



Silent Unity

Prayer Service

February 2011

It is not I, but the Christ within who does the work.

We take this time to come together and gently move into the Silence. Drinking in the energy of God, we shift our focus from outer details to our inner essence, breathe deeply, and feel our bodies relax and become still. It is in this time of prayer and meditation that we open our hearts and minds to the awareness of the Christ Consciousness, knowing that every step on the path of life has brought us to this time and this place ... I AM ... ≈

I abide in the presence of infinite peace.

In the Silence, I allow the peace of God to fill my heart. Embracing my body, mind and spirit, peace is the radiating essence of my being. As I focus my attention on my breathing, I connect with the Universal Good as it refreshes me and renews my spirit; right here and right now, in the Silence ... ≈

I am conscious of divine direction and follow its guidance.

Allowing divine guidance to light my way, I move easily through every situation and circumstance of this day. As I connect with my inner wisdom, I gain insight and understanding that helps me make wise decisions. I release the need to search for the right answer, and instead allow the Christ Consciousness within to provide divine direction to my good. Open to the flow of life, I am guided and inspired, in the Silence ... ≈

The presence and power of God are active in me. I am whole and well.

In the Silence, I affirm that the power of God sustains and blesses me with radiant health. As I connect with the energy and vitality of God in every cell of my being, I affirm that I am whole and well in mind, body and spirit. With my heart open to God's renewing love, I am refreshed and renewed. I give thanks for the healing power of Spirit that strengthens me now, in the Silence ... ≈

There are no limits; I set my imagination free, and I prosper!

Aligning my thoughts with the one power and presence in the Universe, God the good, I give thanks for the flow of abundance in my life. Awake to prospering ideas, I give and receive from a consciousness of infinite supply. Open to infinite goodness, I know that there are no limits. I set my imagination free, and I prosper ... ≈

The world awakens to peace one person at a time. Today I choose peace.

In this moment, I am centered in a consciousness of divine love and I visualize a world at peace. As a peacemaker, I choose to radiate unity and love in everything I think, say and do. Connecting my heart and mind with God in the Silence, I recognize my potential to live this day with a greater sense of joy, harmony, peace and love. Peace on earth begins with me ... ≈

Re-energized and revitalized, we come to the close of this sacred time of prayer and meditation. Centered in the divine flow of Good, we affirm that the energy of this service is radiating in all directions, creating positive change in our world. We take a deep breath, slowly exhale and move forward from a place of deep peace and gratitude. Guided by the light of God, we choose to live this day with confidence and high expectations for the blessings that abound. We are receptive and we are grateful. And so it is ... Amen.

Let us conclude by praying together the "Prayer for Protection":

**The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are, God is!**

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Note: ≈ indicates a pause.

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