

# Effective Prayer in Times of Trouble

With Karl Mollison

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These days many, if not most of us, find ourselves caught up in the middle of a massive world crisis and unfortunately, many people are not prepared to deal with it. How one deals with a crisis has a lot to do with one's maturity, worldly experience and most importantly one's spiritual perspective.

For instance, the other day I was standing in line at the local grocery store behind an elderly lady. I noticed that all she had was a handful of chocolate bars when most other people were hoarding food and paper products. I decided to open a conversation by saying, "Why aren't you gathering rolls of toilet paper? Aren't you concerned?" Her answer was that she had lived through World War II in Austria and that in comparison, the current Coronavirus outbreak situation was nothing in comparison. We both had a chuckle about that! She went on to say that over the years of living through World War II, many of her neighbors grew gardens and would share and trade the products of their gardens with each other. Sharing and caring ... isn't that the way we should all live our lives?

In our local neighborhood there are a few individuals who have volunteered to go shopping for some of our seniors and homebound neighbors at this time, basically willing to risk their health and even some of their funds in order to help people they may not even know very well personally. In fact, just the other day I noticed that someone had posted on the local NextDoor App that someone had dropped off a bag of groceries at their front door and then quickly escaped in their car, not wanting any credit for the donation! I think this act of kindness demonstrates my point: Times of crisis can bring out the best in people.

Challenges such as we are currently experiencing can provide a mechanism for soul growth. Many people are finding themselves confined to home due to 'stay-at home' orders from their local or state governments. This type of confinement can be challenging for those who are not used to spending much time alone. However, having so much solitude does not have to be boring and we do not necessarily have to fill it with constant monitoring of the incremental developments on the cable news programs, or trying to fill the vacuum with viewing Netflix movies or binge watching favorite TV series.

On another level, many people want to contribute to healing through prayer. This is a wonderful idea which brings me more to the point. How can we, through prayer, actually make an impact?

Many years ago I studied to become a practitioner minister in Religious Science which was founded by Ernest Holmes. He described prayer as a "Spiritual Mind Treatment." His idea was that prayer should be Affirmative, not a pleading to God, as so many have been taught.

He said that Affirmative Prayer is “a recognition of Spirit’s Omniscience, Omnipotence, and Omnipresence, and a realization of humanity’s unity with Spirit...” (Ernest Holmes, Science of Mind textbook, pg. 149).

Affirmative Prayer is a powerful method for setting the Creative Thought Process into motion. It is a direct, focused, and organized method using five steps to get to your desired outcome. The five steps are: 1. Recognition (God Is) 2. Unification ( I am) 3. Realization (Speaking into reality your desired good) 4. Thanksgiving (Grateful Acceptance) and 5. Release (Letting go, let God)

By writing your own Affirmative Prayer you make it yours. The main thing is to feel into every one of the five steps. It is not the words that you use that make the prayer powerful, it is the feeling tone behind the words.

Recently I have come across the writings and channelings of Karl Mollison –Scientist, Healer, Channeler – who is based in Arlington Heights, Illinois. Karl Mollison is a former pharmacologist who spent most of his life working as a drug researcher for one the largest and most prestigious pharmaceutical companies in the world. It was upon retiring from this life of accepted approaches that his desire to bridge the gap between spirit and secular worlds led him to study hypnosis and explore trance states and the subconscious mind. That’s the short version of this fascinating, loving and caring man. Karl Mollison channels what he calls “Creator.” I take this as God, however, he does not like to use this term to avoid confusion as many people have placed unhelpful definitions on the term “God.”

In my research of Karl Mollison, I came across his suggestions for how to pray more effectively based on his dialogues with Creator. Following are some suggestions for effective, short and to-the-point prayers:

### **Creator’s Prayers**

#### **Raise Belief Quotient in the Divine and Oneself“**

Source Creator, raise me up each and every day to feel divine love, to open to divine love, and to express divine love through me in all I do.”

#### **Healing**

“Source Creator, help me each and every day, to keep my body safe and strong in all ways by making healthy choices, and seek those things that reward and support a long and happy life. Correct all inner discord and signs of illness within, according to my highest good.”

#### **Well-Being**

“Source Creator, guide and support me each and every day in my life journey, leading me to health, wealth, happiness, and love through all I do. And help all my loved ones achieve the same by making healthy choices and seeking those things that are rewarding and support a long and happy life.”

#### **Saving Oneself and Humanity**

“Source Creator, be my partner in life each and every day, to keep me focused on love, receiving and giving, both to myself and to all those around me.”

#### **Protection**

“Source Creator, partner with me in my life each and every day to keep me safe, to guide, heal, support, and protect against all who oppose bringing forward the truth of the divine.”

**Air, Meal, and Beverage Blessing**

“Source Creator, bless my air, food, and drink each and every day, and everything within, to remove all negativity, add what is missing to create an ideal nutritional balance, heal any exaggerated consequences of nutrition, and restore a healthy equilibrium in the working of the body, for the well-being of all who partake.”

**Medication Blessing**

“Source Creator, bless my medication each and every day to remove all negativity and leave only what is highest and best.”

**Manifesting Abundance**

“Source Creator, help me each and every day to find the best expression of my soul, to be rewarded in my life with a flow of abundance to keep me safe, protected, supported, and have all of the benefits of financial security, to help me continue expressing the highest version of myself without fear and without worry.”

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For a more in depth comprehensive overview of prayer, Karl offers this free eBook:

Creator Teaches: *How to Empower Prayer*. His website is:

<https://www.getwisdom.com/karl-mollison/>. Let us all pray more effectively together and make this world a better place