

5-22-2022

Here is our prayer for the week. I invite you to contemplate it daily:

"We shall know that here and now God Himself goes forth anew into creation through us. We have accepted the gift of life and are now playing with it on the shores of time, where the waters of the Infinite wash our feet."

Ernest Holmes - The Power of the Individual

I close my eyes and breathe deep, exhale, and recognize the design of the life I live is God in action.

I breathe deep and exhale.

I allow myself to align with spirit.

I am one in unity. This place is where I recognize and hear the words of divine intelligence.

I breathe deep and declare Every cell of my body

is in the expression of life and vitality.

Healing waves of energy flow through and to me.

I am animated with that life force and

I know a greater expression in every moment.

I Breathe deep and exhale. My mind and body recharge from the One Source.

My heart is lifted in anticipation of a daily expression. My body vibrates with joy.

And for this beautiful creation, I am grateful.

Grateful to witness, and grateful to be in this unity.

And as I swing from meditation into action,

all energies align, and I know it is so.

And so, it is. Amen.

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