

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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“When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.”

Helen Keller

[Yale University](#)

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Good day dear woman and man reader!

This month, I am writing about prayer and simplicity of action. Have no fear, I will not return into our past religion and its teachings to the effect we had to pray, otherwise we were going to hell.

Rather, I will introduce what is termed as ‘Scientific prayer’ rather than our usual habits to repeat words, hoping some mighty creature will listen and reply some day down the road.

For a while I have been inspired to research the potential of prayer and its power. As so many of us, my childhood taught me to repeat words without really knowing where they went, other than the possible belief I had to appease a vengeful God somewhere high in the sky. I have come a long way. I hope this month to be equally inspiring for you.

I highly recommend you read ***Zero limits*** by Dr. Joe Vitale (Ho'oponopono) and ***The Isaiah Effect*** by Greg Braden.

Zero limits talks about Dr. Joe Vitale meeting Dr. Hew Len, from Hawaii. Dr. Len is a psychologist who succeeded in healing a psychiatric ward where hard core criminals and mentally ill patients were the usual routine. For over 2 years he was in that ward, without even meeting any patients, he succeeded in healing the whole group in simply reciting an old and ancient prayer passed down to him from an old lady master in his country. No one ever dreamed anyone could ever accomplish the healing that happened with everyone, staff included.

Dr. Len clearly explains we receive about 15 million bits of information daily and of which only about 15 are from our divine intelligence. The balance is the game of replaying old memories from our past, our ancestors, from our own conditioning of all sides and so on.

I wish you will understand that if only about 15 bits are from a true and real source within, the rest of our life is but a replay and we so rarely have learned to disengage ourselves from that inner game. Instead of playing our true mission and role on this planet, we become the puppet of our

memories, hence hardly ever living in the moment. Otherwise, we would all know how to listen to this inner inspired voice and enact miracles throughout our lives and those of others.

His application is of the utmost simplicity. He says that without acknowledging a total responsibility for what happens in our lives, we will never get it. When I say total responsibility, it also means that whatever happens to us in our life, be it a happy moment, a disease, someone else who is troubled on our path, we are totally responsible and must acknowledge it.

Dr. Len teaches us to repeat and constantly clean by saying: ***I love you, I am sorry, forgive me, thank you!***

I know how this notion of complete responsibility is ill understood, much less applied in most of our thinking mode and much less appreciated for its intrinsic value.

Hoping to help you understand further, I bring in some lines from Greg Braden, The Isaiah Effect who relates ancient text from Essenes that were found some decades ago by the Dead Sea.

Without sharing the entire book, I chose a few lines that make it clear for the author and myself, that these ancient sages from thousands of years ago, had a wisdom regarding the power of prayer and its application that surpass all the misunderstood and false teachings of our past centuries.

In our days, I hear mentors and spiritual teachers tell us how to meditate and put pure intentions in our prayers but I am not sure we all understand how to pray; neither do we believe its value.

Greg Braden tells us:

'The foundation is now in place. The data have been measured and the experiments have been run. We have proved, at least under certain conditions, that thought and emotion produce feeling, and that feeling produce the vibratory patterns that affect our world. As we change the quality of our feeling, we change the pattern of the vibration, thus shifting patterns of our outer world.'

We must have thought, feeling and emotion aligned in order to have miracles happen.

Experiences 'under control' were done with prayer groups who prayed for big cities where criminality was outrageously rampant. As long as the prayer group was active, criminality greatly diminished. When the prayer group stopped, criminality started again.

Furthermore, scientific experiments 'under control' were studies where trained people were capable of mastering their emotions and showed that they '*... were able to intentionally cause a change in the conformation of the DNA.*'... which turns out to say they were able to change their environment.

As I end this newsletter, Braden comes again to say that:

'As we learn to recognize what the conditions of our outer world are saying to us, we are shown empowering possibilities for creating change in our world through changes in our lives. Researchers have documented shifts in the earth in direct relationship to the changes in human consciousness. From the extremes of anger to the heights of compassion, sensors placed in the ground surrounding the individual experiencing the emotions

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detect the change in biological frequency.'

Wow !

I further understand Edgar Cayce, recognized psychic of his times, when he used to say that we all have power and are capable of influencing our environment and cataclysmic phenomena, when are we starting ?

On that note, I hope to have inspired you to continue researching how you can best learn to pray. I am awaiting your questions and comments and will answer back accordingly.

I wish you an excellent end of January, wishing our cold spells will soon end, for Spring is on its way.

I know, I am an eternal optimistic.

Warmly:

Pauline

NEXT MONTH: Hoping to answer your comments and inspiring questions.

Pauline Houle - Therapist – author

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