

BED TIME PRAYER



BEFORE SAYING THIS PRAYER, PREPARE YOURSELF BY GOING INTO A MEDITATIVE STATE. CLOSE YOUR EYES, AND DO NOT VISUALIZE ANYTHING EXCEPT THE LIGHT (AURIC) FIELD AROUND YOUR BODY. THE AURA, WHICH EMANATES FROM THE SOUL, IS THE **LORD** OF YOUR BEING, WHILE THE SOUL ITSELF, IS THE **GOD** OF YOUR BEING. KEEP YOUR ABSOLUTE FOCUS ON YOUR LIGHT FIELD AS YOU SAY THESE WORDS ALOUD, WITH FEELING AND EMOTION.



THE PRAYER

LORD GOD OF MY BEING, UNTO THE FATHER WITHIN, COME FORWARD THIS MOMENT, THIS HOUR, AND BRING FORTH THE CHRIST THAT IS WITHIN ME. RELEASE THE ENZYMES FROM MY BRAIN INTO MY BLOODSTREAM, THAT MY BODY, YOUR TEMPLE BE HEALED.



LORD GOD OF MY BEING, UNTO THE FATHER WITHIN, COME FORWARD THIS MOMENT, THIS HOUR. WHILE MY BODY SLEEPS, EXAMINE, ENERGIZE AND REPAIR EVERY CELL. RESTORE MY BODY, YOUR TEMPLE, TO PERFECT HEALTH!

SO BE IT!

THE WORD **CHRIST**
IS AN ANCIENT WORD, MEANING
GOD/MAN OR GOD/WOMAN REALIZED.