

PRAYER FOR PEACE OF MIND

(Recognition) There is one Universal Life that makes Itself known in individualized form as each individual person and thing. This One Life is the same Energy that allows the sun to shine and the fields to grow, naturally and effortlessly bringing forth more goodness into every moment. It guides and guards all with Love and Grace, ensuring that all is well, no matter what.

(Unification) Knowing that this One Life exists everywhere, I affirm my oneness with It and claim Its qualities as present within me. The Love of the Divine pours through me. The Grace of the Divine washes over me. The same Divine Energy that creates and sustains all of nature is within me now and in every moment. I am safe and secure, guarded and guided in every way by the indwelling Spirit. All is well with me, always.

(Realization) And so I speak my Word for a profound sense of absolute Peace in every moment. I see the things that are going on in the world, and yet I see beyond them to the Divine Truth that everything and everyone is being cared for by The Beloved One. I am guided in every action, guarded from any harm; thus, I am completely safe. My world is completely safe, run by the perfect, all-knowing Spirit that is ever-present. Every part of my being relaxing into the knowingness that God has got this, and all is truly well.

(Thanksgiving) I am so grateful for this amazing Truth of Peace in every area of my life. I breathe easy and give thanks for all the good in my life now.

(Release) I release this prayer into the perfect activity of the Law of Mind with a complete sense of trust that it is done now. It is good. And so it is.