

ask diane

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How can I know that my prayers are being answered?

Many people wonder whether their prayers are heard, let alone answered. In my experience our prayers are always heard and answered in the highest way possible.

We can define prayer broadly as a focused intention, or supplication, in which we offer our blessings, wishes and requests to the light. For some people it means going to a church or saying a rosary. For others, it is something we do when we're just going about our lives.

Sometimes we get a glimpse of the help we've received. And sometimes, we have no idea. When we are graced with a glimpse of prayer in action it can inspire us and others.

Recently, a healing client called me for help after a car accident. She had gotten banged up in a head-on collision with a drunk driver. She was driving with her husband when he saw the car coming at them. "He's going to run into us," he told her.

"We both walked away from the car, which was totaled. We are lucky to be alive." She paused, then she added, "You know, the funny thing is, before we left on that trip, I just had the feeling I had to pray, and so I prayed for a safe trip. I think that's why we came out of the accident okay."

As my client shared this amazing experience, I had chills--because I knew that she had indeed been protected by her prayers.

Many higher beings--masters, angels, Gods and saints--can be dispatched to help us. Even other human beings can be dispatched, and often are! I know because it has happened to me. But we must first ask for help.

When our prayers are answered it means we will be buffered, supported and protected. We may still have to go through certain life experiences, but perhaps more gently or with more courage or support.

I've personally had many wonderful experiences with the power of prayer. An early example still stands out. While I was doing the research for my first book, *How People Heal*, I went to a workshop on healing. Afterwards the hotel dropped me off at a bus stop so I could head to an appointment with a psychiatrist who had overseen research on healing.

I waited for the bus, and one passed me by. I waited for another bus, and it also passed me by. After the third bus went by, I knew I was going to be very late. The buses only came every half-hour. Finally, a passer-by directed me to a different bus stop. After two hours of waiting, I got on the bus I needed.

The bus driver and I began to chat. Soon I had promised to do a healing for his only child and his ex-wife, who had terminal cancer. Then the bus driver told me to stay on the bus after the last stop. It was his lunch break. He drove me in his off-duty bus over the Golden Gate Bridge to within a block of my meeting.

When I did the healing for his family, I saw that this man had been praying for help; my missed buses were no accident. It had been orchestrated so this man could receive energy healing for his ex-wife and child. That was quite a teaching for me.

Because of experiences like this, I maintain a regular prayer practice. I pray for help for others, and for guidance and help for myself. Often, I pray simply to be close to God and the light. Prayer is a way to bathe everything and everyone in light.

We pray in order to speak to God and/or connect to the universal field. We can't dictate God's answer. But we can know for sure that we have been heard. Once we pray, we can also have total faith that we are on a path where the highest outcome is unfolding. That is the true power of prayer.