

How Helen Prayed for Others

by Robert Perry

In the early part of the story of the Course and its dictation, we have several examples of Helen praying for others in a distinctive way: by silently speaking directly to the person, rather than praying to God on behalf of the person.

The priestess

While Helen's role in this lifetime was as a scribe who received Jesus' words, he also told her that she was "a very powerful receiving and sending channel" (T-4.VIII.8:3). In other words, not just receiving, but *sending* as well. We see this in her apparent past-life memory of her being the ancient priestess, who spent her life praying for people that came to her with prayer requests.

Because this was such a deep part of her soul, when she prayed for people in the way we will see below, I believe she was tapping into her innate knowledge of how to "send." I believe, therefore, that we should pay close attention to how she prayed.

Examples

Prayer for Joe in Chicago

This is our first recorded instance of Helen praying in this way and it has so many of the features: In response to need, Helen silently sends to someone "an earnest mental message," which contains the perspective that person is meant to adopt in order to be healed, with a clear result—in this case, an apparent lifesaving one.

The new phase started one day when Bill and I were working on a research report and I was concentrating on the statistical treatment of the data. Suddenly and very unexpectedly I laid the papers down and said, with great urgency, "Quick, Bill! Joe, your friend from Chicago, is thinking about suicide. We must send him a message right away." Bill sat down next to me as I "sent" an earnest mental message to Joe. The words I used were: "The answer is life, not death." Afterwards, I said to Bill, "I bet there was nothing to it," but I was wrong. Bill called his friend that evening to ask him if he was all right. Joe was glad he had called; he had been very depressed, and had actually picked up a gun that afternoon, but something held him back. He put the gun down. (*Absence from Felicity*, p. 118)

Prayer for Dave Diamond, dying of cancer

Right before the Course started coming through (apparently, just the day before), Helen recorded the following impassioned prayer for Dave Diamond, a friend who was dying of brain cancer. She speaks this prayer directly to Dave. With obvious passion in her words, she urges Dave to join her and Jesus, realize the brain is not his identity, and accept his healing. She says that this miracle will teach a particular friend of Dave's and many others that life is not the brain.

The cabdriver asked if I minded music and I thought maybe it would help me pray for Dave, so we started with a march and I thought, “Come on Dave, join us – we are all marching together.”

And then it was a ballet, and I thought “Come on, Dave, God has room for lighter moments, too.”

Dave, don’t give in – you have a real mission – don’t lose your chance – miracles *are* the natural law.

Then I asked Christ to help Dave know *He* was there and to see Him and know the truth so he could be free....”

If any two come together in my name” – Dave, *you* must be the other – we need you – life heals, not death....”

Maybe while Dave is sleeping our unconscious minds can reach Christ and He will unite us in prayer – we can do it, Dave.”

(Dave once stood in Arnie Gold’s way and somehow interfered with his progress. Gold

knows he must forgive him and do everything he can to release him. That’s why Gold loved Dave on sight and has been pathetically devoted to him. Gold is afraid to “let Dave die” because

he knows this is his karmic debt.

Dave is in this position now because of what he did to Arnie. And they’re both in prison.

Dave – listen to me now and let Christ help you – leave it to Him and rest.

Don’t hurt Arnie again by walking out on him. Arnie needs a miracle to teach him that the brain is *not* the seat of life but God is. He can learn this if you are willing to stay and teach him.

Help save us all, Dave. *Please* cooperate.

You once denied the truth to Arnie Gold – please release him and yourself now.

You taught him wrong Dave, but remember how good you always were in teaching the emotionally disturbed, and teach him right now.

Dear Dave, show Arnie that the spirit does *not* live in the brain. Turn this statement the right way, and *know* that the spirit can heal the brain which it made. *It is* the other way.

Release the children this time, Dave – please for Christ’s sake, amen.

Dave – remember your little girl – she was unmarked even though she was conceived by accident in a uterus that was supposed to be sterile because it was so damaged by fibroid tumors they said it had to be removed.

But it was still a temporary home for a perfect child, against all odds according to human medicine.

Please, Dave, don’t identify with your brain. Know your own immortality and break the prison for Arnie Gold. Listen, please, Dave – you can destroy your enemies by making them your friends.

You hurt Arnie, but he loves you. Thank God you can help him now – I am awed by your mission, and I pray I can help Christ to help you.

Dave – sooner or later you will have to settle this, and you can save thousands of years right now.

We *must* call the children back.

Christ will give you the most now, if you will take it, because you have reduced yourself to the least. Take it for Him, who wants to give you all power in Heaven and Earth.

Dave, help Christ to reach your spirit and don't depend on your brain. Help us, Dave, and hear Him....

Dave, change your identification from Diamond to Pearl of Great Price, and claim your right to forgiveness *now*. Your spirit and mine *can* unite and then the two of us *have* come together in Christ's name. Jesus promised to be there, Dave. Your brain does not matter, if you will understand life as Jesus did.

When He said "Father into Thy Hands I commend My Spirit He was referring to His *Resurrection not* His death. Remember and understand that because it can save you know (now). The anoxia of His death did *not* hurt his brain. Please, dave – hear Him say "I am the resurrection and the life, and whosoever believeth in Me *shall not perish*."

Dave, it means something that your names are Diamond and Gold. Remember where your real treasures are. Gold has the whole Neurological Institute watching you. But they all think life is brain. Help them Dave – you are a teacher.

Dave, you can still hear the call "Come forth" – Lazarus was already dead; you're not.

