

The following is a transcript of a question and answer from "The Study Group Readings."

## The Power of Prayers and Blessings

**QUESTION:** Would you speak about the power of prayers and blessings?

**ANSWER:** Let us suggest that there is a great benefit in learning to bless other human beings in a deeper way. First, you bless them by your kind thoughts and wishes of goodness for them, which you can do from a distance. For example, if you see on the television a reporting of a one who has suffered great loss, and you begin to feel frightened by it, or helpless, have those feelings first, accept them, and share them.

Then, say to yourself: "I am not helpless. I can bless this one from a distance. For I have the power of God in my own hands. I exercise that power by thinking about this one in deep, loving ways, by sending forth my sympathy and my understanding, and, most of all, by sending forth my belief that this one is a child of God in human form, and this one has the courage, strength, stamina, and determination to heal the pain, to transform it."

When you do this, you become a kind of blessing, in terms of the energies that you send forth. You might say that in the power of this is the power of your prayers, your well wishes, your conscious and willful determination to send forth the particular forces of God that flow into you individually, and to share them with another human being.

In many ways, more directly, you bless others by your presence in their lives. So, each day, it behooves you to assess the kind of blessings that you are giving. Let us say that you come forth each day to be foul and abusive toward others. You are blessing them with your anger and your resentment. You are visiting them with pain and suffering. So, the part that you play in their life is the part of the tormentor.

If you come forth each day, to the best of your ability, striving to understand others, to be kind to them, to be gentle and loving, you are blessing them with the beauty of God quite directly. For you can understand the forces of God as forces of kindness, gentleness, love, and creativity. The power of God derives from this base of love and understanding. In other words, the creative forces of life that hold physical matter in place, that have created physical matter in the beginning of time and space, these forces, for lack of better human words, can be called forces of creative love, creative goodness, creative purity, wholeness, and oneness. These kinds of thoughts and feelings approximate the eternal forces and energies.

When you create personal divisiveness, bitterness, hatred, and resentment, that is the human will creating, you might say, "counter" to divine will. But, since human will has been given the freedom to shape the physical world, to a certain extent, there comes then the freedom to go counter to the creative forces of life itself. When you do that day by day, you are blessing others with chaos, pain, and suffering.

When you strive, to the best of your ability, to align with the forces of sensitivity, kindness, gentleness, goodness, and love, you are visiting others with powerful, potent forces that reflect the very creation of life itself, which of course, affects the creation of the cells of their body, moment by moment, day by day. Those forces influence the creation of the human mind and human emotions. They instigate a kind of warming of the heart of another, so that if there is enough of that, eventually, they can pour back into the pool of human experience, their individual choice of loving, and bringing kindness and goodness.

You can see quite clearly, if all human beings choose to pour into the pool of human experience, goodness, kindness, love, moment by moment, day by day, then the human control over the physical world will be exercised in a way that gradually causes the blossoming of the forces of God in their true form, in their perfect, loving form.

So, if you think through these areas, and if it pleases you to dedicate your vision to this magnificence, and, if it pleases you to work each day to try to bless others with that kind of influence, then, not only can that bring you a great joy, but you can feel that you are a larger expression of the creative forces of life itself in the unfoldment of life on the physical earth. You are becoming one with the forces of God in powerful ways that serve you and all those about you.

For this moment, imagine that you wish to feel what we have described. And, as we would pour forth our love to encourage you and inspire you, help yourself feel that it is in your choosing that you have the power to align with this vision of goodness. If you choose it moment by moment, day by day, you will create it moment by moment, day by day

