

The Visual Prayer has proven helpful to countless people over the past 20 years that I have been sharing it. The benefit is not obvious at first, and it's certainly not scientific. However, like verbal prayer, it can be a wonderful spiritual "shot in the arm" for the person you are trying to help receive healing.

This is how you practice a Visual Prayer: First, notice the "picture" of your loved one that you habitually carry around in your mind. Now, use your imagination to replace that old picture. Let yourself see your loved one at their PRESENT AGE, all dressed up like they are going to a job interview or a wedding reception. See them healthy, happy, with a smile on their face, and well-groomed and with the light of God all around them.

This new mind picture is the visual prayer. All prayer is about the future and your old picture was most likely about the past. This new visual prayer is designed to match a spoken word prayer, such as: "Lord, please heal my loved one and make them happy and whole."

It's suggested that every time that old, habitual picture of your loved one comes to mind, you change the channel on the "TV set" in your mind from the "history channel" to the "prayer channel". Keep doing it over and over until it becomes a new habit; a habit of no longer picturing your loved one as they are or were, but seeing them how you would want them to be. I recommend that you practice this at least 100 times a day because as Einstein said, "Repetition is the mother of all new learning".

Keep moving forward, keep praying and keep trusting God. Mike