

## **Keep your prayers to yourself!**

By Carolyn Dunow

Growing up Catholic I never had an issue with prayer. The prayers we sent were general and heartfelt. I began to see a contrast as I ventured into the healing arts and realized the full power of intent. Prayers that are synergistic with the recipient's destiny support miracles; however, when opposing intents collide, chaos ensues. Prayer when given consent by the recipient for a specific intent or prayer that is generalized to support a person's destiny is very beautiful and extraordinarily beneficial. Prayer, intended for a specific purpose and without consent, may not be supportive and can actually be harmful.

Why do we pray? Certainly we want to help others in a loving and supporting way. Though, my experience indicates incongruent prayers stem from fear and result in an urge to control, coerce, and manipulate. For example; if we fear death, we would not want to see death take anyone. Or if we have issues with financial security we might over-react when finding out someone lost their job. I ask you to consider this, if you feel such an urge to make the situation go away: pray for yourself that you overcome your own fear, rather than attempt to manipulate someone else's life to ease your discomfort.

I am much more in tune to calls for prayer with specific outcomes. Pray that Maggie wins her lawsuit. Pray that Ethel doesn't die. Pray that God sends Joe a monetary windfall. Who are we to determine what is best for another? Do we not trust that God knows what is best?

I wonder if people understand what they are actually intending when they pray. Do they realize the impact their negative intent has when they send a misaligned prayer?

My personal case-in-point comes from Christians who offer to pray for me that I will "snap out" of shamanism. Ignorance and judgment clearly prevents them from comprehending that shamanism actually led me back to God and Jesus now happens to be one of my greatest guides; not to mention it allowed me to heal my body of heart disease, cancer and multiple sclerosis. Did these people really want to me to succumb to heart disease or be dead from cancer or worse to be separate from God? Ignorance can be bliss...fully harmful.

I had the opportunity to provide education on the subject of healing to a group of local church ministers. I broached the topic of proper prayer. Much to my surprise, several of the ministers agreed with my stance on prayer. One minister spoke out and shared her stories with our group. She noticed, on several occasions, when her prayer group prayed with the intention of restoring health to someone who was quite ill, it prolonged suffering to their recipient, created chaos in the death process and it made the congregation of people praying feel rather drained. She led a movement to change their ways; the prayer group now only prays to support the recipient's path and sends unconditional love. She sees these results as much more favorable for everyone involved.

I too have found a better way to combat manipulative and coercive prayer-givers. When people say they will pray for me, I rapidly respond with, "Please don't." Once they get over the shock of rejected well wishes, I further clarify if you do pray for me, please only pray that my soul reaches its greatest potential. If your prayers are that I should think and act as you do, keep your prayers to yourself, or better yet, pray for yourself!