What Do I Do?

24-Hour Prayer & Meditation Vigil

***With an open heart, I claim the healing, loving light of God.***

**Step 1: Take a List of Names To Pray and Meditate Over**

*(Hold the Names on the List in Confidence)*

**Step 2: Turn Within and Deepen Into the Divine**

* Focus on your breath
* Release all cares and concerns
* Open your heart

**Step 3: Pray And Meditate On the List of Names**

* Hold the highest consciousness such as love, peace, wisdom, joy, etc. for each name or collectively
* Sit in silence

**Step 4: *If you desire,* Use Suggested Prayers on the Back**

**Step 5: At the End of Your Hour, Return the List of Names**

**and Leave in Silence**

***Also See Additional Prayer Suggestions***

***(over)***

**ADDITIONAL PRAYER SUGGESTIONS**

**Prayers of Gratitude**

*Thank you God for…*

**Affirmation of Oneness**

*There is only one Presence and one Power in my life and in the universe,*

*God the Good, omnipotent.*

**Ho-O-Pono-Pono**

*I am sorry, please forgive me, thank you, I love you.*

**Prayer for Protection**

*The light of God surrounds you,*

*The love of God enfolds you,*

*The power of God protects you,*

*The presence of God watches over you,*

*Wherever we are, God is*

*And all is well.*

**GUIDING PRAYER**

*Alert and focused, I breathe into this powerful moment. I open my heart that recognizes the healing power of God, the source of wholeness and well-being. I turn within to the inexhaustible and ever-flowing divine life.*

*Compassionately, I acknowledge my human experience. Struggles and challenges come and go, but no human condition can hinder the flow of divine life. I heal as I shift my awareness to my spiritual nature and find that God and I—divine life and I—are one. I have ready access to the fullness of life at all times.*

*Healing is happening in every moment of spiritual awareness. Knowing that wholeness and well-being are innate, I celebrate my capacity to thrive in every circumstance. With a grateful heart, I heal.*

*And so it is.*