be all the goodness, power, and abundance you declared of God.

God is not only around you, not only with you ... but also within you. You have that Divine spark within to bring about the wholeness, health, and healing that you're seeking.

YOU MIGHT SAY

I am One with The Eternal. As Spirit is in and through all things, Spirit is in me as well. There is no spot where God is not. All that God is, I am. I know that I am health, calmness, harmony, creativity, joy, wisdom, abundance, ease, and flow. I have all the answers within with God as my Source.

OR

God is the source of life within me, the source of health within me, the source of healing within me, the source of goodness and the source of righteousness. God is the source of creativeness, the source of every attribute and every faculty and every potentiality that seeks expression in me. Whatever God is, whatever attribute God possesses, is also within me, and I may call upon it to express itself.

OR

Nature has endowed me with precious gifts that are mine to nurture and develop; the power to change and grow, to create my best self and my best life, filled with passion, courage, joy, enthusiasm, loving relationships, creativity, and accomplishment.

What statements would you use to unify and connect yourself with that Higher Power?

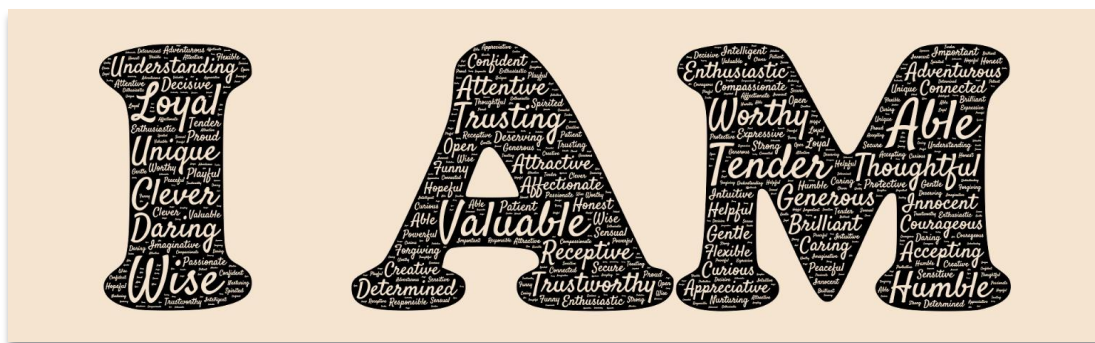
STEP 3

DECLARE / AFFIRM. LET'S CO-CREATE!

This is a step where many people get stuck. Doubts creep in. Is God really listening? What exactly should I ask for? What if it doesn't happen?

That's where affirmative prayer/meditation is such a powerful departure from traditional notions of prayer. We are not begging and pleading for a particular outcome. The first two steps have allowed us to meditate on and connect with God—as in, God is, and I am connected to all that God is.

This third step is simply an affirmation of that truth. You are not asking for anything. You are declaring and affirming that it is true. As you do this, use words in the first person and in the present tense. In this way, you will arouse the faith and confidence that you have the Divine Potential, the higher qualities, the strength, wisdom and courage to face any challenge.



When we meditate on higher thoughts and emotions, we are not only developing our higher qualities, we are also drawing our attention away from the negative thoughts and emotions (such as worry, anxiety, anger, pessimism, hopelessness) that block the development and expression of our higher qualities. In this way, we begin to overcome the internal obstacles or weaknesses that have prevented us from reaching our potential.

Rabbi Lichtenstein did not believe that God helps us in supernatural ways. He believed that God (or Nature) has given us the gifts we need to live peaceful, loving, joyful, courageous, productive lives, but that these gifts have to be nurtured and developed, and the negative tendencies have to be replaced by positive, constructive thoughts and emotions.

For example, if you have a relationship that needs healing, you might say:

The truth of Spirit is the truth of my life. I experience unconditional love flowing through me at all times. All of my relationships are in perfect ease and harmony. Love flows from me to and through everyone I encounter. Joy, encouragement, and laughter abound. Blessings come with every interaction.

STEP 3

DECLARE / AFFIRM. LET'S CO-CREATE!

