

Starts in the Car

By Sheila Giardina

We have prayers for going to bed, or with our meditations, so I felt I needed one for driving. I starts at the moment I get in the car. I find a moment to breathe, inhale the good, I will be receiving on this trip. I let go of all past drama thoughts. They are now in the past! Make room for miracles. I have a power statement or mantra when I get in the car to drive. Even before I start the car up. This allows me to feel supported as I start my journey. My saying is, "Open me up, turn me on, use me. Everything is working out for my highest good. Bless all those around me." When looking for a parking spot, I will quote my mom, "Hail Mary full of grace, save me a parking space".

I like was...

One of my favorites is ...

Something I do to center myself is...

Something I like from your answers tonight is...

Tonight, I heard strength in...

Think of names for healing and with our love and peace, we can make a difference! We will be sending an extension of healing energy from us to them!