



# Meditation Prayer

**FATHER-MOTHER-LIFE**, you are my life, my constant support, my health, my protection, my perfect fulfilment of every need and my highest inspiration.

I ask you to reveal the true Reality of Yourself to me. I know it is your WILL that I shall be fully illumined that I may better receive awareness of Your Presence within and around me. I believe and know that this is possible. I believe that you protect and maintain me within perfect LOVE. I know that my eventual purpose is to EXPRESS YOU.

As I speak to you, I know that you are perfectly receptive of me, for you are UNIVERSAL LOVING INTELLIGENCE which has so marvellously designed this world and brought it into visible form.

I know, that as I ask YOU to speak to me, I am sending out a consciousness searchlight into your Divine Consciousness and as I listen, YOU will be penetrating my human consciousness and coming ever closer to my increasingly receptive mind and heart.

I commit myself and my life into your care.

Each time you say and visualise this prayer, you create a spiritual consciousness form which will become stronger and ever more elevated in frequencies of vibration as the true meaning of the prayer deepens in your mind and heart and your perceptions heighten.

After the prayer, relax ever deeper and let your mind go as blank as you can. If thoughts intrude, gently recite 'Divine Life' or 'Father-Mother-Life' to yourself and again quieten your mind.

At the end of your meditation, always give glad and grateful thanks.



**Source:** [Letter 8, Topic 3](#)



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