



Guidance Meditation

Please give me the strength to change that which needs to be changed
Please give me the intelligence to accept that which needs not be changed
Please give me the vision to see that which I yet cannot see
Please give me the light to learn that which I yet do not know

Please give me the compassion I need to help others as I grow
Please give me the humbleness to so see yourself and myself in everyone
Please give me the courage to love completely and unconditionally
Please give me your peace when all within and without seems in turmoil

One observation for this meditation to indeed provide guidance: **mean every word you say**. As you repeat the words actually feel what you say, **know in your heart that what you say is true**. You will know you are on track when indeed you feel you have let go and are open to inner guidance.