

Tools and Prayers for Spiritual Practice

When we are in our “stuff”, when we forget the Truth, when we are uncomfortable in any way, these are some tools we can use to move through.

Feel it to Heal it. Take a moment to be truly present to the experience that is causing you discomfort. Begin to become aware of the story you are telling yourself to justify your state of mind. Stay the feeling state for at least three breaths. If you are ready to choose a different experience, decide whether to employ Gratitude, Forgiveness or Love (see below).

Gratitude. Active Gratitude is High Spiritual Practice. “I am Grateful for this experience (past or present) because it has taught me _____. I Bless. I Bless. I Bless. I let it go! I now choose _____.”

Forgiveness. Forgiveness is Freedom. Emotional, physical and *financial* Freedom. When we forgive, we set ourselves free of the past and make a conscious choice to live in freedom. Think about the person, institution or experience you are ready to forgive. Say, “May you be well. May you be secure. May you be happy.” Say it as many times as you need to (70x7, according to Jesus) until you feel FREE.

Love. True, lasting Transformation happens when we deploy Love – unconditional, intentional, Divine Love. This is the activity of Grace in our lives. Think of someone or something that you hold dear. Generate the feeling state of Love. Sit in that feeling for at least a minute. Bask in Love. Now think of the situation you are ready to transform. Hold it tenderly in your heart and allow the Love that you are to transform it all.

Prayer. God is. I am. The Truth is...Blessed Be! And so it is!

Self Love/ Self Care. There is a Higher Wisdom Self within EACH of us that Knows exactly what we need for our most vibrant Health, Body, Mind and Spirit. This Self knows the difference between numbing and relaxing, doing and serving. What is the most Kind and Loving thing I can do for myself right now?

Service. Sacred service to another, to the world, to our precious Mother Earth, to our children....what is the need you see and how can you get out of your own stuff long enough to serve another?

Breathing. The breath is the physical way we are connected to and fed by Spirit. Conscious breathing lifts us out of worry and brings us into the present moment – the Power moment of NOW. Take three, deep, refreshing breaths and Know that you are lavishly supplied!

Quiet. Still the body. Still the Mind. Rest. And Know the Truth that is within, and not only within, but also Expressing, AS you. Sit in the quiet until you FEEL the truth.

Change – physical, emotional. Get up and DO something different! Move your body to change your energy and your emotions.

Sacred Study. Yes, the Truth is within, but sometimes we need the reminded from those who have travelled this path before. Sacred Study, enlivening the Mind, leading us back to the Truth, reminding us Who We Really Are!

Simplify. What is really important? What do you really need to be doing? What clutter is ready to be released – in your thinking AND in your environment? Simple Abundance is real!

Do the next right thing. Overwhelmed? Take a moment to breathe and then ask, “What is the next right step?” The way will open before your feet!

Call in the Ancestors (Angels). We have legions with us and for us. As we’re learning to connect to the One Power, ask for and allow help from the other side. You are never alone.

Ho’oponopono. “I love you. I’m sorry. Thank you. Please forgive me.” If there is a situation in your life that you are ready to shift, this is like prayer on steroids. Try it.

Acknowledgement – without judgement. There is great Power in being able to look at the “what is” so that it can be released and replaced with a Higher Choice. Acknowledge where you are, without judgement. Remember today’s consciousness determines tomorrow’s reality (Dr. Dyer). By extension, that means that today’s reality was determined by yesterday’s consciousness. Today you get a new choice. Bless it.

Connecting with Nature. Our Soul resonates with the Beauty, Peace and Truth of Nature. It is also a beautiful Expression of Lavish Abundance.

Find the next best feeling and spiral up. Acknowledge where you are and how you’re feeling. What thoughts are you having that validate those feelings? Is that how you want to feel? What would the next “better” or “higher” feeling be? Can you begin to climb the ladder of thought and feeling to a higher place? Validate and confirm your better Self!

