

World Healing Through Prayer

by Mark Bennett



You don't have to be spiritually-minded – or even intelligent – to see that our world is in a bad way. War, pollution, violence, famine, poverty and disease are so widespread as to be considered virtually normal. Nor is it difficult to see that most, if not all, problems on Earth are entirely mankind's own fault.

Why do we cause all these problems for ourselves? The answer is simple: we think in the wrong way, and therefore we act in the wrong way. If people believe that their own personal luxury is more important than the lives of children dying of malnutrition, they will fritter their money away on pointless indulgences rather than using it to help

others. If people believe that mass murder is a way to bring peace, prosperity and political stability, they will go to war. If people believe that personal wealth is more important than world health, they will invest in industries that have no regard for the environment. And so on.

So what can we do?

One answer is prayer.

The problem is human consciousness. The solution is to raise human consciousness to a higher, more spiritual state. This is not to be achieved by drugs, or by hypnosis, or by force in any way. Prayer, correctly understood and applied, is something which is as beautiful as it is natural, and as powerful as it is gentle.

It is well established that practising techniques such as

meditation can lead to a state of being where we are more at peace, more aware, more in tune with nature, and more compassionate. Even a short period of daily meditation will affect not just the moment in which we are meditating – but the whole of the rest of the day as well. We will be calmer, clearer in our thinking, better at making decisions, more logical and more intuitive. Therefore it is up to all of us as individuals to set aside time for selfcultivation – charging ourselves with spiritual energy – which will make us all-round better people.

This is all very well as far as we as individuals are concerned, but how can we help the millions of people in the world who have no intention of meditating or indeed doing anything spiritual at all?

The little-known secret is that spiritual energy is not only something that we can attract to ourselves for our own spiritual development – it is also something that can be radiated outwards. And not only can it be radiated outwards to everyone we meet, but it can also be radiated outwards to people on the other side of the world whom we may never meet, and, most importantly, to humanity as a whole.

Spiritual energy is no less real than electricity. It is a powerful, tangible force. We can all attract it to ourselves through visualisation, and transmit it outwards. After a little practice, you will even begin to feel the energy flowing through you. This sensation eventually becomes so intense, and so uplifting, that the practitioner can no longer have any reasonable doubt that what he or she is doing is really working.

The energy can be transmitted outwards, by the power of



intention, to the world as a whole, or to a particular region, or even to a single individual in need, in such a way that it is conditioned only by selfless love. The person radiating this power is not trying to change anyone's mind in a particular way, or influence or control their free will. They are sending out a thought of wanting the best possible outcome for this person or these people, in harmony with the will of the Cosmic Whole. This energy can then be picked up by them, on an unconscious level, and it

will help to inspire them to be the best possible people that they can be, in a true spiritual sense. In other words it will help to free the higher part of themselves and transmute the lower part of themselves – so that they can progress more surely along their own journey through experience.

This is the essence of prayer. Prayer is not about asking a mythical, whimsical, vengeful deity for a favour. Prayer is about invoking a sacred energy which comes from the all-present Divine Essence of creation, and sending it outwards to do good. !

How to pray:

- Stand, or sit with palms face downwards on the knees, with the back straight. Close the eyes and breathe deeply and evenly through the nostrils.
- Visualise a brilliant white light flowing down through space into your head, charging every cell of your brain with this Divine power. Take this light down through the neck and shoulders and out into the heart chakra in the aura, a few

inches in front of the physical breastbone. See this chakra being filled with the white light, and shining outwards.

- Also take the light down the arms into the hands.

- Raise the hands so they are roughly parallel with your shoulders, palms facing outwards in front of you, fingers together.

- Visualise the white light flowing out through the palms and the heart chakra out to the focus of your prayer. See the person or people you are praying for filled with white light. Make your visualisation entirely positive – visualise peace, freedom and spiritual joy; not war and suffering etc.

- Maintain this visualisation of white light flowing down through you and outwards to the focal point.

- You can also add words to your prayer – appealing to the Divine Source, using whatever name, wording, style or terminology you feel most comfortable with. Make your prayers passionate – really mean every word.

- When you have finished, you can say a few words of gratitude, and then brush the right palm over the left, away from you, which helps seal the

energy flow.

The more people do this, the more energy will go out. And the more energy that goes out, the more the world will change for the better.

One of the most effective systems of prayer for world healing is called The Twelve Blessings. These beautiful blessings were channelled through Dr. George King, an outstanding yoga master and trance medium, by the Master Jesus in 1958. They consist of blessings to spiritual workers on Earth and advanced cosmic beings, with beautiful prayers

for the upliftment of mankind. Every Saturday at 5.30pm Pacific time and every Sunday at 5.30pm British time we broadcast a live service of The Twelve Blessings online. You are warmly invited to join us and experience for yourself the magic of dynamic prayer for world healing. www.12blessings.org

“Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.” - Mahatma Gandhi

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About Mark Bennett



Mark Bennett is co-author of the award-winning title Gods, Guides and Guardian Angels and Prayer Energy. He is also an International Director of The Aetherius Society, and recently appeared on BBC1's "The Big Questions". At 2pm on Sunday, May 24th, he will be presenting a workshop on Prayer Energy at The Aetherius Temple, 36 Kelvedon Road, London SW6 5BW (tel 020 7736 4187). For more information about Mark and his work at The Aetherius Society, please visit www.aetherius.org and www.markinfo.co.uk.