

Prayer and Healing

Throughout time, people have believed and successfully used the power of prayer to guide them in their search for health or a better life. Prayer is a time of going within to a special awareness of *oneness* with our Creator. Prayer is potentially the highest action of the mind. It is in this space that we can clear out our consciousness of all things that no longer serve our highest good. Doing this creates an opening for healing of our emotional, spiritual and physical wellbeing.

What is prayer? How does prayer heal? Going into the silence with prayer and meditation is where we commune with God, (source energy/higher power). It is this deep conscious connection to God in the midst of us that can free and heal us. Mark 11:24 tells us, “Whatever you ask for in prayer, believe that you have received it, and it will be yours” (NIV). Truthfully, God *IS* a loving God. It does not matter if you have never chosen to know God before or how you have chosen to live your life up until now. God resides within you. Take a moment, look deep inside, take a breath, connect and acknowledge that presence.

Many wait until times of great struggles, or until the healing of the body is no longer going to come, to reach out for spiritual guidance through prayer. When our life turns upside down with grief or misunderstandings, prayer works. Through prayer, you can connect with your soul, the truth of your being. There is no thing that is greater than your spiritual purpose here on this earth. You are a spiritual being having a human experience. I invite you to think of your body as your temple, your church, and it is yours to take care of. A church building is a place where you find people who share some of the same ideas you have. Fellowshiping with others helps to support your journey. Why wait? Practice being in the presence and begin changing your life for the better.

In Unity, prayers and affirmations work together. We begin our prayers with affirmations like, *I am healed or my perfect job is aligning with me now*. Do not slip into negative thoughts; instead, think *this God or something better*. When we affirm better, we “get” better. Then believe the prayer and affirmations are true. Have faith your highest good is coming to you. Be grateful and praise God for all your blessings.

Accept that we are of “body, mind and spirit”. See your medical doctor for your physical body and find a “spiritual home” for the healing work on your spiritual body.

Supporting you on your journey,

Linda La Croix
Unity of Lake Orion
Prayer Chaplain & Board President

Unity was founded on the basis of prayer and healing. This continues today, 125 years later, as a prayer line that is open to all denominations. Silent Unity is open 24 hours a day, seven days a week, answering your call with "how may we pray with you?" Call 1-800-NOW-PRAY

Find more about Unity of Lake Orion on our website www.unitylakeorion.org
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