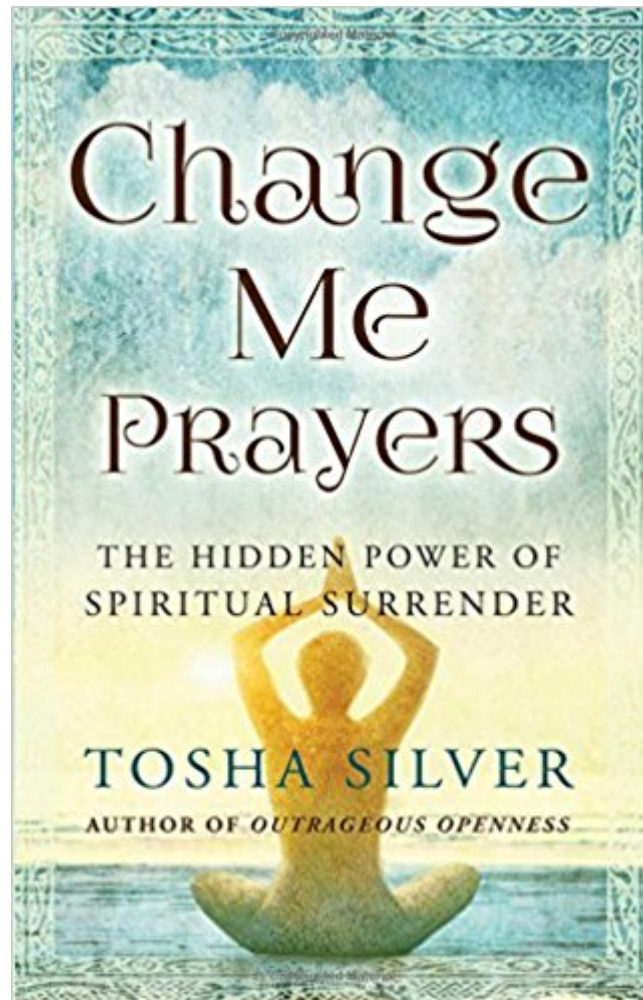




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Change Me Prayers: The Hidden Power Of Spiritual Surrender



Synopsis

From the author of the life-changing book *Outrageous Openness: Letting the Divine Take the Lead*, a thoughtful collection of prayers and stories to help you actively invite the Divine into your life. “Change me Divine Beloved into One who can give and receive freely and be a clear vessel for Your Light.” In this sequel to her first book, Tosha Silver, with her characteristic mix of passion and humor, shows how to embrace transformation from the inside out. Covering a variety of topics from work and finances to love and self-worth •Change Me Prayers shows how to truly surrender to a Divine plan in the most joyous and uplifting way. At its heart, this book is a spiritual guide to help anyone open to this union with Love, even in times of difficulty or crisis, and includes a convenient “Change Me Prayers Quick Guide.” Tosha proves to be a profound, unique, and often hilarious guide to awakening. May the Divine permeate every part of your life!

Book Information

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Customer Reviews

“It changed my life. This potent path of love and guidance has helped me recover from grief, pain, and loss while opening me more fully to the joy and delight of life.” (Christiane Northrup, MD, New York Times bestselling author of *Goddesses Never Age*) “A wise and beautiful reminder of the compassion of the Universe for all beings and the power of an ancient approach to becoming exactly the person who is needed.” (Rachel Naomi Remen, MD, New York Times bestselling author of *Kitchen Table Wisdom*) “Her prayers let our connection to the Divine be intimate and immediate, so we can experience Divine love when we need it

most right in the midst of our everyday panic and dread, right when we might shut down, love reaches farther instead. (Meggan Watterson, author of *Reveal*)

“Tosha’s roaring authenticity, heart blooming often hilarious real-world wisdom, and illuminating life-changing prayers make this book a treasure trove of truth. Give it up for the Divine Beloved and dare to be changed from the inside out. (Sera Beak, author of *Red Hot & Holy*)

“An answer to your prayers! *Change Me Prayers* is trademark Tosha: quirky, inspiring, funny, poignant, helpful, and beautifully written. (Robert Holden, PhD, editor of *Holy Shift!*)

“Reading and experiencing these irreverent, uncommon stories and prayers will brilliantly guide you in becoming, and being NEW. (SARK, author of *Succulent Wild Woman*)

“This long-awaited sequel hits the same sweet spot of entertainment and profound spiritual learning. (Marci Shimoff, New York Times bestselling author of *Happy for No Reason*)

“You need at least two copies of *Change Me Prayers*: One needs to be in your bag for easy access throughout the day, and one should be on your nightstand. No matter where you are or what you are going through, Tosha understands, and she provides a story and an affirmation that will bring you comfort. All you have to do is open to any page and it will be the right one. Feeling alienated and without purpose wreaks havoc on you physically, emotionally, and spiritually. *Change Me Prayers* can be the answer that you may not have even known you were looking for. (Colleen Saidman Yee, author of *Yoga for Life*)

Tosha Silver grew up thinking one day she would be a rabbi, a lawyer, or a weathergirl. But fate had other ideas. She graduated from Yale with a degree in English Literature but along the way fell madly in love with metaphysics and yogic philosophy. For the last 30 years she has taught many ways to align with the inner Divine. This book is adapted from her popular column at Examiner.com, a top 100 website that reaches over 37 million unique visitors a month. Tosha lives near San Francisco. Please visit ToshaSilver.com for more information.

