

# INSPIRATION

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November / December 2007

# The Incredible Lightness of Howard Wills:

## *Utilizing Prayer and Forgiveness as a Path to Freedom*

by Richard Diamond

For centuries, cultures and religions have pointed to the period we live in now as a time of great change and upheaval. Our political leadership has told us that we are at war with something called terror and that it will be a “war without end.” However, we actually have the choice, in this moment, to end the war. How is this done? Howard Wills teaches that it is through practicing prayer, peacemaking and forgiveness.

If we search our hearts we can find a teaching from Spirit that suggests that the end we are really coming to is the end of suffering and conflict that has raged within our collective psyche for eons. Our hearts also tell us that the way to end the “war on terror” is to focus all our energy on the Light of Spirit (or God, or whatever you wish to call it). Many of us are at a crossroad where we can either contract into a ball of fear, or emerge highly empowered and hopeful.

Over thirty years ago, Howard Wills made the choice to become empowered, and since then he has been negotiating his way through these uncertain yet hopeful times with a lightness born from Grace. Howard was only twenty years old when he had an experience with “the Light” which changed him forever. He emerged from his experience with a gift of healing that, over the years, has deepened, matured and transformed into wisdom. Howard now helps people from all over the world who come to him for assistance with healing challenges.

Although most people consider Howard Wills a healer, I think of him more as a “connector.” Utilizing prayer, he supports people to connect with their own Inner Light, the Infinite Light that is the source of all our power. His group sessions are about more than just healing; they are about joining and about experiencing the One Heart that we all share. Howard teaches that the Light is the source of all healing, and the only way anyone can effectively access the Light that is the True Self is to forgive . . . EVERYTHING. We are talking about deep forgiveness, not just forgiving your siblings, or forgiving your mother or father but everyone and everything in this lifetime. It is only in this expanded place of release that the True Light of God can be fully revealed.

Through this process one can discover the beauty of humility. When Jesus said, “The meek shall inherit the earth,” he was not talking about being timid. One who is meek, or humble, understands what True Power really is. True Power cannot be attacked or defeated. It is the recognition that anything borne out of aggression or out of the desire to control is of the ego and is not real. *A Course in Miracles* describes the peace of God as knowing that “nothing real can be threatened and nothing unreal exists.”

I asked Howard why he was here and about the role of prayer in his life. His reply tells us a lot:

”I feel like I am a representative of the Light. I work for the Infinite. That is my primary job. I also know that there are two things I am supposed to do:

**“Peacemaking is the key  
to freedom in life.”**

**Howard Wills**

First, to show people that there is hope;  
and  
Second, to demonstrate that God  
is with us.”

### **Here is how Howard explains it:**

I demonstrate that God is with us through making the prayers and witnessing the result of the prayers. I don't claim to do the healing. I am the go-between that makes the prayer for the people. If there was no God, there would be no result. If there was not an invisible force that loves us and wants to help us, people would not be getting well, because I am not doing the healing. I just make the prayer. The prayers come straight from the Light. There is a collection of prayers on my website that can be utilized for healing and the expansion of consciousness. Most prayer that you find in the world is not very concentrated, and much of the time it does not achieve the result people are looking for.

The prayers that come through me are concentrated and potent. They are designed to help release people of the burdens they carry so that they can become free and clear and clean; then they can start growing and flowering, just like a plant. But if we are burdened with all this debris from the past, we are encumbered and we cannot grow. So the prayers are designed to create freedom in people and help foster growth into the Light. The prayers work for people at any age; you can be eight or 80, and the prayers will help.

People age because they have so many burdens fueled by negative thinking. Using the prayers removes these burdens, and takes them back to a state of being free. The prayers help us to access that Awareness that penetrates and fills all space; it is like connecting with a massive computer network, the Source that we are all a part of. The prayers enable us to share our love with the infinite and with all of creation.

Asking for guidance from the Source of all that is, the Supreme Intelligence, is the thing most needed on Planet Earth. If people would turn more to communicating with God, you would see the problems on this planet go away. Period. The problems on this planet exist because people turn to their own minds, and they say, 'Well, we're going to do it our way.' The way I live my life is with humility, gratitude, and respect for everyone and everything. I say to God, 'For myself and my family, Lord, please lead us, guide us, direct us, and protect us, please Lord, thank you Lord.' When making a

prayer in this fashion, I am surrendering to the Light and allowing God to lead the way for myself and my family.

That is how I speak to God. I say, 'Please Lord, Thank you Lord.' It has nothing to do with religion. It is just me referring to God as Lord. That's it. You can call God 'Infinite Light,' or whatever feels right for you. God understands.

It is important to practice prayer. The prayers I offer on my website are like training wheels for enlightenment. If you practice saying them out loud one or more times a day you will experience a lightening of your life. Thoughts, words and deeds form our present and future realities. By making positive conscious choices and taking responsibility for our thoughts, words and deeds, we can transform our lives into something that benefits ourselves, our families, our communities and the world. We can all participate in this beautiful endeavor.

Let me finish by sharing one of the prayers with you:

### **Ancestral Peacemaking Prayer**

For Myself, My Spouse, All Our Family Members, All Our Relationships, All Our Ancestors And All Their Relationships Throughout All Time

Help Us All Forgive Each Other, Forgive Ourselves, Forgive All People, And All People Forgive Us, Completely And Totally, Now And Forever, Please Infinite Light, Thank You

Fill Us All With Your Love And Give Us All Complete Peace Now And Forever, Please Infinite Light, Thank You

Help Us All Love Each Other And Love Ourselves, Be At Peace With Each Other And At Peace With Ourselves, Please Infinite Light, Thank You

We Thank You For Your Love, We Thank You For Your Blessings, We Thank You For The Gift Of Life And All The Many Gifts You Give Us Daily, Thank You Infinite Light, Thank You

(repeat entire prayer three times) 🗣️

**Howard and his family live and pray on Kaua'i. Everyone is invited to visit Howard's website and download his prayers: [www.howardwills.org](http://www.howardwills.org)**

## **Commitment**

This speaks of dedication  
A promise that we keep:  
To not only speak it...  
But to really leap.

How about reversals  
Where we commit a prime,  
Where we're committing life-icide  
And FREEDOM in our time.

This voice sings such devotion  
With eagerness the message flies  
Notes of love on tones of joy  
From heart to heart commitment ties.

Hot passion warms up cold  
Compassion doesn't freeze  
When love is shared creatively,  
And hearts don't have to sneeze.

All of life deserves so much...  
Live Paradise on Earth  
Where nations love each other  
And honor ALL life's worth.

When we run with outstretched arms  
To yell or to let go...  
It's because we want to hug,  
To shout: "I LOVE YOU SO!"

How about rehearsals  
Where we commit to prime:  
A WEALTH OF LOVE, A LIFE OF FUN  
And PEACE in our time.

WE ARE the dedication  
The promise that we keep:  
To not only speak it...  
But to also leap!

WE ARE the nations,  
WE ARE our own supplies,  
WE ARE collective consciousness  
WE ARE the soul that flies.

AMEN. And so it is.

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