

Prayer Basics

- 1) It's ok to use the word 'God' or any name you are comfortable with, so long as you remember any attempt on our part to describe or define God is limiting. My personal preference is to use 'Great Spirit'.
- 2) I prefer the Hawaiian names for the levels of mind as follows:
 - a) **Aumakua** (Spirit, Super Conscious Mind, Over Soul, Higher Self) compares every new experience and thought with Truth - The Universal Law Itself.
 - b) **Unihipili** (Soul Mind, Pre-Conscious Mind, Subconscious Mind) compares every new experience and thought with every related experience and thought you have had in all your lifetimes.
 - c) **Uhane** (Conscious Mind) compares each new experience and each new thought with all the experiences and thoughts of a related nature that you have had in this present lifetime.
(As thoughts come to the Uhane, they may be very subtle. You then have a choice to dismiss them; heal, transmute, release and integrate them as is best; or bring them further into your consciousness and investigate them.)

I recommend that you say the 'Prayer Underlay' on the following page before saying any of the other prayers and that you say the prayers on the two pages headed 'Every Morning and Evening' often. Say the rest of the prayers as often as you are prompted.

I also recommend you do the 'Daily Check' at the beginning of Chapter 9 at least once each day.

Some Further Explanations and Re-iteration

- 1) Please: The word 'please' is avoided in these prayers. Too many people use the word please without faith and in supplication in a way that gives power away. These prayers are to a Power that is within, without and everywhere. They are requests, commands, and petitions to the Higher Aspects of your God-self.
- 2) Help: The word 'help', as used in these prayers, is a request for assistance and aid rather than a plea for some outside force to do the work.
- 3) Keep it so and (Make it so): Is a request to a Power that is within, without and everywhere. They are requests, commands, and petitions to the Higher Aspects of your God-self.
- 4) Violet Flame: Some have asked or wondered what the 'Violet Flame' is. Several definitions combined into one is that, 'The Violet Flame' is the essence of a unique Spiritual Light which has the qualities of mercy, forgiveness, freedom and transmutation". Trust that it is of GOD SOURCE.

Prayer Underlay To Make Other Prayers More Effective

I suggest you say this prayer underlay at least once before saying the prayers on the rest of the pages. You may want to say the prayer underlay occasionally to make the rest of the prayers even more effective.

Great Spirit and Great Spirit Helpers, as are best,

Keep it so my 'Heart Prayer', Mind Prayer' and 'Word Prayer' are always completely in tune with each other and Your LOVE. *Thank You.*

The following three prayers may seem redundant. This is done purposely for the Unihipili.

1) Great Spirit and Great Spirit Helpers, as are best,

Keep it so "I", "my", "me", or "myself" refer to all aspects of myself, including my Aumakua, my Unihipili, my Uhane, (Full Birth Name), all past, present and future selves, my Spirit Guides, soul pieces, and the primary parallel selves for each in all dimensions, realities, time frames and in 'All That Is'. *Thank You.*

2) Great Spirit and Great Spirit Helpers, as are best,

When I pray for others, keep it so all aspects of them, including their Aumakua, their Unihipili, their Uhane, their incarnate human self, all their past, present and future selves, their Spirit Guides, their soul pieces, and the primary parallel selves for each in all dimensions, realities, time frames and in 'All That Is' are included as is best. *Thank You.*

3) Great Spirit and Great Spirit Helpers, as are best,

Keep it so all prayers apply to us in all times, past, present and future, in all dimensions and in all realities. Keep it so all prayers apply to the Feminine/Female, the Masculine/Male, the actual physical DNA, the cellular and muscular memory, and the physical and non-physical selves' minds and bodies. Keep it so all clearings and healings are in alignment with and attuned to Your Pure Divine LOVE and according to the 'Divine Plan' (Original Blueprint) and 'Divine Manifestation'(The Original Weaving). *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,

Keep it so all prayers include all aspects of myself and others as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,

Keep it so I Know and am aware that all persons and Beings, including what are typically thought of as inanimate and manmade, are actually aspects of myself. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,

Help me to remain truly humble, discerning, vigilant, diligent, unconditionally accepting, and Loving through all these prayers and as Our healing is done. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,

Always include a Helper of pure Divine LOVE and LIGHT, as is best, who Knows and understands Earth time and space and human needs and desires. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,

Keep it so my needs and desires are in harmony with and attuned to YOUR LOVE and LIGHT and 'The Divine Manifestation'. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,

Include the above in all prayers, requests, declarations, clearings, healings and affirmations as is best. *Thank You.*

Every Morning and Evening

Great Spirit and Great Spirit Helpers, as are best,
Keep it so my 'Heart Prayer', 'Mind Prayer' and 'Word Prayer' are always completely in tune with each other and Your LOVE. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to Know when to speak, when to share and when to be silent. Help me to recognize and follow Your guidance, always sharing as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me stay fully connected to YOU and YOUR LOVE and LIGHT. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me stay standing fully in YOUR LOVE, LIGHT and VIOLET FLAME. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Keep me completely surrounded by YOUR LOVE, LIGHT and VIOLET FLAME. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me stay filled with Your LOVE, LIGHT and VIOLET FLAME as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me keep it so only energies and beings of Pure Divine LOVE and LIGHT surround me, influence me and share and communicate through me. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to always keep Your Sacred Space of LOVE open for me as is best and help me to always stay in Our Sacred Space. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to keep my thoughts, my heart, my feelings and my soul Positive, Loving, Pure and Radiant. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Surround and fill all my family, pets, friends, acquaintances, relatives, and relations with Your LOVE, LIGHT and VIOLET FLAME as is best. Walk with them and help them as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to surround and fill my home, vehicle, place of business and everything in and around them with Your LOVE, LIGHT and VIOLET FLAME as is best. Walk with us and help us as is best. Do the same with all I come in contact with and communicate with. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me remain constantly aware of all entities, energies and influences as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to always see, hear, sense, feel and be aware, as is best. Include all physical and non-physical paths of information as is best. Help me recognize and understand the messages and guidance. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to always fill all voids and emptiness with 100% Pure Divine LOVE and LIGHT as is best. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me remember I am Divine LOVE and that I am ONE with YOU. *Thank You.*

Every Morning and Evening continued

Great Spirit and Great Spirit Helpers, as are best,
Help me to always keep all aspects of myself in harmony, alignment and attunement, so we share and heal in union with each other and with Your Pure Divine LOVE. Help me to Know and have Faith that You will do as is best with every situation in Your Pure Divine LOVE. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to always make choices and decisions that are for Great Spirits' LOVE and that are in harmony with and attuned to my highest good and physical well-being and the highest good and well-being of all. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to choose, to have chosen and to be in the 'Law of Grace' and do what is best for the Highest good of All. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to maintain my determination, perseverance and Faith at all times. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me to let go of and release ALL attachments and just 'Be'. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me stay grounded and fully connected to EARTH and all of Her Selves through CENTRAL SUN and YOUR LOVE and help me keep EARTH and all Her Selves connected to CENTRAL SUN through me, so we heal each other with and through YOUR LOVE and LIGHT. *Thank You.*

Great Spirit and Great Spirit Helpers, as are best,
Help me receive from only You and Your Divine LOVE and LIGHT, all answers, knowingness, awareness, intuition and guidance. Help me to understand these as best. *Thank You.*

Humility and Diligence

Great Spirit and Great Spirit Helpers, as are best,
Help me remain truly humble, discerning, vigilant, diligent, unconditionally accepting, determined and LOVING as Our healing and sharing is done. *Thank You.*