Another wonderful book by Tosha Silver! Similarly to *Outrageous Openness*, it’s filled with fun stories that illustrate how Tosha allows her life to be guided by a higher force, and asks for help as needed. The stories are shorter than in *Outrageous Openness* and end in a “Change Me Prayer” that is super short but extremely powerful! There’s also a list of “Change Me Prayers” at the end of the book by subject so you can easily jump to whichever one you need in every situation. It is a book you can read every day and also a go-to book for whenever you feel stuck. Already love this book! Thank you, Tosha, for writing it!

Tosha Silver is a true gem, and her inspired, beautifully written offerings provide a wonderful antidote to the incessant anxiety and craving perpetually generated by the egoic/small self. No matter what your life situation, you can find something helpful in this book. I particularly appreciated how Tosha differentiates the practice of spiritual surrender (to loving guidance from the immanent Divine) from the principle of manifesting (which can easily be co-opted by the ego to generate a never-ending list of desires not necessarily in alignment with the highest and best good). The concise, powerful prayers are a great way to gently help the mind to release the limitations imposed by fearful attachment to specific outcomes, and to open to the perfection of Divine Guidance in all circumstances (whether it is immediately apparent or not!), and her humbly candid personal anecdotes and brief stories of Divine synchronicities are both earthy and spiritual, and often funny as hell. This is easily the most beneficial book that I've ever read, and I know that I will refer back to it regularly, and with pleasure. Thank you, Dear Tosha, for sharing these beautiful healing invocations with the world. (I'll bet you were great as a reader, but you're even better as a writer! ;-)

After recently reading *Outrageous Openness*, I was so looking forward to the release of this new book- it did not disappoint. I read it so quickly I was sad when it was over- but it is one I will continually refer to. The specific change me prayers are beautifully written and speak to the soul. I am so grateful to have discovered Tosha and that she is sharing her gift with the world.

The best prayers change us, not the externals. Tosha Silver's experiences have yielded a great book and priceless prayers that I will be memorizing. I ordered this on Kindle and quickly learned that I needed the hardback version too. I will be living with this book for awhile, so I have a portable version and one that I can open at random and use my trusty, yellow highlighter. It's only been about 48 hours since I read the Kindle version and I'm lighter, sleep better and am completely content in the knowledge that All is Well. Thank you, Tosha Silver, for leading the way to full surrender!

Tosha's first book "*Outrageous Openness*" came into my life at the perfect time, as everything seemed like it was falling apart! Things are a bit calmer in my life now, mainly because I am. Tosha's books (and tele-classes) returned me to living from a place of love, offering and surrender rather than pushing and forcing. It's such a relief to not make a vision boards anymore! I finally see that the lessons that come through when I align with Divine's wish for my life are so much better

than I could dream up (or cut and paste from magazines). The "Change Me Prayers" book shows me how get out of my own way and live from my highest heart, rather than my ego. Thank you Tosha.

I love this book! I tend to use the same prayers over & over. This book is the answer for those of us stuck in a rut with our own prayers! One suggestion please....print a pocket sized book with just the prayers that are in the back of the book for us to carry with us! Thanks Tosha!

I enjoyed reading this. Her tone is funny yet she gets the point across. I'm a nervous flyer, and I read over some of the prayers listed that I felt would help me while I waited at the gate, and I'm happy to say we had the smoothest cross-country flights x2. Even though I felt a little silly saying them to myself over and over, part of that repetition helped me to concentrate on the meaning of the words. So when we had another recent flight, I read them at the gate again, and to my pleasant surprise, we had wonderful flights again. So I'm a firm believer now! lol

This is a truly wonderful book, not only on prayer, but also on how to build a life-long intimate relationship with the Divine. The first part of the book is a collection of short stories illustrating places in life where a change me prayer might be useful and followed by an appropriate change me prayer. The second part of the book is an alphabetically by subject collection of change me prayers that one may use as a reference. The author also encourages readers to make up their own once they get the idea of how to apply this approach to prayer to life situations. This book sits firmly in that tradition of "The only one you can change in life is yourself;" and "We pray not to change God, but to change ourselves."

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