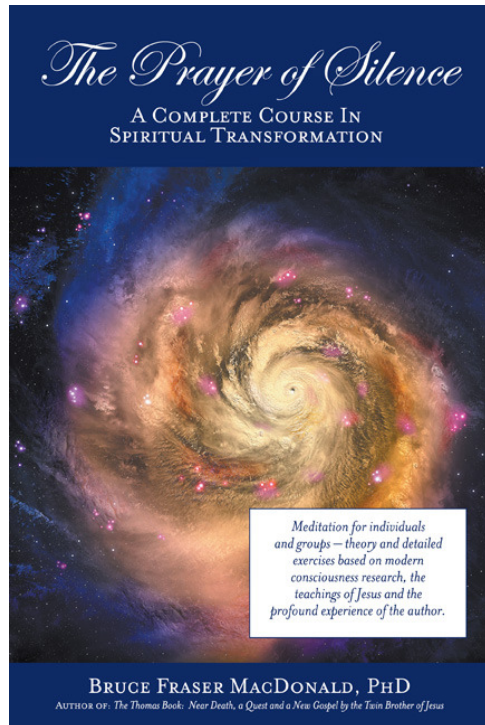


FOR IMMEDIATE RELEASE

THE PRAYER OF SILENCE: A COMPLETE COURSE IN SPIRITUAL TRANSFORMATION

New Book Provides a Strikingly New, Easy to Learn, and Effective Method of Meditation and Prayer



A Near Death Experience after an industrial accident in 1966 opened an area of spiritual awareness which Bruce Fraser MacDonald, PhD, calls "the Watcher," through which he was able to heal both his badly damaged body and, later, severe brain damage from viral encephalitis.

In *The Prayer of Silence* he shows others how to use the "Watcher" to find physical, emotional and spiritual healing, how to find deep Love, Joy and Peace, and how to get in touch with the divine centre of their being -- what Jesus called "the inner Kingdom of God." Practicing the Prayer of Silence opens profound areas of spiritual awareness and allows people to experience the Presence of God, to know God as Jesus did, as "Abba, Father," to talk to God as Moses did, "as a man talks to his friend" and to find Oneness with God.

Bruce MacDonald's greatest contributions to the science of spiritual growth are his radically new understanding of the meaning of Jesus' teachings about prayer and his discovery of the Watcher, which allows people to progress rapidly and with comparative ease into areas of spiritual awareness which till now have been very difficult to achieve.

THE PRAYER OF SILENCE: A COMPLETE COURSE IN SPIRITUAL TRANSFORMATION (ISBN: 978-1-60911-574-6) will be available March 31, 2011, for \$27.50 and can be ordered through the publisher's website: <http://www.strategicpublishinggroup.com/title/ThePrayerOfSilence.html> or at www.amazon.com or www.barnesandnoble.com. Wholesalers please email BookOrder@AEG-Online-Store.com

About the Author:

Raised in India, Canada and the US, Professor MacDonald has lectured, taught and conducted research in many universities around the world. He draws with equal ease from ancient spiritual and philosophical traditions, the teachings of Jesus, and modern science to describe a spiritual system that actually transforms lives. He writes with a simplicity and effortlessness, which makes even the most difficult subjects clear.

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