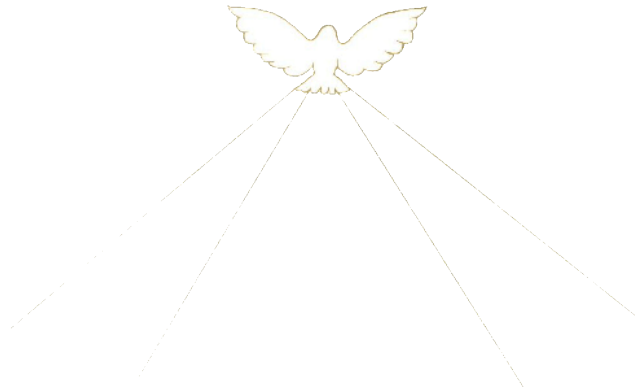


THE QUIET PLACE



PRAYERS & MEDITATIONS

I BELIEVE

I believe
... in God ...
the Almighty Father,
Creator of heaven and earth,
of All, that is seen and unseen.

I believe
in His Son, Jesus,
and the Holy Spirit,
Who was sent to be with man
when the Son returned to the Father.
I believe that God is always with us in the Holy Spirit.

I believe
that God sent His Son
to walk with man and to teach man of God's Love;
To show God's great Love and to teach man that we are all united:

God sent His Son
into this world
the way all men arrive on this plane, through man;

God sent His Son
to leave this world
the way all men leave this plane, through death of the earthly body;

God sent His Son
to be raised-up in Spirit
after the death of His earthly body the way all men will be raised-up in spirit
after the death of their earthly body.

I believe
God sent His Son
to show man The Way
so man would believe...in God's Love for man.
I believe in God !

Here I am.
My feet are firmly planted in the soil of earth and I feel her energy
and know pieces of eternity that are me.

I feel earth at my feet
and use all that encompasses my material body
to offer thanks and gratitude to the Spirit;

Who dwells with me and abides in me
and guides me to the Source of all Love,
My Creator, God.

I breathe in the One
and exhale myself into the One.
I am man, the material being of eternity:

I pray to be he,
who brings the light of God's Love
to the material plane.

I pray today
that God's Love will shine in me,
and around me, and through me
to light the plane of man.

I pray
that every piece of soil I touch in my daily journey
feels the Light of God's Love.

I pray that I be an instrument
of God's Peace and Harmony and Light
to all I encounter.

I am man.
My feet are fixed on the plane of man,
but my soul embraces the stars.

I pray
I walk into God's Creation
and be One with All.

June 27, 2004
During Morning Prayer

The Quiet Place
“3” Day

Morning Prayer

In The Name Of The Father,
and The Son
and The Holy Spirit.

In the Name of The Father,
we begin our day
as children of God.

In the Name of The Son,
we move into the day following the example of The One
sent to show us
the Way.

In the Name of The Holy Spirit,
we ask for the wisdom to know His path
and follow in love
throughout
the day.

Amen.

October 27, 2003
2:50 am

The Quiet Place
“6” Day

YOGA...UNION Prayer & Meditation

One of the first things I heard on the plane of matter this morning as I woke was my husband serenading me with our love song, through the music of the flute. His action of love set the tone for the morning.

After initial morning prayers, Michael shared with me one of his experiences of early morning. He had been summoned by Spirit to go outside. And, even though it was rainy and overcast all day yesterday, and not yet 4:00 a.m., he responded and left the warmth of our home to walk with Spirit.

Once outside, he noticed that there was still a cover of low-hanging clouds and the air was filled with misty rain. Nevertheless, he remained in the elements, and sang-out in praise of the Holy Spirit. His song of love was carried in his vibration, the energy of light, and the words of the song “Come Holy Spirit, Come.” And, there came a response from Spirit through the beings nestled in the wall of the grassy hill to the side of our porch. Even though it is late October in the mountains, and well after the first frost, scores of lightening bugs flickered their golden lights toward his energy.

And, in the darkness, there was light.

We wore this shared experience through the remainder of our morning prayers. After prayer, and the moving of the table to make room for the practice of yoga, we were blessed with instructions whispered into my ear. I was instructed to speak words opening the yogic practice aloud. This I did as follows...

