



## Invocations and Prayers

Some say that the greatest gift given to man by the creator is his gift to interact/communicate with Source, Him/Her. *It is our gift and ability to pray that elevates us above all creatures on Earth.* We are not talking about mechanical prayers but of the true prayers of the heart. It is as if we have been given a magic lantern and have been told that we can make as many wishes as we like, over and over, for anything that we would have provided we are responsible for ourselves in the action. Prayer can create new realities and lead us to new horizons. Prayer can make the impossible possible. *A Prayer is a focused Intent that you say out loud or mentally.* Any person in any place can reach the farthest corners of the universe, produce change and work miracles if they were to put their mind to it. If I had just one wish I would ask for the ability to make, deliver, and render effective prayer. There in Lies your Freedom.

This section is an evolving work with samples of invocations, prayers and meditations for LifeSeed practitioners who are hosting their own study groups or LifeSeed gatherings. Read through them slowly and feel out the best ones for your self and for whichever uses seem appropriate for you.

As always, the use of the Great Invocation will open up a beautiful space for meditation and participation, and so we will include it here with a suggestion that you research into the origin and use more completely. I will hint to you that the first three stanzas or verses invoke the three aspects of the divine life, that of Light or Divine Intelligence, Love and Will. This is followed by a verse, which includes the participation of all humanity.

Please note in all healing and all attempts to raise consciousness we must ask for participation of our higher self. In the case of the great invocation this request is being handled as we invoke the Light into our minds. Human beings are also Trinitarians being of a **Basic** self or innate intelligence that runs the machinery of the Body-Mind, a **Middle** self or conscious and rational mind, and a Super-Conscious Mind or **Higher** Self that engages our life only by request, prayer, invocation.

The teachings of the Ascended masters imply that it is necessary to invoke the Light at least **Once** a day because of our need for sleep our soul passes through the astral plane and may become influenced by shadow energy.

Use of The Great Invocation prayer—which follows—for 40 days consecutively and you will notice a dramatic shift in your universe of you.



## The Great Invocation

**From the point of Light within the Mind of God,  
Let Light pour forth into the Minds of men  
Let Light descend on Earth.**

**From the point of love within the heart of God,  
Let Love pour forth into the hearts of men,  
May the Christ (Consciousness Vibration)  
Return to Earth (poetic license)**

**From the center where the will of God is known,  
Let purpose guide the little wills of men,  
the purpose, which the masters know and serve.**

**From the center which we call the race of men,  
Let the plan of Love and Light work out  
and may it seal the door where evil dwells.**

**Let Light and Love and Power restore the plan on Earth.**



## Quantum Healing Reset

Father / Mother God creator of All That Is, I pray now for the Cosmic Christ Consciousness to come into my mind and energy field and enliven these with increased awareness of Spirit, the clarity of purpose and the wisdom, love and power of the Sacred heart. Send the Comforter, the Holy Spirit with the white light of transformation and healing.

In the Divine name of God the Father /Mother and in the name of those divine being of light and healing which act as intermediaries for the divine will we ask for the energies necessary to Align, Activate and Balance myself and \_\_\_\_\_ (Name).

We ask that we be protected on the North, South, East and West, above and below with the **Violet flame of transmutation** and surrounded on the outside with the **Gold** and White Light.

If it be thy will let the powers of nature converge to increase and enhance the beneficial energies, increase the life force energies and remove any energies, entities or disturbances **within the energy field**. We ask for a clearing of any subconscious programs that are influencing \_\_\_\_\_(Name) .

We request that \_\_\_\_\_ (Name) complete system of physical, emotional, Mental and spiritual bodies and chakra system be balanced, aligned, activated for now and into the future for as long as is appropriate. For this we offer our gratitude and appreciation and knowledge that this is being done for us at this time.

