

Morning Meditation, Prayer, and Sharing Time for Two – Pat and Gary

8/7/2014

1) **Light Candle, Quiet Time** – 5-10 minutes

2) **Guided Meditation** by Adyashanti – ***The Naked Simplicity of Being*** – 30 minutes

<http://www.garyvollbracht.com/wp-content/uploads/The-Naked-Simplicity-of-Being.mp3>

3) **Prayer 1 – The “Both/And” Unitive Consciousness Prayer** – Evolved from Metta Meditation*

Part 1. – Said by Both (together)

I am of God and am worthy

Part 2 – Gary says to Pat

Pat, you are of God and you are worthy

May you be well, happy and peaceful.

May no harm come to you.

May no problems come to you.

May you always meet with success.

May you also have the Patience Courage, Understanding, and Determination

To meet and overcome

The Inevitable Difficulties, Problems, and Failures in life.

Part 3 – Pat says to Gary

Gary, you are of God and you are worthy

May you be well, happy and peaceful.

May no harm come to you.

May no problems come to you.

May you always meet with success.

May you also have the Patience Courage, Understanding, and Determination

To meet and overcome

The Inevitable Difficulties, Problems, and Failures in life.

Part 4 – Said by both

Our families and friends, strangers and enemies, and all sentient beings

you are of God and you are worthy

May you be well, happy and peaceful.

May no harm come to you.

May no problems come to you.

May you always meet with success.

May you also have the Patience Courage, Understanding, and Determination

To meet and overcome

The Inevitable Difficulties, Problems, and Failures in life.

4) **Prayer 2 – The Christ Prayer** – said together

We are increasingly open to recognizing the Presence of the Cosmic Christ

We are increasingly open to realizing we are the heart, mind, and light of Christ

Amen

5) **A Kiss** – to celebrate our ever-deepening connection

6) **Sharing** – 30 minutes – 2 hours

7) **Blow out candle, Carry Presence into our day**