

Daily Prayer & Meditation

Welcome to my daily prayer and meditation practice. As you engage consistently in this endeavor, surrendering your plans, desires, wishes, and problems to Spirit, you will notice over time that your life becomes easier, and flows more effortlessly. You will be inspired by answers to prayers you placed on the altar, and you will know those ideas did not come from you. Solutions will occur to you, helpful people and things will show up when you need them, abundance will happen naturally as you trust the direction of Spirit. Your perception will shift from fear to love.

Peace. Love. Joy.

Kelly Russell

Dear Spirit,

Today I will make no decisions by myself. I ask You to make all of my plans, decisions, and choices for me. I ask that You guide my thoughts, actions, perceptions, and intentions. Please speak Your words through me, help me to hear with Your understanding, and correct my vision. I step back and let You lead the way. Where would You have me go? What would You have me do? What would You have me say, and to whom? What miracles would You have me perform today? If You tell me what to do, only that I will to do.

I ask Your help in being in a consciousness of pure joy, laughter, and fun. Of all-encompassing love, complete non-judgment, and total trust in You. Of absolute abundance and prosperity, boundless generosity, and deep gratitude. Of acceptance and grace. I ask for the peace of God. Thank You for making all of my relationships holy, for helping me to see the holiness in every encounter, and the face of Christ in every brother. I ask your help in practicing forgiveness whenever and wherever it is called for.

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I have been unwilling to recognize that this quest is one of joy. Instead of reacting with anguish at times, and a feeling of frustration and futility, I will see myself only as I truly am. Nothing else can matter but this. The Kingdom is entirely filled with peace and joy, and I am an essential part of it. I will only be for God and His Kingdom. This is the only message that is meaningful, because it is my reality. All else is illusion. I will be helped as I offer help to others. I will know myself as I recognize my only true relationship with all my brothers.

I remember I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal.

If I make no decisions by myself, this is the day that will be given me.

Into Your hands I commend my spirit.

Amen.

At the end of the next part, please remain in meditation and communion as long as you wish.

Now, I see myself standing, bathed in the beautiful, pure, radiant, white light of God. This light is warm, and soothing, and healing. It is uplifting, and joyful, and peaceful. It sparkles around everything, and illuminates all that is within my field of vision. This shimmering light emanates from me as it shines within me. It is the Light of God.

As I stand in the light, I am holding the hand of my Guide, Elder Brother, and Wayshower. An altar of light appears before me, this is God's altar. On this altar I place everything I think needs to happen in order for me to be happy or at peace. Anything I think I want, any outcome I desire; any grievance or conflict; any relationship issue, problem, bodily concern, or financial worry; any situation that disturbs my peace.

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Whether I lay these things one by one, or all at once does not matter. Spirit knows what they are.

I place these things on the altar as my prayers, my gifts to God. I look at them with my Guide, Who gently tells me that these are all my ideas of separation. I give them to God, to be healed. The last thing I place on the altar is the one thing I truly desire: I want the Peace of God.

I release it all, in the knowledge that all prayers are answered in the moment they are said. They are transformed and returned to us in a manner that is for our highest good, and that of all concerned. I watch the altar recede, and disappear into the Light.

Then, holding the hand of my Guide, I step into the Light. And in this place is everyone I ever loved or has ever loved me. Every person, every animal; past, present, or future. Whether they appear to have made their transition from the world or to be alive within it does not matter. Everyone is here, no one is missing, and there is nothing to want, or wish for.

We are so happy to be joined together, we are so filled with joy, with love, with bliss, with light.

And from this place I speak to our Creator:

“Father, I love you. Thank you for creating me to be exactly like You, with all of the gifts and characteristics that You are. Thank You for extending Yourself and loving me into being. Thank You for taking care of me, for providing for me, and for being my One Source and giving me everything.

Just as the ray can never be separate from the sun, nor the wave from the ocean, I know I can never be separate from You, or my brothers, for We are One. I join with You now and commune with You in the silence. Thank You, I love You.