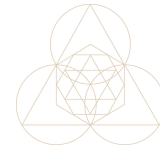
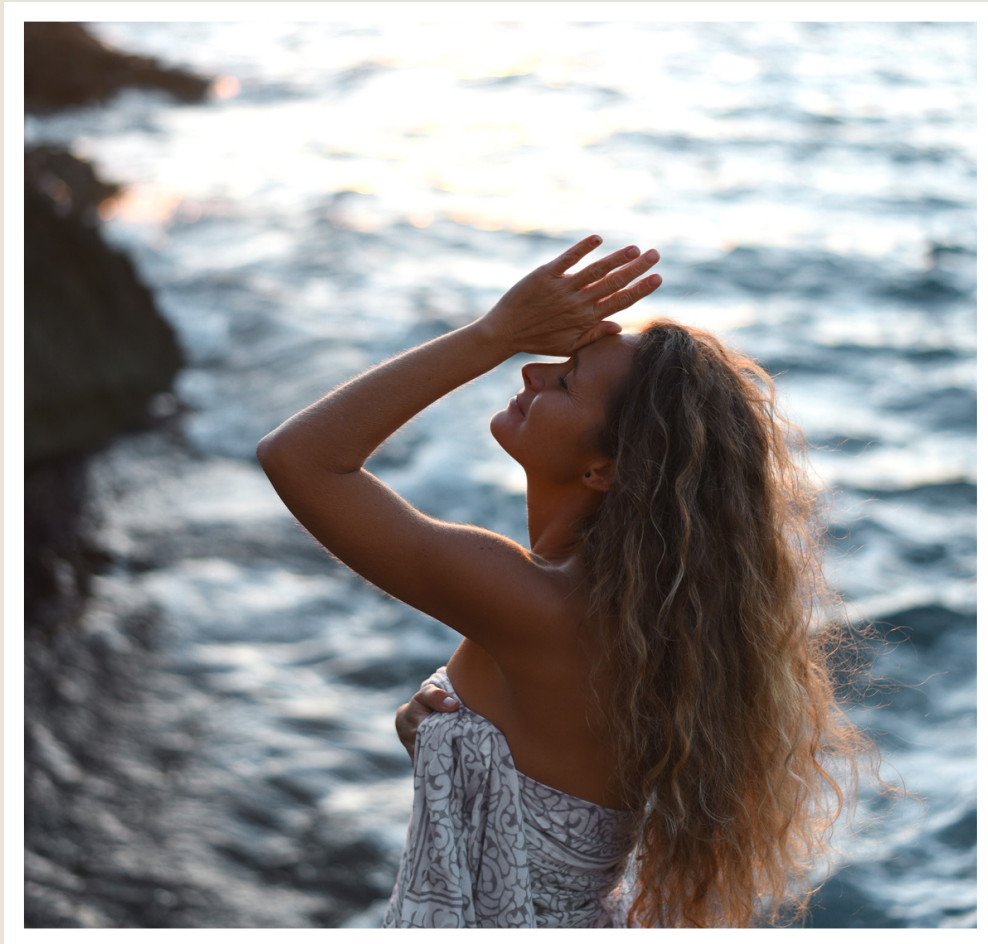


UMA
HEALING



www.uma-healing.com



UNIVERSAL PRAYERS OF OUR TIME

Self Love Starts With Asking For Something

Welcome to your Prayer Booklet



Ulrike Manhart

Uma Healing

I want you to give a little idea of my way to connect with the Divine in a way that resonates with my inner values and reflects my integrity and strengthens the connection and faith into the universe (yourself). May you feel heard, supported, seen & loved.

Growing up in a very catholic Family, it took me decades to find my personal way to connect with Divinity. All the catholic Teachings didn't resonate with me. All the Preachings felt so fake. So I started to travel. Connected with different religions. I was walking into many temples. Listened to many different philosophies and stories and my conclusion was. One Truth - many songs.

I deeply believe in asking questions, you open a field for the universe to respond. So there will be questions as well that support and expand your daily life. Morning & Evening Alignment is one of my secrets to live a happy, fulfilled life. Prayer is a powerful tool. May these prayers, commands, questions and tools resonate with your soul.

Introduction



Tune in

Wherever you are, you can pray. As long as you can breathe you can pray.

“Whether or not our prayer is heard depends not on the number of our words, but on the fervor of our souls.”

- Saint John Chrysostom

Before

Dropdown from your head into your heart with a deep Inhalation. Observe for a moment your breath. Your body, your emotions. With every breath, expand your heart in all directions.

Commands & Asking (Prayer)

When we ask we are inviting source to deliver. Yes, we are part of source, creators, gods/goddesses, great spirit, etc.. But we are not alone in this. So prayer is a very powerful Tool. It always have been. I could talk ages about it. To me it doesn't mean that I am giving my power away. I invite to help me. Prayers for others have a strong healing power too.

When we command or state we activate changes into our lives immediately. We take our power back. I use commands more for strong protections, transmutation & clearing work. To me there is a difference in when I use Prayer and Commands.

Prayers

01 DIVINE

I AM MANIFESTATION OF THE DIVINE. I AM WHOLE IN MY BEING. I DO NOT SEEK EXTERNAL ELEMENTS TO COMPLETE ME. I AM COMPLETE. I AM WHOLE. I AM.

02 TIMELINE

TODAY I CHOOSE MY HIGHEST TIMELINE WITH EASE. I SET THE INTENTION TO CONNECT ONLY TO THE DIVINE. I TAKE THIS LEAP OF FAITH. I AM THE UNIVERSE. I AM PROTECTED.

