

## A PARENT'S PRAYER

*Written by Gwenne Gorman, a parent of an adult child with severe and persistent OCD who has been homebound for the past 8 years and whose compulsions have created serious medical conditions. Her child has chosen not to receive any treatment for this disorder, despite her untiring efforts to help. She prays everyday to be shown how to move past her own suffering as a parent of a child with OCD.*

As we face an extraordinary and critical movement in the unfolding of our human story about the complexities of OCD and how it impacts our lives - I feel called upon as a parent to serve my child in a more enlightened way; and to remind myself that I am here only to live this great mystery, not to solve it.

Today, I pray for a quantum shift in my relationship with my child who suffers with OCD, so that I may be brought into a deeper awareness of how to love, care and be supportive as a parent to my son.

I pray that I can look beyond my child's OCD and glimpse upon the divinity that lies within him. I pray to understand how everyone and everything is connected to this inner brilliance; so that I may see my child as an individualized expression of this beauty, this genius, this love.

I pray to be released from all the doubts, hesitations, worries, and fears that I carry in my mind and weigh heavily upon my heart. Instead of continually striving and fighting my life's events to change or manipulate them – let me be shown instead how to be mentally and emotionally flexible. Instead of wanting my child to be different, teach me how to love my child as he has shown up in this lifetime– not how I want him to show up.

Help me to learn how to live at the edge of all that is unknown; and to use faith as the means to do so, not hoping and wishing my child or our lives were different, but rather trusting that ALL IS WELL AS IT IS.

Today, I ask of my highest self to resolve the tensions between me and OCD and to liberate me from the concepts and judgments that do not serve me or my child. I ask that I may learn to make peace with myself, my child and OCD.

I seek to realize that my life is not really about making anything happen, but rather about opening up and making something welcome. That it is not about reaching out and trying to get something, but rather about reaching in and letting something out. That it is not about wanting to add anything to it, but rather about allowing that imprisoned splendor to find its way out. That it is not about improving the Self because when the Self is rightfully understood, I can see that it is and always has been perfect, whole and complete. That this truest Self can never be diminished nor ever be improved upon or added to. Help me to see that I am not separate from my child. Help me to see

that my child is not broken. Help me to get past thinking there is something missing or wrong with my child. Help me to see that there is nothing within my child that needs to be fixed, healed, changed or improved upon. Dissolve within me the belief that tells me my child is not good enough. Remove the problem within me that says my child is lacking, is broken, is weak, and separate from his inner wisdom and wholeness.

Today is not about setting things right, but about seeing things rightly, it is about knowing the Truth. And so my prayer today is for illumination, for me to be awakened within my heart- so that I may bear witness to that divine design, that perfect pattern that lies within my child and to promote the creation of a new connection, a new opportunity and a new relationship with my child.

Today, I am open and willing to let go of anything and everything that stands in the way of my ability to fully accept, honor and appreciate my child as a divine human being. Anything that would stand in the way of that full awakening, I release now – any doubts, hesitations, worries or fears - so that I may more fully embrace my child with OCD and to hold for him a state of non-judgment; and to allow him to fully grow and develop as a being of love and light and to not diminish that part that of him that is full of genius, wisdom and divine intelligence. I let go of all the misconceptions that have limited my view of my child's potential outside the walls of OCD. I step into the knowing that the human spirit can defy all laws and use someone's OCD to its advantage, helping me to see my child's OCD not as a challenge but as a blessing that can evolve the human spirit.

As I pray, let my suffering transform into understanding and where there was confusion, let there be clarity. Where there was pain, let there be a healing. Where there was resistance, let there be acceptance. Where there was little hope, let there be boundless faith. Where all I could see was my child struggling with OCD, let me see my child as a beautiful being that is learning his life lessons on his terms, not mine. And where there was a desperate, frightened, worried and angry parent- let there be a patient, compassionate and supportive Mother who honors her child's journey on his path. And as my child and I walk this path together, let us be constantly reminded of our true natures.

My final thought for parents is this: Choose to no longer be commanded by the thoughts and emotions that block from you the presence of love. For it is only in the power of Love that we can fully accept those with OCD in this moment, as they are - because the reality and the truth is this - that those with OCD can never be any different than they are in this moment. Affirm that there is nothing someone with OCD has done or will do that can EVER cause you to stop loving them. Give up the need to understand those with OCD and allow the greater love and the greater harmony that lives within you to come forth and integrate into your relationship. Today, look beyond your own limited perceptions of OCD and look rather into the hearts of those with OCD, where we will see that there is nothing to change, nothing to forgive, and nothing that needs healing.