



Silent Unity

Prayer Service

December 2009

It is not I, but the Christ within who does the work.

In the Silence, we rediscover our inner Christ light. We are one with the Anointed One. We are the beloved of the living, loving God. As we breathe deeply, we feel the gift of love enfolding us. We become quiet and allow these words to become our own:

I express peace and serenity in thought, word and action.

I am blessed with love, joy, peace and faith as I remember the Truth of who I am. My true nature or higher Self is the Christ Consciousness at the core of my being. My heart and mind are lifted as I awaken to the deep and lasting peace within me. I express this deep peace fully in my every thought, word and action.

The light of Christ guides me to my highest good.

The Christ light is my inner star, my True North, guiding me now and always to my highest good. I breathe and focus my attention on the still small voice within. I easily discern what is mine to do. I call forth the power of wisdom and move effortlessly to my next God-inspired action.

I am strong in spirit, mind and body.

The power of Life is eternal. The light of God infuses each cell of my body as it regenerates again and again. I am refreshed and renewed as I receive this vibrant, healing energy. New vitality stirs within me, and I am strong in spirit, mind and body. In the Silence I relax and feel the breath of life moving through me.

I give and receive with an attitude of gratitude.

I breathe deeply and with deep gratitude reflect on the true gifts Spirit brings. I was born into this life with great wealth of Spirit. I was born with the Christ consciousness that enriches me always and in

all ways. I open my heart and mind to accept all good things into my life. With a grateful heart I give and receive.

The Christ is born anew in our hearts, our country and our world.

A deep calm permeates my being. As I center on the Christ light within me, I envision new ways of expressing peace in my life and to others on the planet. Together we find ways to express peace in our homes, our workplaces, our communities and our world. I can see and feel the new dawning of an awakened world. One by one we are building a world at peace. I feel the call to action from the place of peace and clarity within me ... in the Silence.

As we close this time of prayer, we do so with hearts grateful for a new joy arising in us, a new awareness of life. We have connected deeply with the precious Christ nature borne in us. We are God's beloved children and we allow ourselves to open to Spirit with each new thought, each new choice, each new day. A new idea of life is born in us now—we are renewed and grateful. And so it is. Amen.

Let us conclude by praying together the "Prayer for Protection":

**The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are, God is!**

For loving prayer support night or day, call or write:

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