

Prayer for Unfolding Light Paul Ferrini

Universal Spirit, in whom we live, move, breathe, and have our Being,
Assist us now in releasing all self-created fears, doubts, and mistaken beliefs
which limit the possibility for meaningful change in our lives.

With your help, we dissolve all tensions into the invisible ocean of energy
which surrounds us. We surrender form to the formless. We rest in your sub-
tle support without fear, without barriers, without expectation of results.

From this silent, unmoving center, we feel the warm healing energy as it cir-
culates through our bodies. With each breath, we bless and are blessed by all
the other beings who share this planet. We abide in this oneness of Spirit,
inviting your guidance and grace.

Let body and mind join together; let body/mind and Spirit unite. Allow per-
sonal understanding to deepen to interpersonal truth, healing self, society,
and planet; and open our awareness to ever more subtle and elusive
realms of wholeness.

Each day, help us consecrate the body so that balance is rediscovered. Each
day, help us relax the mind so that clarity is restored. Each day, help us
simplify our lives so that harmony is reestablished in our thoughts,
words, and deeds.

Direct us to the highest manifestation of our energy as individuals, and as a
group. Give us the ability to discern your guidance and the courage to inte-
grate it in our lives. Help us recognize the time and guide us to the right place
where we can best carry out the work whatever form it may take.

We offer this prayer with absolute conviction and trust in your
unconditional love for us.

So Let it Be!

Message from Paul:

Dear Friends:

Exciting things are happening for our human family during these times of personal and collective crisis. Our consciousness is beginning to change, as it must. But the process is not always easy. With birth comes pain. Yet pain has a purpose. It takes us deeper into our emotional body and calls us to heal our wounds, find our gifts, and step into our power.