03 INHALE

INHALE. CELLS ON RECEIVE. DIVINE GOLD DUST IN. EXPANSION INTO ALL MY LAYERS AND FIELDS. VOLUME UP UP UP. SUNSHINE IN THROUGH YOUR FEET INTO MY HEART. COSMIC LIGHT THROUGH YOUR STELLAR GATEWAY INTO MY HEART. EXPAND EXPAND EXPAND. EXHALE.



04

BLISSFUL DAY BLESSINGS

THANK YOU FOR AN NEW DAY. I AM THANKFUL FOR.....

I AM THE LIGHT OF MY SOUL, I AM BEAUTIFUL. I AM BLISS. I AM. I AM. WITH EVERY BREATH I BLESS THIS DAY.

05

METTA - GANG

MAY I BE HAPPY, HEALTHY AND WHOLE. MAY I RECOGNISE LOVE, WARMTH AND AFFECTION. MAY I BE SAFE FROM HARM, AND FREE FROM FEAR. MAY I BE ALIVE, ENGAGED AND JOYFUL. MAY ALL BEINGS ENJOY INNER PEACE AND EASE. MAY THAT PEACE RIPPLE INTO THEIR WORLD AND THROUGHOUT THE ENTIRE UNIVERSE.

06

BODY TEMPLE

MY BODY IS A TEMPLE. EVERY CELL VIBRATES WITH VITALITY. I AM MY OWN SOURCE FOR HEALING. I AM PROTECTED FROM ALL DIS-EASE. MY PHYSICAL SELF IS FILLED WITH LIGHT. I AM GRATEFUL FOR THE GIFT OF THIS SACRED HUMAN VESSEL.

07

AWAKEN

I AWAKEN TO THE CODES OF MY ROYAL DIVINE TEMPLATE. I ALIGN WITH MY HIGHEST COURSE & TIMELINE. I AM SOURCE. I ACTIVATE & HARVEST MY SEEDS OF POTENTIAL. I ACTIVATE ALL POSSIBILITIES, CONGRUENT TO MY DIVINE PURPOSE. I AM DIVINE INTELLIGENCE. I AM LIVING LOVE. I AM LIVING LIGHT.

08

SACREDNESS

DIVINE MOTHER EARTH AND BLESSED CREATOR, GRANT US YOUR PRESENCE. GRANT ME THE TIME, SPACE, AND ENERGY TO COMMIT TO MY DAILY PRACTICE. TO SIT, IN SILENCE, DAY AFTER DAY, TO HONOUR YOU AND THE SACREDNESS OF LIFE. AND, AS I START MY DAY, MAY I ALWAYS REMAIN TRUE TO THE CALLING OF MY SOUL AND BE THE BEST I CAME TO BE.

09

LIGHT CLEANSE

I ASK TO BE SURROUNDED, FILLED AND ILLUMINATED BY DIVINE GOLDEN WHITE LIGHT TO CLEANSE AND PURIFY MY ENERGY, UPLIFT MY VIBRATION AND SUPPORT ME IN EMBODYING MY HIGHEST DIVINE TRUTH AND POTENTIAL. AND SO IT IS. THANK YOU.

10

WINGS

MYY MY PRAYERS AND LOVE FLOW TO ALL THE SUFFERING IN THIS WORLD AND BRING HOPE, COURAGE AND TRUST. MAY MY RIGHT WING GIVE SAFETY AND COMFORT TO A CRYING CHILD. MAY MY LEFT WING SEND CONFIDENCE AND WARMTH. AHO

11

ILLUMINA

ILLUMINATE OUR MINDS WITH DIVINE GNOSIS, ENFLAME OUR HEARTS WITH DIVINE LOVE, AND MAKE OUR BODIES SHINE WITH DIVINE LIGHT.

12 A BLESSING

THANK YOU FOR ALL THE LOVE IN MY LIFE.

THANK YOU FOR ANOTHER DAY. A NEW DAY. A NEW BEGINNING. A BLESSING. MAY I REALISE HOW BLESSED I AM. HEALTHY ON ALL LEVELS. ABUNDANT ON ALL LEVELS. AND MAY MY BELOVED ONES BE AWARE OF THIS MIRCALE TOO.

13 PROTECTION

I PRAY FOR YOUR PROTECTION AS I BEGIN THIS DAY. YOU ARE MY HIDING PLACE, UNDER YOUR WINGS I CAN ALWAYS FIND REFUGE.

14 ONENESS

DEAR UNIVERSE, FEEL FREE TO AMAZE ME. MAY THIS DAY BRING US JOY, ABUNDANCE, UNITY, LOVE, HEALING, PEACE, EXPANSION. UNITY & WHOLENESS ARE FORMED THROUGH LOVE THAT ALLOWS US TO TRANSCEND OUR SEPERATION AND RECOGNIZE ONENESS WITH ALL THAT IS EXISTING. AMEN

15 ROOTS & WINGS

I TRUST MYSELF. I LOVE MYSELF. I GIVE GRATITUDE TO MY MYSELF. I NOURISH MYSELF TODAY. THE ROOTS TO GROW AND WINGS TO FLY THING TODAY. BECAUSE I AM WORTHY, LOVED, BLESSED, HAPPY, CREATIVE, WEALTHY, DIVINE & STRONG.

