

A Healing Prayer for yourself and others
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Feel the body connected in some way with the earth, putting out roots and pulling the energy back into the body. Imagine yourself grounded, and then feel yourself grounded. Breathe deeply several times.

Silence the analytical part of your mind, for just this meditation. Imagine the intuition part of your brain as a large and beautiful room. Decorate the room any way that you want – just make it large, peaceful and see yourself in it.

As you are ready, invite the Holy One into this room. Visualize God any way you want, or simply as light. The Holy One asks you “Do you want to be whole?”

If you consent, imagine being touched on the top of your head and a brilliant white light from God starting at the top of your head and penetrating every part of who you are, every cell, every molecule, every atom of your being. This light surrounds every part of you with love, healing, wholeness and is transforming every part of who you are to respond to the greater good of God.

Allow the light to move down your head, through your brain, healing thoughts and emotions. The light continues through your eyes, nose, mouth, jaw, neck making everything whole and healthy, including all of the chemicals and hormones that influence moods and thinking.

Move down through the lymph system, making the body strong against invaders. Feel light moving down your body. The light is warmer and brighter where there is pain and discomfort. Move down through the shoulders, down the chest and back, through the internal organs – the heart, the lungs, the respiratory system and feel the light—healing, wholeness and cleanliness--- moving through every molecule, every cell of your being.

Allow the light to continue down the arms and through the hands, relaxing muscles and warming joints. See and feel light moving through the midsection of the body, through the digestive system and around the back, encircling the spine. Then feel the light moving through the rest of the organs – the kidneys, the intestines, and down through the hips and lower back, encircling and enfolding the reproductive system with wholeness, health, love and transforming energy.

Continue with the light moving through the body, down the legs, warming the joints and the knees. Feel the light around the knees, the calves down to the ankles and feet and toes.

Sit for a few minutes with your whole body in the light, with it growing even brighter and warmer where there are problems or hurt, whether physical, mental, emotional or spiritual and allow all to be encircled, enfolding and penetrated by the light of God. If there is any concern or gratitude to bring to God, do it while in this state, in the silence of your heart.

Because this gift is not for us alone, feel light and energy penetrating the room and beyond to other people and to hurting persons in the world. Graciously extend this light to someone in your life that is hurting and needs healing. Imagine them encircled, enfolding and penetrated by this healing light of God.

Now bring your attention back to the intuitive room in your mind, and acknowledge the Holy One with words or a gesture. Then invite the intellect back into the intuitive place and keep in mind that we can return to this place of light and place of healing and growing. Amen.