

# Benefits of Prayer

By Toni Brasted, Ph.D

No matter what kind of religion background we have, we all have heard about the power of prayer. I even was surprised by an atheist friend one time, when after he heard about some health problem I was having, he said: I will pray for your recovery! I did not ask him to whom he was going to pray because it does not matter. What does matter is our intention to connect to that higher power, with that source of divinity above us. What does matter is our open heart to connect to that source.

Prayers are our opportunity to speak with God. It is that moment when we connect with our True Source.

Prayer is not a reminder to God of what our needs are; prayer is a reminder to us that God is the Care, the Support, and the Love, in our lives. God already knows of our deepest desires. God already knows of our innocence, of our true essence. Prayer is not to remind God of our existence; it is to remind us of His.

Prayer is a state of being where we invite in all of heaven to support, nurture, and guide our lives. The benefits that come from taking a moment to connect with our Source are limitless.

With prayer we are put in touch with a Peace that not only enfolds our being, but extends out to everyone. To acknowledge the power of prayer is truly to acknowledge the real Power that can heal anything. To pray, then is to be Higher Powered.

Prayer is an attitude of Gratitude where we remind ourselves that we are not alone, that there is a Presence surrounding us that is far greater than any difficulty we face.

Prayer allows for the energy of healing. When we pray, the floodgates are open to wash away any fear or doubt. Prayer is our connection to what is already there, to what has always been there for us, and to what will always be there for us anytime we take a moment to pray.

What is prayer but our deepest asking? A prayer is the asking of our heart; connecting with its Home. Ultimately, prayer is the opportunity for God to express through us, renewing our Faith, renewing our Trust, and renewing our strength in the oneness of all things. A prayer is our wake-up call to once again invite God

into our lives. A prayer can be a powerful healing tool.

For readers who want to understand the spiritual dimension of health and healing, I highly recommend Dr. Larry Dossey's books, specially "Healing words" "The power of prayer and the practice of medicine" Dr. Larry Dossey. M.D. Dr. is today's foremost authority and most highly sought-after speaker on the relationship between prayer and healing. His books offer practical methods and illuminating explorations of the what, where, how and why of the power of prayer to affect our health. Putting aside confounding scientific jargon, Dossey employs his trademark style of informed and warmly anecdotal writing to examine people's hopes and expectations of prayer, as well as their anxieties and misconceptions.