



DR. OMOLARA OLANIYI is a nurse practitioner who has been in practice of providing health care services to people in the state of New York for over four decades. She is an author, speaker, serial entrepreneur, and a philanthropist that holds a PhD in education. She's been recognized by Who's Who in America and has won many awards internationally. The editorial crew of Livinghope Magazine, in a quest to dig deep into what synergy exists between medicine and spirituality, turned our searchlight to this woman of purpose and substance who brought her treasure of knowledge and experiences in both areas to bear on the subject.

THE ALLIANCE BETWEEN MEDICINE AND SPIRITUALITY, INADEQUATE

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LHM: As a Doctor of Nursing, how would you describe the synergy that you have experienced so far in your profession between the medical practice and spiritual interventions?

Dr. Lara: Thank you for that question. When I was going through this question, I believe there is a connection between the medical practice and spiritual intervention. But it is not to the degree that I had expected, because not everyone in medicine subscribes to spiritual intervention.

When I look at research that has been done, past or current, it does show that there's a kind of connection between one's belief system and sense of wellbeing or how we incorporate prayer. To some degree, some practitioners agree that positive beliefs, strength and endurance from one's faith, meditation and prayer contributes to and promotes healing.

When I was writing the book about weaponized prayer, I had to look at some research and discovered that there was some research that was done over a length of years by cardiologists. The cardiologists were interested in finding out the impact of prayers on healing and wellbeing. So,

they did research to see the outcome of care for a group of patients who were undergoing a form of cardiac procedure by allowing prayer to be offered around the clock. In order to achieve their goal, the cardiologists allowed a group of patients to bring in prayer groups from their church and allowed them to be prayed for. On the other hand, the cardiologists allowed another group of patients that were undergoing the same cardiac procedure not to receive prayer. The result was that the patients that received prayer had a better outcome from the procedure than the patients that were not prayed for. This research gave me the confidence to believe that a form of synergy exists between medical practice and spiritual interventions.

When we look at this topic on a global level, we discover that the medical practitioners sometimes feel that they are the actual healer, and the one in charge of the gift of healing. But God has demonstrated His supremacy as the greatest healer, the authoritative divine voice that has the power to heal and gives the blessing of healing. If medical practitioners continue to have the misconception about their role as a healer rather than a caregiver, they will not be able to offer the

best care to the sick. As practitioners, we must know the source of healing as coming from God who is undeniably the greatest and divine scientist. I strongly believe that God is simply calling practitioners to play their parts while He plays his part: practitioners and God are both part of what makes medicine work. Healing comes from God, and God is the author of healing.

If we are to give the best to the sick, we must understand that we can do as much as we have been given the power to do, but we must seek a greater guidance in partnership with God. Practitioners must seek a better understanding and wisdom from God. God says wisdom is from Him and even through history, no one will seek from God something which of himself he could have achieved. When we seek what we could not have achieved of ourselves, we are looking for a miracle.

So, when practitioners are content with what we can deliver through the physical empowerment but not spiritual, we have underestimated the power of healing by miracle. So, given what I've discussed so far, I believe there is more synergy that we must incorporate when we allow the spirit realm to guide us than just our knowledge or our professional training.

There should be a deeper synergy between the medical practice and spiritual intervention because spirituality is the foundation of the world in which we live. We know that God called into existence everything that we know in this world by the power of His creative word. This is to show us that there is a deeper level in God not seen, that is available to man/practitioners to seek after in order to experience and see a greater dimension of healing, restoration, and wholeness in God. Practitioners are privileged to help our patients get the type of healing befitting of a Great Healer, when we understand that we're in partnership with God.

Practitioners should tap into the spiritual experience available to them, it's not just a necessity but an extraordinary experience. Practitioners' willingness to tap into the spirit realm is an acknowledgement that they are spirit more than humans and are aware that more possibilities are available to them in the spirit realm. Secondly, it is also an acknowledgement to know that God's word is authoritative and supernatural, and that His word will always do whatever it was programmed or intended to do. So, when practitioners experience the supernatural power of

God they will see the beauty of healing, they will experience the power and the awesomeness of God.

Today, there are sick people seeking the help of practitioners. They come with all kinds of illnesses that we wouldn't know how to treat sometimes because of the changing nature of this evil world. However, when we allow God's spiritual gifts, His understanding, and wisdom to guide us, we will provide care at our best. And the medical field will even be able to perform a greater work on behalf of God. God has a great need of excellent practitioners on a global level to perform greater works because we are God's resources.

