

Prayers

For folks with a spiritual orientation, prayer can be a useful tool in building resilience and has the potential to help you feel resourced. Developing your own prayers can be personally beneficial as well.

Prayer to Spirit:

This is a prayer I modified from a talk that Lyla June gave. You can listen to the talk here: <https://www.wisdomdances.com/events/rootskinship/>

I am good. I am sacred. I am worthy. I belong. I am worthy of Spirit talking through me today. I am worthy of Spirit guiding my life. Sacred mountains (forests, deserts, estuaries, rivers, oceans, beaches, volcanoes, caves...) I am your child. I am worthy of all the dreams I hold inside; I am more than up to task. I let Spirit work through me because the Earth, the People need me now. May It Be So.

Maitri prayer:

The maitri prayer comes from the buddhist tradition. Traditionally, you say it for yourself (1), then for someone you love (2), then for someone you feel neutral about (3), then for someone that you feel conflict with or judgment for (4), and then for all beings (5). Pema Chodron says if you do it daily for a year, you will notice a difference in your life. I find that this is true. You can modify this prayer to whatever you want it to say, I wrote this one with influence from Pema Chodron and Thich Nhat Hahn. I always add specific, tailored items; eg when I prayer for myself I add "may all situations and circumstances serve to awaken my heart and my mind; may I respond to all that I encounter with a relaxed, interested, and friendly manner; may I continue to unfold the vision that brought me forth; may I be a window into the scintillating nature of the Universe..." Also, if I'm praying for a friend who is depressed when I get to the part where I pray for someone that I love, I might add "may you be free from depression and other worries of the mind" And when I get to the part where I pray for someone I feel judgment for I might pray "may you find all that you need to feel secure."

May I see myself (for prayers 2, 3, and 4: may you see yourself) through the eyes of love and compassion, may I be peaceful, happy, light in my body and mind, may I awaken to the light of my own true nature, may I be safe and free from accidents, may I be healed and be a source of healing for all beings, may I be free from anger, affliction, fear, and worry, may I be free from suffering (then--prayer 5--when you say it for everybody): may we all see ourselves through the eyes of love and compassion, may we all be peaceful, happy, light in our bodies and minds, may we awaken to the light of our own true natures, may we be safe and free from accidents, may we be healed and be a source of healing for all beings, may we be free from anger, affliction, fear, and worry, may we be free from suffering

Service prayer:

This is a prayer modified from AA: offer myself to all, all that I am, all that I love, all that I have, all that pertains to me, all that I suffer, all that happens to me. May I be relieved of the bondage of self that I may better serve. May I recognize that I'm intrinsically entwined with all that is.

Ancestor/Gratitude prayer:

Written by kaseja wilder

Hail benevolent and helpful Spirits! Hail benevolent and helpful Ancestors! I honor you and recognize you in everything around me. I feel your dearly held visions, your dreams, your desire to be *more* deeply threaded throughout my being (alt: in every cell of my being). I am profoundly grateful for all that I have inherited [insert specific things that you are grateful for here]. May your collective wisdom continue to guide my hands and my heart in all that I say do, and write. And I ask that you show yourselves to me

Serenity Prayer:

You can skip the word God if it works better for you that way. The first version is the original Serenity Prayer. There are many modifications and feminist versions on the internet.

God, give us grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.

The more common version:

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference

Commitments: this should be an entire handout unto itself, but I have not written it yet. You can see my blog on commitments: the title is Liberation Listening and Commitments. Writing your own commitment can be very valuable for pointing yourself in the direction you want to go. Here is my commitment, that you may use as a template to write your own:

I commit to staying fully embodied, completely in touch with my intuitive, earthy, female power; trusting and leaning into the darkness. In *all* my relationships I easily and naturally know my boundaries. I know when to be receptive on spiritual and mystic planes, while staying in touch on the third dimension. I cultivate relationships where I can be powerful and vulnerable and influenced by people who can support me, and facilitate my growth on all levels, including but not limited to social justice, incorporeal, physical, psychological, and in matters of love and community. I will slow down. I am the embodiment of grace, showing deep love and respect for all. I know that mistakes are inevitable and part of the process. This means _____ [fill in the blank here, for example "This means continuing to love myself no matter what" or "This means I can be a friend to myself always"]

Kaseja Wilder, LCSW

www.kasejawilder.com/kasejawilder@protonmail.com/5418445038

7/2020