

HOLD THE IMAGE:

KEEPING A FRIEND IN MIND

TODAY'S CHALLENGE

Today's challenge is to bring to mind someone (or some living being) and wish for them positive experiences. You may like to use a photograph to help you, or concentrate on a particular image of that person or animal.

You may like to say the prayer below as you really focus on this individual and send them love from your heart. This is a slightly extended form of the form of words that I use in the video.

SHARE: say in the Facebook group whether you found how effective this approach was for you in focussing your attention and arousing a deep connection with the person/animal you prayed for.

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x

PRAYER TO A NATURAL HOST AND TO THE GOD WHO IS ALL AROUND

Hello dear [name], my friend I am thinking of you
I send good intention to you, as I hold you in my heart
I love you
May whatever you need now come to be
Bless you.