16

RECOGNITION

WHAT ARE YOU RECOGNIZING YOURSELF TODAY? OPEN YOUR EYES AND SEE WHAT IS ALREADY THERE? SO SO MUCH - ARE YOU GRATEFUL? HOW CAN I GENERATE GOOD KARMA TODAY. ALL IS WITHIN. IF EVERYTHING IS POSSIBLE - WHERE IS YOUR BODY GUIDING YOU TODAY?

17

STAR

YOU ARE A LUMINOUS STAR WHO EXPERIENCES THE MAJESTY OF NATURE AS A MIRROR. REFLECTING BACK THE DEPTH OF DIGNITY WITHIN. INHALE RECEPTIVITY. EXHALE ADAPTABILITY. INHALE FLUIDITY. EXHALE FLEXIBILITY. INHALE PLAYFULNESS. EXHALE PLEASURE.

18

HARMONY

THANK YOU FOR LIVING IN A LOVING, ABUNDANT, HARMONIOUS UNIVERSE THAT CREATES EVERYTHING FOR MY HIGHEST GOOD. TODAY I ASK FOR.....UNIVERSE SHOW ME HOW IS THAT POSSIBLE.

19

ANCESTRAL LOVE

WALKING. I AM LISTENING TO A DEEPER WAY. SUDDENLY ALL MY ANCESTORS ARE BEHIND ME. BE STILL, THEY SAY. WATCH AND LISTEN. YOU ARE THE RESULT OF THE LOVE OF THOUSANDS. (Linda Hogan) BELOVED HEALED AND WELL ANCESTORS, I ASK YOU FOR YOUR SUPPORT. I AM OPEN TO RECEIVE YOUR BLESSINGS AND WISDOM NOW.

20

LOVING KINDNESS

MAY (YOU, WE, I) BE HAPPY. MAY (YOU, WE, I) BE HEALTHY. MAY (YOU, WE, I) BE SAFE. MAY (YOU, WE, I) LIVE WITH EASE.

21

PURE

I INVOKE THE MIGHTY BEINGS OF THE HIGHEST LIGHT, PUREST OF THE PURE, TO POUR A SHOWER OF BLESSINGS OVER ME & FILL ME WITH GOLDEN LIGHT. LIGHT IS WITHIN ME. LIGHT SURROUNDS ME. WANNA BLESS EVERYTHING THAT ENTERS YOUR BODY TODAY? WANNA LOVE YOURSELF A BIT MORE TODAY? HANDS ON YOUR HEART - BOW DOWN - I HONOR AND LOVE MYSELF

22

CALMNESS

MAY YOUR RECEIVE THE BLESSINGS OF CALMNESS , CLARITY, INNER PEACE AND WISDOM TO MAKE CHOICES THAT BRING YOU JOY. "THE MIND IS LIKE WATER. WHEN IT ´S TURBULENT, IT ´S DIFFICULT TO SEE. WHEN IT ´S CALM, EVERYTHING BECOMES CLEAR." -Prasad Mahes

23

DIVINE SERVICE

WHEN WE ARE IN DIVINE SERVICE ALL OUR NEEDS ARE MET. TODAY I BLESS MYSELF AND ANYTHING AND EVERYONE THAT ENTERS MY FIELD BECAUSE I AM. TODAY I CHOOSE LOVE ALL OVER AGAIN AND AGAIN.



24

RADIANCE

EVERY CELL OF MY BODY IS RADIATING DIVINITY IN IT'S HIGHEST FORM. DEEP INHALE. OPEN YOUR CROWN. SHEKINAH. MAY YOU FEEL WHOLE AND MAY YOU FIND LOVE, UNITY AND PURPOSE WITHIN. I WELCOME CHANGE IN MY LIFE.

25

LIVING PRAYER

I AM A LIVING PRAYER WHO CAME TO EARTH TO RAISE THE FREQUENCIES OF THOSE AROUND ME. A PRAYER OF HOPE, LOVE, HARMONY, BALANCE. PRAYER IS ASKING - MEDITATION IS LISTENING. ASK FOR IT. NOTHING IS TOO BIG. I DESERVE IT ALL.

26

RELEASING

I AM RELEASING ALL THE ENERGIES THAT ARE LESS THAN LOVE. I FREE MY BODY, MIND AND SOUL OF ALL THINGS THAT NO LONGER SERVE MY HIGHER PURPOSE. AS I ANCHOR INTO MYSELF AND THE PRESENT MOMENT, I AM MAKING SPACE FOR THE "ME" I AM BECOMING. (And then visualise yourself radiant)

27

OPEN HEART

I TRUST LOVE, I BELIEVE IN LOVE, I GIVE LOVE, I RECEIVE LOVE AND MAKE IT THE CORE OF MY BEING BECAUSE I AM LOVE. THE TRUE COURAGE IS KEEPING YOUR HEART OPEN AFTER THE BREAKING. HONOR YOURSELF FOR IT. (SEND LOVE)

28

VENUS BEAUTY

BLESS ME WITH THE PATIENCE AND DISCIPLINE TO SIT IN STILLNESS AND SILENT WAITING. SHOW ME HOW TO CREATE AND HOLD THE SPACE, WITHIN WHICH THE MIRACLES OF THE ONE THING MAY MANIFEST BY THE MEDITATION OF THE ONE MIND THROUGH ME. HELP ME TO APPRECIATE THE LABOR THAT IS REQUIRED TO BRING FORTH SUCH WONDROUS CREATIONS. HELP ME TO REVERE THE SILENCE AND TO QUIET MY MIND, SO THAT I MAY HEAR THE WHISPERS OF LOVE AND PASSION BETWEEN YOU AND THE BELOVED CREATOR. FILL ME WITH YOUR BEAUTY AND GRACE, YOUR SILENCE AND PEACE, YOUR STRENGTH AND COURAGE, YOUR UNDERSTANDING AND ACCEPTANCE, YOUR OPENNESS AND RECEPTIVITY. BLESS ME WITH YOUR ABILITY TO HOLD THE LIGHT AND GIVE IT EXPRESSION IN THE WORLD OF FORM.

