

Praying for Miracles



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Honestly, I'm not sure if my 98% success rate with finding parking spaces qualifies me as a miracle worker. Strictly speaking, a miracle is a phenomenon that defies the laws of nature and is, whether you believe it or not, an act of God. So miracle workers may not actually *create miracles*. They *invite* them. And we call that invitation, prayer.

For years, my prayers had nothing to do with invitation. They were, pure and simple, pleas for help. "Please help me get through this, I'm not strong enough, this is too hard." I suspect that many pray from this place, genuinely reaching out for help in times of confusion, grief and fear. We wait and hope that help will arrive.

But, one day, after years of pleading, I knelt by my window in the moon's soft light, and changed my prayer from "Please help me, I can't do this" to "Thank you." And that simple shift away from fear into love, from pleading into gratitude, changed the course of my life. I thanked God for the challenges I was facing and asked for the strength and wisdom to know how to handle them. I thanked God for the opportunity to be of service to others instead of focusing on my own difficulties. I thanked God for the miracles

that surrounded me but that I was too self-absorbed to see. With a simple "Thank you, God", I could feel myself settle into something powerful and loving. The "help" I needed was actually the "love" that already surrounded me.

Prayers and miracles have little to do with waiting and hoping. They are about having full faith that help has already arrived and then doing whatever we can to *be* that help, to *be* that love. The accelerating instability of our planet on all levels is a wake up call and an invitation to take action from faith not fear. Help your neighbors and share what you can. Forgive yourself and others. Acknowledge what you have lost, but live from what you have. The Japanese people have recently modeled beautifully for us how to do this and I am deeply grateful for their teaching.

The disaster in Japan may be a little like the canary in a coal mine. There is every reason to expect similar events throughout the world, including here. Change the quality of your prayer *now*.

When the quality of your prayer changes, the quality of your life changes. It's simple, really. The world needs you, and you need parking spaces. Get used to the miracles, they are waiting for your invitation.

Candace P. Smolowe, MS, coaches from the heart. In addition to supporting survivors of traumatic loss and neglect, she is a hypnotherapist, counselor, Reiki master, certified Grief Recovery Specialist, Heartbreak to Happiness coach, Radical Forgiveness coach, and uses EFT (Emotional Freedom Technique) in her intuitive and creative blending of psychology and spirituality.



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"Life does not happen to us, it happens for us. Transforming the energies of fear and grief into compassion and forgiveness is not only recommended, but essential. The world needs beautiful, loving and strong women...now."