

# **Our Morning Practice**

Pat and Gary

Version 7; daily, beginning April 18, 2016

**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'm sorry** [for how I, in my humanness, have brought pain into the world]

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

**I thank you** [for forgiving me]

**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 realize 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. Stand – “I Love This Heart” exchange**

Right hand on each other's heart, left hand on other's right hand over our own heart

**“I love this heart! I love this heart! I love this heart!”**

**7. Hug and Closing Embrace** – 5 minutes