

# **Approaches To Meditation A Quest**

David Read Johnson, Renée Emunah

#### **Approaches To Meditation A Quest:**

Teaching Meditation to Children: The Practical Guide to the Use and Benefits of Meditation Techniques David Fontana Co-Author, Ingrid Slack, 2012-01-03 Meditation is one of the best tools we can offer children to help them cope with the intensity of their feelings and ease the pressures in their lives among family with friends and at school It gives even very young children power over their thinking and emotions through enhanced self understanding and is perhaps even more valuable in helping adolescents to navigate the emotional peaks and valleys of the transition from childhood to adulthood This book explains the varying techniques for working with children in different age groups from five to eighteen and shows how the benefits of meditation can help in a range of ways from relieving shyness anxiety and tension to reducing hyperactivity aggression and impatience Meditation has also proved helpful when treating asthma insomnia and depression and in improving concentration establishing emotional balance and enhancing imagination and creativity Influential Figures in History: The Life and Legacy of the Individuals Who Shaped the World Arthur William Gertz, 2023-05-22 In this captivating historical journey I invite you to immerse yourself in the lives and legacies of the 50 Historical Figures Who Transformed the World Get ready to be captivated inspired and amazed by the most influential figures of all time From revolutionary visionaries to tireless leaders brilliant scientific minds to innovative artists this collection will take you across centuries and continents revealing the fascinating stories of those who defied conventions and left an indelible mark on the history of humanity As you explore their lives you will discover the passions and sacrifices that propelled them forward overcoming seemingly insurmountable obstacles in their quest for a better world Their achievements transcend time and cultures encompassing diverse fields such as science art politics philosophy and much more Throughout each page you will witness how these extraordinary men and women challenged established norms faced adversity and unleashed a cascade of transformation in their respective fields Their legacy inspires us all to look beyond what is possible to pursue our dreams with passion and to strive for a fairer and more equitable world The Quest for the Origin of John's Gospel: A Source-Oriented Approach St. Louis Thomas L. Brodie Professor of Theology Aguinas Institute, 1992-12-11 This book presents a controversial thesis concerning the composition of the Gospel According to John Most New Testament scholars believe that John was independent of the other three Synoptic Gospels although some hold that he may have been familiar with Mark This has led many to attempt to reconstruct the history of the community within which and for which John must have written Brodie argues however that until the source question is settled the historical question remains fruitless What has been missing from Johannine scholarship he says is an accurate sense of the way in which writers of the ancient world set about composing their works Given this literary context it can be argued that John knew and used not only all of the Synoptic Gospels but Acts Ephesians and the Pentateuch as well Finally Brodie concludes that John was the individual John and not the mouthpiece of a putative Johannine Community The Gospel should thus be read as a unified work and not as the product

of an aggregation of different sources or different dates of redaction Current Approaches in Drama Therapy David Read Johnson, Renée Emunah, 2020-11-18 This third edition of Current Approaches in Drama Therapy offers a revised and updated comprehensive compilation of the primary drama therapy methods and models that are being utilized and taught in the United States and Canada Two new approaches have been added Insight Improvisation by Joel Gluck and the Miss Kendra Program by David Read Johnson Nisha Sajnani Christine Mayor and Cat Davis as well as an established but not previously recognized approach in the field Autobiographical Therapeutic Performance by Susana Pendzik The book begins with an updated chapter on the development of the profession of drama therapy in North America followed by a chapter on the current state of the field written by the editors and Jason Butler Section II includes the 13 drama therapy approaches and Section III includes the three related disciplines of Psychodrama and Sociodrama Playback Theatre and Theatre of the Oppressed that have been particularly influential to drama therapists This highly informative and indispensable volume is structured for drama therapy training programs It will continue to be useful as a basic text of drama therapy for both students and seasoned practitioners including mental health professionals such as counselors clinical social workers psychologists creative arts therapists occupational therapists theater and drama teachers school counselors and organizational development consultants The Publishers Weekly ,1996 **Buddhist approach to responsible** consumption and sustainable development Thich Duc Thien, Thich Nhat Tu, 2019-04-16 EDITORS INTRODUCTION BACKGROUND This is a great academic solace to see the Volume on Buddhist Approach to Responsible Consumption and Sustainable Development which covers Sub Theme Five of UNDV 2019 Academic Conference REVIEW OF CONTENTS The World of Today is suffering from the crisis of consumerism The first paper on a Buddhist Perspective on Overconsumption and Its Negative Effects towards Society and Environment deals with it specifically in the reference of consumption beyond requirements which is generally termed as overconsumption Such human tendency leads to negative impact on the entire force of nature and the environment How the Buddhist principles guide us to live a better life where there is least effect on the environment and society is well explained in this paper The second paper in this volume entitled Attaining a Sustainable Society through the Teachings of the Khandhaka of the Theray da Vinaya Pi aka is a vivid example of the benefits which one can derive from our ancient Pali literature While studying the Theravada Vinaya Pitaka the author explores the specific words of the Buddha in the Khandhaka which hint at the possibility of sustainability and development going together without harming other societal components Though the Vinaya being a Pitaka for monastics it still is highly useful for the laity as well The paper Buddhist Ethics in the Establishments of Green Tourism is a unique academic contribution Here the writer states that the Buddha's life and principles make us learn a lot as how green methods must be applied in our day to day life The damage being caused by the genre called DEVELOPMENT needs to be controlled and for this the words of Master exhibits his proximity to protect nature humanity and the world order **Zen-Brain Reflections** James H. Austin, 2010-09-24 A