29

HEALTH

I AM CONNECTED, I AM DIVINE. PERFECT HEALTH EXISTS IN MY BODY. ALL MY CELLS ARE FULL OF FRESH ENERGY. I AM GRATEFUL FOR MY BODY'S ABILITY TO HEAL. I HELP MY BODY TO GROW MORE HEALTHY CELLS AND ASK FOR DIVINE SUPPORT.

30

PRAYER SECRET

THE SECRET OF PRAYER IS TO RELEASE THE IDEA OF WHAT YOU THINK YOU NEED AND ASK FOR GUIDANCE INSTEAD.

31

SURRENDER

UNIVERSE, I SURRENDER MY AGENDAS, TIMELINES, AND DESIRES TO YOU. I TRUST THAT YOU ARE LEADING ME TOWARDS SOLUTIONS OF THE HIGHEST GOOD FOR ALL. HEAR MY IDEAS - THIS OR SOMETHING BETTER. HELP ME SEE BEYOND MY LIMITATIONS. EXPAND MY PERCEPTIONS SO THAT I CAN RETURN TO LOVE OVER AND OVER AGAIN.

32

WELCOME A NEW WEEK

TAKE A DEEP INHALE INTO YOUR HEART - WELCOME THIS NEW WEEK. MAY YOU ENVISION YOURSELF PEACEFUL, KIND, HAPPY, HEALTHY & RADIANT - EXHALE AND CONNECT WITH THE EARTH. GIVE THANKS FOR A ANOTHER WEEK FULL OF HAPPY CREATIONS, SMILES, SUCCESS AND IF YOU HAVE IMPORTANT APPOINTMENTS SEND YOUR LOVE TO THIS HAPPENINGS. ENVISION IT.

33

TRUST

MAY YOU TRUST THAT YOU EXACTLY WHERE YOU ARE MEANT TO BE. MAY YOU BE AWARE OF THE INFINITE POSSIBILITIES THAT ARE BORN OF PASSION & FAITH. MAY YOU BE CONFIDENT KNOWING YOU ARE A DIVINE SPARK. LET THIS PRESENCE SETTLE INTO YOUR BONES, BLOOD, CELLS, AND ALLOW YOUR SOUL THE FREEDOM TO SING, DANCE, PRAISE & LOVE. WHAT WILL YOU DO WITH THIS PRECIOUS DAY?

34

GANESHA DOWNLOADS

I AM ASKING FOR CLEAR DOWNLOADS THAT FEEL RIGHT IN MY GUT. MAY MY BRAINCELLS FIRE, WIRE AND PAIR IN LOVE. MAY ALL OBSTACLES BE REMOVED AND LET MY RESPONSES COME FROM MY HEART. I AM ASKING FOR HIGHEST DIVINE ORDER AND I CHOOSE IT.

35

CALL IN

CALL IN YOUR CREATOR SELF. FILL UP EVERY CELL OF YOUR BODY WITH YOUR SOUL ESSENCE. YOUR HIGHEST DIVINE LIGHT. ASK THE EARTH TO GROUND YOU. DRAW THE ENERGY INTO YOUR HEART. HOW CAN I BE IN SERVICE TODAY?

36

HEALING BEAUTY

I TRUST IN THE UNIQUENESS, SACRED BEAUTY, HIGHER PURPOSE AND INNER POTENTIAL THAT I AM. BLESS ME WITH CLARITY. MAY I HEAR THE VOICE OF THE TRUTH LOUDER THAN ALL OTHERS. MAY ALL BEINGS RECEIVE THE GUIDANCE FOR THEIR SPIRITUAL BENEFIT. MAY ALL FIND HEALING, FREEDOM & HAPPINESS TO RECOGNISE THEIR TRUE NATURE.

37

DIVINE MIND

“OH, INFINITE DIVINE MIND, THROUGH MY BELOVED HIGHER SELF, CLEANSE THIS UNIT OF ALL NEGATIVITY, BOTH WITHIN AND WITHOUT, THAT IT MAY BE A PERFECT VESSEL FOR YOUR PRESENCE. I AM SORRY, PLEASE FORGIVE ME, THANK YOU, I LOVE YOU.” (Joe Vitale)

38

BIRTH THE LIGHT

DEAR TEAM IN SPIRIT OF THE HIGHEST LIGHT I CHOSE TO BIRTH A GREATER LIGHT INTO THIS WORLD. I HAVE MASTERED THE ASCENSION PROCESS ON MANY OTHER PLANES OF EXISTENCE. I AM HERE TO SERVE, TO HEAL, TO CLEAR, TO ACTIVATE MY GIFTS, EXPRESS MY AUTHENTIC TRUTH AND TO CELEBRATE THE LIGHT IN ALL BEINGS. I ASK YOU THAT YOU ASSIST ME IN THIS MISSION.

