

Meditation

Lord of all life, let Your life flow through me. Allow me the privilege of expressing the fullness of Your life. Let this flow cleanse and purify every aspect of my present life. I dedicate myself to being an avenue through which You find the ultimate expression. I stand tall, with my eyes toward the horizon. I am ready to live. I acknowledge all changes in my life as opportunity for growth. I allow new dreams to be spawned in my soul, and I pursue those dreams with spiritual vigor. I rest in the realization that I am my dream come true. Thank you, Lord for the courage to move through changes in my life toward an expression of the life more abundant. Amen.

Meditation

All begins in the silence, and all ends in the silence. As you now face the changes in your life, enter the silence. Take a deep breath, relax, and listen to the stillness; listen to the Lord of your being speak to you:

“Stand fast ... see my salvation. Let go of that which stands in front of you and that which lies behind you. Let go of your obstacle and stand fast in Truth.

“ I am the health that you are asking. I am the prosperity that you desire to be made manifest. The love that you want to experience in your life begins now. See the work that I do and stand fast. Refuse to declare anything less than the absolute good for your life.

“Fear not... stand firm... and now go forth. Go forth and live the life I have guided you to live. Go forth according to my direction, my guidance, my wisdom. As you take action, let my words whisper in your ears, guiding, directing, and inspiring you.

“I am the Way, the Truth, and the Life. Follow me. Follow me...Follow me... and experience wholesomeness... and enter in the promised land...and so it is ...Amen. “

Meditation

I turn my attention to that place within me that is pure love and perfect peace. I relax and let go of the world.

As my mind becomes quiet, I feel the rhythms and harmony of life. I see myself as part of the moving, flowing energy of the universe.

Any sense of fear or doubt is dissolved as I become aware that there is only life – moving, changing life – endings and new beginnings, but always life, urging me forward into new dimensions of living.

I see myself clearly. A spiritual being on a spiritual journey. A free unlimited child of the universe. With this realization, I let go of doubt and trust a loving energy that created me and all of life. In the quietness of the silence I hear the gentle whisper, “You are my beloved child. My love is always with you, guiding and directing your way. You can never be alone. Be still, my dear one, be still and know that I am God. “ Amen.