

Beyond Suffering

Remind me that when I am in
the Heart of God, there is
no suffering. There is no pain.

Help me to be compassionate and
identify with the dignity of Love
in all whom my eyes would behold.

Remind me that the gift
of peace and unconditional love
is the most valuable thing
I can give to anyone.

Let me look past the pain that
human suffering would tempt me
to identify with
and to see only the Light of Love
enveloping and emanating from
all living forms.

Help me to know that Your Love
is my only reality
and to know that what is true and real
can never be hurt or harmed.

Let me be the beacon of Your Light
that heals all pain, suffering,
and separation.

Let me feel the beating of Your Heart
within me, that I may shine
Your Love and Light on all
and know that the Light I see
is but a reflection of Your Light
and my Light joined as One.

Remind me to be grateful for Your Love
and for the opportunity to be
helpful and loving to all others.

Gerald G. Jampolsky