

PRAYERS THAT HEAL

A Prayer for Divine Guidance

“At times you have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself.”

This quote is by Alan Alda, the American actor, director, screenwriter, and author. A six-time Emmy Award and Golden Globe Award winner, he is best known for his role as Hawkeye Pierce in the TV series *M*A*S*H*.

I love this quote because it explains the process of learning to trust our intuition so beautifully: *“leave the city of your comfort and go into the wilderness of your intuition”* and you discover many wonderful things.

Have you ever had a gut feeling that defied logic and reason but turned out to be true? Have you ever known who was on the phone even before you answered it? Or perhaps you've had the experience where you know what someone is going to say even before they say it?

These are all examples of intuition.

When you trust your intuition to guide you, it will create a path for you to be your best self. The problem is that many of us don't trust our intuition and ignore it, placing our trust in reason and logic. After a while, we lose the connection and we don't know how to listen for it. Most of the time our intuition tells us to do the opposite of what reason and logic is telling us. Yet the more we listen to our intuition, life becomes an unfolding adventure filled with miracles and wonders.

It also becomes much easier!

Over the years, I have had many gifts from listening to my intuition. Now I cultivate it and consciously practice listening and being guided by my intuition. Whenever I find myself trying to figure out what to do or going back and forth in an either/or situation where I think I can only have what I want by losing something, I know that I am in the realm of the mind and I need to take the time to listen to my intuition. The intuition invariably creates solutions that are inclusive both/and, instead of either/or. Solutions that result in a win/win for all parties involved.

I have received many gifts from following my intuition as this story illustrates.

I had a highly stressful position as an executive at a television production company managing a group of gifted but difficult Hollywood producers. One in particular was competitive, backstabbing and stressed us all out. Everyone was afraid of him, including my boss. We locked horns over a project. He stole a project that belonged to another producer. I objected and insisted he gave it back. Neither of us would back down. My boss acknowledged I was in the right but did nothing. The conflict began tearing the department apart. Reason told me to demand my boss take action and back me. My intuition told me to step aside and resign. It made no sense. I had worked for six years

to get into that position. Now failure and unemployment stared me in the face. I took a long weekend and I prayed for guidance. On Monday morning, I handed in my resignation. The producer got the project he wanted. My boss was so delighted that he didn't have to confront him, that he gave me a two-year producing deal. I received the same six-figure salary, was given four more projects (more than all the other producers) an office and an assistant and my workload was reduced by 50%. Talk about a win/win!

Each of us has an inner guidance system. If you listen to it, if you can learn to trust it, you will never go wrong. It is like a compass that has been placed within you. No matter what direction you go in, it will always point the way to true north. Once you get in harmony with it and surrender yourself to its guidance, it will always lead you to exactly where you need to go. It will always lead you home.... to your best self.

PRAYER FOR DIVINE GUIDANCE

How good it is to realize that I am One with the infinite life of the Universe
I am the sunbeam connected to the sun
I am the wave connected to the ocean
I am One with you, oh Divine Spirit
There is no separation
You are always with me
You are my source and unending supply
I am never alone

How wonderful to finally recognize this as the truth of my life
I don't have to do it all by myself
I don't have to figure things out
I can finally let go of the mind chatter
I can finally let go of the struggle

How good to be still
How good to rest in the silence and hear the word of God
How good to realize that there is a still, small voice
That is always speaking to me, guiding and directing me
Working for my highest and best good

I activate this divine GPS within me now!
This God Positioning System that always leads me home
No matter where I am, no matter how off track I get

How good it is to relax and surrender
And allow myself to be guided and supported,
I yield to the grand adventure called life and watch
with gratitude as the miracles unfold.

Thank you father, mother God
And so it is.