

Union of Saints Prayer and Grounding Guide

Prepared for the spiritual practice and worship life of the Union of Saints Church

Founder

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Introduction

This guide has been prepared for the Union of Saints to help members enter prayer with a grounded spirit and leave prayer with peace and renewed strength. These meditations are designed to be read aloud by a leader or followed silently by individuals during personal devotion. They may also be adapted in length or language to meet the needs of different gatherings, ceremonies, or seasons of worship.

Grounding Meditation Before Prayer

Let us take a moment to become still before the Lord [God and Goddess]. Allow your body to rest comfortably and your mind to become quiet as you prepare your heart for prayer. Set aside the concerns of the day and become fully present in this beautiful moment.

Close your eyes and take a slow, deep breath. Gently release your breath and feel your feet resting firmly upon the ground, as though strong roots extend from you into the earth, strong and secure. Above you, imagine the gentle light of God's Spirit resting upon you and surrounding you with calm, wisdom, and peace.

With every breath, allow distractions, burdens, and wandering thoughts to drift away. Breathe in peace. Breathe out tension. As we enter prayer, we are grounded in God's presence, strengthened by His love, and open to His guidance.

Closing Grounding After Prayer

As we bring our prayers to a close, take another slow and gentle breath. Feel once again your feet resting upon the earth, supported by God, our Rock and our refuge. Allow the peace you have received during this time of prayer to settle quietly within your heart.

Carry these blessings with you as a gentle light that guides your words, your actions, and your relationships. Imagine the peace of Christ flowing from your heart into your hands, into your footsteps, and into every path you will walk

today. We leave this time of prayer grounded, renewed, and strengthened to continue walking in God's love and grace. Amen.

Short Opening Grounding

Let us take a deep breath together and become still before the Lord. As we prepare for prayer, we are grounded in God's love and present to His Spirit. May our hearts be open to His wisdom, peace, and guidance.

Short Closing Grounding

Let us breathe deeply one final time. As we leave this time of prayer, we remain grounded in Christ's peace and strengthened by His love. May His presence continue to guide us throughout the day.

Grounding Prayer to Ozirah Ocean Mother

Grounding Meditation Before Prayer to Ozirah

Let us breathe deeply and become aware of the rhythm of life within us. Imagine your breath moving like the ocean tide, flowing gently inward and outward with calm and purpose. Feel your feet resting upon the earth while sensing beneath you the endless waters that sustain all living things.

Ozirah, Ocean Mother, we call upon You with grateful hearts. May Your waters wash away our burdens. May Your waves cleanse our spirits and restore our strength. May Your gentle currents carry us back to the Source from which all life flows.

As we become rooted in the earth and carried by the waters of life, we enter this time of prayer with open hearts and peaceful minds. We seek harmony, wisdom, compassion, and renewal through Your eternal presence. Guide us gently as we continue this sacred journey together.

Closing Grounding After Prayer to Ozirah

As we prepare to leave this time of prayer, let us return once more to the rhythm of our breath. Breathe in as the tide gently rises. Breathe out as the tide quietly returns to the sea. Feel the quiet strength of the earth beneath your feet and the peaceful embrace of Ozirah's waters surrounding your spirit.

Ocean Mother, may Your strength guide our footsteps throughout the days ahead. May Your depth remind us of the wisdom that already lives within us, and may Your eternal waves continue to guide us with peace, compassion, and courage. We go forth grounded in Your love, flowing in Your peace, and renewed in spirit for the journey before us.