**Ask your client at this point to breathe in the white light of the spirit to remove, redeem, replace and recharge and to continue mindfully as you offer the following Seven Statements of Unity, Healing and Power.**

1. Name \_\_\_\_\_ “Clear now and offer forgiveness to self and all others. Receive forgiveness now it is within you and all around you.”
2. Name \_\_\_\_\_ “Accept this goodness and allow this transforming upgrade of energy, refuse limitation.”
3. Name \_\_\_\_\_ “ALL The Power that ever was or will be is here now. Feel this support in every way and be supported by God, the universe and humanity.”
4. Name \_\_\_\_\_ “Receive, Integrate, Express.”
5. Name \_\_\_\_\_ “On All levels of Being enjoy Balance, Healing and Support.”
6. Name \_\_\_\_\_ “You accomplish, You administrate, You administer.”
7. Name \_\_\_\_\_ “Increase Energy, Increase Power, Increase Harmony.”

**Now breathe in the white light deeply into each and every cell of the body and allow the energy to integrate powerfully, peacefully and properly.**

**Seal it with Gold Light.**

**Allow a few minutes for integration. Allow a few (2 to 6) weeks for full integration.**



## *I Am Invocation for Healing and Blessings*

*Thou Mighty Consuming Flame of God! We bow before thy Mighty Majestic Power: We rejoice in thy Directing Wisdom: We rejoice in thy presence in the heart of each of thy messengers of light and sound that go forth in your service and energy to bless mankind: We are ready to be loosed by the conscious intention to offer light, love, and healing comfort to those who would open to your grace and presence in and through us. As we empty of self we increase in thee. And this creative fire that I AM is thyself in me. Bless those in our presence that thy will be done for them which is for their highest good.*

See the *I AM* Discourses, Saint Germain Press

Invocations for the LifeSeed energy and balancing process always bring a centering and balancing of the chakras in the heart. We are calling upon the mother energies of the Earth and it is useful to imagine yourself within the Healing Temple within the Crystal Palace within the center of the Earth; and to be engaged with receiving the mana or prana or energy, which is magnetic in nature. Next we turn our attention to the Sun and engage and integrate in the Solar energies. The combination of these benevolent forces, magnetic and solar energy result in an energy that pulses gently and produces sound waves and light. These emanate from the practitioner's body/field into the body/field of the participant. It is useful to follow the intent of the invocation in terms of connecting to the LifeSeed intelligence but always feel free to make your prayer request spontaneous and heart felt. Feel free to use your own language.



# A LifeSeed Guided Meditation and Invocation

*Please begin by sitting comfortably and take a minute to relax and unwind.*

*Bring your attention to the breath and allow yourself to breathe naturally, deep but relaxed. Relaxed and natural the breath just simply flows.*

*Allow your self to close and relax your eyes and begin to settle into the Silence. Yes!*

*Although your thoughts will come and go..... no matter.... Just allow & be present.*

*Notice the body and the breathe at the level of your heart and feel your self supported by this process, by your awareness, by your body structures, by your chair (or couch) and also by the Earth, especially the MOTHER Earth.*

*Now from your waist down, imagine that your body is turning to glass or crystal and that from your root chakra a line of force is dropping deep down into Mother Earth. "Mother Earth," you say, "please receive my energy! And energize us with your life-force."*

*Now notice an immediate response as a line of force is returned to your solar plexus area including the heart above, as well as the regenerative chakra (#2) and also the root chakra. You may feel a wave of energy coming up through your feet and beginning to extend up into these chakras.*

*Now imagine a crystal robe being placed over your upper body and chakra system and comfortably engaging you and protecting you.*

*Now all your Chakras are pulsing and spinning and aligning with Spirit.*

*Now from the Crown chakra imagine if you will, a line or cord extending out as far as the Sun.*

*"Father Sun, receive my energy," you say; and a line of force goes out and returns in the area of the heart. Your whole energy system is now circulating energy in the form of a figure eight whose center is in the heart.*

*Allow yourself to receive the energies of the LifeSeed to balance your energy field bringing your subtle bodies into balance and restoring you magnetics and electrical energy.*

*Breathe in Light to the center of your heart allowing your heart to expand within through and around your body.*

*Breathe in Light!*



OPTION # 1.

Please stand with your feet wide apart and extend your arms with your shoulders, palms up.

Become aware of the breath and feel the mana that you are beginning to accumulate in the body.

Repeat this statement out loud or mentally. " I Feel the LifeSeed energy, the great universal energy flowing into me now.