sequel to the popular Zen and the Brain further explores pivotal points of intersection in Zen Buddhism neuroscience and consciousness arriving at a new synthesis of information from both neuroscience research and Zen studies This sequel to the widely read Zen and the Brain continues James Austin's explorations into the key interrelationships between Zen Buddhism and brain research In Zen Brain Reflections Austin a clinical neurologist researcher and Zen practitioner examines the evolving psychological processes and brain changes associated with the path of long range meditative training Austin draws not only on the latest neuroscience research and new neuroimaging studies but also on Zen literature and his personal experience with alternate states of consciousness Zen Brain Reflections takes up where the earlier book left off It addresses such questions as how do placebos and acupuncture change the brain Can neuroimaging studies localize the sites where our notions of self arise How can the latest brain imaging methods monitor meditators more effectively How do long years of meditative training plus brief enlightened states produce pivotal transformations in the physiology of the brain In many chapters testable hypotheses suggest ways to correlate normal brain functions and meditative training with the phenomena of extraordinary states of consciousness After briefly introducing the topic of Zen and describing recent research into meditation Austin reviews the latest studies on the amygdala frontotemporal interactions and paralimbic extensions of the limbic system He then explores different states of consciousness both the early superficial absorptions and the later major peak experiences This discussion begins with the states called kensho and satori and includes a fresh analysis of their several different expressions of oneness He points beyond the still more advanced states toward that rare ongoing stage of enlightenment that is manifest as sage wisdom Finally with reference to a delayed moonlight phase of kensho Austin envisions novel links between migraines and metaphors moonlight and mysticism The Zen perspective on the self and consciousness is an ancient one Readers will discover how relevant Zen is to the neurosciences and how each field can illuminate the other **Treatise On Ayurveda** Srikantha Arunachalan,2004 **Buddhist Approach to Global** Leadership and Shared Responsibilities for Sustainable Societies Thich Nhat Tu, Thich Duc Thien, 2019-05-03 FOREWORD In 1999 the General Assembly of the United Nations adopted the resolution to recognize the Vesak Day as an International Day of Recognition of Buddhists and the contribution of the Buddha to the world Since then the people and the Royal Government of the Kingdom of Thailand in general and Mahachulalongkornraja vidyalaya University in particular were very honored to have successively and successfully held for twelve years the United Nations Day of Vesak Celebrations in Thailand From 2004 to date we have come a long way in the celebrations and we are happy to be the host and organizer but it is time for the celebrations to grow and evolve The United Nations Day of Vesak is coming to maturity with twelve celebrations under our belt much experience gained and it is time now to share this with others There will always be room for growth and development and we are elated to see it grow In 2006 2007 having joined the International Organizing Committee for the UN Day of Vesak as Deputy Secretary General Ven Dr Thich Nhat Tu has played a crucial role in building

