Stayi

ng Connected Through Prayer

Spirituality Corner

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Even though many of us are unable to be physically connected with our loved ones because of COVID-19, we can be assured that we are still connected in very powerful and important ways. Not being able to connect in traditional ways can open us up to creativity and new possibilities. The more we take the time to practice ways of being connected, the more we will be able to experience it. George Lenard said,

“At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, which is absolutely individual and unique and yet which connects to everything else.”

Our wisdom traditions tell us this as well. Below are some of the sacred texts that tell us about our connectedness.

Be aware of that which is right in front of you, then you will be able to grasp what is out of your sight. For there is nothing hidden that will not be known. - The Gospel of Thomas

The unreal is. The real never is not. Those possessed of this knowledge of truth know both of these. - The Bagavad Gita

In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true. - The Buddha

If you meet Tao, you will not be able to see its face. If you follow Tao, you will not be able to see its back. But embracing Tao, the present moment becomes obvious. - The Tao Te Ching

The grease that feeds the light devours itself. - Chuang Tzu

As you see yourself in water or mirror, so see Me in yourself. - Aprapha

When you make the two one, you will become the children of true humanity, and you will say to the mountain, “Move,” and it will move. - The Gospel of Thomas

Each of us are connected to one another and each of us are changed by the other. Focus your attention on the connections you have rather than the separation you might feel, and this feeling will change. There are studies that show there is a positive response from distant prayer when the one being prayed for is not even aware of the prayer. And as Soren Kierkegaard once said;祈祷 does not change God, but changes the one who prays. During this time of social distancing, take time to set your intentions on connecting to your loved one. And pray for your loved one; they will be affected by your prayer.