39

DIVINE TIMING

I TRUST IN THE HIGHER PLAN. I TRUST IN DIVINE TIMING. THINGS ARE WORKING ALWAYS OUT FOR ME. I AM FULLY SUPPORTED BY THE UNIVERSE AND WELCOME MIRACLES IN MY LIFE. I AM READY. I AM GRATEFUL. I AM BLESSED (Count your Blessings)

40

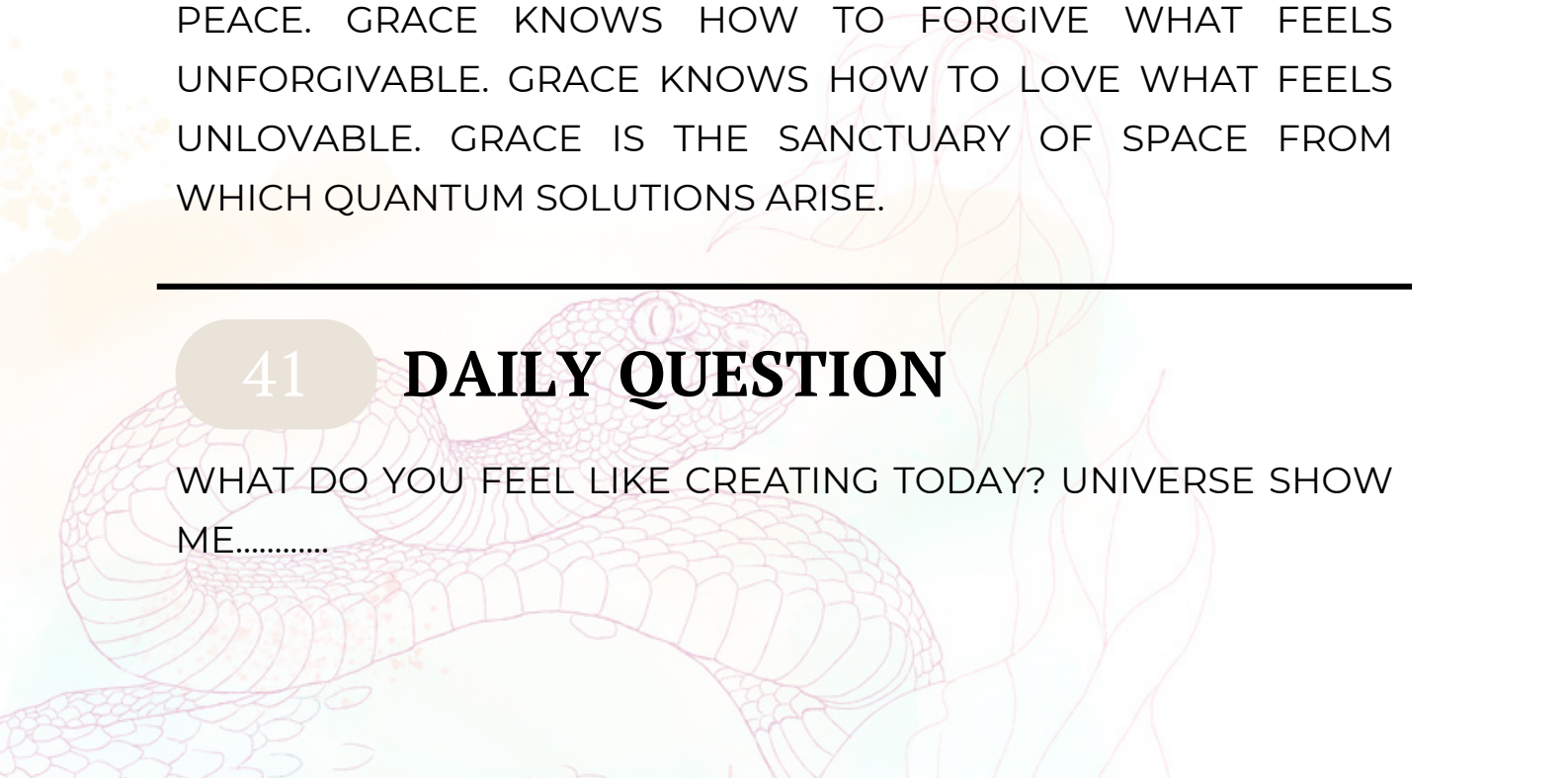
TRUTH

HELP ME TO LISTEN TO THE TRUTH. I WELCOME A WARM EMBRACE FULL OF GRACE. GRACE KNOWS HOW TO BE AT PEACE. GRACE KNOWS HOW TO FORGIVE WHAT FEELS UNFORGIVABLE. GRACE KNOWS HOW TO LOVE WHAT FEELS UNLOVABLE. GRACE IS THE SANCTUARY OF SPACE FROM WHICH QUANTUM SOLUTIONS ARISE.

41

DAILY QUESTION

WHAT DO YOU FEEL LIKE CREATING TODAY? UNIVERSE SHOW ME.....



42

SELF EMPOWERMENT

PLEASE GUIDE ME TO HAVE THE CAPACITY TO CHANGE HOW I SEE MYSELF BY CHANGING MY IDEAS ABOUT THE REST OF THE WORLD. PLEASE LET ME FEEL THAT I AM THE ENTIRE OCEAN AND HOLD EVERYTHING WITHIN.