strong relationships between the National Vietnam Buddhist Sangha and the International Council for Day of Vesak in particular and the Global Buddhist communities in general We have supported and congratulated Vietnam on organizing successful UNDV celebrations and conference in 2008 and 2014 respectively We have full trust in Vietnam being the host of UNDV 2019 for the third time We like to thank all those who have contributed to the success of previous celebrations and wish all future celebrations be successful The teachings of the Buddha see no boundaries the minds of all are alike the sufferings of all are similar and truly and the liberation of all is the same We are happy to initiate the process develop the scope and now it is time for others to follow in similar footsteps evolve the celebrations into a truly international event that can be shared with Buddhists and Non Buddhists alike Let the Dhamma of the Buddha be the beacon to the world shredding away the ignorance within our hearts bringing development into sustainable capacity for humanity and more importantly peace and harmony to the world Most Ven Prof Brahmapundit President International Council for Day of Vesak ICDV President International Association of Buddhist Universities IABU PREFACE The history of mankind records how the Buddha got enlightenment and showed a path which not only leads but also guides the world till date That is solely to emanate wisdom and offer insights which help us overcome numerous challenges and achieve the welfare of humanity Recognizing his pragmatic approach values and contribution of Buddhism the United Nations in a resolution in 1999 decided to celebrate the Triply Blessed Day of Vesak Birth Enlightenment and Passing Away of Gautama falling mostly in a lunar calendar in the month of May The first celebrations were held way back in the year 2000 at the United Nations Headquarters in New York and subsequently the day has been celebrated hugely in different countries Today our planet is confronted with a number of crises and unprecedented natural disasters. The imminent threat of terrorism and ethnic violence tackling poverty providing education and sustainable development leads us to strive for social justice. There is an urgent need for concerted and constant planning and right effort at an international level to foster permanent peace in the societies and in the lives of individuals Against the backdrop of such widespread misery and strife leading to complex issues and crises Buddhism with its rich heritage of tolerance and non violence can contribute immensely and inspire us with His message of loving kindness peace and harmony in today s world The United Nations Day of Vesak UNDV 2019 is a testimony to this fact Vietnam got the chance and responsibility of hosting this international Buddhist event UNDV in 2008 and 2014 respectively The event proved an amazing spectacle of religious and spiritual festivity with thousands of Buddhists from around the world converging in Vietnam to spread the Buddha's message of peace love and harmony This is the third time that Vietnam is hosting this important international event which is viewed by Buddhists as an opportunity to spread the Buddha s message and values of love peace non violence tolerance and compassion across the world It is a great honor for Vietnam the Vietnamese people the National Vietnam Buddhist Sangha and Buddhists all around the world to participate in the UNDV celebrations and spread the rich Buddhist heritage especially its teachings of equality social justice respect and understanding for the benefit of all

humanity World Buddhists and particularly the Vietnamese people are excited about their country hosting this auspicious and important event for the third time This international religious cultural and academic event would also certainly promote interaction and exchange of Buddhist cultural and intellectual values among diverse countries The International Buddhist conference with the main theme of Buddhist Approach to Global Leadership and Shared Responsibilities for Sustainable Societies during the celebrations could not have been more relevant and timely The present book is the outcome of one workshop representing one perspective of the conference Other perspectives of the conference include i Mindful Leadership for Sustainable Peace ii Buddhist Approach to Harmonious Families Healthcare and Sustainable Societies iii Buddhist Approach to Global Education in Ethics iv Buddhism and the Fourth Industrial Revolution and v Buddhist Approach to Responsible Consumption and Sustainable Development This international conference aims to foster co operation among Buddhist communities and institutions and to develop Buddhist solutions to the global crisis Papers selected for this volume are those that combine thematic relevance familiarity with the main theme or sub themes significant research in primary resources innovative theoretical perspectives clarity of organization and accessible prose style Acceptable articles in this volume are determined by the Academic Peer Review Committee UNDV 2019 certainly is an opportunity for the world Buddhists the National Vietnam Buddhist Sangha and all the members of the international community to benefit from the rich traditions values and spiritual ideals of Buddhism The pragmatic path shown by Buddha can make the world a better safer more peaceful and harmonious place to be cherished and enjoyed by all sentient beings On behalf of the National Vietnam Buddhist Sangha and myself I would like to warmly welcome President of Myanmar H E Mr U Win Myint Prime Minister of Nepal Right Hon Mr K P Sharma Oli Vice President of India H E Mr Shri M Venkaiah Naidu Chairperson of the National Council of Bhutan H E Mr Tashi Dorji Under Secretary General of the United Nations Executive Secretary of the Economic Commission for Asia and the Pacific H E Ms Armida Salsiah Alisjahbana Director General of UNESCO H E Ms Audrey Azoulay Ambassadors and many other dignitaries It is my honor to warmly welcome National Assembly Chairwoman H E Ms Nguyen Thi Kim Ngan Prime Minister of Vietnam H E Mr Nguyen Xuan Phuc President of the Vietnam Fatherland Front Central Committee H E Mr Tran Thanh Man Permanent Deputy Prime Minister H E Mr Truong Hoa Binh Deputy Prime Minister Minister of External Affairs H E Mr Pham Binh Minh other dignitaries including former Political leaders of the Government of Vietnam I extend my warmest welcome to all respected Sangharajas Sangha Leaders Buddhist Leaders Sangha members and 1600 Buddhist Scholars and practitioners from 115 countries and territories participating in this international celebration and conference Let me thank all of you for your contributions to this celebration and Conference My heartfelt thanks are extended to respected members of the Supreme Patriarch Council and Executive members of the National Vietnam Buddhist Sangha especially 25 sub committees for UNDV 2019 in Vietnam for their devotion and contribution I take this opportunity to express here my profound gratitude to Most Ven Prof Brahmapundit for his continuous