... I am instructed to read aloud from the “The Yoga Sutras of Patanjali” (Copyright 1978, 1984, 1990 by Satchidananda Ashram – Yogaville,) from the Portion on Contemplation.

... I asked Michael if he is at a place in prayer to stop to hear the words. He said: "Yes, then tells me that earlier in the morning, he felt Spirit touch his hand. And, when the Yoga prayer began, he again felt the touch of Spirit on his hand." We acknowledged that this was Spirit taking his hand to walk together. Then we read from the 'Sutras' the following...

1. Atha Yoganusasanam.

Atha = now; Yoga = of Yoga; anusasanam = exposition or instruction.

* NOW THE EXPOSITION OF YOGA IS BEING MADE. * (Emphasis added = *.)

Anusasanam means exposition or instruction, because it is not mere philosophy that Patanjali is about to expound, but rather direct instruction on how to practice Yoga. Mere philosophy will not satisfy us. We cannot reach the goal by mere words alone. Without practice, nothing can be achieved.

And, so it was, that the gentle Spirit, taking Michael's hand and prompting me to speak aloud, led us toward a deeper understanding of the practice of YOGA... and the true goal of quiet meditation... UNION.

As we heard the whispered words of wisdom, darkness was replaced by the light of day... and Spirit dictated the "Yoga Prayer & Meditation," ...

We come together, in union, to practice yoga.

In the Mountain Pose,
I stand before my Creator God,
aligning my earthly body,

Feet directly below my shoulders,
buttocks tucked inward,
stomach pulled tightly toward my back,
shoulders erect, yet relaxed.

I stand in the Mountain Pose, with my feet firmly planted on earth,
drawing the energy from Mother Earth.

I pull the earth energy into the soles of my feet
and upward through my legs and into the trunk of my body.

I hold the energy of earth near my soul and spirit,
at my center, near to my heart within my chest,
and allow it to absorb my love energy
and there, I let it build.

Then, I pull the energy from earth,
mingled with my love energy,
upward still
into my crown chakra.

I raise my arms, in recognition of all, created by my Father God.
I raise-them-up with the energies of earth and love,
high above my crown chakra, and I offer this energy
to the Source of all creation.

I am the bridge
connecting the energy of earth
with the energy of Spirit
and the two become One within me.

And, I slowly lower my arms
encompassing all of creation,
holding within me the breath of Spirit and the energy of earth
and I bow in recognition of this wondrous creation.

I seal this energy within me
by placing palms to earth
and lower my physical body
for meditation.

I call on our Heavenly Father to speak with me.
And, in the quiet,
I listen for the words of wisdom
and go within.

Let me take the words of Spirit
into my being
and carry them with me
into the world of matter.

I rise in acknowledgement of all creation
and lift-it-up
in my prayer of thanksgiving
to my Heavenly Father.

I place my gift of love
and recognition of His creation
in a vessel held above my crown chakra,
a gift of love from the plane of matter to the plane of Spirit.

I accept the love of my Heavenly Father into my vessel
and pray that I will carry this light of love
and hold it out for all creation to see,
as I walk through the world of matter.

I lower my arms and gather together all things of creation
and hold them within me,
uniting them with the energy of earth and the energy of Spirit,
uniting all in a prayer of thanksgiving to our Creator God.

Peace.

August 10, 2004
6:32 a.m.

The Quiet Place
“6” Day

Prayer

This was my guidance during prayer while still in “The Quiet Time,”
2:00 a.m. until 7:00 a.m., when God speaks to the soul of man...

Quiet Time Prayer

I wake in darkness and rise up to welcome the Light
and give thanks to my Creator God for the night...of peace...
and in the stillness, I prepare to see.

I open the door to a day fresh and new in its birth.
I stand in the threshold...on earth...
and give thanks again for this gift, and wait.

I do not know what lies beyond the threshold in which I stand.
But my guardian angel and spirit guides are close at hand
to aid me along The Way...into the new day.

So, once again I give thanks and in their presence “know”
I have love and wisdom to shepherd me as I go.
I call out in joy and the song of a bird answers.

Oh thank you, Creator God, for this day
and for Your blessing, I delay
stepping further, before I pray.

Guide my eyes, so I might see...
Guide my steps, so I might be...
Guide my heart, so I might feel...

... Your Presence ...
... in All ...
... Amen ...