LHM: Wonderful! I think you have done justice to that question. Does it matter what kind of religion the patient belongs to and does it matter, also, if the patient requires prayers to be prayed or not during any medical intervention?

Dr. Lara: I think when we talk in terms of does it matter what religion they belong to: First, based on this question I'm not choosing who they pray to as long as they pray to God. Secondly, a patient has a "Bill of Rights" so he or she makes a choice according to his/her religious right.

Hence, if a patient tells me that he or she prays to a stone, and he or she brings a stone, based on the patients' rights, then I can allow them to pray to the stone. Practitioners, including myself are not called to enforcing who the patients should pray to, but I personally know the source of prayer that produces miracles, as one directed towards the One and Only true God.

The Bible gives me revelation of who God is, and who I am in Him through Christ; and I can point anyone to that book because that book transforms life and changes things once thought to be impossible. I personally have experienced transforming prayers through the Bible, and I have prayed for people through the Bible, as well as experienced tremendous power. I conceived my first child at 47 years old by praying to the same true and living God. And I pray for others who have seen deliverance through the prayer with the Bible as the source of the one and the only living God.

So, if I were to do justice to this question, I would say yes, it matters whom you pray to. If people want to be prayerful let them be prayerful. Whom they pray to is between them and their object of prayer. However, if that god cannot deliver what they are asking for, they must seek another avenue of hope. Otherwise, they're bound to look for more and it's time to show such seekers a better way to look for more. So, if I have the opportunity, I will point such seekers toward the truth and the living way where he or she can find the healing that they're looking for in God.

LHM: Your book, *Weaponized Prayer Missiles Against Infirmities* is intended for providing spiritual solutions to medical problems, especially the COVID-19 pandemic. What prompted this innovation and to what extent would you say it has been a success?

Dr. Lara: The first part of that question is "what prompted the innovation?" The book was intended to promote spiritual solutions or what I would call spiritual answers for medical problems, especially the COVID-19 pandemic.

First, the book was written by the prompting of the Holy Spirit long before COVID. I happen to be an intercessor and a prayer warrior, and I've been in so many prayer encounters, prayed over so many people, over illness, sickness, and diseases. And I've come to realize that every time we pray as God's people, we are moved by compassion to pray for people, and we spend a lot of time in prayer looking for solutions. And why are we praying? We are praying because we believe that we are calling to God for divine intervention, to move on our behalf for the sick and procure healing without a cyberknife. I began to see prayer as a strategic move and a precision encounter with God for answer. Prayer is a strategic undertaking; and not only that, for us to

be successful in that strategy, there must be a know-how, and we must follow God's prescription and a blueprint.

I have also realized from my study of the Bible, especially where healing is taking place, that there is a specific way each of the problems was dealt with. So, as I grow in my spiritual journey and as a prayer warrior, I've always been prompted, especially when I must pray for the sick, whether it's cancer or otherwise, to rely on the Bible. The Bible speaks the language of healing and deliverance. One of my strategies in prayer is to write specific things about the person and about whatever the person is going through, and correlate it with the Bible in such a way that the Bible becomes a vehicle for my prayer as Christ did.

The book was also written to help people become more focused and more specific in prayer and to spend more resourceful time in prayer. I've come to realize that people may pray but fail to get the answer. I believe the reason people do not receive answers to prayer is because there are some elements of prayer missing in their prayer to the living God.

I want to reference James 4:3. It says, "You ask, and you do not receive because you ask amiss." If this is not a clue about how we pray it wouldn't be in the Bible, which means just because we go to God to pray, it doesn't mean we're going to receive. If people really want to receive answers to their prayers, they must know how to ask in order to receive what we believe we're deserving of. The Bible says a doubter will receive nothing from God.

I believe these elements must be at work when we encounter God in prayer. We cannot come to God in prayer out of fear, we cannot come out of unbelief, and we cannot come with the wrong motive. These are the elements that are going to make prayer unanswered. So, when people pray amiss, they pray for the wrong reasons. Take for example, someone may have wrong reasons why he or she asks for healing from God. He or she may ask God saying, please, God, don't let my leg be amputated. God give this leg back to me. If you give it back to me, I'm going to serve you, and while you are praying God says okay to the prayer that He is going to prevent the leg from being amputated, but this is the condition. God says to the seeker, I want you now to not stay in Lagos, but I want you to



move to London because I have something I want you to do in London. That's the answer to the person's prayer. God already said I'm now going to do it. But it's another thing for us to receive by faith, and perfect what is received by willingness to do what God says. God knows the conditions of our hearts before we come to prayer. It is not enough that we pray, but we must be ready to do even as the prayer outcome dictates from God even when it does not favor us.

