

Dear Earthly Mother, grant me the nourishment to build up physical strength enough to commit to the changes required of me. Please encourage my growth to be that of an inwards trajectory, for I hold faith that it will grow into external fruits one day. Amen.

Dearest life-giving force,
might you grant me the will to
fight for what is right today. I
know you have invested
interests in righteousness and I
align myself to the serving of
justice, honesty, truth and
divine planning. Amen.

that we are born as a part of the whole, never above it, superior to it, but as a piece of something so magic and special, called LIFE. Find more at anamaria.org. Sharing light with the world since 1987. Never daring to damage a heart or a soul. Always free to love and be kind. The truth of the human is complex, found in nature are the least clearest answers,

Light above, below and within me, please grant me with the courage to face everything about myself that needs facing. Let me be brave enough to let go of what is not going to serve me or your greater plans, and grant me the wisdom to say no, to walk away, and to cut ties where required. Amen.

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Dearest Divine Father, I know you have great plans and that my mind is too simple to comprehend the infinite or my place in it. Grant me the faith required to endure what you have been asking of me and to remain hopeful that you have an end in sight for this tremendously difficult and painful chapter. Please give me hope today most of all, and please do speed up the close of this chapter, for I am tired and weary. Amen.

Our Mother of Matter, please,
might you grant me safety
today, a true and felt sense of
safety. I want to be safe in your
embrace and to feel like the
world is good for me again. I
would like to walk in your
world and just feel safe every
time that I do. Amen.

Father of Light, please offer me
divine inspiration towards these
ideas and notions: please guide me
towards the safest choices; please
help me comprehend my pain and
find the power it has given me;
please enhance my insights to assure
me of there being a purpose to my
pain; and most of all, please be kind
to me and help me feel less pain
over time. I am tired of feeling pain
all of the time. Thank you, amen.

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Dear Lightness, please find
space in my world to
occupy, please do not
abandon me to this
darkness. I ask you to keep
me safe and to let me feel
your presence this day.
Amen.

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I pray for warmth, comfort,
safety and health to all feel
achievable as a way of life.

Where all is not here inside of
me today as a feeling or felt way
of being, let the seeds be
planted and provide enough
light to let them grow, even if
that be slowly, for I know that
all is possible with time and
patience.

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Take my pain from me for a moment, please dearest Mother of the earth and Father of the light. Please blend together in love and love me enough to release the pain, even for a moment, so that I can remember your love and find it even in the darkest moments of my life. Namaste.

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I am aware that you, The Divine, are very busy, but also that you hold everything in your awareness and power, and so, with this surrender and moment of pure faith, I trust that you will guide me home to your warm embrace and gift me with enough light to find my way back to that which I deserve, peace, harmony and hope. Amen.

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Dearest Divine Universal Energy, I have felt abandoned of late, please provide a sign from heaven, from the angels, and from yourself, that I am taken care of as a part of your greater plan. I comprehend that you have given me this path for reasons unbeknown to me, I only ask that you reinforce my faith in the greater good and in my appreciating that I have a place in your wholeness. With gratitude for the gift of faith today. Amen.

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With love, I ask for the blessing of a self-caring and self-loving lifestyle. I ask for your visible permission to grant me access to these remedies to my suffering. I ask for the light to empower me with the right skills, knowledge and life support tools. With time, I trust all you provide will lead the way out of hell. Amen.

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