

Developing a Personal Prayer

Components of Prayer as a Bridge to Meditation:

1. Address a **higher power**. By opening to our Guides... God, Goddess, Universe, Angels or Inner Knowing, we begin the process of trust and letting go of our Ego Consciousness. Our Ego, likes to be in charge and judge, higher consciousness can be our guide.
2. **Invite Protection**. You can visualize yourself being surrounded by healing or universal energy or simply call upon a higher power with gratitude for protection today.
3. Open yourself to a **receptive mindset**. Here we are allowing ourselves to give over the power of our meditation to a higher power than our own needs and wants! Sending an invitation out to: "Guide Me Today" "How can I serve" "Thy will be done" "How can I serve or show up" Here, the invitation is to receive what you need to guide your day or life... As a bonus: This will influence how you show up as you take the awareness from your meditation into your life each day!
4. Include a **gratitude** practice here or upon closing. Gratitude transforms your experience of life. TRY IT! The more you take time to recognize the gifts in your life through thanksgiving, the more you become aware of how blessed you are! If you are a writer. You can always include this in your journal too... essentially, get in the habit of 'counting your blessings' and developing a sense of thankfulness. This is powerful for shifting your experience or perception of life.
5. Closing. **Seal your intentions**. (Amen, Namaste, Blessed Be...)

Rationale of a Morning Practice:

When hearing Marianne Williamson speak on the power of the morning, it brought clarity to why a morning practice can guide the course of how we respond each day! She mentions that meditation opens our thought systems, here we become non-reactive and still as the witness/observer. Taking even 1 or 2 minutes for prayer and meditation in the morning - before facebook, people, news, etc. may significantly shift the way we experience and respond to life that day! I'm open to that possibility!

Why use a Prayer?

Using prayer as part of a ritual to begin meditation can allow us to become open to receive inner guidance each day. This helps us become grounded and invite in truth. I encourage you to consider creating a 3 or more lined personal prayer or borrow one from a resource like *A Course in Miracles*, Pinterest, or your own Spiritual Resources!!! The key is using the same one repetitively, so the mind starts to learn through repetition of prayer and ritual that it's time to transition or drop into an inner state. By doing the same prayer or ritual as a bridge to meditation, you may find it easier to access this state and readiness to receive guidance or become a channel of divine love more quickly, over time.

I want to share a piece from an article reflecting on prayer, that was referring to a lesson within *A Course in Miracles*.... *The Course teaches that Miracles are natural expressions of love.* When I think this way, I consider how can I serve or be a channel of love today.

"Through prayer love is received, and through miracles <expressions of love> love is expressed." What is being discussed here is the experience of feeling God's Love and then letting the Holy Spirit take that Love and extend it through us. The goal of this, therefore, is to let ourselves become purified of any of the things that would hinder the Holy Spirit's using us as a channel for Love"