When you make your affirmation, see the end result in your mind's eye. Or see yourself with the qualities needed to achieve your goals, such as optimism, enthusiasm, and persistence. Don't worry about the steps to how it will be achieved. As Tehilla Lichtenstein wrote:

The most fruitful form of affirmation comes from imagination. Images are prayers. Create in your mind an image--a picture--of the state of health and well-being you're seeking. It is a declaration in itself. That image evokes the forces of healing within you. If you find it difficult to visualize, affirm it in words. This affirmation is also a prayer and will bring the forces of healing into action.

We know how potent a force our imagination is. Look at all the creations of art, beauty, literature, architecture, inventions, and ideas. They were all once just an image in someone's mind. You have that same power within you.

Remind yourself that God/Nature has endowed you with the potential to develop all the qualities you need to grow and to meet challenges. Imagine what it would feel like to have the quality that you desire; arouse the emotion or "call it forth"; feel it welling-up in you. Imagine yourself with that quality.

It might also help to imagine a role model, someone who has the desired quality, to identify with this person in your imagination, to arouse the emotions that you imagine this person to have, to imagine what it would feel like to be this person. This person may be real or fictional, dead or alive.

What traits do you most want to develop to improve your life? Would hope and optimism motivate and energize you? Would patience and persistence help you to achieve your goals? Would love, compassion and forgiveness help you to create better relationships and to bring more love into your life? Would gratitude help you to overcome feelings of resentment, self-pity, envy, and depression?

What spiritual goals do you want to see manifest in your life?

FINAL WORDS

Don't rush the process.

You might set aside at least 15 minutes at the same time each day. Or you might have shorter sessions several times a day, including when you get up in the morning and before you go to bed at night. You can also select a short sentence, phrase or even a single word to keep in mind during the day, such as peace, calm, patience, love, gratitude, faith, optimism, courage, or enthusiasm. Choose the quality that you most need at the moment, and allow the emotion to well-up in you. The more you keep these higher thoughts in mind and use them to keep your mind off negative thoughts, the more effective the process will be.

If doubts come in, return to Steps 1 and 2 to restore calm and serenity.

Trust that all will be well. Trust that this Higher Power is working for your good. Even if you don't see results immediately, have faith that God is working behind the scenes to bring your affirmation to fruition.

Your job is to stay in faith with the affirmation and beautiful vision you have declared.



We Want To Hear About Your Results!

Please post a comment on our blog [right here](#).

Your friends at MAKOR



THE CENTER FOR SPIRITUAL JUDAISM

ABOUT MAKOR



Makor מקור [muh-CORE] , n. Def.: source, spring, fountain [Hebrew]

MAKOR is a synagogue and Jewish spiritual center in the midtown/Murray Hill section of New York City that brings a spiritually and psychologically transformative path to Jews of all backgrounds.

We provide Jews from all denominations and practices with a deeper understanding of the essential teachings within Judaism, and practical guidance on how to apply them to achieve peace of mind, resilience, growth, and spiritual and psychological well-being.

OUR APPROACH



MAKOR brings a unique form of affirmative prayer/meditation to Judaism, Jewish synagogue services, and its application to daily life. We believe that effective prayer comes not from begging and pleading. Rather, it comes from developing a deep-seated and loving connection with God/Divine Source ("makor") and affirming our faith that the peace, strength, resilience, wisdom, and goodness that we seek are within us.

According to our founder Rabbi Morris Lichtenstein, God does not help us in supernatural ways. Having faith in God means having faith in ourselves and in the inner gifts God has bestowed upon us. We all have them. But they need nurture and development. We need to connect with them, like a lamp needs to be plugged into the socket to get the benefit of electricity.

Affirmative prayer / meditation is the way we've found to connect with those inner gifts -- to heal body, mind, and soul.



HOW TO HEAL YOURSELF

by Tehilla Lichtenstein

*“For God alone my soul waits in stillness; from him comes my saving health.”
~ Psalm 62:1*

In this divine utterance from the Hebrew psalmist, we have a mystic capsule to achieve self-healing. It contains two spiritual requisites for the re-attainment of physical, mental or emotional wholeness. The first is the recognition of God as the source of help, second is the state of inner quietude in which the process of recuperation takes place.

Healing flows unimpeded and potent when the soul is at peace. And conversely, healing is impeded by anxiety, doubt or fear. Therefore, before you can heal yourself, you must calm yourself. You must achieve a state of serenity and quietude. Wait in stillness for the manifestation of God’s goodness.

