

Seeing Things Differently

How do I pray for a family member I don't respect? My son's wife has put him in financial trouble with her constant spending. My boy is not strong enough to take charge of the situation. We have helped them over the years but can no longer do it. I've tried to pray affirmatively but keep thinking about their problems. Your advice is what I need right now.

It is natural to want to help your son, but blaming his wife and obsessing on their difficulties is counterproductive. So is trying to rescue them financially. This can become a form of enabling that will thwart their awakening. Perhaps it's time for them to fully experience the repercussions of their decisions. If you no longer bail them out, they will be forced to mature and evolve through finding their own solutions. And trust me, they will.

Your experience is your own creation. The same holds true for your son and daughter-in-law. Rather than trying to pray for them, I suggest you redirect your prayers to your own healing, faith and peace of mind. Affirm a new, more trusting and forgiving perspective within yourself. The truth is, regardless of their financial situation or your judgments about it, they are perfect expressions of an infinite loving intelligence, just as you are.

In her book "Tears to Triumph," Marianne Williamson writes, "A miracle pierces the veil of illusion that keeps us trapped in pain and suffering. A prayer for a miracle is not a request that a situation be different, but a request that we see it differently. Only when our thoughts change will the effects of those thoughts be changed as well."

Are you willing to change and let go of how you think things *should* be? This will allow the wisdom of Spirit to flow more freely through you and those you love. I offer this final wisdom from Williamson: "Whatever *right effort* we can make on behalf of compassion for ourselves and others, the universe will receive it and respond in kind." In other words, breathe and choose love. God's got this. ❀



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