

Our Morning Practice
Pat and Gary
daily, beginning October 6, 2014

1. Silence – 5-10 minutes

2. Guided Meditation – 30 minutes
Adyashanti – The Naked Simplicity of Being

3. Prayer – 5 minutes

Part 1

(together)

I am of God and I am holy

May I see and heal all that has split off from my holy Essence

(One to the other – sequentially)

Pat (Gary), you are of God and you are holy

May you see and heal all that has split off from your holy Essence

(together)

***Our families and friends, strangers and enemies, and all sentient beings,
you are of God and you are holy***

May you see and heal all that has split off from your holy Essence

Part 2

(together)

We open to the Mystery of the Presence of Christ

We open to the Mystery that we are the heart, mind, body, and light of Christ.

Amen

4. Sacred Conversation (30 minutes – 2 ½ hours)

5. Closing Prayer (silent awareness)

May we take this consciousness and love into our day