**World Day of Prayer September 13-14, 2023**

**“The Heart of Healing”**

***With an open heart, I claim the healing, loving light of God.***

**Need for HealinG**

All of us seek healing. We pray to heal and improve our relationships. We pray for emotional relief. We pray to improve our finances and claim prosperity in all areas of our lives. We pray to heal our bodies and mind. We pray to ease family and friend’s pain. We pray to soothe our sorrows. We pray for our pets and all living creatures. We pray to heal the injustices of the world. We pray to heal our planet and nature. And we pray to heal our consciousness. Healing is the intention of every prayer!

Our human desire to improve our circumstances, is universal. Albert Einstein said, “ We cannot solve a problem with the same mind (consciousness) that created it.” In order to improve and heal our circumstances, we must change our thoughts and actions to be in harmony and alignment with spiritual Truths. Through prayer and meditation, we connect with and call forth the living, loving light of the Divine, and claim the Truth of our being.

**What is Healing?**

When we use the term “healing” in Unity, we are affirming the Divine is in charge and is providing us with whatever is for our highest and best good. We don’t always know what is for our highest and best good, so we keep ourselves open to infinite possibilities through Spirit, *without* attachment to the outcome. If we are attached to the outcome, we may block the energy and flow of Divine life. That is, we may crimp the hose and block Spirit’s good works.

We do not always know how, why, or when a healing may occur. And healing may occur in many different forms unknown to us. We do not always know what is best for us, but Spirit knows. The Divine knows how to relieve and heal us, but we must center our faith within and decide to accept it.

*“Healing”* is more inclusive and a higher vibration than “*curing an illness.”*  A cure means the elimination of illness in our physical body. When asking for a “cure,” we are limiting the outcome to only the physical body, and also attaching to the outcome. The term “healing” allows for the unfoldment of spiritual Truth to manifest in ways beyond our knowing or understanding, and in all areas of our lives, wherever it is needed. The vibration of healing occurs on the spiritual realm first and then manifests in the physical realm.

It is up to us to keep the receiving channel open. We allow the Divine to work in and through us when we are open and receptive to the healing, loving light of the Divine.

*(over)*

**How to Heal?**

Myrtle Fillmore, co-founder of Unity, taught that healing involves affirming spiritual Truth such as peace and love. Jesus gave us the consciousness of peace. He said, “My peace I give unto you.” The mind of peace precedes healing. The way to healing is first to reeducate the mind and establish the Truth in all areas of our lives. We must remove any obstacles, such as unforgiveness, false beliefs, or lack of faith to allow the flow of Divine life to permeate every part of our being. Spiritual healing depends on faith, and we cannot stand in faith when the mind is holding thoughts directly opposed to the possibility of healing.

In Unity an affirmation is the declaration of a spiritual Truth, something that already exists with certainty, and is not just a wish or desire. Spiritual Truth is innate, unchanging, and God-given. We declare a spiritual Truth because *it is true*, not because we desire for it to be true. The unfolding of Spiritual Truth, *however it may look,* is the healing.

Through affirmative prayer and meditation, we claim we are one with the healing power of the Divine. Myrtle Fillmore believed there are three realms that must be addressed for healing to occur. She said, “Daily declare that your *spiritual* life and world, your *mental* and world, and your *physical* life and world are unified and that you are expressing harmoniously the ideas of the Christ Mind on these three planes.” She spent time in prayer everyday communing with God and calling forth spiritual Truths and spiritual wholeness. She did not limit how it unfolded in her life.

**SPIRITUAL WHOLENESS**

We are made in the image and likeness of the Divine, so our souls are whole and perfect even thought our physical bodies are not perfect. But the more we call forth our soul’s wholeness or the potentiality for God’s wholeness within us , the more aligned we are with the perfection of God. The more aligned we are with Spirit, the more we move and breathe and have our being in the flow of Divine light and love. The unfoldment of God’s love and light will always manifest in a way that is for our highest and best good even when it looks different from what we expect or desire.

Our goal is to be one with the Divine. That is our healing.

From the Course in Miracles: “We attend in silence and in joy. This is the day when healing comes to us. This is the day when separation ends, and we remember who we really are.”

