

A Prayer for Love

With your hands in a prayer position, raise your hands to your forehead and say:

"I ask for the wisdom, grace and courage for my MIND to be filled with kind thoughts for self and all others. "

With your hands still in a prayer position, move your hands to your lips and say:

"I ask for the wisdom, grace and courage for my SOUL to be filled with kind words for self and all others. "

Now open your hands and place them around your heart and say:

"I ask for the wisdom, grace and courage for my BODY to be filled with kind feelings for self and all others. "

Return your hands to a prayer position and place them on your chest and say:

"I ask for the wisdom, grace and courage to bring forth my SPIRIT of Being, to allow for kind thoughts, words and deeds in all that I am. "

When I am alone, I bow out in silence and thank myself for connecting with love.

When I am meditating with someone, I bow with them and express these words:

"The student and teacher of life in me, bows to the student and teacher of life in you.

Namaste / Amen. "