Surrender. And then surrender again. When you find yourself planning, fixing, worrying or simply telling yourself stories that aren't the Sacred Truth of you, STOP. Surrender the "what if's" and the "what might have been's" and breathe back into the Present moment until you can surrender to the Truth of Spirit within you, Guiding you, Loving you, AS you.

Compassionate Listening. Often when we are on a healing/revealing path, we act out in unskilled ways. Give the gift of compassionate listening not only to those around you, but also to yourself. Listen with care to what comes out of your mouth. Support others who may be at a different level of awareness than you by listening FROM the place of Compassion within you. We're all just walking each other home.

Love Prayer

Give your full attention to whomever or whatever is presently before you. As distracting thoughts and judgments arise in your mind, gently push them aside and engage in the following procedure:

On your inhale silently say: "I Accept You ..."

On your exhale silently say: "I Bless You..."

Once your mind has quieted down, see if you can hold your attention steadily upon the person you are listening to. As your mind again intrudes, notice where it wants to go and then gently bring it back to stillness using the procedure described above.

Praising Prayer

I praise you _____.

I raise you _____.

In the name of Love.

Releasing Prayer

(Find full instructions on Fear to Faith worksheet)

I release my belief in _____. (Word of error)

I release my need to _____. (Word of resistance)

I am grateful, God is the _____ I am. (Quality of God)

Stop Prayer

(When you notice old beliefs nagging at your thinking.)

Stop! Anything unlike love is a lie from the beginning. I do not believe in lies, I believe in the power of love.

Serenity Prayer

God grant me the serenity to accept the things I cannot change;

courage to change the things I can;

and the wisdom to know the difference.

Wholeness Power Prayer

(Insert belief or emotion that is keeping you stuck; i.e. lack, pain, unworthiness, etc.)

_____ has no place in me,

_____ has no power over me

_____ is what I've imagined, it would be like if Love were not all there is.

So, I cast down my fears and imaginations of _____ back into the sea of nothingness from which they came. I do this in the name of Love. Therefore, I know that it is finished. I am the Individualized Presence of Divine Love. I am Whole, Perfect and Complete. I am Grateful God is Gracious. Amen.

Prayer of Protection

The light of God surrounds you,
The love of God enfolds you,
The power of God protects you,
The presence of God watches over you.
Wherever you are, God is.

Psalm 103

Bless the LORD, O my soul: and all that is within me, bless his holy name.
Bless the LORD, O my soul, and forget not all his benefits:
He forgives all my iniquities and heals all my diseases;
He redeems my life from destruction and crowns me with loving kindness and tender mercies;
He satisfies my mouth with good things; so that my youth is renewed like the eagle's.

Lord's Prayer

Our Father which art in Heaven
Hallowed be thy name.
Thy kingdom come, thy will be done
In earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And lead us not into temptation,
But deliver us from evil;
For thine is the kingdom, and the power and the glory,
Forever. Amen.

My Prayer for My Country

by Ernest Holmes

Believing in the Divine destiny of the United States of America and in the preservation of liberty, security, and self-expression for all, I offer this, my prayer for my country:

I know that Divine Intelligence governs the destiny of the United States of America, directing the thought and the activity of all who guide its affairs.

I know that success, prosperity, and happiness are the gifts of Freedom and are the Divine heritage of everyone in this country.

I know that success, prosperity, and happiness are now operating in the affairs of every individual in this country.

I know that Divine guidance enlightens the collective mind of the people of this country, causing it to know that economic security may come to all without the loss of either personal freedom or individual self-expression.

I know that no one can believe or be led to believe that freedom must be surrendered in order to insure economic security for all.

The All-Knowing Mind contains the answer to every problem which confronts this country. I know that every leader in this country is now directed by this All-Knowing Mind and has the knowledge of a complete solution to every problem. Each is compelled to act upon this knowledge to the end that abundance, security, and peace shall come to all.

And I know that this spiritual democracy shall endure, guaranteeing to everyone in this country personal liberty, happiness, and self-expression. Amen.

* Compiled by Rev Christine Green and Rev Shelly Walker (2019)