supporting Vietnam to host this international event I also thank profusely all members of the International Council for Day of Vesak ICDV Conference Committee and Editorial Board for their devotion I am grateful to Mr Xuan Truong for his generosity and other donors sponsors volunteers and agencies from the public sector and the private sector for their excellent contribution This publication and other 29 books printed for Vesak could not have been possible without the persistence hard work and dedication of Editorial Committee for their devotion including Most Ven Dr Thich Duc Thien Prof Le Manh That and especially Most Ven Dr Thich Nhat Tu serving as the international conference coordinator I extend my warmest and best wishes to all the delegates and participating countries on this special occasion which strengthens our resolve to improve the world by walking on the path shown by the Lord Buddha Whatever merit there is in publishing this book may be transferred over to the welfare and happiness of all sentient beings May all sentient beings be happy and released from suffering We wish the celebration of the United Nations Day of Vesak 2019 in Vietnam every success Most Ven Thich Thien Nhon President of National Vietnam Buddhist Sangha Chairman of the United Nations Day of Vesak 2019 in Vietnam Buddhist Approach to Harmonious Families, Healthcare and Sustainable Societies Thich Duc Thien, Thich Nhat Tu, 2019-04-16 EDITORS INTRODUCTION BACKGROUND There have been major changes in world today and that the term Global Leadership and Sustainable Development is no longer taken for granted as a point of reference for understanding the contemporary chaotic situation These disruptive changes mean that it is now arguable as to whether we still live in a world of justice egality peace and prosperity The nature of these changes and the concepts of the Buddhist approach are central to the whole project of this book In this light we place great emphasis on understanding Buddhist teaching in dealing with this matter We argue that any investigation of the changing character and context of the present time needs to take account of the Buddhist philosophy We focus on providing a thorough and critical understanding of change taking place as a starting point of discussion In doing so we attempt to clarify the nature of the Buddhist approach It may be more productively understood as the result of a complex contested and fragile set of arrangements which in this book we term as approach We do not imply that the frameworks based on the Buddhist teachings are fully fixed and agreed by everybody Rather it would refer to a set of arrangements that need to be further discussed Given the above this volume collects together papers presented at the international workshop on Buddhist Approach to Harmonious Families Healthcare and Sustainable Societies which took place on 13 May 2019 at International Conference Center Tam Chuc Ha Nam Vietnam on the occasion of THE 16TH UNITED NATIONS DAY OF VESAK CELEBRATIONS 2019 The participants in this workshop were not representative of the mainstream thinking or conventional wisdom of this field although this volume reflects this richness and diversity Treating the Buddha teachings as a basic theoretical reconstruction we examine the relationships between the societies and Buddhist responsibilities We combine analyses of the conflicts trends and dynamics affecting future development with more focused studies on a range of policy areas migration education leadership climate change etc Two of our most crucial

