

Silent Unity

June 2018 Prayer Service



We have marked this time to shift attention from our plans and concerns to the center of being in which we know Spirit is all. Spirit is everywhere and the essence of everything. In this reality we concentrate our attention now so that we may know Spirit is at the center of our being and we are one as we enter into prayer.

I am peace at the core of my being.

Spirit is peace. I am one with the spirit of peace. Breath by breath, I settle in to a peace that instills calm, confidence, and courage. There is nothing to do, nowhere to go in this moment of being. I am peace, in the Silence ... ≈

I listen to inner wisdom and I am guided to live my purpose.

Within my mind and heart, intuition flows as a steady stream, an ever-ready sense of direction. Wisdom is natural to me, for I am one with the spirit of wisdom. I choose wisely, purposely, prayerfully. I am attentive, in the Silence ... ≈

Healing energy flows throughout my being, renewing my mind and body.

In this moment, I release any thought that lessens well-being. I attune to the spirit of life recognizable as healing, renewing vitality. I live in the flow of healing, renewing vitality. Well-being is my experience as I know the truth of my divine life, in prayer ... ≈

God is my source. Freely I give, and freely I receive.

The spirit of God, everywhere and the essence of everything, is the source of my abundant life. When thoughts of scarcity cloud my vision, I rise by giving freely, in a state of gratitude. I appreciate the good I give and receive, as I pray ... ≈

My thoughts, words, and actions create a space for peace and love.

I hold the world and all beings in the light of peace and love. Guarding my thoughts, I choose compassion. Measuring my words, I choose encouragement. Preparing my actions, I choose kindness. I am one with the spirit of peace and love, always and in this moment of prayer ... ≈

As we complete this period of prayer, we anticipate the hours ahead by intending to remain centered in abundant peace, wisdom, and life. One with God, our Source, we embody these divine qualities by which we experience and express the light of the world. Let us close with the "Prayer for Protection":

The light of God surrounds us;
I AM light.

The love of God enfolds us;
I AM love.

The power of God protects us;
I AM power.

The presence of God watches over us.
I AM presence.

Wherever we are, God is!
I AM Divine.

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Note: ≈ indicates a pause.