Breathe one slow full breath and then repeat 4 times total.

## A Huna prayer

**In the divine name of God I invoke my own High Self (holy monad )  
to completely over-light me.**

**Oh, my Higher Self come in all the way.**

**Fill me completely, all the way down.**

**Oh, Infinite divine mind, make this thy unit whole and complete  
so that I can distinguish truth.**

**Bring us in balance with the universe that we may attain full power.**

**Oh, God grant us the ability to attune to the truth so that we will excel in this,  
Thy Work.**

**My High Self, I align with you now with thanks and blessings for your presence.**

**Know that you are always welcome within this unit.**

**We give gratitude to the One being for  
Over lighting us now to balance and to heal.  
And So it is!**



## Meditation for Oneness

We are one self, united and secure in light and joy and peace!

We are the children of light born of joy, sons and daughters of the most high!

As One self with One creator and One goal, to bring awareness of this oneness to all minds.

We are one self united and secure in light and joy and peace so that the true creation can come forth extending our knowledge of this unity and interconnectedness.

A perfect harmony with all there is, and all that there will be.

We are one self complete, healed and whole with the power to lift the veil of darkness from the world and let the light come through to teach the world the truth about the Self.

We are one self, united and secure in light and joy and peace in perfect harmony with all there is and all that there will be.

Feel this I Am Self in you and let it shine away all your illusions, doubts and separation.

Accept full forgiveness for your self for any foolishness of acting as a separate one.

### BE EMBRACED IN THE TRUTH OF BEING

This is your signature in eternity.

This is your Innocence, Sinless and Unblemished being that dips into the chaos and possibility of experience, of water, of fire, of ether, of earth and air to return to the One.

To return as the Spirit as that I Am!

We are one self united and secure in light and joy and peace.

And it is given to us to cast out all illusions of shadow and renew in the power of the One.

As We breathe this statement of purpose and prayer, we affirm the Harmony, Agreement and Co-operation of our trinity of being. We consciously align with the Celestial Hierarchy as instruments of Light, of Wisdom, Of Compassion!

(Now mentally) We Breathe! We Breathe! We Breathe! We Breathe!



## Making Things Right and Restoring Balance!

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This is the famous "*Huna Prayer*"  
by Max Freedom Long

If I have hurt someone today  
With thought or word or deed,  
Or failed another in his need,

I now repent.

If I can take those steps again,  
Tomorrow will I make amends  
And heal with love those hurts.

I do this pledge.

And if a hurt has struck me deep  
And no amends are made,  
I ask the light to balance all.  
I count the debt as paid.  
Parental Spirits whom I love,  
And who I know love me,  
Reach through the door I open wide.  
Make clear my path to Thee.



## Chakra Meditation

*Breathe in the color pink and breathe this into the heart chakra.*

*Breathe in the bija mantra, a pulse of “Hrim” (sounds like hreem)*

*And move into the very center of the heart allowing the heart to expand while allowing your attention to go within.*

*Opening the Heart into a wide open space,*

*Allow yourself to expand*

*Again with the mantra—Hrim*

*Allow yourself to expand from the physical out to the astral body, now the etheric body, now to the causal body.*

*Imagine your Heart opening into One Balanced Vertical and Magnetic Field of energy possibilities and Light.*

*Into waves and waves of light*

*Within – Through – and Around Your Whole Body*

*Breathe in Light / Pink Light*

*Now Breathe in Light into the center of the heart*

*Breathe in Pink Light and Allow the Light to expand and*

*Imagine that you are breathing into your Solar Plexus.*

*Breathe in a yellow Solar color like the Sun*

*Breathe in Light*



*Now breathe in Light into the heart chakra and allow a flow of energy to engulf the Throat Chakra as well as the Solar Plexus;*

*Breathe in Blue and allow the Throat Chakra to vibrate with the Heart*

*With the Solar plexus and intend visually the colors Pink on the Heart*

*Yellow at the Solar Plexus and Blue at the Throat;*

*Allow the chakras to vibrate within – through – and around the whole body*

*Now imagine that the energy / attention is moving to the 2<sup>nd</sup> chakra, the sex and creativity center and also the Third Eye or visual center;*

