

## Pillar IV: Connecting & prayer

This is the point where we talk about the actual daily activities where you build your connection that will take you through the day. I am a firm believer that you have to be connected at the start of your day in a powerful and supportive way so that you will carry positivity and love all day. Surrounded by love, guidance, support and healing through the entire day, regardless of what your day looks like... regardless of what you've gone through... and regardless of what anyone else does... you can create yourself a safe haven for your powerful journey. Does that sound like something you would like to experience?

It sounds easy. I'm not going to tell you it is crazy simple, for it does take discipline. And building discipline can be the challenging part of building a daily practice. The key to this process is to create the space at the start of your day to connect and generate that wonderful support process I mentioned earlier. And I want to make it as easy as possible for you! I have found that working with a process that doesn't take a great deal of time is the best way to create a consistent discipline in your day. What do I mean? Well, I have a friend that is very disciplined with his daily practice, he does his prayers and meditations every morning for 2 hours before he does anything else. Now although I think that's amazing, I find for most people it's difficult to create 2 hours in your day for connecting to spirit. So if I were to ask you to do that right now and you're unable to create it most of you would struggle with building the disciplines and will not experience success. What I want for you is for you to build discipline and success. And what the Divine wants from you is your attention for whenever you can give so that you can generate the support you need. So what does that mean? That means even if all you have is 5 minutes it will create a great start to your day.

I am sharing with you the process I use to connect each morning. It has served me evolution and keeps me focused on myself and my clients as I do the work as business and intuitive life coach. You can make adjustments as needed or as you are inspired as your connections deepens

So let's get started

My morning ritual – basic directions

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What you will need:

- Set of prayer or mala beads.
- Incense or sage
- Candle (optional)

With prayer beads you will use each section of the beads to move through each section of the process. With your mala you will go around the mala with each section of the process. Moving through each section by touching a bead as you state your prayer, statement or request.

When moving through this process there are 4 elements you will work through; *initiation, sections, separators and close.*

**Initiation** is where you will open and begin the process.

**Sections** are repeated statements that will build your discipline and connection.

**Separators** give you time to build your connection with a powerful statement of commitment and ask for assistance in your spiritual process.

**Close** is the final step that will release the process for the day yet will keep you in tuned to the Divine spirit throughout the day.

We have already created a common protective space. That was covered in the first pillars of the process. Once you have created a calm and supportive space, cleared your space of any negativity and pull in protection it is now time to create your daily connection.

Burn your incense or sage as you begin. This is to clear and create spiritual awareness as you move through your morning ritual. You may also burn your candle here, though candles are optional and depend on the energy you are working to create in your efforts.

### **Initiation:**

Take your beads. Start with the Lord's prayer. Hold your beads (do not yet move through the beads, just hold them), close your eyes, reach deep into your center and state the Lord's Prayer:

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Our Father which art in heaven, hallowed be thy name

Thy Kingdom come, thy will be done, on Earth as it is in Heaven

Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us

And lead us not into temptation but deliver us from evil

For thine is the Kingdom and the power and the glory forever

Amen

**Section One: “God is with me and I am at peace”**

So again, use the sections of your prayer beads to move through each section or each section will be one time around your mala beads. Repeat this statement as you move through each bead, you can rub or feel each bead to help you connect. Close your eyes once you become comfortable with the statement and use this time to feel the energies of love and peace.

**Separator One: Psalm of David**

Hold your beads, close your eyes and state the Psalm of David:

The LORD is my shepherd; I shall not want.

He maketh me to lie down in green pastures;

He leadeth me beside the still waters. He restoreth my soul;

He leadeth me in the paths of righteousness for his name’s sake.

Yea, though I walk through the valley of the shadow of death,

I will fear no evil; for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies;

Thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life;

And I will dwell in the house of the LORD for ever.

Amen

**Section Two:** “God loves me and I love God and His presence in all areas of my life”

Repeat this statement as you move through each bead, you can rub or feel each bead to help you connect. Close your eyes once you become comfortable with the statement and use this time to feel the energies of love and peace.

**Separator Two:** Prayer of St. Francis

Hold your beads, close your eyes and state the Prayer of St. Francis

Lord, make me an instrument of your peace

Where there is hatred, let me sow love

Where there is injury, pardon

Where there is doubt, faith

Where there is despair, hope

Where there is darkness, light

And where there is sadness, joy

O Divine Master, grant that I may

Not so much seek to be consoled as to console

To be understood, as to understand

To be loved, as to love

For it is in giving that we receive

And it's in pardoning that we are pardoned

And it's in dying that we are born to Eternal Life

Amen

**Section Three:** “Thank you God for all the blessings you have given me and those you will give me today”

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Repeat this statement as you move through each bead, you can rub or feel each bead to help you connect. Close your eyes once you become comfortable with the statement and use this time to feel the energies of love and peace.

### **Separator Three:**

Hold your beads, close your eyes and state the below versus.

Matthew 6:31 – 32 Therefore take no thought, saying *What shall we eat? or what shall we drink? or Wherewithal shall we be clothed?* For after all these things do the gentiles seek; for your heavenly Father knoweth that ye have need of all these things.

Matthew 7:7 – 8 Ask, and it shall be given you; seem and ye shall find; knock and it shall be opened unto you.: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened

Psalms 25:1-2 Unto thee, O Lord, do I lift up my soul. O my God I trust thee; let me not be ashamed, let mine enemies triumph over me

The Ask: If you have need there is where you ask for support and assistance.

**Close.** Take a deep breath, release and state this closing prayer

God gives me all that I need and I am thankful. Please bless me God this day with abundant health, prosperity and joy.

You have now completed your morning ritual.

**Morning practice Tool. Print, cut and use as a reference:**

**Initiation:**

Our Father which art in heaven, hallowed be thy name

Thy Kingdom come, thy will be done, on Earth as it is in Heaven

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