

Dear Divine Guidance Team,  
please infuse my body with a  
sense of calm, safety and  
belonging to the earth. Please  
enable me to feel at home in  
my body, if not anywhere else  
for the time being. I am  
grateful for the feeling of safety  
today. 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. The truth of the human is complex, found in nature are the least clearest answers, be kind. Always free to love and

Our Father of Heaven and Mother of the Earth, please bear compassion towards my life story and help me to find acceptance today, for I know I am supposed to be living these moments of suffering without knowing why. I graciously accept these days of suffering will be teaching me things of value that I do not yet comprehend. Plant faith in me to help me carry on and stay strong. Amen.

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Light and Love, grant me access to harmony today, help me find balance in the way I currently live my life. Let me learn to say no, to protect what is vital to me, such as my time, energy and love, and gift me with the permission I need to be gentle with myself and to place myself as my priority, without judgement or shame. Love me, hug me, so that I may learn to love and hug myself where required. Namaste.

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Father of life, grant me the wisdom to know what is serving me for this journey of deep recovery. Let me shed the unnecessary and find thanks for the simplest of blessings, such as a full stomach, clean water, and a safe roof over my head. Amen.

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Mother nature, please let me see my own beauty in you. May your world of perfection allow me to see that I too, am perfect, just the way you birthed me. Just as the bird with a broken wing cannot fly as it used to, but may fly when they are healed, I too can rest and remember that a broken wing leaves me no less beautiful, only less able. Let me be okay with being an animal that can hurt, that can break a bit, but that can heal, with your help. Amen.

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I pray for the answer to my pain to be revealed, may the divine powers that be show me clearly the direction that I must wander along, be that therapy, leaving an unhealthy situation, or asking for help some somewhere specific. Please grant me the courage to act upon what is revealed. Amen.

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May the spirit guides, the  
angels, and all loving entities,  
provide deep moments of  
clarity for me today; in that  
clarity may seeds of hope be  
replanted and restored. Amen.

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Dear Heavenly Mother, all  
deities of care, nurture and  
kindness, in your daily blessing  
of life giving energy, please let  
me embrace the love that is  
here in this day to claim, to feel,  
and to appreciate. Amen.

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Dear glorious masters of the universe, in the concept and notion of infinity, let me release the importance of my own suffering. Let me separate this pain filled body from the soul life, that which is eternal and born of light and love. Let time become a place of hope, for it changes all, including me. Amen.

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Dear infinite soul that dwells in me, fire me up from the inside, let your strength and freedom become a thing belonging to us both. Give me hope where I have none. Grant me faith in the unseen, including my own future life. Let fear be present, but not in control. Please forgive me my weaknesses and help me walk with them and for them to be removed as blocks to my path. Amen.

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Dear God,

Let tomorrow be easier  
than today. Thank you.

Amen.

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My dear body, thank you for being so clever, with intelligence enough to bring me back to safety. I will try my best to listen to your intuitive guidance and learn to say yes to what works for you, and no to what causes you more harm and to feel too much suffering. Amen.

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