*Bring in the color Orange at the 2<sup>nd</sup> Chakra and*

*Indigo at the Third eye*

*Breathe in Light and send it to each of the Chakras to spin and align and balance the energy at each of the centers*

*Now imagine the root center turning bright Red and the crown Chakra turning a Gold/White color*

*See the thousand petal lotus at the crown opening and spinning.*

*Breathe in Light*

*Breathe in Prana*

*Now all the 7 Chakras are aligning, clearing and vibrating in harmony, cooperation and balance.*

*Now imagine a chakra above the head and one below the base of the spine—The Alpha and Omega Chakras*

*Allow a wave of Metatron to resonate through and between them.*

*Now tune into the chakras in the hands and feet*

*Allow them to resonate with the LifeSeed energy;*

*Bring in the magnetic energy from the Center of the Earth*

*Allow a wave of Solar energy to come into the open crown chakra and resonate in the Heart and hands.*



*Pulse*

*Breathe again and feel the pulse*

*Resonate with light and sound*

*Become an instrument for the Light for the Christ Consciousness Vibration*

*Allow the I Am Presence to Flow within and around you.*

*Flow forth from the Heart.*



## Dedication and Invocation of the Light of God and the Celestial Kingdom

Let us lift our hearts and our minds to the contemplation of things eternal, to the contemplation of spiritual faith. We contemplate with sincerity and with adoration the One Spirit, Infinite, Supreme, the Life Intelligence and Source of Bliss of the boundless universe, from which flows all creation, from which arise all being, The Source from which are all things nourished, maintained and resolved in a constant balanced exchange of giving and re-giving of living and re-living in all worlds both visible and invisible. We contemplate the mighty hierarchy of divine beings, the elohim and the angelic hosts who carry out the celestial plan of the supreme will. We open ourselves in our hearts and minds to these wondrous radiant spirits who in divine compassion have come as masters of wisdom, love and power to aid humanity in our ascension and awakening into the light of our true nature, of our real and eternal nature which is associated with the Buddha and the Christ.

We contemplate with reverence the profound mysteries of the universe and ask that we may continue to transform and grow in love and in knowledge so that the ways of the divine life may be revealed to us now and continually from this time forward. That the way to the completion of our lessons on Earth and in Duality may result in the crowning glory of Christ consciousness and love for the creation in all aspects and fully establish our awareness of our essential unity with thee.

## The Transmuting Violet Flame Prayer

Holy Father/Mother God, Creator of all that is, I call on the Law of Forgiveness for myself and all mankind for all mistakes, mis-qualified energy and for straying from the Light.

Holy Father/Mother God, Creator of all that is, blaze through me the Limitless Transmuting Violet Flame, Thy Sacred Fire and Transmute now all impure desire, hard feelings, wrong concepts, imperfect etheric records, causes, effects and memories, known or unknown, in this life time or any other life time, in all dimensions of my subtle body and physical body. Keep this flame sustained and all powerfully active. Replace this karma with pure substance, power of accomplishment and the divine plan fulfilled. Charge me with perfect health, joy, happiness, illumination, love, wisdom, power and abundance in the name of the Cosmic Christ Vibration. Amen

## The Chalice Prayer

Father to thee, I raise my whole being, a vessel that is empty of self.  
Accept this, Oh Lord my emptiness, Fill me with thy self,  
Fill me with thy Light, Fill me with thy Love, Fill me with thy Life.  
Radiate through me and overflow the Chalice of my heart,  
Into all the hearts that I meet this day  
Revealing unto them the beauty of thy wholeness,  
The serenity of thy peace, which nothing can destroy.



## Activating the Cosmic Christ Consciousness Vibration

If you have never formally asked for the Cosmic Christ Consciousness Vibration to come into and be directly linked to your life, the following prayer procedure will facilitate this for you. It is in essence a deeply personal process that is engaged in the “silence of your own heart” although it may be gifted to us with assistance from a mentor or guide. In my own personal experience I believe that is necessary to ask that every day it come to your energy and life stream. This can be in an abbreviated version of the following procedure such as a simple request during meditation or perhaps an invocation when you turn on the car or computer.

