

Additional Prayers / Chants

Meditation Chants

I am enough as I am

I do not get to decide How I am of Service

Find Serenity, removing the urgency from life

Maybe everything is just fine the way it is,
and *exactly* the way it's meant to be

Predatory Behaviors Prayer

Higher Power,
May _____ be free from
predatory behaviors,
and have friendship with someone
who can hold them fully as they are.

Frustration Prayer

Please remove my frustration.
Guide me as a vehicle of your Power.

Step 1 (Part B) Prayer

Dear Higher Power,
I, _____ cannot manage my own life.
My brain and my intellect, which I've held in
such esteem, have failed me utterly. Help me
do Your will, that I may bring Harmony, instead
of Chaos, to the world about me.