

And now, if everyone would just take a moment to take a breath in and out and feel really centered. Maybe put your hands together in a prayer position in front of your heart or hands clasped. And I just want you to feel very balanced and stable in your connection with prayer, really the communication with God.

In this communication with God, we begin to tune out the noise and activity of the physical world and tune in to the presence of the divine, tune in to being in the presence of Father, who is parent, who is loving, who is creator, who is all-powerful, and allowing, again, your calm, centered focus, bringing your soul, spirit, mind, heart to prayer and functioning prayer through the heart where the Holy Spirit can communicate with you directly.

And so really just having those calming breaths in and out, eyes closed, being less and less aware of the outer world and more aware than ever of the presence and connection with you to God, again breathing in and out calmly, signaling to the body, the brain, the nerves, that it is time to relax, to speak to the one who is ever and constantly faithful to you, to speak to the one who loves you more than anyone, and to come to God with your heart open, engaged in the deepest level of communication.

Father of all creation, Son Jesus Christ, Holy Spirit, Comforter and Communicator of the divine, we come to you, the three in one, to ask for you to help us in our quest for stability and balance.

We know that you are the strength and the power and the constancy in our life. We know that you give life.

We seek alignment with you today. We seek alignment with our experience in this incarnation and then constancy throughout in and out of body, whether it be the birth process, the process of being awake and alert, the process of sleeping, dreaming, the process of leaving the body at the end of life.

We seek constancy. We seek consistency. We seek stability. We seek balance. We seek joy and reserve, a reserve of calm, a reserve of love, a reserve of patience, a reserve of wisdom, of knowledge, and awareness.

God, you are so good to us and so amazing and so loving and so present with us. We seek to always be present with you as well.

And as we're busy and distracted with our daily life, let us reflect back on how much you are constantly there with us, supporting us to find that constant, constant mental stability, that constant and ever-present emotional stability.

We need not plug into group mind or group emotion. And that our bodies support this balance, our body support this consistency, and that which makes us immortal and living a

very prolonged life in and out of body, that which makes us so much part of and like you. We ask that that part as well be true and faithful to you.

We ask that our hearts align with you, that our hearts not betray us and betray you.

We thank you, God, for giving us this strength and power to be stable and balanced.

We worship and glorify your holy name. We are so aware of the power that you bring to everything that we engage with you in. We are aware of your magnificence.

And in these moments, when we feel your presence and we feel your hand in our life, we ask that you move in our life to transform that which is disturbed, is blocked, is interrupted by evil, and that there be a reckoning, a making peace with the past.

And in those moments where we found ourself very imbalanced, out of balance, we found ourself completely unstable, hanging on to you as a life raft in a tsunami, we thank you for providing the stability in the past for us to hang on, to hang on with our fingernails and just ride out the storms with you.

And if there is any reason that we are needing to forgive ourselves for our imperfections, for our inability at those moments when the storm was raging to be stable, to act stable, to appear stable, to appear balanced inside or out, we are asking that you help us to forgive ourself, to wash over us, to heal us of our imperfections, and to know that we are interdependent with you, that you did not expect us to be independent in every moment of every passage, of every horrific storm.

But you meant for us to be interdependent. You meant for us to rely on you, for that we could do nothing by our own strength. But by your strength, we become more powerful than we can imagine.

We thank you for the interdependence, the ability to rely on you and to cry out to you, to call out to you in need.

We thank you for healing our weaknesses of the past in our heart, soul, mind, spirit, in our experience, so that we might feel that you were always walking with us, always caring for us, and that we had the wherewithal to reach out to you and say, "I'm drowning. Help me." And that you save us, and you have saved us.

And then, God, we also ask for our present day that there be such a strength that is coming from stability and balance, that you wash over us in such a beautiful and complete way.

And in any areas of our life, listed or unlisted on this chart, where we have struggled with stability or struggled with balance, we ask that you help us both to clear what's causing the

problems and then to surge in us new strength, new awareness, new love for ourself, new abilities, new wisdom, new knowledge.

God, you are so powerful, and we are so grateful for you in our present life. And we thank you for fortifying our present life.

And finally, God, we know that there is a future. We know that today is the day we live. But there is a future for us. And we don't know how many days ahead, a day or 100 years. We don't know.

And we ask, God, that in those moments in our future that we be pulled off those timelines of trauma. And so if there is timelines that exist or people, places, things, mechanisms attempting to throw traumatic timelines on us, we ask that those be entirely removed from us, that there be no more weaponized traumatic events that are in our future that would knock us off of balance and stability.

But if there are, and if you are allowing, to choose to help us walk through something difficult so that we might be an inspiration for others or that we might actually radically change the trajectory of humanity by the difficulties we go through, that we willingly accept that not on anybody's timeline, but on your judgment, that we are capable of walking through any tsunami, any storm, any earthquake, any hurricane.

We are capable, being interdependent with you, of walking through any difficulty. And we ask that those difficulties be very fortified. If there are difficulties in the future, be incredibly fortified by your loving presence, by your strength, by your constant support and wisdom that pours through words that we need to hear that come through the heart and mind, inspirations, helping hands around us saying, "You're doing a great job. Keep going."

So God, we thank you. We thank you for providing in all the ways that you do, and we thank you for all of the angels and the divine beings who hold us up and support us, who surround us and stand with us, especially in those.

Help us today in these two hours to accomplish stability and balance in all aspects of our experience, our human experience, our angelic experience, and help us to balance and be stable as a reflection of you so that we might walk in the world as a reflection of you, that we might restart, reboot, revitalize, and restore our communications with others, restore our communication with you in that powerful and beautiful, stable, balanced way.

Thank you for helping us to be loving and kind and respectful to others.

Thank you, God, for helping us be your holy people. Your holy people.

We accept that role as your holy chosen children.

We glorify you. We praise you. We praise you with the angels and with the holies in the highest heaven, surrounded by the cherubim and the seraphim in their chorus, surrounded by the holies falling on their knees and heads to the floor, crowned heads, crowned with scepters and golden thrones, and we join them in praising you.

Holy, holy, holy Lord God, Most High, heaven and earth. Heaven and earth. Earth is full of your glory. Hosanna in the highest.

Praise you, God. We praise and glorify and worship and adore you. We thank you, God, and we thank you again for all the angels that are surrounding us who are our helpers as we walk through the storm.

Alleluia. Alleluia. Amen.