Possible example: prayer for Dave while dying

While Dave is in the process of dying, Helen prayed for him at his bedside. We don't know for sure if this prayer was silently said to Dave rather than God, but there are reasons to suspect it was: Her silent message was guided by Jesus (a feature of this style of prayer) and was the counterpart of a message she spoke to Dave out loud, suggesting that perhaps it too was spoken directly to Dave. And finally, of course, this was the way she prayed for him earlier—by appealing directly to his unconscious mind.

Every time he opened his eyes I said, "We all love you, so don't be afraid." Not aloud, I prayed that he would be able to love everybody in return, [this too was under instruction], having been told, [I *think* on Great Authority] that his only real danger came from lacks in *this* connection.

Prayer for Louis

This is our fullest example. It contains almost every characteristic that can be gleaned about this method of prayer.

Then I was told to go in and visit with Jonathan [her husband, Louis], and pray for him, *particularly* if he was asleep, which he was. It was the only time so far I prayed *intensely* for him. When this happens, I am *strongly* aware that I am not praying alone. We told Jonathan that he should forget about the Alexandrian library and all the rest, because it does not matter. He showed a lot of love this time, and should claim his forgiveness. He does *not* need to hurt himself, and *must* stop these symptoms of disequilibrium and establish his freedom. He woke up, and said he was feeling better but hungry.

Possible example: prayer for Bill

Another possible example is where Jesus asks Helen to pray for Bill. Notably, he asks her to pray with him—Jesus—rather than *to* him. Indeed, this feature is central: At question is how fully Helen can cooperate with Jesus—join with him—in praying this prayer, or be compromised in her efforts by her own errors from earlier in the day.

Jesus to Helen: I suggest to *you* that we pray for him, and *I* pray for your full cooperation. This will correct *your* errors, and help him react better to the work on the bookcase, which may otherwise lend itself for misuse by misprojection.

You started well in your attempt to pray with me for Bill, but ended badly. This is because you had already made a number of earlier errors. [These were examples of unkind thoughts and behaviors toward others.]

Possible example: psychotherapists doing mind-to-mind therapy at a distance

Interestingly, the *Psychotherapy* supplement speaks of situations in which a therapist is given patients who are not physically present and who he clearly does not even know. They are sent to him as “a name, a thought, a picture, an idea, or perhaps just a feeling of [this patient] reaching out to someone somewhere.” The therapist’s job is to respond at that very moment, for that is quite possibly their moment of need. This not only fits well with the Joe story (who was sent to Helen in his moment of need), but this whole method of prayer is essentially psychotherapeutic—you are imparting to someone a wise perspective that is intended to heal them. It seems more than possible, then, that in sending healing to these people, the therapist is sending them a therapeutic message, just as Helen does in virtually all of our examples above. If so—and we can’t be sure of this—that would make this a fit with Helen’s style of prayer.

Your patients need not be physically present for you to serve them in the Name of God. This may be hard to remember, but God will not have His gifts to you limited to the few you actually see. You can see others as well, for seeing is not limited to the body’s eyes. Some do not need your physical presence. They need you as much, and perhaps even more, at the instant they are sent. You will recognize them in whatever way can be most helpful to both of you. It does not matter how they come. They will be sent in whatever form is most helpful; a name, a thought, a picture, an idea, or perhaps just a feeling of reaching out to someone somewhere. The joining is in the hands of the Holy Spirit. It cannot fail to be accomplished. (P-3.I.3)

Characteristics of this kind of prayer

1. It is silently said directly to the person, rather than to God or Jesus.
2. Jesus will join you in it, so that rather than praying *to* Jesus *for* this person, both you and Jesus say your prayer directly to this person.
3. You are urging this person to adopt the perspective that will heal her. For this reason, it’s ideal to get a sense from Jesus of exactly what that perspective is.

4. The prayer should ideally be *earnest*, *impassioned*, and even *intense*. One nice thing about this kind of prayer is that you get to say to the person the very things you would love to say verbally but probably can't. This allows you to unleash all the love and desire for healing that is really there inside you.
5. You are able to address unconscious beliefs that are hurting this person but that he would deny on a conscious level. Louis didn't believe in past lives, and so if Helen had asked him to his face to stop punishing himself over whatever he did to the Alexandrian library, he wouldn't have known what she was talking about.
6. Apparently, it's ideal to do this when the other person is sleeping, for the person will be more receptive to your prayer then. Helen mentions this in relation to Dave and Jesus mentions this in relation to Louis. Dave's sleeping mind will apparently be more receptive to uniting with Christ and Louis' sleeping mind will apparently be more receptive to what Helen is saying to him. In other words, the ideas they would reject while awake they might let in while asleep.
7. However, sometimes, as in Joe's case, timing is crucial. As the *Psychotherapy* supplement says, "They need you...at the instant they are sent."
8. Finally, *Psychotherapy* also says to trust the results: "The joining [between our mind and theirs] is in the hands of the Holy Spirit. It cannot fail to be accomplished." And we did see results in the case of Joe and Louis.

A way of doing this

1. Choose someone who needs your prayers.
2. Ask Jesus what perspective this person needs to hear—what perspective will bring healing to him or her.
3. Have a sense of joining with Jesus in speaking the prayer directly to the unconscious mind of the person.
4. Urge the person—earnestly, even intensely—to adopt the perspective that will heal him or her.
5. Try to let your words be guided. Feel free to elaborate, like Helen did with Dave. Take your time.
6. Trust that the Holy Spirit will link your mind up with this person's and that there will be results.