



## Bedtime Prayer

*Prayer is the key in the morning and the bolt of the evening.*

~Mohandas K. Gandhi

I recently went away for the weekend and a friend, Jenn offered to watch my two youngest children, Connor and Sarah. They are generally good kids, but they do bicker and fight which can get on your nerves, whether you manage your energy or not.

When I returned from my relaxing, grounding weekend I took a deep breath and hoped that the weekend went well. Jenn admitted that Connor was particularly draining, but also added he had little energy so he would get Sarah worked up and harvest hers. I know he has a talent for energy plowing and harvesting but it really got me thinking about my children objectively. Let me remind you that I am human and I am a mom and many times I do not view my children the same as I view clients, because well, they are not clients, they're my kids.

I, like many of you get caught up in day-to-day and sometimes need guidance to help get through situations. Their behavior I attributed to logical external implications: their ages, they're siblings, the divorce, moving (3 times) and shifting from clinic to private practice-all over the past 18 months. Yet, if I were in my previous circumstances I would have looked at things differently. I would have seen their behavior as energy issues and bless Jenn for pointing out the obvious.

What does all this have to do with prayer? What makes me a bit unique is my ability to zero in on the root of the issue, again maybe not my own, but at least others. As a designer, you cannot solve the problem until you define the problem. The problem was: we had stopped saying bedtime prayers.

## Thursday's Kick! Bedtime Prayer

I admit it. I say prayers all the time, for help, healing and clients, I pray for my children, we say prayers over dinner, and most (but not all) mornings. **BUT THEY NEED TO SAY PRAYERS AT BEDTIME FOR THEMSELVES AND OTHERS.**

Children in particular are walking pipelines to spirit and energy in general. Children can be an open channel. School, individuals or situations that drain our energy can be the culprits of bad behavior. Although I would like to blame their behavior on spirit possession rather than my parenting skills, it is rare so I can't go there. Bedtime prayer is important. Bedtime prayer is grounding, it offers protection and guidance. Bedtime is a time for us to ask our guides to clear out the negative energy of the day and replenish the positive healing energies we need to go forth the next day.

Ask your guides every night for Reiki healing, go to sleep and let them work. Ask for others to be blessed with healing from their Divine Source and pray to your source of healing and comfort. Jesus, Mary and all the angels, your guardian angels and particularly St. Michael-the great protector. (How many of us Catholics just now recited the prayer to St. Michael? Gotcha)

I just didn't realize that I was not communicating the importance of bedtime prayer to my own children. I used to, it got lost in the shuffle of the past 18 months. It was easier to just yell and tell them to come from their higher self! (Hey, I am being honest). Below is the information Jenn sent me, which inspired me to write on the power of bedtime prayer and perhaps remind some of us that as parents it doesn't matter how old your children are, it is a good thing to mention bedtime prayers.

"Vacuuming energy" and cutting cords of fears are something I try to do every night before I drift off to bed. It's so easy just to ask for help, just saying, "Please vacuum any energies that I might have picked up that are not for my highest good." And I occasionally add other people to the list. I then do cord cutting, which has helped me so much with dealing with the fear of the unknown and with fears about money. It really doesn't require any effort; ***just remembering to ask so they can get to work is the hardest part.***

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Empower them (Sarah and Connor). Give them the knowledge to help themselves. Make it a nightly ritual, before they go to bed, that they ask to be cleared of energy that isn't for their highest good and their space (bedroom) too.

Sometimes it is easier for children to have something to help them remember. We have all our bases covered, a statue of St. Michael the Archangel, is a good reminder and a good visual. After all, he is slaying the devil. We have crystals that are charged, and I have discovered a beautiful crystal called Angelite is a wonderful stone for your angels. I call it the "bedtime prayer" stone; it is a wonderful light blue you can almost float through. A wonderful gift for those in your life needing help with prayers.

I did go on a couple sites looking for some wonderful prayers, unfortunately so many are fear based rather than healing/protecting prayers. If any of you would like to share, no matter what age group, please post for us all! Knowing all about free-will I don't think the Lord "keeps our soul", isn't the point about what we are going to do with it? I did read one prayer the father taught his daughter and it was all about attracting a wonderful husband! Geez people...let's try this again

I hope this helps you with loved one's in your life who can be energetically drained or draining. I believe it is wonderful advice that goes beyond praying

Prayers:

Now I lay me down to rest  
I bless the day, I did my best  
With one deep breath I ask my source  
To bless my body and guide my course.

I thank my angels for protecting me  
And ask them to help me see  
The God in others, the God in self  
And with love and laughter sustain our health.  
Amen.

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