August 13, 2004
The Quiet Hour

Evening Prayer
WHAT SPIRIT ASKS OF ME
TO LOVE

The Quiet Place
“9” Day

When I come to the end of the day
I grow silent
and I pray.

And I consciously lift my vibration
by sending-out love energy
to all things.

I give thanks
for all the things of light that I see.
And, I love them.

I hear the birds singing and it strikes a chord within my soul.
And I answer back, with the gift of love
and the energy leaves me and reaches out into eternity.

And I hold these things that the Creator has made
in high esteem,
in a place of honor.

And the things that I cannot comprehend right now
I hold in respect
and pray for wisdom to see...

For I know that what is revealed to me will be a gift of love.
And when I know, I will see...
and return the gift of love.

And this is what Spirit asks of me ... to love.
Therefore at the end of the day ... I will love.
Therefore at the end of the day ... I will pray.

And I will give honor and praise to the Creator of all things
and I will love all things, and pray that my energy
is worthy of the mingling with the One. Amen.

THE SILENT SANCTUARY

Welcome to The Quiet Place.
Welcome to the first Silent Sanctuary,
a gathering called at the direction of Spirit.

We come together, so that we might hear
the still . . . small voice . . . within,
the whispered words, of Spirit.

So, we grow still, and wait,
and in quiet,
we will hear.

“Ask, and you shall receive.”

Preparation

Take
a few minutes
before we begin
the silent meditation,
to ask Spirit for guidance.

Ask Spirit a direct question.

“Should I change jobs, get a new car, start the garden now?”
Once you have formulated your question,
ask for guidance
and hand it to Spirit.

The answer will come,
maybe this afternoon,
maybe...tomorrow,
maybe next week;
but, it will come.

**And,
you will hear;
the answer,
will come
...from...
within.**

Journey Within

We come together
to temporarily remove ourselves
from the world of matter...and mankind
so that we might hear ... the voice of Spirit.

We prepare ourselves to enter the chamber of silence.
We open our crown chakra. . .and prepare to receive.
We draw into ourselves the sacred energy of Spirit,

**The
God
Light.
Open.**

**Open wide
to the energy of Spirit.**

Allow it to stream into you
as if you were an empty vessel waiting to be filled.
Open to the power of grace and feel the sensation
over, on, and in your head, begin to grow.
Welcome this touch of Spirit.
Take it unto you.

Draw it deep within you...and love it.
Love...this energy...hold it,
for it is mingling with you,
it is becoming
you.

Be still.

*The tone
of the singing bowl
signals a period of silence
to become One with the energy of Spirit.*
15 minutes.

As we hold the sacred energy of Spirit,
we draw . . . into . . . ourselves
the majestic energy of Earth –
the rhythm of Mother Earth.
We open our base chakra,
and prepare to receive.
**Open. Open wide
to the energy
of Earth.**

Allow it to stream into you, as if you were . . . a mighty tree
sinking your roots deeper and deeper into nourishing soil.
Open to the power of Earth, and feel the sensation
under, on, and in your feet begin to grow.
Welcome this energy of Earth.
Take it unto you.

Draw it up within you...and love it.
Love ... this energy ... hold it,
for it is mingling with you
it is becoming
you.

Be still.

*The tone
of the singing bowl
signals a period of silence
to become One with the energy of Earth.*
15 minutes.

As we hold the sacred energy of Spirit and the majestic energy of Earth
we allow ourselves to be filled, and fulfilled,
commingling Heaven and Earth
one dimension with another
...many dimensions...
with each other.
We are
the connector
between heaven and earth
between Spirit and matter.
And...within ourselves...
we combine the energy of Spirit
and the energy of matter...to make a new energy,
a new energy that is of Spirit and Earth, created by woman and man.

Experience
 this ... new energy
 created within ... your being.
 Allow it to move through you and to grow into
 a mighty love energy...that you will release today.
 And, as we prepare ... to unleash ... our new energy
 let us do so ... with the most noble ... of intentions
 as the wave coming from The Silent Sanctuary
 will travel out to all our brothers and sisters
 and move into and through – all time –
 past ... present ... and future.
 It is ... our creation.
 It is our reality.

It is.

*The tone
 of the singing bowl
 signals a period of silence
 to become One with the energy of woman and man.*
 15 minutes.

