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Ask Your Guides

Connecting to Your Divine Support System



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Ask Your Guides Prayers

One of Sonia's Favorite Prayers

Creator of the Universe and all forms and expressions that support the goodness of life, thank you for *(fill in the blank)* that you have blessed me with today.

Healing Prayer

Divine Mother Father God and all healing forces of the Universe.

Restore me to balance body, mind and spirit.

Remove everything from my consciousness aura and body that is not in perfect alignment.

With your loving plan for me.

I give my full permission and cooperation to all healing forces of Divine and loving nature to serve my well being.

Amen

Prayer for Protection

May the beauty of Divine Spirit be above me
May the beauty of Divine Spirit be below me
May the beauty of Divine Spirit be behind me
May the beauty of Divine Spirit be in front of me
May the beauty of Divine Spirit surround me
May the beauty of Divine Spirit be me!