We can compare going to God in prayer to going to a doctor's office. No one wants to play around with the choice of prescription from their physician or he or she will stay in the state of infirmity for a long while if they fail to do as the physician says. Even so and more righteously so must our obedience become when we seek for God in prayer. Prayer makes a believer out of us to please God and do His will.

When I look at sickness, illness, and disease, it is a state of affliction. When someone is afflicted, they are in a state of pain, they're in a state of distress, they're in a state of misery, and mental anguish. So, for such an individual to receive the healing, the kind of healing he or she wanted, the individual must do something strategic to win the battle. You must know the strategy to win the battle over the affliction of body, soul and mind. Hence, the way an individual asks or presents the case will either facilitate early solution or may even prolong the illness.

LHM: So if I may come in at this point--Are you saying, in other words, that your book serves as a prayer guide to answered prayers?

Dr. Lara: Yes, because I give specific prayers to overcome different illnesses that I have used in the past and seen results.

LHM: As a medical practitioner who resides in the United States of America, where science tops the priority list on all ways of finding solutions to all medical problems, how easy or difficult has it been for you trying to introduce spirituality into your practice?

Dr. Lara: The first thing I understand when we talk about spirituality is that there's no spirituality without God. God is a Spirit and we know that because that's what He tells us in the Bible. We have seen that God is undeniably the Creator of the heavens and earth and that He has demonstrated His supremacy as the authoritative voice in the heavens and on the earth. Because everybody knows this fact and revealing truth, I don't have to contend with anyone when I introduce God's perspective to them.

Now because God is the beginning of all things and the end of all things it makes it very easy for me when I am confronted by any deep spiritual issue in my practice to take people on that journey.

Unless someone can prove to me that they were never born from a man and a woman then I won't open my case when it comes to bringing the spiritual aspect to justify whatever I'm trying to explain to them.

And I often tell people, like if I have to deal with a patient, that he or she can only get the best out of anything you're getting from me as a provider if you know that the best I'm going to give is from God. I inform them that if he or she is expecting the best to come from me without God, I am a deficient person. I am a human being who makes errors and mistakes. I don't know all. But if I put him or her on the path of somebody who knows all, who knows the beginning from the end, who can never fail, who specializes in impossibility, whose supremacy cannot be contested, who has ownership of your body, the soul, and the spirit, what more can I offer without God? As a practitioner, I cannot offer my best without God.

LHM: You said you don't have to contend with anyone that you are introducing this spiritual intervention to, but have any of your patients had any reason to contend with you?

Dr. Lara: What I can say on this matter is not to force my faith on them. My opportunity moment will be at their moment of need. It is at a point where I am allowed to say to such an individual, you know this has worked for me, this is my faith and avenue of my empowerment. This is whom I go to receive wisdom when I take care of you.

A woman comes to me and says, "You know I am trying to get pregnant and I've been married for long." I would respond that, I was there before, meaning I have experienced a similar situation. But after I took care of myself medically, I went higher, to a higher ground in God. This is where I spent time to get strength and help. If a woman comes to me and says okay I am going through a domestic violence issue, I'm having mental problems. Well, you know what? I've been married twice. Thank God, I did not experience a mental problem or domestic violence. But my first marriage was my choice and not God's choice. Moreover, I did not understand what marriage entails and who owns the institution of marriage. Everything the world claims can keep marriage going strong did not solve the problem for long. It is like a mask over a scar that can never go away.

The second time I was married, it was God's choice over mine because He watches over His word to make it come to pass by His design. As a result of being saved, God placed me under tutors and guardians who fed me with the life of God's Word that prepared me body, spirit and soul for mar-

riage. I realized who owns the institution of my marriage—no one but God. I fully understood who started this program of marriage that I'm in, that I got into. I understood then and now, that it's God. So, you know what? Whenever, I am confronted by my humanity or his humanity, I take it to God. And then of course, I see the evidence of my action in recognizing Him for who He says He is. And you know why I'm at peace, because God gives me peace.

