

PRAYERS AND NOVENAS LIST

Sandy's Note:

I always say that prayer is talking to God and that Meditation is listening. Please know that, although your Guides can feel your anguish about something, they cannot intervene on your behalf without your direct request. Your Guides are with you because they love you, or because you have common interests with them. They are happy to be able to help you, as this is their job. When you need help, be specific about what the problem is, and open and general about what solution you want, it makes their job easier. And always, try to begin or end with thanks for the help and miracles that they will bring to you in this and every matter in your life.

Mother Mary's Daily Prayers

Creator, I am willing now to surrender to the truth of who I am no matter what the price. I am willing now to be embraced totally, all aspects of my being, whether I believe them to be good or to be bad. I ask that you remove from me every obstacle that stands in the way of my usefulness to you and my fellows in the world. Give me the vision, the strength, and the courage to go forth this day, expressing your Nature and your Light.

Spirit of the Universe, I ask for inner guidance in all areas of my life, and that this guidance be made a normal working part of my mind.

I ask for my will to be in the care of the Supreme Divine, without Sacrifice to the self and away from self-centered motivations.

I ask the Supreme Divine to remove from me obstacles of character so that they do not stand in the way of my embrace of the Supreme Divine and what I am here to express.

Spirit of the Universe, Give me Victory over my difficulties that others who bear witness to these are encouraged by the power of the Divine to be compassionate, caring and supportive of one's journey into the Light.

Divine One, Free Me from the bondage of self and Deliver Me into concern for the Light. Help me know what I might influence and what I must not. Give me the wisdom to understand these things that I may serve better.

Creator, I ask that Spirit fill me with guidance and heal me of the wounds that I may take on or dispense throughout the day. I ask that you bless and heal the others in these events. If possible, I ask that a way be given to me to amend any disruptions brought about by my fearful and self-centered focus.

New Age Rosary

(From *My Soul Doth Magnify the Lord* by Mark Prophet ©1974, 1979, 1986)

Hail Mary, Full of Grace, the Lord is with Thee. Blessed art Thou among women, and Blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sons and daughters of God now, and at the hour of our victory over sin, disease, and death.

Prayer to Contact your Highest Spirit Guides

I ask to be surrounded in a sphere of pure White Light.

I invite my Highest Guides, Angels, Masters, and Teachers to be with me at this time.

I seek the answers to the questions, in my mind and in my heart.

I seek a blessing in every area of my life.

Thank you.

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love,
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light, and where there is sadness, joy.
O Divine Master, grant that I may not so much seek to be consoled, as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in the giving that we receive-
It is in the pardoning that we are pardoned;
And it is in losing self that we are born into eternal life.

Prayer of Intention

Lord, Not my will but Thine be done in me and through me.
Let me ever be a channel of Thy blessings, today, now, to those that I contact in every way.
Let my going in, my coming out, be in accord with that Thou would have me do.
As the call comes, here am I, send me, use me.

23rd Psalm

The Lord is my Shepherd, I shall not want.
He leadeth me to lie down in green pastures,
He leadeth me beside the still waters,
He restoreth my soul.
He leadeth me in the paths of righteousness for His name's sake.
Yea, though I walk through the valley of the shadow of death,
I shall fear no evil, for Thou art with me.
Thy rod and Thy staff, they comfort me.
Thou preparest a table before me in the presence of mine enemies,
Thou annointest my head with oil,
My cup runneth over.
Surely goodness and Mercy shall follow me all the rest of my days,
And I shall dwell in the house of the Lord forever.

Sanskrit Prayer

Sarve Ca Sukhinah Santu
Sarve Santu Miramayah

(Let All Be Happy.
Let All Be Free From Disease)

Loving Treatment Affirmation

From Louise Hay's *Heal Your Body* ©1982, 1984

DEEP AT THE CENTER OF MY BEING, there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more love I use and give, the more I have to give, the supply is endless. The use of love makes ME FEEL GOOD, it is an expression of my inner joy. I love myself, therefore, I take loving care of my body. I lovingly feed it nourishing foods and beverages, I lovingly groom it and dress it, and my body lovingly responds to me with vibrant health and energy. I love myself, therefore I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.

I love myself, therefore, I work at a job that I truly enjoy doing, one that uses my creative talents and abilities, working with and for people that I love and that love me, and earning a good income. I love myself, therefore, I behave and think in a loving way to all people, for I know that that which I give out returns to me multiplied. I only attract loving people in my world, for they are a mirror of who I AM. I love myself, therefore, I forgive and totally release the past and all past experiences and I AM FREE. I love myself, therefore, I live totally in the now, experiencing each moment as good and knowing that my future is bright and joyous and secure, for I AM a beloved child of the universe and the universe lovingly takes care of me now and forever more. And, so it is. I LOVE YOU.

Prayer of the Angels

Holy Holy Holy is the Lord of Hosts. The whole earth is full of His Glory.
Holy Holy Holy is the Lord of Hosts. The whole earth is full of His Glory.
Holy Holy Holy is the Lord of Hosts. The whole earth is full of His Glory.

{Please note: the above prayer is one that is believed to be recited by the Angels themselves at the "throne of the Almighty." The reason for it being repeated three times is that should be sufficient repetition to be on the same "wavelength" as the angels and at that time, you may make a request of the Angels if you wish.}

Mother Mary's Weekly Prayer

Creator, I ask to be filled with the energy of your Love, and that this love may heal all wounds that I may have inflicted or suffered, this lifetime, or any other time, that this Love exceed my needs and flow from me in my thoughts, words and deeds to those I meet every day. I ask this that I may know complete Joy. I give thanks for all the Gifts that I receive and the Goodness in my life, especially: _____. I give my gratitude now.