There are many avenues to healing, and each one of them has its measure of efficacy; but the source of healing is one. The source of healing is God.

We recognize that God is ever-present. Everywhere. We are surrounded by God. We are never absent from His spirit. Every part of the universe, every atom and every cell of existence is filled with His Presence.

This is how the psalmist--poet and devout individual of God—describes God’s omnipresence. This is how the Psalmist tells us we are constantly surrounded by goodness, by love, by strength, by protection, by help: **It means to have a shield around you, and a strong fortress ever near you and a mighty rock under your feet.** To recognize that God’s goodness is ever about you, that His love is ever flowing toward you, that his strength is of reaching out to you ... is that not a healing in itself?

THE FIRST STEP TO HEALING

Filling yourself with the consciousness of God’s presence is the first step to achieve self-healing. The moment you know God is with you, that God’s goodness is with you, then a part of your burden has been removed. A part of the weight has been lifted from your heart. Your forebodings about the future have been lightened. Then, you know there is a power other than yourself that is also concerned with your well-being, that will work for your well-being, that will take you under His protection.



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*"Where can I go from your Spirit? Where can I flee from your presence?
If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
If I rise on the wings of the dawn, if I settle on the far side of the sea,
Even there your hand will guide me, your right hand will hold me fast.
If I say, "Surely the darkness will hide me and the light become night around me,"
Even the darkness will not be dark to you; the night will shine like the day,
for darkness is as light to you."
~ Psalm 139:7-12*

Therefore, when you are ill—whether your illness is physical or mental, functional or organic, slight or serious; whether brought about through your own willful neglect and disobedience to the laws of health, or not consciously of your own doing—recognize the presence of God. **Recognize God's nearness. Affirm God's nearness.** Hold out your hand to Him, as a fevered child holds out his hand to the mother who adores him, and feels comforted by the pressure of her hand, comforted by the mere knowledge that she is at his side. A great part of your suffering will subside, the vision of good health will appear in your mind when you feel yourself in the presence of God.

THE SECOND STEP TO HEALING

Once you recognize God's omnipresence, the second step in healing yourself is recognizing His immanence. God is not only about you, not only with you, but within you. God dwells within everything He created and expresses Himself to the objects of His creation.

In the universe at large, God expresses Himself in growth and development; in humans. God expresses himself in life itself. Humankind is the highest expression of God, for in us contains everything that is God. God is the source of life within you, the source of health within you, the source of healing within you, source of goodness and the source of righteousness; God is the source of creativity, the source of every attribute and every faculty and every potentiality that seeks expressions for you. Whatever God is, whatever attribute God possesses, is also within yourself, and you may call upon it to express itself.

But first you must recognize the presence of the Divinity within you; first you must affirm the Divine Presence; first you must realize there is a power within you that, when expressed, leads to achievement and joy and creativity and many other manifestations.

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THE THIRD STEP TO HEALING

Knowing that God is about you and within you, that the power of healing is within you, you are then prepared to invoke that power ... which is the third and most essential step to the achievement of healing through religious (or spiritual) channels. It is based on the profound belief and conviction and proof that God is responsive to our appeals.



How Do We Know God Responds?

We base our convictions of God's responsiveness on the wholehearted belief in His goodness. We cannot conceive of God at all, unless we also conceive of Him as the fount of goodness, as goodness. There is no need, purpose, or point to a belief in God unless it includes utter belief in His goodness and His love. The very fact that healing takes place at all is proof of His infinite goodness. Health is a gift He has entrusted to our care, and He has implanted in us the laws of health by which it may be maintained unimpaired.

God has given us the power to pray so we can turn to Him when we find ourselves lost and helpless. He has given us the urge to pray, the instinct to pray. So how can it be conceivable that he would not answer prayer?! There is no instinct which does not have a counterpart in reality, and prayer is among the strongest of the urges of humankind. Even the unbeliever prays when he is in straits. Even the atheist turns to God when human resources have failed him! Prayer is not given to us to deceive us. Rather, **it is an instrument, a potent, infallible instrument, for reaching the Divine sources of help within ourselves.** We postulate our belief in God's responsiveness to prayer on our conviction of God's goodness, but we have proved that He answers prayer by the mere fact that time and time again, when we have prayed—earnestly and in full belief--our prayer has been answered.