In addition, I have not had to contend with any of my patients based on my faith as a believer in the Lord Christ. I've been blessed that in the field of medicine I didn't have to go through anything like this. I have had Muslim patients patronize me as a provider. I have Hindu patients as well as Christians. The beauty is when I share the source of my strength they'll often say "Okay thank you, Doctor. Thank you." But at least I'm able to show them what I believe in, and who has helped me, and what are the benefits of seeking that help if the outcome is guaranteed. The question is did I get a return or not on my investment of prayer? If I can show them my return on investment, then I think I'm at a better stand.

I would say that God is central to my call. I didn't just become a provider but God used my boss to guide me to embrace nursing and the medical field. I wanted to work in a bank. But my Boss told me, "you're not going to make a good banker." "You'd be a better nurse in the medical practice," and I took that person's advice and I'm so grateful to God, you know, that I chose that calling.

LHM: Finding a solution to a problem is best approached from known to unknown. What spiritual understanding do you have about the COVID-19 pandemic and how effective can spiritual interventions be in overcoming the pandemic?

Dr. Lara: I'm going to say this--COVID-19 came to us as a mystery. And now I don't think we still know where it came from. We have so many possibilities that are being circled around the global community. But we know one thing: God knew about COVID before we knew about COVID. Now because we're talking about spiritual understanding, if we could not get ourselves to the earth and could not establish the earth in which we live today without the creator, and we could not program even our departure from the earth, then we can believe that God knows about COVID.

Now, whether He permitted COVID or did not permit COVID is another issue. God has allowed us to see through the Bible that there are times when He does not permit certain events but there are other evil powers in the heavenlies that can permit evil events in the world. But these evil heavenly powers can use man to carry out these evil events. For example, if we glean from the life of the first family that God created—Adam and Eve, we know that there were certain occurrences in their life that God did not orchestrate, but it was orchestrated by the evil and demonic force in the person of Satan disguised as the serpent. Therefore, by this account at the beginning of creation, we understand there are things that happened in the life of the first family that were not orchestrated by God. We also know that sometimes Satan can make evil events happen in the world that we live in.

I believe that COVID is known to God. God knows about COVID. God knew that the children of Israel would have to be in Egypt for x number of years and He already told Abraham. God also knew when he was going to take them out of Egypt and He knew that He was not going to get them to the promised land without crossing the Red Sea. And I can go on and on. God knew that the end of the first world was coming. He knew that he was going to build an Ark. The people that perished are the people who did not go into the Ark. The question we can ask is why did people refuse going into their Ark. The probability may be because the people didn't see water that would set the Ark afloat. But God knew He was going to have water to set the Ark floating. God has proved He knows

all things and can do all things. If we can just step back, irrespective of how much knowledge and understanding we have acquired; whenever we are willing to be human but led by the spirit to allow the Omniscient God (He knows all things), Omnipotent (He has all power), and Omnipresent (He can be present in many places at the same time) to do his work.

If we can step back and truly acknowledge God for who He is then we have an end and a solution to COVID.

Even in the midst, I believe that God is still at work because we were living in the bubble of COVID when we didn't know COVID was in our midst and God kept us. The people who succumbed to COVID were the ones with underlying medical conditions that their bodies could not fight against COVID. A weak immunity is under the threat of COVID. Hence, we can assume that what God gave to us—our body—was the ultimate, and the best. We must care for our bodies. We must also know that we are spirit beings and we communicate with God through the Spirit realm. Functioning through our spirit realm should be a far greater priority for us than living the physical realm and just feeding



our souls. It is from the spirit realm that we receive answers or solutions to what is plaguing us in the world. Because God is a Spirit, when we are so far away from God, we're going to be closer to something that is lesser than God. We are going to be closer to the world that is filled with sin. And if we are closer to the world, we live more in the world, we are going to be so far away from righteousness, peace and joy, and the Holy Ghost.

We are going to be more in tune with the sin of the world, and God already told us that the wages of sin is death, the gift of God is eternal life through Jesus Christ.

Now even those who are not Christian who eventually read this interview, whatever God they're serving, if that God that they're serving could not give them Eternal life, which means the life after here, then they're not serving the true and the living God. However, given what we know about COVID, the way a person cares for his or her body matters. If you take care of your body the way you're supposed to take care of your body, then you won't have much problems in terms of your immunity being able to overcome COVID. The reason why science got an answer is that they found a way to retrain our bodies to recognize COVID for what it is—a killer disease.

