

Dear friends,

I invite you to join me with a daily time of prayer. I will be entering into this at 12 noon and at 3 pm. Our hearts and minds joined together sends out an energy which impacts the whole world community and definitely impacts us personally.

There is no distance or time or space in the realm of God's creating spirit.

Breath prayer is one way we can be present to the holy.
Simply find a word or sentence which has meaning for you.
Breathe it in, then out.

Examples: Holy one. Yahweh. Love in, love out. Creation. Together, forever. In hope. God with us. Emmanuel. Open heart. Spirit of life.
Butterflies. Whispering trees.

If you have children, invite them into this. Let them have fun and play with words and their quiet self.

Also, if you have animals, gather them close. They love this! (most of them...)

Whatever calls you into quiet and connects you to your deeper self.
Experiment with it.

It helps to have one special place for prayer, if possible.
The amount of time is less important than the intention.
Just be as comfortable in this as you can and if you cannot be comfortable, that is okay.
Don't force it or put expectations on yourself.
It is the intention that matters.
That is all the God is waiting for. For you to reach out.
The Holy One is always waiting for us.
We only need to acknowledge.

And if 12 noon or 3 pm does not work, just go with your own schedule.

Because we are doing this, we have engaged together and our now making a difference for ourselves and all life.

I will be setting an alarm on my phone for reminding.

If you have any questions or concerns, let me know.

With you.
Patti.

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