



Silent Unity

Prayer Service

January 2011

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

Shifting our focus from activities in the outer to the divine presence within, we close our eyes, breathe deeply, and connect with the core of our being—the life force of God moving in and through us. In this sacred time of prayer, we open our hearts and minds to the awareness of the Christ Consciousness and experience a deep sense of well-being. In the Silence we listen, and we allow these words to engage the inner knowing of our Oneness ... ≈

In the silence of the Christ Presence within, I find peace.

Drawing in a deep cleansing breath, I slowly exhale, allowing waves of peace to relax me. In this moment, any sense of discomfort or uncertainty is washed away, leaving only peacefulness. It is in this awareness that I feel connected with the vastness of life, and I know that peace and harmony are always available to me. I rest in that knowing now, in the Silence ... ≈

Spirit guides my way. I know what to do and when to do it.

I am a perfect pattern of health and wholeness. As I breathe, I feel the Spirit of God move through every cell of my body, aligning me with my natural state of well-being. Beginning at my feet and slowly moving upwards to the crown of my head, I take note of my body. I inhale and exhale, releasing any concerns and knowing that health and wholeness are expressing in me now—and always ... ≈

Health and wholeness are expressing in me now.

Each cell of my body is alive with the energy of God. I take time to love my body and to thank each cell as it works in the perfect harmony of God's love. My body is refreshed and renewed as I realize and cherish the life force that moves through me ... in the Silence ... ≈

I claim my good. The Universe is boundless!

In the stillness, I connect with the Truth of my being—that the Universe conspires for my highest good. I know that despite any outward appearances to the contrary, I have always had, and will always have, everything I need. I choose to give freely of my time, talent and treasure. I receive gratefully, knowing that I live in a truly abundant universe. There is a constant flow of good in and through my life. I claim it now, in the Silence ... ≈

As I know peace in my heart, peace prevails in my world.

Right here and right now, I focus my attention on thoughts of peace. I allow the peace that is God to flow within me, and I have a profound feeling of harmony with all that is. Embodying true inner peace, I radiate peace to the world around me. As I know peace in my heart, peace prevails in my world, and all is well ... ≈

As we return our attention to our physical surroundings, we give thanks for this sacred time of prayer. We know and affirm that this experience of communion with God's infinite goodness has already generated a positive ripple effect, touching the lives of others all around the world. Taking in one last deep cleansing breath, and exhaling slowly, we are refreshed and renewed, centered in the divine flow of life. For this we are truly grateful, and we say, "Thank you, Spirit."

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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