

Morning Prayer and Meditation

8 Directives to follow

- 1) Ask the Creator to direct my thinking today
- 2) Ask Creator to keep me from feeling self-pity
- 3) Ask Creator to keep me from being dishonest with myself
- 4) Ask Creator to keep me from having self-seeking motives
- 5) Ask the Creator for inspiration when I am faced with indecision
- 6) Do not ask for anything for myself, unless others will be helped
- 7) Pray that I will be shown what the next step will be
- 8) During the day when I become doubtful, ask for the right thought or action

Evening Prayer and Meditation

13 Questions to Ask Myself

1. Was I resentful?
2. Was I selfish?
3. Was I dishonest?
4. Was I afraid?
5. Do I owe anyone an apology?
6. Do I need to discuss anything with anyone? *Something I have been holding inside?*
7. Was I kind to everyone?
8. Was I loving to all?
9. Could I have done anything better today?
10. Was I thinking only of myself today?
11. Was I thinking of what I could do for another today?
12. Did I ask the Creators forgiveness?
13. Did I ask what I can do to make amends?

Buddhism speaks about the Eightfold Path:

In brief, these are the laws of the Eightfold Path:

- * To know the truth
- * To intend to resist evil
- * To not say anything to hurt others
- * To respect life, property, and morality
- * To work at a job that does not injure others
- * To try to free one's mind from evil
- * To be in control of one's feelings and thoughts
- * To practice appropriate forms of concentration