

Prayer for Practice #1) ACCESS Spiritual Power: Consciously connect with the indwelling God to rediscover our belovedness, our God-given power, and our place within God's evolving universe.

In the Personal Dimension, we acknowledge and name the destructive powers we experience in our lives, and seek the God of love, whose life-giving power is **accessible** through our embodied experience in creation.

Let us Pray. Indwelling God of Love, your power is accessible right here and right now, in our embodied experience in creation. In the air we breathe. In the food we eat. In the relationships we cultivate with beings of all kinds. And yet we are so often distracted and disoriented by the destructive powers we experience in our lives, that we forget our own belovedness. We forget the God-given power we do have. We forget our sacred place within your evolving universe. And so today we acknowledge and name those destructive powers, those forces that diminish and degrade our humanity, that dehumanize others and destroy the very life-support system of this miraculous planet we inhabit. We name and acknowledge some of these forces now:...(name the forces that come to mind).... And instead we turn to you, God of love, to empower us to restore a right relationship with ourselves, so that we may be channels of your love and agents of transformation in this beautiful world you continue to create. Amen