presumptions are that making Buddhism great again at the time of disruption is our first and foremost duty and the Buddhist responsibility can contribute to creating a new foundation for Global Leadership and Sustainable Development Credition - An Interdisciplinary Approach to the Nature of Beliefs and Believing Rüdiger J. Seitz, Hans Ferdinand Angel, Raymond Paloutzian, Ann Taves, 2023-07-27 The concept of credition represents an innovative research field at the interface of the natural sciences and the humanities addressing the nature of beliefs and believing Credition signifies the integrative information processing that is brought about by neurophysiologically defined neural activity in the brain affording decision making In analogy to cognition and emotion it is mediated by neural processes and constrains behavior by predictive coding Three categories of beliefs have been defined on the background of evolutionary biology that can be differentiated linguistically The goal of the collection of research papers is to provide an interdisciplinary discourse on an international level in the emerging field of credition On this basis individual group specific and cultural narratives of secular and non secular origin can become normative in particular when enhanced by ritual acts Also the recently defined belief categories can pave the way for novel approaches of empirical research on the formation of civilizations and cultures as well as for new perspectives on the psychopathological understanding of mental disorders The disciplines of empirical research such as cognitive science neurophysiology neuropsychology social neuroscience shall counteract with theoretical disciplines such as anthropology philosophy and theology in order to elaborate premises that are suited to bridge the scientific gap The potential contributors will submit their abstracts such that they are available for the International meeting Credition An Interdisciplinary Challenge that is going to take place in October 2021 in Hannover Germany Following the symposium the participants shall elaborate their perspective concerning beliefs and believing based on their expertise and the information they have learned during the symposium The authors are expected to submit a concise paper of 2000 words C Type Article

Science of Yoga – A Comprehensive Approach Dr.P.K.Aiyasamy,2019-01-21 Yoga is an ancient science and traced to Indus Saraswathy Civilization of 5000 years and more The rudiments of yoga were in practice for long in the Indian soil Sage Patanjali s Yoga Sutra and Hatha Yoga Pradipika by Yogi Swatmarama are veritable sources of knowledge and wisdom enshrined in Yoga philosophy Thirumoolar s Thirumandhiram is one another rich source on Astanga Yoga These treatises cover the entire gamut of Yoga The subjects specified by Patanjali in Astanga Yoga are Yama Niyama Asana Pranayama Pratyahara Dharana Dhayana and Samadhi The same was the case with Thirumoolar Hatha Yoga Pradipika listed Asanas Breath Mind Kumbhaka Mudras Samadhi Laya and Nada Apart from the Sages and Yogins of Indian origin many researchers from West and East delved deep in this fathomless ocean and interpreted the wisdom and knowledge to benefit humanity s health happiness and ever lasting peace With the dedication of International Day of Yoga 21st day of June every year It is now globally recognised that yoga provides a holistic approach to health and well being of world population A comprehensive coverage of the subjects outlined in the earliest treatises their further interpretations and adoptions are being made in the

