

Riding Free

“The words ‘I know that’ or ‘I give thanks that’ are rather like the training wheels on a child’s first bicycle. They keep us steady. So, if you have a health challenge, instead of beseeching God by saying, ‘God please heal me,’ say, ‘I know that God is healing me now’ and ‘I give thanks that God is healing me now.’”

—HYPATIA HASBROUCK,
Handbook of Positive Prayer



Healing Prayers From Silent Unity

I turn my thoughts to the radiant power of love and light within me. It restores and renews every cell with divine power. I see this light shining forth from the center of my being—I am revitalized and renewed.



Perfect life is flowing through my entire body right now, doing its mighty work—cleansing, energizing, and strengthening every cell. The wisdom of God is present and working through every medical professional as they support my healing journey.

I give thanks that God's healing life flows through me now, restoring me to wholeness and vitality.



Spirit dwells in me and I am filled with life-restoring energy. I release any concern and hold to my faith in any challenge.



I give my attention to life-affirming ideas and the truth of who I am. I am one with God; health is the natural expression of the power of God within me. I am whole and vibrantly alive.



God's healing energy flows through me now. I am relaxed and free in mind and spirit. Whenever worries or concerns arise, they come to be healed. I give thanks for this awareness and for divine love healing me in every way. My emotions are calm, my mind and body are revitalized, strengthened, and renewed.



Mighty currents of God's healing love flow through me now. My body and mind are renewed and restored. I am whole, well, and free.



The doctors and staff who care for me are divinely guided in their thoughts, words, and actions. The all-powerful presence of divine love expresses through each of them. I am safe and secure.



The love of God flows through me, calming my emotions, freeing my mind, and bringing wholeness—in body, mind, and spirit. I am at peace, open and receptive to my good.



God Is Healing You Now

A Unity Classic by Rev. Mary Kupferle

God is healing you now! It is occurring at this very moment whether you know it or not. You need not have some mystical experience. You need not feel any unusual physical sensation. You need not even be aware of how it is happening. You need only to relax, to let go, and to be assured that it is being done.

If you are facing a healing challenge of any kind, you can be sure God's healing power will see you through. Indeed, it is happening at this instant. God is healing you now! Whether you are in your home, hospital, office, bus, plane, or car, God's great love is there, healing you now. Whether you have a lot of spiritual understanding or a little, whether you are old or young in physical years, whether you have a great deal of faith or little, you can grasp these few words: *God is healing me now*. They can bring you into a realization that will lead you into total healing, total rebirth, and total change of your life experience for good.

The change may come instantly. If you are going through medical tests or are under the care of a physician, you can silently know: *God is healing me now*. God can and does work through anyone or anything in an infinite variety of ways and means to help, bless, and heal us. You need not question, reason, or seek out the ways. God will open them up to you, at the right time and appropriate moment, for God is already at work within every detail of your life, bringing about healing in every aspect.

If your heart is downcast about yourself or a loved one, know that God is healing you now, that God is healing your dear one now. Decree and affirm this consistently and faithfully, and you will be placing yourself in a receptive attitude, readying yourself to receive. If you are plagued by doubts and fears, and if negative thoughts fill your mind, use the words *God is healing me now* as a rudder to keep your mind turned in the direction of God's presence and power. Remember, the Truth is that God is healing you now.

If you need to speak these words for hours, days, weeks, or perhaps longer in order to let go of limited and negative habits of thinking, the results will be worth every effort. All the way will be a healing way. You may have to stretch your muscles of faith more than you thought you could, but as you do so, knowing that God is healing you now, you will be placing yourself in the position of receiving the greatest blessing of your life.

If you become discouraged, thinking that healing will never come, if you see little sign of progress, quietly realize that God's continuous healing power is at work beyond your ability to judge. Do not reason or compare or try to figure it all out. Instead, deliberately trust that in every moment and in every detail, God is there, guiding, helping, seeing you through to total healing.

To continue to repeat these words *God is healing me now* is to fill the mind and body temple so full of this awareness that there is no room left for fear or doubt. Further persistence in repeating them is to become so fully saturated with this Truth that it begins to overflow your mind and body and fill the atmosphere around you. The very air you breathe, your environment, will begin to vibrate with the power of

the thought: *God is healing me now*. Healing will fill the air. Healing will be released within every cell of your body, into every condition in your life, and into the lives of those around you ...

I have seen the healing of all kinds of conditions. For every healing in my own life or in the lives of others, I have seen just as many ways these healings have come. The ways of answered prayer for healing are as infinite as God is infinite.

Healings have occurred in every kind of environment, through silent prayer or audible, through strong decrees and gentle, sometimes in church services and sometimes in hospitals, regardless of the religious affiliation or lack of it or the manner of prayer. The ways of God and God's healing power transcend our concepts. There is no limit to the healing power of God or to the reach of the healing touch and presence of Jesus Christ.

No matter what any person may say of the impossibilities of healing, all things are possible with God. To acknowledge with praise and thanksgiving: *God is healing me now*, is to let the healing begin its flow. Now is the time to believe it for yourself. God is healing you now!

