

Our Morning Practice

Pat and Gary

Version 5; daily, beginning April 16, 2015 (our 12th Anniversary); Updated 2/16/16

1. Silence – 30 minutes

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

3. Ho'oponopono Blessing (*For selves, together, then one to the other, sequentially, then for Families and Friends, Strangers and Enemies, and All Sentient Beings*)

Pat (Gary), I love you.

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

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

I thank you [*for being in my life and for forgiving me*]

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*]

6. Hug and Closing Embrace – 5 minutes