

Our Morning Practice

Pat and Gary

Version 4; daily, beginning March 13, 2015

1. Silence – 5-10 minutes

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

3. Ho'oponopono Blessing (one to the other, sequentially)

Pat (Gary), I thank you [for being in my life]

I'm sorry [for how my separated parts have given pain to your life]

Please forgive me [for having chosen to be separate from my Divine Essence]

I love you.

4. Guided Meditation – 30 minutes

Adyashanti – The Naked Simplicity of Being

5. 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, Hallelujah, Aho! [Mitakuye Oyasin – all my relations, all forms of life are related]