

A Will-Prayer for the Well-Being of Others In 18 Verses

18 Verses: The number 18 has mystical symbolism in religions and cultures around the world. The most relevant here comes from Judaism where the Hebrew word for “life” is חַי (chai) which has a numerical value of 18. **As I close my eyes and open my heart:** One should disengage the sense stream of images by closing one’s eyes and open to a “feeling” and “giving” of compassion for others. **I pray for the welfare of those in need:** More a “will prayer” than a prayer of petition to an outside force. Rather, we seek to transmute and send out, through an internal command, our own divine energies implanted within us as vessels of the Absolute itself. “Know you not that you are the temple of God, and the spirit of the Absolute dwells inside of you” (1 Corinthians 3:16). **of well-being and safety:** The two most basic of Abraham Maslow’s Hierarchy of Needs – states sought by every living

**As I close my eyes
and open my heart,
I pray for the welfare
of those in need
of well-being and safety,
and fullness of health.
For them I see blessings
of mending and wholeness,
May my thoughts be with them.**

(Visualize healing and compassion for each person, group, or situation, then conclude:)

**May they all be free
of fear and pain
and gathered in strength
with each passing hour,
May all increase
in health and well-being
and find peace and deliverance
from all discomfort and distress.
AUM shanti, shanti, shanti-he.**

being to be happy in one’s given life. **and fullness of health:** Everyone desires good health, both for the sake of a quality of life and to allow for a continuing contribution of service to others. **For them I see blessings:** It is vitally important to visualize the most positive outcome of your will-prayer for the recipient(s) of your healing thoughts. Visualization charges your healing thoughts and assists in their conduction to the recipient(s). **of mending and wholeness:** We project visions for them of a return to a recovered physical state and a confidence of spirit that energizes their whole being. **May my thoughts be with them:** Thoughts have substance. When healing thoughts are consciously directed to another, the projected thoughts reach and provoke in the recipient a subconscious reception resulting in a physical and spiritual lift.

May they all be free: from the confines of their physical, mental, or spiritual infirmity and be able to operate from a condition they truly choose. **from fear and pain:** Fear is one of the most debilitating of emotions. It is the constant state of the feeling of anxiety about the outcome of something or the loss of personal safety and well-being. Pain may be physical or emotional and is often psychosomatically brought into the body by living in fear of something. We wish for the banishment of both of them. **and gathered in strength:** The energy of our thoughts go where our attention is. When we are completely focused on supporting the healing of another, our thought-form moves toward that person and releases its energy upon the recipient’s astral and mental bodies. It remains there in the recipient’s aura shielding and protecting him or her by the reproduction of the healing vibrations originally sent. **with each passing hour:** Sometimes we can expect immediate spontaneous healing. However, most often, healing takes place over time dependent on the nature of the psycho-spiritual concentration of the sender and the receptivity of the receiver to respond to received vibrational intentions. This is why it is important to repeatedly pray for others in need of healing. **May all increase in health and well-being:** The word “all” is key in this line and refers to “all” others unknown to you in need of healing. **and find peace and deliverance from all discomfort and distress:** Such a blessed condition comes from surmounting the obstacles created by illness and the great psychological relief felt day by day as one recovers their vibrancy again. However, it may also come from a philosophic acceptance of a condition that cannot be healed. Here the recipient resolves his or her condition with a reframed attitude about how to appreciate the richness of one’s past life and future prospects moving forward for however much time is granted for life. **AUM:** Denotes the first vibrational source of sound signifying the unfolding of Creation; a mystical affirmation to something Divine. **shanti, shanti, shanti-he:** This three-fold Sanskrit repetition conveys the wish for total feelings of peace in body, heart, and mind.