

Meal Prayer

Beloved Divine Mother and Heavenly Father,
Thank you for this meal,
I am (we are) so grateful and thankful,
As I (we) know some people have no food.

Please transmute any negativity in this food,
And bless this food.
Fill this food full of light and love,
To keep me (us) strong, as I (we) continue on the mission.

I (we) send my (our) love to my family,
Friends, the planet and cosmos.
In the deepest gratitude I (we) give thanks,
Amen (Aum)



web: www.saintgermainvioletflame.com

email: saintgmusic@gmail.com

fb: Mark Kneass