We have filled ourselves
 with the energy and grace of Spirit.

We have taken unto ourselves
 the energy and majestic power of Earth.

We have mingled Spirit and Earth
 to create ... a new energy
 and we send this new energy forth
 into eternity ... with love.

Now, we go deeper still
 and wait...to hear
 the whispered
 words
 of
 Spirit.

**THE
SILENT
SANCTUARY II**

Welcome to The Quiet Place.

Welcome to the 2nd Silent Sanctuary
a gathering called at the direction of Spirit.

We come together
to find peace.

We come
together
to find
quiet.

We
come
together
to reach beyond
the limitations of body.

Preparation

We
come
together to see
and hear with the soul,
to set aside the things of matter,
to open ourselves to the treasures of Spirit.
For, it is through Spirit, that we come together.
Together as one, we prepare to accept, that which Spirit brings to us.
Together as one, we stand upon the threshold
of a new time, a new day, a new hour.
Together as one, we call
and Spirit comes.
And, in quiet
we find
peace.

Come.

Communion with Spirit

Be still
and feel the air
above your head.
Feel The Presence
of The Holy Spirit
descending over you.
Feel the energy of the Spirit of God
move onto you, and over you, and into you.
Feel the warm embrace, holding you, touching you.
Surrender.
Release.
Welcome
the Love of Spirit,
for you are of Spirit.
Breathe deeply,
pull this energy
into your being,
into your body,
into you cells,
and blood
and bones.
Take the Love,
of Spirit, deep into you
and feel the tranquil energy
as it settles throughout your being.
Open your crown chakra wider still
and feel the energy, as it continues
to flow into you and through you;
be still and in the arms of Spirit
receive ... and ... “know”
PEACE.

*The tone
of the singing bowl
signals the beginning and end
of a fifteen minute period of silence
to become One with the energy of Spirit.*

Communion with Earth

Be still
and feel Earth
beneath your feet.
Feel...the presence
of our Mother...Earth,
ascending through you.
Feel the majestic energy of Earth
move onto you, and over you, and into you.
Feel the embrace of Earth, holding you, touching you.
Surrender.
Release.
Welcome
the love of Earth,
for you are of her.
Breathe deeply,
pull her energy
into your being,
into your body,
into you cells,
and blood
and bones.
Take the love
of Earth, unto you
and feel ... the power ...
as it settles throughout your being.
Her energy is sacred . . . and serene.
Open your base chakra . . . wider still
and feel the energy, as it continues
to flow into you and through you;
be still and in the arms of Earth,
receive ... and ... "know"
her ... Sacred
POWER.

*The tone
signals the beginning and end
of a fifteen minute period of silence
to become One with the energy of Earth.*

Sacred Communion

Oh glorious
communion of Earth and Spirit.
Oh sacred communion of God and creation,
oh blessed commingling of All, in the union of One.

We receive The Holy Spirit of God, and we are One.
We receive The Holy Spirit of Earth ... and we are One.
And, in this sacred communion, we create within our being
a new energy of light, an energy born of Spirit, nurtured of Earth,
an energy of tranquility and peace, an energy of serenity and power.

Be still.
Hold this new creation
within you
and know
the power
of
PEACE.

*The tone
of the singing bowl
signals the beginning and end
of a fifteen minute period of silence
to become One in the communion of Earth and Spirit.*

Open the avenue of the chakras lying within you
 and feel this new energy of light.
 Let it flow
 through
 you.

For, from the embrace of Spirit and Mother Earth,
 has come forth a new energy,
 an energy ... of light,
 created of Spirit,
 of Earth,
 of you.

Let it be our intention, to send forth, the power of peace
 on a wave, that will rise-up from the Silent Sanctuary
 and roll into eternity, carrying a piece
 of each of us, together,
 as One.

For, as we were called, we came; and,
 that which was delivered to us
 will be delivered by us
 to all peoples
 and things
 of creation.

Therefore,
 together, as One,
 we send forth from this place,
 a wave of love, and peace, and light,
 that will move out to all our brothers and sisters
 and move into and through all time,
 past ... present ... and future.
 It is . . . our creation.
 It is our reality.
 It is.

*The tone of the singing bowl
 signals the beginning and end of a period of silence
 to send forth a wave of Love to All of God's creation.*