43

FREEDOM(E)

LET ME SEE THAT FREEDOM BEGINS WHERE I UNDERSTAND MY LIMITLESS BEING. I INVITE THIS VASTNESS TO SHOW ITSELF IN ORDER TO TRANSCEND THE WORLDY CONSCIOUSNESS INTO A HIGHER STATE.

44

UNIVERSAL ABUNDANCE

I DWELL IN THE MIDST OF INFINITE ABUNDANCE. THE ABUNDANCE OF THE UNIVERSE IS MY INFINITE SOURCE. THE RIVER OF LIFE NEVER STOPS FLOWING. IT FLOWS THROUGH ME INTO LAVISH EXPRESSION. GOOD COMES TO ME THROUGH UNEXPECTED AVENUES AND THE UNIVERSE WORKS IN A MYRAD OF WAYS TO BLESS ME. I NOW OPEN MY MIND, HEART & SOUL TO RECEIVE MY GOOD.

45

APPRECIATION

I AM THE MULTIDIMENSIONAL SOVEREIGN SPACE THAT REVELATIONS OF DIVINE WISDOM ARISE FROM WITHIN MY HUMAN FORM, I AM THAT. IN APPRECIATION, I BREATHE IN. IN APPRECIATION, I BREATHE OUT. I LOSE THE VOICE IN MY MIND TO FIND THE WISDOM OF THE DIVINE. AHO

46

SHOW ME MIRACLES

UNIVERSE, I ASK YOU FOR GUIDANCE IN MY LIFE. HELP ME TO MAKE DECISIONS THAT ARE IN ALIGNMENT WITH MY HIGHEST GOOD. SHOW ME THE PATH THAT I MEANT TO WALK. SHOW ME MIRACLES AND HOW FREEDOM, LOVE, ABUNDANCE, COMPASSION, JOY AND PEACE TRULY WORK.

47

POWER

I CALL ALL OF MY POWER BACK TO ME. I CALL OF MY ENERGY BACK TO ME. I SEND THE ENERGY THAT ISN'T MINE BACK WITH LOVE. MY ENERGY, MY BODY, MY EMOTIONS, MY BOUNDARIES, MY JOY, MY HEALING, MY CHOICES - ALL OF IT IS MY RESPONSIBILITY AND I ACCEPT & HONOR THIS. I TRUST MYSELF. I LOVE MYSELF. I AM ASKING MY GUIDES OR FOR SUPPORT.

48

NIGHT NIGHT

I GO TO BED WITH A GRATEFUL HEART THAT ANOTHER DAY WAS GIVEN TO ME. I AM HAVING A SMILE ON MY FACE AND A HAND ON MY HEART THAT WHISPERS I GAVE THE THE BEST WHAT I COULD TODAY WITH THE STATE OF MY CONSCIOUSNESS WHERE I AM RIGHT NOW. MAY MY FAMILY, FRIENDS, COLLEAGUES, CLIENTS, ANIMALS, NEIGHBOURS BE BLESSED AND MAY THEY ATTRACT ALL THAT SERVES THEIR HIGHEST GOOD.

49

FROM FEAR TO LOVE

I HAVE NOTHING TO FEAR - MY ESSENCE IS LOVE

I AM HERE TO FEEL THE FULL SPECTRUM OF THE RAINBOW

50 **Dreams**

DEAR UNIVERSE, I AM SO GRATEFUL FOR ALL THAT YOU DO EACH DAY TO MAKE MY DREAMS COME TRUE. I KNOW NO MATTER WHAT I AM FACING, YOU ARE WORKING FOR ME TO GET ME THOUGHT IT.

51 **VOW**

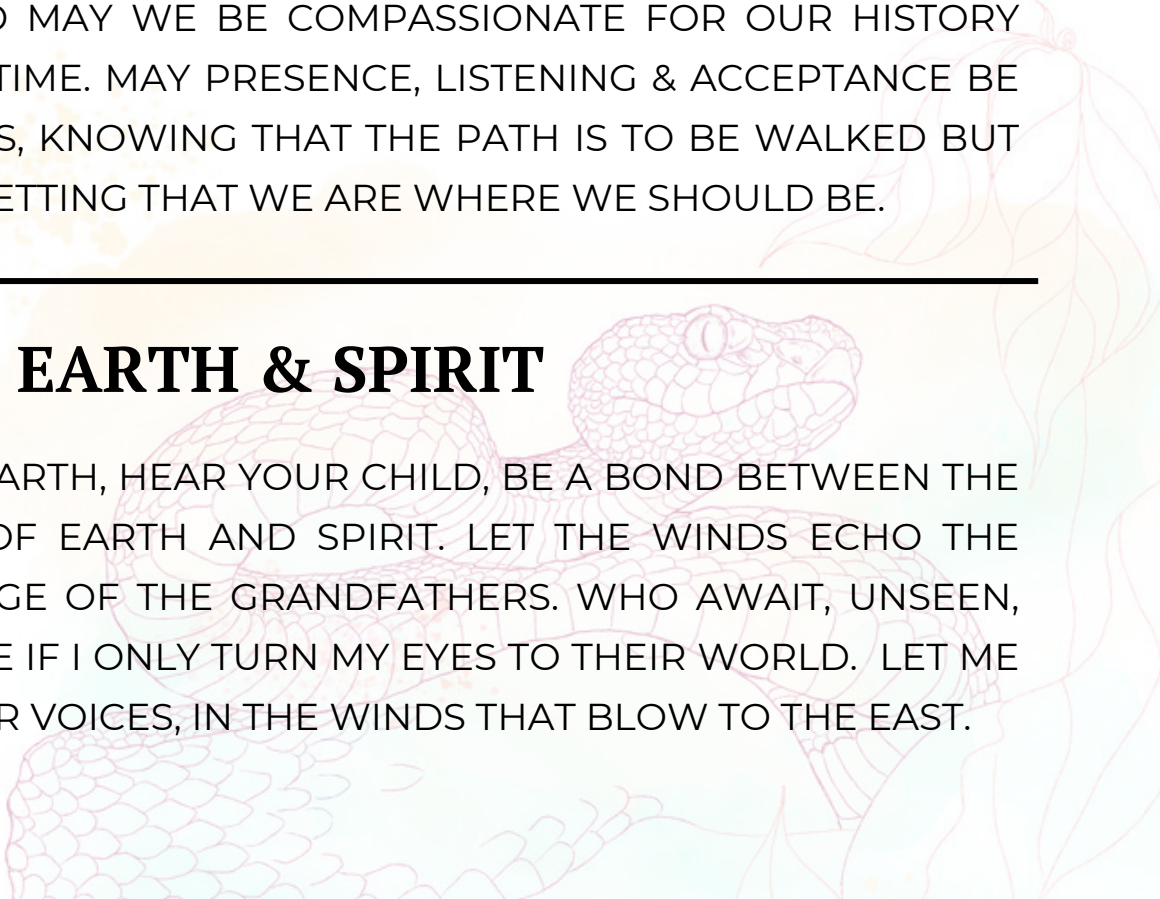
I VOW TO LEAVE NO SHADOW UNLOVED, NO WOUND WITHOUT BALM. I SERVE ONLY LOVE AND OUR EVOLUTION IN LOVE. I WALK THE PATH OF LOVE. MY STRENGTH IS MY SURRENDER TO THE DIVINE FLOW.