You might however consider making this prayer procedure a part of a twenty-one day ritual that will anchor the energy in your life in some way that is personal, evidential and in fact really exciting for you as you watch your gifts open and blossom for you in your unique areas of endeavor.

*Father/Mother God, Creator of All That Is, I pray now for the Cosmic Christ Consciousness Vibration to come into my life and enliven all the creative powers and gifts that you have created for me. I ask that this energy be transmitted to me at the highest level that I AM capable receiving mentally, emotionally and physically.*

*I also pray for the gift of discernment to distinguish the Cosmic Christ Consciousness Vibration from other energies. I pray for the opening of my heart and for the establishment of the Unity Consciousness that I may understand my essential relationship with my Creator and the Creation. It is my intention to be open in heart and mind for the positive changes that will follow as I am unfolding in the way –the truth – the love and Light.*

*The Grace of this energy I offer lovingly and willingly back towards the creation with gratitude in peace. So Be It.*

*Recite your Name Now and*

- Open up the Crown Chakra and contact the Holy Spirit, invoke the Solar energies and **Ask** that the Cosmic Christ Consciousness Vibration come into your life, energy and influence.
- Imagine that the Magnetic energies and the Solar Electrical energies are meeting in the heart, at the same time all of the chakras are balanced and aligned.
- Ask for the gift of discernment and the knowledge from moment to moment that all you need to know, to be, to do is whatever is required to stay in a state of Grace.

In a state of Grace you only need to be present to what is going on here and now. **Asking** is the Key. **Receiving** is the Miracle of allowing. The kingdom cannot come into you unless you ask for it and except. Fear not little flock for it is the Father’s good pleasure to give you the kingdom.



## Maintenance

For daily maintenance and for the establishment of the OverSoul levels of inner guidance, these daily practices are recommended:

Open up the chakras in the soles of the feet and link to the energies of the Mother Earth. **Ask** for the magnetic energies to flow into you. You are probably pretty well activated if you have done LifeSeed work. Connect with the healing temple in the core of the mother earth.

### Saint Theresa's prayer:

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.



## Gâyatrî Mantra

We meditate on the glory of the Creator;  
Who has created the Universe;  
Who is worthy of Worship;  
Who is the embodiment of Knowledge and Light;  
Who is the remover of all Sin and Ignorance;  
May He enlighten us.

We meditate upon the radiant Divine Light  
of that adorable Sun of Spiritual Consciousness;  
May it awaken our consciousness.

O nourishing Sun, solitary traveler, controller, source of life for all creatures,  
spread your light and subdue your dazzling splendor so that I may see  
your blessed Self. Even that very Self am I!

**Om Bhur Om Buvaha Om Swaha**  
**Om Maha Om Janaha OmThath Savithur Varenyam**  
**Bhargo Devasya Dheemahi**  
**Dhiyo Yonaha Prachodayath**

This version is considered the long version of the mantra and, in all the millions of mantras recorded in spiritual history, it is considered to be THE ESSENCE OF ALL MANTRAS. According to Vedic cosmology there are seven spheres of light that are occupied by beings, human and celestial in which we evolve before finally merging with God to go out no more.

Using the **Gayatri** mantra is simply meditation on spiritual light for the purpose of enlightening the mind and intellect. For pure potency and for the accumulation of spiritual energy, it is suggested that this mantra is supreme. When I work with the mantra in the morning it is possible for me to feel/hear the mantra in the background for many hours as I go about my day.

### **The Gayatri mantra works on all the chakras to align and balance them:**

Om Bhuh works with the root chakras.

Om Bhuvaha works with the second chakra and the atmosphere.

Om Swaha works with the Solar Plexus.

Om Maha works with the Spiritual region beyond the Sun & the heart vibration.

Om Janaha works with the throat chakra, divine word and the cultivation of speaking truth.

Om Tapaha works with balance of masculine and feminine energies and the third eye.

Om Satyam is the crown chakra and represents the Abode of Truth and absorption into the Light.

**This mantra is available on my CD in both the Long version as well as the short.**