

# PRAYER of ONENESS

*Dear God / Source / Consciousness...*

*help me remember...*

*I AM the light of the universe  
i need hold on to nothing  
this world is just an appearance  
and gain and loss merely dreams*

*help me see...*

*this body is just an empty shell  
there is no such thing as a 'person'  
and all suffering is a reminder  
that i have forgotten who I AM*

*help me experience...*

*everyone i meet is ONE with me  
each meeting is a holy encounter  
and all conflict with the other  
is simply my conflict with myself*

*help me understand...*

*all guilt is meaningless  
all struggle belongs to the ego  
all sense of doer-ship is ignorance  
all seeking takes me further from You*

*help me realize...*

*none of this is real  
none of this means anything  
I AM ONE with You at all times  
no separation ever happened*

*i acknowledge my oneness with You  
i celebrate my oneness with You  
i dissolve into the oneness with You  
so i disappear, and only You remain...*

*amen*