The other part of the question says how effective can spiritual intervention be in overcoming the pandemic. When we rely solely on the physical, all our knowledge and everything comes from the physical. Most of the people who received information

that changes the world claim it comes like an intuitive feeling that will not go away. Often it is more than an intuitive feeling, but a revelation from God to man. What human being gives you knowledge that they didn't receive, which means they had to get it from somebody who passed it on.

In 1918, we had a pandemic that's close to COVID and we know that 50-100 million people died. Scientists didn't have this kind of breakthrough that they have now. Today, we have an answer close enough to give at least some or all of us immunity against COVID. This means our closeness to the spiritual world has been improved from 1918, because we have more scientists now who have answers than before. But we still need more.

LHM: I will interject at this point. The question is this. The revelatory knowledge that came as an answer, did it come through a spiritual channel or through a medical channel? Those who discovered the solution, the vaccination, were they all Christians?

Dr. Lara: I believe that Medicine cannot exist without God. They don't have to be Christians to receive revelation. We have to understand one thing—God gave us dominion. There was no Christianity when God gave us dominion. And dominion means power so that we can do what we need to do to actually make this earth to work for us so that we can be in charge of the earth.

LHM: I understand that, but the contradiction is this. According to the Bible, in the Acts of the



Apostles chapter 10, verse 38, it says “How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him”. At first, you said He gave us dominion without Christianity, but when Jesus came all power was transferred to Him. And so that’s a transition there from when the power was given without Christianity and now that Jesus has taken over. So we are in the now time of Christianity, and all power belongs to God, so my question now is this--Where do you think the revelation came from and how, now that we are in the Christianity era can those who have nothing to do with Christ receive from God? If you say God gave it to them even at the time of Christianity, God still gave it to unbelievers. That means people can receive from God without necessarily having to be Christians.

Dr. Lara: When God created humanity, He gave us dominion. That dominion means we can be rich, we can be great. That’s why we see so many people who are not Christians, and they are thriving, empowered, great and they have power, and that is their dominion right. God has not taken dominion rights away from anybody. That means that scientists who are not Christians can still receive revelation. A lot of people are rich today and they are not necessarily Christian because they are functioning under their dominion rights. It’s a right that God did not take from anyone.

We can now talk about Abrahamic blessing, the six-fold blessing of Abraham. It was all given to Abraham for His children. But God said it would come to the Gentiles. So a person makes a transition from being a Gentile to being a Christian, and now I believe by faith that I am a daughter of Abraham because whoever believes as Abraham believes--they will see the same result that Abraham experienced. That’s another level.

Now when it comes to Christ, and I love what you just quoted. It has not changed. You said, “How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.” Let’s look at our benefits as born-again Christians: It means now, you and I, if we are born again, we are functioning under a three-fold blessing. We are not only functioning under a dominion blessing, we are also functioning under the Abrahamic blessing and now we have Christ’s blessing. Now the person who chose not to be saved will continue to function under the dominion blessing and have ca-



capacity to receive knowledge to solve problems of the world. Solving problems of the world by virtue of one’s dominion blessing is not a door to Eternal life. Eternal life can only be obtained through the knowledge of Christ who is our Redeemer.

Many Arab countries are rich today because they are functioning under the first blessing called – the Dominion blessing. Every man has the power to tap into their dominion blessings.

LHM: What else can we know about you?

Dr. Lara: I am an author, speaker, serial entrepreneur, philanthropist, and Nurse practitioner that holds a PhD in education. I’ve been recognized by Who’s Who in America. I’ve been in the healthcare industry for over 4 decades and won many awards internationally. I have served on the boards of several charities and founded my own non-profit organization in 2007. I’ve also served the underprivileged community impacting thousands of people around the world. Strongly guided by my profound spirituality, I’m very passionate about what God desires for my life and how I may fulfill my call. I like to inspire others to achieve their true potential. I am happily married to my Boaz and my husband of 26 years, and God has blessed us with both biological, adopted and spiritual children. Together, I and my husband are ordained pastors but our focus is to touch the lives of the underprivileged children in the shelters and the orphanages around the world through our 501(c)(3).

LHM: We would have loved this conversation to go on but I believe that God will give us more grace, and more opportunity, to have a more exclusive interview in Jesus name. So far it has been a wonderful time having you.

*Interview by Samuel Tunji Adeyanju
and Mabel Adeyanju*