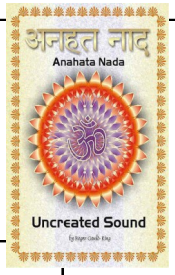
Prayer is the use of spoken words. (Invocation)
Journaling is the use of written words. (Your Experience)

AUM Unstruck Sound Anahata Nada primal energy when we chant Om, we create within ourselves a vibration that attunes sympathy with the cosmic vibration and we start thinking universally

http://www.spiritsound.com/aum.html

MEDITATION
Mindfulness

Stress



Ancestor Prayer

I honor my ancestors for the hardships they endured,
For the challenges they faced,
For the Gifts they handed down.
I forgive my ancestors for the mistakes they made.
I am the One.
I am the one who makes the changes.
I am the One who forges a healthier heritage for the future.

LIVING FROM THE HEART
http://www.eventtemples.com/downloads/pdf/Living_from_the_Heart_%28e%29.pdf

6 Heart Virtues:
Appreciation Compassion Understanding Forgiveness Humility Valor

ADAPTED FROM AND REPRODUCED BY PERMISSION FROM JULIA WEST.

Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horrified Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

The five core emotions run left to right across the top of the table. Manifestations of each emotion based upon the intensity felt are described down each of the columns in the table.

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