52 **GREAT REMEMBERING**

MAY WE HAVE THE COURAGE TO SHARE OUR VULNERABILITIES, THE STRENGTH TO FACE OUR SHADOWS AND THE WILL TO EXPRESS OUR CREATIVITY. MAY REASON, HEART AND GUT ALINE AND MAY WE BE COMPASSIONATE FOR OUR HISTORY AND OUR TIME. MAY PRESENCE, LISTENING & ACCEPTANCE BE OUR TOOLS, KNOWING THAT THE PATH IS TO BE WALKED BUT NOT FORGETTING THAT WE ARE WHERE WE SHOULD BE.

53 **EARTH & SPIRIT**

MOTHER EARTH, HEAR YOUR CHILD, BE A BOND BETWEEN THE WORLDS OF EARTH AND SPIRIT. LET THE WINDS ECHO THE KNOWLEDGE OF THE GRANDFATHERS. WHO AWAIT, UNSEEN, YET VISIBLE IF I ONLY TURN MY EYES TO THEIR WORLD. LET ME HEAR THEIR VOICES, IN THE WINDS THAT BLOW TO THE EAST.



54

CLEANSING

I AM NOW COMMANDING TO CLEANSE MYSELF AND RELEASE ALL BEINGS, SITUATIONS, UNFORGIVENESS, THOUGHTS, FEELINGS, MEMORIES, EXPERIENCES AND ENERGIES THAT ARE NO LONGER OF SERVICE TO MY HIGHEST GOOD, ACROSS ALL UNIVERSES, AND ACROSS ALL LIFETIMES. I ASK THAT ALL ENERGIES THAT ARE LESS THAN LOVE BE TRANSMUTED FOR THE HIGHEST GOOD OF ALL. AND SO IT IS.

55

VOW

I VOW TO LEAVE NO SHADOW UNLOVED, NO WOUND WITHOUT BALM. I SERVE ONLY LOVE AND OUR EVOLUTION IN LOVE. I WALK THE PATH OF LOVE. MY STRENGTH IS MY SURRENDER TO THE DIVINE FLOW.

56

PROTECTION COMMAND

CREATOR OF ALL THAT IS, IT IS COMMANDED THAT AN ENERGETIC BOUNDARY BE PLACED AROUND MYSELF, MY HOME, THE LAND, CAR, BUSINESS AND MY CHILDREN/FAMILY THAT MEANS NO ENERGY, ENTITY OR WAYWARD CAN ENTER WITHIN THE BOUNDARY. CREATOR OF ALL THAT IS, IT IS ALSO COMMANDED THAT NO PERSON OR ENERGY WITH LOW VIBRATION OR NEGATIVE INTENTION HAVE ACCESS TO MY ENERGY, MY HOME OR THE ENERGY OF MY FAMILY AT ALL. IN THE HIGHEST AND BEST WAY, IT IS DONE, IT IS DONE, IT IS DONE, BAND SO IT IS, THANK YOU. MAY WE BE SAFE AND PROTECTED.

