

Sanacion Book

## Sanacion - The Art of Healing

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### CHAPTER NINE

# Prayer and Intention

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If you have ever spoken to something greater than yourself—in words or in silence, in formal prayer or in desperate whisper, in ritual or in raw spontaneous reaching—know this: you were heard. You are heard. The universe is not indifferent to your reaching. Something responds.

This is not a chapter about how you should pray or whether you should pray. It is a chapter for those who already do—in whatever form that takes—to understand more deeply what happens when consciousness reaches toward the infinite. And it is a chapter for those who connect in other ways to recognize that their practice, too, participates in the same mystery.

The universe responds to sincere reaching. This is not poetry or wishful thinking. It is the nature of a creation built from consciousness itself. When you direct your awareness toward something beyond your small self—whether you call it God, Source, the Universe, the Light, or simply Something—you engage with the very fabric of existence. The strength of your Desire<sup>1</sup> is the measure of what can respond. The sincerity of your reaching determines what can reach back.

Those who pray with words participate in an ancient and powerful practice. There is nothing wrong with words. Words focus intention. Words give shape to longing. When you speak to the Father, the Mother, the Divine, the Infinite—whatever name resonates in your heart—you are doing something real. The skeptic may dismiss it as talking to yourself, but you know better. Something listens. Something responds. Not always in the way you expected, not always on your timeline, but the response comes.

Jesus himself modeled this reaching. In the midst of crowds and demands and miracles, he withdrew to quiet places to connect with what he called the Father. If he needed that communion, that drawing from the well of infinite love, we can trust that it matters. The prayer was relationship—not formula, not obligation, but conversation with the source of all things.

Yet prayer takes many forms, and words are only one of them. Some pray in silence, resting in presence without needing to articulate anything. This too is prayer—perhaps a deeper prayer, where the soul simply opens without agenda, without words, without even specific requests. Just

presence meeting Presence. The psalmist knew this: *"I have calmed and quieted my soul, like a weaned child with its mother."* Sometimes the deepest prayer has no words at all.

And what of those who do not call their practice prayer? The one who sits in Meditation<sup>2</sup>, stilling the mind, opening to what lies beneath thought—is this not also a reaching toward the infinite? The one who holds intention before a healing session, focusing love and care toward another—is this not prayer by another name? The one who simply pauses in a difficult moment and breathes, directing awareness toward something steady and true—this too participates in the same mystery.

These are not competing practices. They are different windows opening onto the same sun. The person who kneels with rosary beads and the person who sits in silent meditation and the person who holds healing intention over a patient—all three are directing consciousness toward the infinite. All three are heard. The form matters far less than the sincerity behind it.

What unites all these practices is the movement of awareness beyond the small self toward something greater. Whether you call it prayer, meditation, intention, contemplation, or simply connecting—the essential gesture is the same. You turn your attention from the endless chatter of the surface mind toward something deeper, something vaster, something that can actually respond to your reaching.

There is a mystery in how this works. The universe, it seems, is built to respond to sincere asking. Not demanding, not manipulating, but genuine reaching. Like a garden that responds to attention and care, the inner life flourishes when watered by conscious connection to the source. The seeds you plant with your Desire<sup>1</sup> and intention grow in their own time, bloom in their own season. You may not see immediate results, but something is always growing in response to your reaching.

This does not mean you will always get what you ask for. The deepest prayer is not a list of demands but an opening to relationship. Jesus himself, in his darkest hour, prayed: *"Not my will, but yours be done."* This is not defeat or resignation. It is the recognition that infinite wisdom sees what we cannot see. The prayer that includes surrender—not passive surrender, but active trust—becomes more powerful, not less. You ask for what you need, and you trust that what comes serves purposes beyond your current understanding.

For those who work in Healing<sup>3</sup>, this understanding transforms the practice. Before you place your hands on another, before you begin any session, you have the opportunity to connect with the infinite source. Call it what you will—centering, grounding, praying, setting intention—the effect is the same. You align yourself with something greater. You acknowledge that the healing does not come from you but through you. You open the channel.

Some healers pray explicitly, asking for guidance and help from the divine. Others simply hold intention, focusing their desire for the wellbeing of the one before them. Others enter a meditative state, becoming still and receptive. All of these work. All of these connect with the same source. The important thing is not the form but the sincerity—and the recognition that you are not working alone.

There is also power in sustained intention. A single thought, like a single brushstroke, may not create much. But thought returned to again and again, intention held with persistence—this begins to shape reality. Like an artist who begins with a sketch, then refines, then adds color, then completes the work over time, your repeated reaching toward an intention gives it form and substance. The Will<sup>4</sup> to continue, the Faith<sup>5</sup> to persist even without visible results—these are the qualities that allow intention to manifest.

This is why daily practice matters—not as obligation but as nourishment. The person who connects with the infinite each day, even briefly, builds something over time. Each reaching strengthens the connection. Each opening clears the channel a little more. Whether your daily practice is morning prayer, evening meditation, or simply a moment of conscious breathing before you begin your work—the consistency creates cumulative effect.

Some speak of praying without ceasing. This does not mean muttering words every moment. It means maintaining an undercurrent of connection beneath whatever else you are doing. Working while connected. Walking while connected. Living in ongoing awareness of the greater Self that dwells within and around you. This is possible—not through effort but through practice that eventually becomes natural, like breathing.

There is one more dimension worth mentioning: prayer or intention directed toward difficult situations and difficult people. The teaching to pray for those who have hurt you is not about pretending the hurt did not happen. It is about freeing yourself from the entanglement of resentment while simultaneously sending light into darkness. When you hold in loving intention someone who has wronged you, something shifts—in you, certainly, and perhaps in

ways you cannot see, in them as well. This is advanced practice, not required but available to those ready for it.

Whatever form your reaching takes, know that it is valid. The words you speak into the silence, the intentions you hold in your heart, the stillness you cultivate in meditation, the love you focus before healing work—all of these participate in the same great conversation between the finite and the infinite. You are not alone in your practice. You join a vast company of those who have reached and been reached, who have asked and received, who have opened and been filled.

The infinite waits, with infinite patience, for your reaching. It does not demand specific words or postures or beliefs. It asks only sincerity. It asks only that you turn, even briefly, from the noise of the surface toward the silence of the depths. In that turning, something responds. In that reaching, something reaches back. You are heard. You have always been heard. And the response, though it may come in forms you did not expect, is always love.

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## Notes

- <sup>1</sup> **Desire:** The yearning of the soul toward growth, love, and reunion with the Divine. Sacred longing that propels spiritual evolution.
- <sup>2</sup> **Meditation:** The practice of quieting the mind and opening the heart to receive divine guidance and healing. A sacred space of communion with the Source.
- <sup>3</sup> **Healing:** The restoration of wholeness and balance in body, mind, and spirit. True healing is not merely the absence of symptoms, but the alignment with one's divine nature and purpose.
- <sup>4</sup> **Will:** The faculty of conscious choice and directed intention. When aligned with divine will, it becomes a powerful force for healing and transformation.
- <sup>5</sup> **Faith:** Trust in divine love and wisdom beyond what the physical senses can perceive. The willingness to remain open to spiritual truth and guidance.