

A LORD'S PRAYER MEDITATION

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Please note that this is not a literal translation from the Aramaic. It is a meditative prayer that came to me as I prepared a Sunday talk on the Lord's Prayer. I am especially grateful to Neil Douglas-Klotz for his book Prayers of the Cosmos, which is a rich source for understanding the energy and shades of meaning of the Aramaic language in which Jesus taught and prayed.

**O Father/Mother Spirit, Source of Life, centered within me!
I AM vibrant with the energy of your Being.
I commit myself now to creating the kingdom of heaven,
Choice by choice,
As I bring your Presence and Power within me into outer expression
According to your great Law of Creative Expression.**

**In return I gratefully receive from you
The certainty that all my earthly needs – for sustenance, guidance,
health, understanding and love – are, now and always, abundantly
supplied.**

**I release all negative judgments of the mistakes and negative choices of
others,
And I give thanks that your Infinite Love dissolves all negative
consequences of my own negative thoughts and choices as well.**

**Beloved Spirit, don't allow me to remain in confusion, incompletely
expressing Your Love,
But guide me *through* the confusion to the fullness of the kingdom of
heaven that is mine to express and experience.**

**For I know, I affirm, and I give thanks
That through Your Light and Love within me
I AM the kingdom of heaven!
I AM the infinite energy of Life!
I AM the harmony of all things!**

**Thank you, Beloved Spirit!
Amen!**