

Perspectives  
May 2005  
By Cathy Pfeil

There I was, in the hospital yet again. You know those punch cards at Espresso stands where you get a free drink after so many purchases? If the hospital had a card like that for hospitalizations I would have earned myself a couple free visits.

Before I was injured I was the one who would show up with a casserole. I would always ask if there was anything that I could do to help. "Just name it", I'd say, knowing full well that it is a rarity for someone to ask for help.

Now I am on the other side of that casserole dish. I find asking for help is a very hard thing to do. As difficult as it was I began practicing the art of acceptance. Now if someone asks me if there is anything they can do I answer that I accept all prayers, meditations, good thoughts or even a moment of focus. I do this because I know that prayer works.

Dr. Larry Dossey, a medical doctor who is the author of several books on the positive effects of long distance prayer has concluded that prayer has a positive impact on illness and cites over 1600 studies exploring the effects of prayer on diseases such as advanced AIDS, heart disease, and the frequency of side effects of cardiac procedures.

Many of these studies show that prayer, or even a simple intentionally focused moment, can result in physical changes at a distance, even when the recipient is unaware of the effort. These same positive results occur even if the recipient does not hold the same beliefs as the person sending the prayer.

During my first hospital stay, not knowing if I would live, I promised to accept prayer in whatever way it came. With that simple decision my healing began. I have prayed with my family, friends, nuns and missionaries. I have received hands on healing, anointing of the sick, energy work and the prayers from a small church group by our house. I have sipped special waters from various healing springs and I have been sprinkled with sacred ash. All of these gifts were given to me with the intention for my healing and to remind me that I am more than my body. With each gift of healing I am lifted and reminded of my connection to Spirit manifesting through the wonderful people in my life. From this place of connection I know I am not my illness and that I am whole and complete.

My latest batch of hospitalizations began very unexpectedly. One moment I was in my doctor's office, the next I am being admitted to the hospital. The first call was to my husband and the second was to my prayer partner. I squeaked out, "I am in the hospital and it appears I have to have another surgery, help remind me of what is real in my life." She began, "There is a defining force in the Universe. This force is a unifying factor through all things, always creating and expanding. This creative force runs from the macrocosmic to the microcosmic and through everything in between, including you right now. Each one of us holds this defining force; everything holds this manifesting power that I call Spirit. Spirit is the nature of the universe. Spirit is that unifying force. I know that force manifests itself as you right now..."

I am filled with grace at the sound of her gentle words. I know that I am not alone and this too shall pass. And in that moment I am lifted, knowing all is well, and I am, and will always be, whole.

— About the Author: Rev. Cathy Pfeil is a founding member of Center for Spiritual Awakening, a New Thought church here in Olympia. [www.csaolympia.com](http://www.csaolympia.com)