

A Prayer of Respecting the Energy

O Eternal Light,
when great wrongs are done, they echo through creation.

Chains laid upon another,
sins that wound the body and spirit—
these are not small things.

They shift the air, they burden the soul.

Teach us to forgive,
for forgiveness frees the heart.
Yet keep us mindful to respect the energy,
for You alone know the fullness of justice,
and Your plans are beyond our sight.

Guide us when paths must part.

Help us release with love,
if anger, also awareness—
that not all souls travel on the same frequency.

May we walk forward in peace,
rooted in compassion,
trusting Your hand to heal what we cannot.

And may Your light,
which never abandons,
keep us steady as we learn,
as we forgive,
and as we grow.

Amen.