book A New Monastic Handbook Ian Mobsby, Mark Berry, 2014-01-24 Two leading practitioners of new monasticism open up the movement's spiritual landscape and its distinctive calling and gifts within today's church Practical experiences and stories are set alongside reflection and liturgies as a creative resource for all who are already involved in or are exploring intentional living in community Focusing on new monasticism's key characteristics of prayer mission and community this book explores continuity with traditional religious life innovations such as its use of social networking technology potential for spiritual formation preference for the abandoned places of society transformative approach to mission blend of the traditional and experimental in worship growing international presence Publishers Weekly ,1976 Mindfulness-Based Approach to Working with High-Risk Adolescents Sam Himelstein, 2013-04-17 A Mindfulness Based Approach to Working With High Risk Adolescents is an accessible introduction to a new model of therapy that combines the Buddhist concept of mindfulness with modern trends in psychotherapy Drawing on years of experience working with at risk adolescents the chapters explore ways to develop authentic connections with patients building relationships working with resistance and ways to approach change using mindfulness based techniques Real life interactions and illustrations are used to show how a mindfulness oriented therapist can approach working with adolescents in individual and group settings and the book also provides practical suggestions designed for immediate implementation A Mindfulness Based Approach to Working With High Risk Adolescents is a must for any mental health professional interested in using mindfulness and other contemplative practices with at risk youth Routledge Philosophy GuideBook to Husserl and the Cartesian Meditations A.D. Smith, 2003-12-16 Husserl is one of the most important philosophers of the twentieth century and his contribution to the phenomenology movement is widely recognised The Cartesian Meditations is his most famous and most widely studied work The book introduces and assesses Husserl's life and background to the Cartesian Meditations the ideas and text of the Cartesian Meditations and the continuing imporance of Husserl s work to Philosophy The Practice of Collaborative Counseling and Psychotherapy David Pare, 2012-12-19 Many textbooks teach the practice of counselling to new learners by relying on basic ideas generated before the 1970s and grafting more recent developments onto this foundation as optional modalities David Pare avoids this trap He does not assume that the world has not changed or that innovative ideas that demand attention are not constantly being produced Neither does he dismiss the foundations of counselling laid a generation or two ago as irrelevant Instead he weaves into them new emphases drawn from the most creative practices of recent decades and makes them relevant to students learning the basics of practice Specifically ideas drawn from the turn to meaning are placed alongside well established traditions of counselling **Buddha Nature Now** Henry Landry LSC BGT,2007-06-25 From the 1950 s onward the Buddhist philosophy has grown in our Western world This philosophy underlies one of the oldest spiritual practices on earth the faith of compassion and peaceful means The reason for its existence is to enable all people to Realize a Personal Way to end suffering It is complex yet simple and profound It offers important

principles to the higher Worlds of wisdom and the meaning of enlightenment While scholars differ on his birth date it is suggested the historical Buddha of India Shakyamuni was an awakened One almost 3 000 years ago His time on earth is known as the Former Day of the Law In the Middle ages the Great Scholar Teacher and Chinese Priest Tien Tai ChiI 538 597 c e of China brought together all the various Buddhas Sutra or wisdom teachings and brought them into a encyclopaedic and academic whole Going beyond the theory and doctrine he declared the Buddhas highest teachings were to be found in the Scripture of the Lotus Blossom of the Fine Dharma This greatly affected the Mahayana Tradition He then went on to explain how the universe works in the concept of NOW Ichinen Sanzen This time is known as the Middle Day of the Law In 1222 c e common era a fishermans son was born His name was Zennichi maro Like many first sons of his day at the age of 12 he was sent off to learn and be the spiritual guide for the family After attaining status as a Priest he spent many years studying the suffering and plague that was ravishing Japan in his time He studied all the various Buddhist doctrine and theology realizing that Shakyamuni of India Tien Tai of China and Dengyo Daishi 767 822 c e of his own country were correct in their predictions that a time would arrive when the Buddha way would be open to all Beings regardless of their lifestyle culture or country The time was and is our current Latter Day of the Law Within the pages of this offering you will find the tools and actual proof needed for widening the doors of your Spiritual Health At the very least you will be One with the Wheel of Knowledge of the Buddha way enabling You to have an informed opinion Enjoy Learn Realize as You Discover Your Buddha The Relevance of the Wisdom Traditions in Contemporary Society Transnational Network for the Study of Nature Physical, Psychological, and Spiritual Wellbeing. International Conference, Mark Blows, 2004

Delve into the emotional tapestry woven by Emotional Journey with in **Approaches To Meditation A Quest**. This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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web powerful prayer for prosperity and wealth oh gracious father the god of abraham isaac and jacob the giver of all good and perfect things lord jesus the earth is yours and the fullness thereof you own the earth s riches with abundance in silver and gold lord grant me the inheritance as your child

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web i humbly thank you for considering me and my specific needs as you bless me god i pray today for prosperity and abundance bless me with wealth bless me with food to feed myself and my family bless me with a vehicle that can transport me around this community please pour out your blessings upon my head

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web i thank you god for the opportunity to have this prayer and for the forthcoming blessings i exalt your name and in jesus name amen oh lord in heaven i come before you today for the sake of prosperity and protection you re the protector of daniel and the benefactor of the israelites father bless me so that i may prosper in all the things

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selfish to ask for things like this however god wants you to succeed and be prosperous in all aspects of your life

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