

## **Meditation on Unity**

**Oh dear God, please show me the things I already know, but am unaware of.**

**Reveal to me the wisdom that I already have.**

**I have failed to pay attention to my life and squandered the riches of my own experience.**

**I am like Gulliver, tethered and bound by countless old ideas.**

**I am now ready for you to remove the blinders from my eyes.**

**How has self-reliance failed me? *(Pause)***

**Haven't my best intentions failed to produce lasting happiness? *(Pause)***

**God, please redirect that marvelous will you gave me so that it might align with yours.**

**God, please channel my energy that my efforts might be useful to you and my fellows.**

**If I am to truly be happy, joyous and free, I must be guided by the Principle of Unity.**

**My heart's unspoken desire has always been to live in Unity with you and my fellows.**

**I am now willing for you to remove the shroud of fear from my soul that I may stand in the sunlight.**

**My fear has failed to protect me. I must let it go. *(Pause)***

**Envy has blinded me to my own gifts. I must let it go. *(Pause)***

**Jealousy has poisoned my loving spirit. I must let it go. *(Pause)***

**I am malnourished for I have been feeding on my ego...starving at the banquet of love.**

**I have lived in the insanity of separation from you and my fellows. Now is the time to turn my prodigal spirit towards home.**

**Loving Spirit, restore me to sanity. *(Pause)***

**Loving Spirit, bring my wandering spirit into Unity with you and my fellows. *(Pause)***

***(2-3 minutes of silence)***

**Amen.**