57

PROTECTION & HEALING MANTRA Sanskrit

OM TRYAMBAKAM YAJAMAHE
SUGANDHIM PUSHTIVARDHANAM
URVAARUKAM IVA BANDHANAN
MRITYOR MUKSHIYA MAMRITAT

58

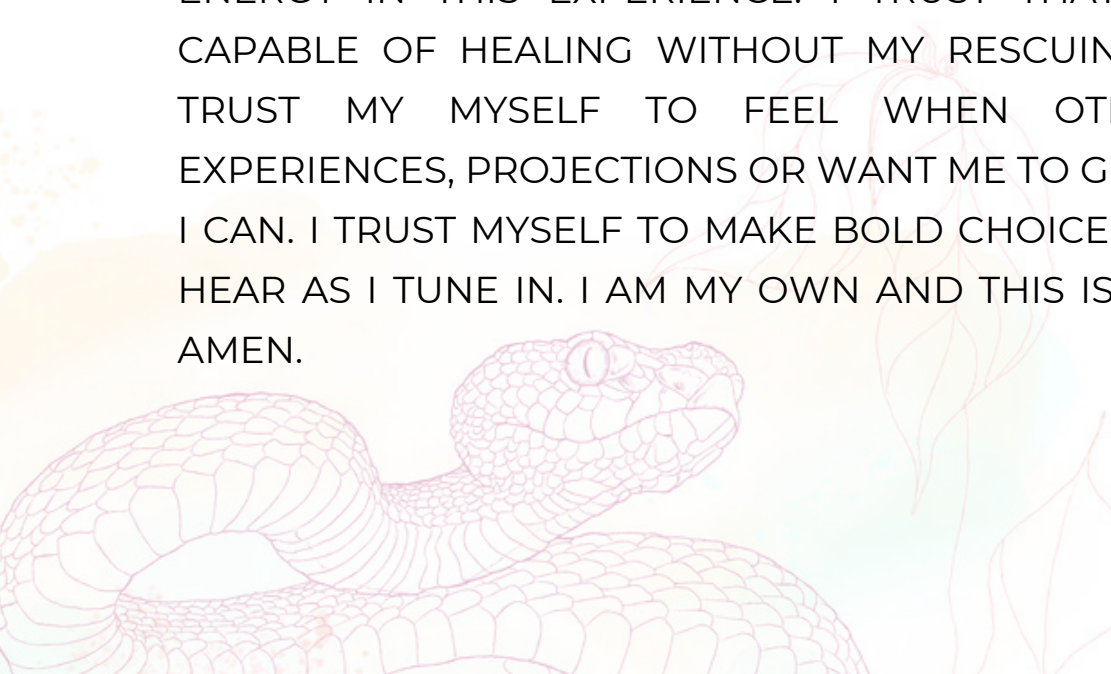
HEALING MANTRA Hebrew

ANA ELNA REFA NA LA

59

CALL YOUR ENERGY BACK

I NOW CALL ALL MY ENERGY BACK TO MYSELF. I AM NO LONGER ENERGETICALLY, EMOTIONALLY OR MENTALLY AVAILABLE TO ASSUME WHAT OTHERS ARE THINKING, NEEDING OR FEELING. I TRUST THAT I AM SOVEREIGN OVER MY EXPERIENCE AND ACCEPT FULL RESPONSIBILITY TO HONOR MYSELF, MY VISION AND MY BODY'S NEEDS. I TRUST MY SOVEREIGNTY TO CHOOSE WHO, WHAT AND HOW TO USE MY ENERGY IN THIS EXPERIENCE. I TRUST THAT OTHERS ARE CAPABLE OF HEALING WITHOUT MY RESCUING OR SAVIN. I TRUST MY MYSELF TO FEEL WHEN OTHERS HAVING EXPERIENCES, PROJECTIONS OR WANT ME TO GIVE MORE THAT I CAN. I TRUST MYSELF TO MAKE BOLD CHOICES WITH WHAT I HEAR AS I TUNE IN. I AM MY OWN AND THIS IS MY FREEDOM. AMEN.



PRAYER & COMMAND TO REMOVE NEGATIVE ENERGY FROM HOME with Sage

I COMMAND NEGATIVITY, BLEAKNESS, DISCOMFORT, LOW VIBRATIONAL FORCE AND NON-BENEVOLENT BEINGS, THAT ARE NOT OF THE HIGHEST LIGHT, PRESENT IN THIS SPACE TO GO AN LEAVE NOW.

ALL NEGATIVITY THAT INVADES MY SACRED SPACE/HOME /HOUSE I BANISH YOU AWAY WITH THE LIGHT OF MY GRACE. YOU HAVE NO HOLD OR POWER HERE. FOR I STAND AND FACE YOU WITH NO FEAR. CLEANSE THE SPACE, REMOVE THE PAST. FILL THIS SPACE WITH JOY AND LOVE.

SMOKE OF AIR AND FIRE OF EARTH. BLESS AND CLEANSE THIS HOME. DRIVE AWAY ALL HARM AND FEAR AND ONLY GOOD MAY ENTER HERE.

Persian Prayer:

MAY YOUR HANDS BE CLEANSED THAT THEY MAY CREATE BEAUTIFUL THINGS.

MAY YOUR FEET BE CLEANSED THAT THEY MAY TAKE YOU WHERE YOUR MOST NEED TO BE.

MAY YOUR HEART BE CLEANSED THAT YOU MAY HEAR ITS MESSAGE CLEARLY.

MAY YOUR THROAT BE CLEANSED THAT YOU MIGHT SPEAK RIGHTLY WHEN WORDS ARE NEEDED.

MAY YOUR EYES BE CLEANSED THAT YOU MAY SEE THE SIGNS AND WONDERS OF THIS WORLD.

MAY THIS SPACE BE WASHED CLEAN BY THE SMOKE OF THESE FRAGRANT PLANTS. AND MAY THAT SMOKE CARRY THE PRAYERS SPIRALLING TO HEAVEN.



**May this Prayer Booklet
serve your highest
Purpose & Healing!
Much love, Uma**

Date:

