

**REQUESTS**

**Family Requests**

A couple of weeks ago I put three requests for my family on Postal Requests.

1. For my husband to get a particular job.
  2. For my daughter to go on the right path for her, having left school.
  3. For my son, aged six, to perk up and start going out to play. He was hanging around the house just watching television and I knew this was no good for him. No matter what I did I couldn't get a result with him.
- I am delighted to say -
1. My husband got the exact job he wanted and he's delighted.
  2. My daughter got her place in college. (This really meant a lot to us to have her doing what she wanted).
  3. My son is like a different

child since the requests. He's off playing in brilliant form. All I did was make the request and wait for everything to work out and it did. *Una (Dublin)*

**Enlarged Liver**

My husband has been suffering with a bleeding bowel since Christmas. Three weeks ago he went for tests and it was discovered he also had an enlarged liver. The doctor said this was a very bad sign, particularly in view of family history. The very same day my husband told me about this I included him on Postal Requests. I am delighted to report that he got his last results from hospital yesterday and he got the "all-clear". He doesn't have to go for a check-up for one year. *Mary K. Dublin*

**Video Documentary on Educo Postal Requests**

Some of the people, who through this approach have achieved a richer life and/or overcome illness, have kindly consented to tell their story on video in the hope that it will help and encourage those who find themselves in similar situations. They truly make inspiring viewing. For times of showings call any of our centres (listed on page 13). You will be most welcome.



Oprah Winfrey, TV show host, with Larry Dossey M.D.

**Science investigates prayer**

Prayer is becoming a popular topic among scientists, psychologists, chat show hosts and the general public. **Peadar Cox** explores the latest research.

**Non-Human Subjects**

Many experiments have been conducted on the power of prayer/healing on non-human subjects. Daniel J. Benor M.D. an American Psychiatrist has published an extensive survey of all such studies (131 in all - mostly in non-human subjects). In 56 of these the odds that the results were due to chance were less than one in a hundred. In another 26 of the studies the odds of a chance explanation were between two and five in a hundred. Here are some examples:

- **FUNGUS.** Ten people were successfully able to inhibit the growth of fungus cultures by concentrating on them for fifteen minutes while in the same room. In a similar study a group of people was able to bring about the same effect fifteen miles away from the fungus cultures.
- **BACTERIA.** Sixty university volunteers with no known healing abilities were able to alter the genetic ability of a strain of bacteria to metabolise lactose. These studies have significant implication for our ability therefore to heal damaged cells or tissue.
- **Prayer experiments** have also been carried out on plants and animals:
- **SEEDS.** Barley seeds were damaged by watering them with a weak saline solution which retards their growth rate. A healer was able to inhibit this damage.
- **MICE.** Two groups of mice were given identical surgical wounds. A healer held the cages of one group for fifteen minutes twice daily for a fortnight. This

group healed much faster than the others. A similar experiment was able to inhibit the growth of goitre in mice

**Human Subjects**

● **WOUND HEALING.** One of the most statistically significant experiments was conducted by researcher Daniel P. Wirth. Forty four volunteers (human ones this time) were given small full skin thickness surgical wounds. They were then divided into two groups. A healer (in a different room) then focused on healing one group by directing energy towards them. The second group received no treatment. Thirteen of the twenty three treated subjects were completely healed after sixteen days. None of the remaining twenty one untreated group were completely healed by that time. Neither group knew the purpose of the experiment - they believed they were involved in a different type of research. So there was no auto-suggestive influence to account for the results.

Dr. William G. Braud of the Mind Science Foundation tested the ability of sixty two people to influence the nervous systems of two hundred and seventy one subjects. The subjects (human beings) were attached to sensitive instruments which measured their electrodermal activity - that is the ability of the skin to conduct an electrical current, which is an indicator of activity in the person's nervous system. Even though the subjects did not know when they were being influenced and even though the people influencing them

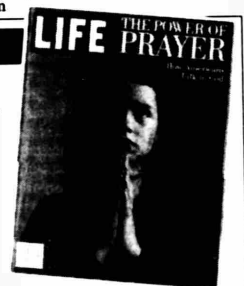
were in different rooms it seemed to be possible to either relax or activate the subjects' nervous systems consistently.

**Effective Prayer**

Various research teams when investigating the effects of prayer, also studied the frequency, duration and type of prayer strategy used. They arrived at the following conclusions which may be of help in making prayer more effective:

- Belief
  - Relaxation
  - Ability to pay attention
  - Strong visual image of end result
  - Strong desire (i.e. really wanting it)
  - Absence of effort
  - Practice (Experienced pray-ers got better results)
- In the experiments the length of time spent praying varied from as little as 15 seconds to 30 minutes, but mostly for a matter of minutes. Quality of prayer rather than quantity was a vital factor. It is also worth noting that the most effective prayers were the ones where the desired outcome was for the best thing to happen in the situation.
- The application of the scientific method to an area not normally seen as the province of science is an interesting and exciting development. The positive results will be gratifying to those who already use prayer and may cause those who do not to think again.

"Healing Words" by Larry Dossey M.D. Harper Collins



**Life Magazine Survey**

Believers in prayer are not waiting with bated breath for scientists to validate what they may feel they know already. A recent issue of LIFE Magazine (March 94) showed that 95% of Americans claimed to have had their prayers answered "in one form or another". Those surveyed said that their prayers had been answered as follows:

- Feeling more peaceful - 96%
- Feeling more hopeful - 94%
- Getting what you prayed for - 86%
- Feeling divinely inspired or "led by God" to perform some specific action - 62%
- A voice or a vision - 23%

**How to Use Our Educo Postal Requests**

Your Goal; let us put our minds to it today

Make your request for Success, Business, Health, Healing, Self & Life-Improvement. If you want our team to work with you on your requests then all you have to do is fill in this Request Form and post it to the address given together with (where appropriate) a photograph.

Name of person for whom request is being made  
..... Age .....

Does the person know of this Request? .....

Details of request:  
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Your name (Block capitals please)  
.....

Correspondence address:  
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Phone number .....

Date .....

The charge for Educo Postal Requests is £20 per month for an individual or £40 for a family. We work on all requests on a daily basis for the full month. All requests are treated in strictest confidence. Cheques and Postal Orders should be crossed and made payable to: Tony Quinn Centre. Please enclose a photograph if possible, (non-returnable).

Post to: Educo Postal Requests, 66 Eccles Street, Dublin 7. Telephone (01) 830 4211.

**O**prah Winfrey, the popular American talk show host, recently devoted an entire programme to the subject of prayer. Her guest was Larry Dossey M.D. a doctor who was being interviewed about his book 'Healing Words' sub-titled 'The Power of Prayer and The Practice of Medicine'. As a student Dossey deserted his orthodox religious background and became an agnostic. Later he turned to meditation. It was as a practising doctor that much to his surprise he came upon a scientific study that strongly supported the power of prayer in getting well. Initially sceptical, he began to search further and found an enormous body of evidence in support of prayer.

**Results with Heart Patients**

One study highlighted took place at San Francisco General Hospital involving 400 heart patients, half of whom were randomly chosen to be prayed for while the others were not. Neither patients nor doctors knew who was being prayed for but after a year the results showed that more people had died in the group that wasn't prayed for and this group was five times more likely to need antibiotics and three times more likely to develop complications. According to Dr. Dossey, former chief of staff at Humanamedical City, Dallas, the results of the San Francisco study looked as if those in the prayed-for group had been given some sort of miracle drug.