Dear God,

Thank you for this precious gift of life and for all the wonderful gifts you bestow upon me daily. I thank you dearly for the very sweetest gift of all, the gift of breath.

And with this breath, keep me deeply aligned with your Holy Cosmic Vibration, the creating and sustaining life force of the universe.

And with this breath, keep me entrenched in the present moment, where the true joys of this world are offered up.

And with this breath, help us all, this collective one life, manifesting in human form, to soften the grip of our egos so that we might come to know you as our creator, and come to know our true selves - the light, awareness and the peace of your creation.

But most of all, I simply ask that your will be done with me, and that I have the strength and courage to accept your will as my own.

With open heart and open mind, I humbly ask this as your loving child and servant.

Amen