



**Unity Church of Winston Salem**  
Rev. Elizabeth C. Forrest

108 Hewes Street  
Winston-Salem, NC 27103  
Church Office: 336-760-8311  
Email: [unitychurchofws@gmail.com](mailto:unitychurchofws@gmail.com)  
Web: [unityofws.org](http://unityofws.org)

## **November 2020: In the Middle of the Night**

I am sitting here in the early morning hours thinking about all of the people who can't sleep tonight because of fear of what tomorrow might bring. They may feel there is no one to turn to and that all is lost. I wonder, is there a way to help all of these troubled souls? The inner voice gently said, "Be Still and Know" .....know the Truth that will set humanity free.

I closed my eyes and instantaneously I was in an energy field of peace, love and light; relaxed in the oneness of the moment. The scene changed as I stood observing a middle aged man in mental anguish. He was walking back and forth in his apartment. He had no idea I was with him. As I watched him I saw all the hurts, disappointments and losses he had felt in the past few years. He was at the end of his rope and knew no way out. I recognized he would give anything to have just a few moments of peace. I longed for him to experience the peace Jesus has given to everyone, the peace that passes all understanding.

The man began to cry as he sat down on the sofa. I could feel and see the heavy energy around him lessen as the energy of peace and love surrounded him. He took a deep breath and sat there wiping away tears from his face. As he relaxed, the feeling of loneliness and hopelessness began to evaporate from his mind as a soft light of peace filled the room. The tight grip of fear had also vanished. A short time later he straightened out on the sofa and gently went to sleep. I knew healing was taking place within the heart and mind of this man. An atmosphere of Peace was still permeating the room. I was experiencing my prayer in action. Prayer Works!

I recognized when someone is open to receive help but doesn't think it is possible, we may be called to help. We bring in the help they need by anchoring in the unseen energy and into the seen. So when you wake up in the middle of the night worrying about not being able to get back to sleep, recognize you may be awakened to help bring peace to a troubled heart.

So how can we help bring peace to someone's world? We all have that inner peace within our hearts. Place yourself in a meditative state and ask the Divine presence to flow through you to those in need. Choose to anchor in Peace one prayer at a time. Let there be peace on earth and let it begin with me.....You'll know when it's time to return to your previous path!

**From the Heart with Love, Peace & Blessings,**  
*Reverend Elizabeth*