Prayer for healing has been answered with healing. Prayer for recuperation has been answered with recuperation. Prayer for restoration of strength has been answered with restoration to strength. Prayer for courage has removed fear. Prayer for happiness has removed despondency.



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Prayer for sustenance has been answered with enlarged vision and increased resourcefulness in reaching out for abundance.

Physical health, mental health, relieved anxiety—all have been achieved through prayer. Sustenance, supply, happiness, harmonious relationships, have been re-established through prayer. **This is our proof that God answers prayer.** So, if you are seeking to experience God's goodness, and seeking healing—whether healing of body or mind, or even healing of lack or disharmony—try it! Test prayer in your own life and see if it works.

To recap, those are the three essential steps to obtain God's help.

The Power of Imagination

I should like to add that there are many forms of prayer. All forms of prayer are effective, if they are offered earnestly, with concentration, with devotion, and with full belief in God's goodness. But we have found that there are degrees of effectiveness, and that the prayer which works best is one that involves the power of the imagination.

The word imagination contains the word “image” within it. **Imagination is the power of making images, of creating pictures, within the inner eye of the mind, which we must exercise to experience the full power of divine prayer.** Prayer is the communion of the human mind with the Divine Mind. In Jewish Science, we have found that when we pray, images work better than just words to communicate our desires.

Pray by creating in your mind, through your power of imagination, an image, a picture, of that state of health and well-being you desire. **This image is a prayer.** It is a declaration to God of that which you seek, and it will evoke the forces of healing within you to bring about the health you pictured. If you find it difficult to visualize, affirm it in words. This affirmation is also a prayer and will bring the forces of healing into action. Once you're become more comfortable with visualization, replace your words with images.



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Every one of us has the power to visualize. With a little effort and concentration, you can train yourself to do it effectively. We know how potent imagination is in the creation of art, beauty, literature, inventions, all the great contributions to civilization. And so, we have found in Jewish Science that the imagination is also a great force in the achievement of healing, if it is used as the method for divine communication.

When you image a condition you wish to realize--that you wish God in His goodness would help you realize—your whole mind, your whole attention is focused in concentration, your whole being is in prayer, and therefore your prayer finds a more ready response.

Let your prayer consist of an image of God's giving and you receiving. For example, if you are having heart problems, visualize a stream of health pouring from a Divine Source either within or outside yourself. (After all, God is omnipresent, residing both within and without). See that stream of health pouring into your heart and revitalizing it, filling it with renewed strength and vigor.



As the second part of your prayer, see your heart as having received renewed health, beating vigorously, rhythmically and serenely, giving strength and vigor to your whole being.



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Conditions for Prayer

Do not rush through your prayer. Set aside a certain interval of at least 15 minutes, at the same time each day, until you find yourself completely healed. Do not let extraneous thoughts into your mind while you are praying. Do not let doubt nullify the effects of your prayer. Let the mood in your mind be one of love for God, as you expect love of Him. One of trust in God, as you expect trust from Him. **Above all, one of serenity—the only mood in which you can communicate with the Divine Mind.**

For God alone my soul waits in stillness. You cannot pray unless you pray in quiet and serenity. To achieve serenity, you must relax your body. Even if your mind is tense and your nerves are taught, you can relax your body. **Your relaxed body will in time communicate itself to your spirit.** The thought and will for serenity, the affirmation of serenity, are all effective to achieving serenity. You may need to pray for serenity before you proceed to pray for your other needs. But often, you will find that by following the first step to spiritual healing— that is, being conscious of God's presence and nearness—will induce a mood of serenity and peace. It will induce the stillness of soul through which God's goodness is made manifest.

REMEMBER:

In you are the sources of health and healing and recuperation.

In you is the essence of God.

In you are the attributes of God.

In you is the Divine Source, responsive in His goodness and love, to your needs and your prayers.

Jewish Science Affirmations (1923):

I am calm and cheerful; I hate no one; I envy no one; there is no worry of fear in me; I trust in God all the time.

The God consciousness in me expresses itself in health, in calmness, in peace, in power, and in happiness.