

## **Saint Theresa's Prayer**

**May today there be peace within.  
May you trust God that you are exactly  
where you are meant to be.  
May you not forget the infinite possibilities  
that are born of faith.  
May you use those gifts that you have received,  
and pass on the love that has been given to you.  
May you be content knowing you are a child of God.  
Let this presence settle into your bones,  
and allow your soul the freedom to sing,  
dance, praise and love.  
It is there for each and every one of us.**

## **Prayer for Lovingkindness**

**May I be filled with lovingkindness  
May I be well  
May I be peaceful and at ease  
May I be happy.**

**May you be filled with lovingkindness  
May you be well  
May you be peaceful and at ease  
May you be happy.**

**May all beings be filled with lovingkindness  
May all be well  
May all be peaceful and at ease  
May all be happy.**

## **The Prayer for Protection**

by James Dillet Freeman

**The Light of God surrounds me.  
The Love of God enfolds me.  
The Power of God protects me.  
The Presence of God watches over me.**

**The Mind of God guides me.  
The Life of God flows through me.  
The Laws of God direct me.  
The Power of God abides within me.**

**The Joy of God uplifts me.  
The Strength of God renews me.  
The Beauty of God inspires me.**

**Wherever I am, God is!**