



## Prayer for Protection

I do this **everyday**; I put the white light of the holy spirit protection around me and others....this you can do every morning, before you start your day.

While either, sitting, standing, or lying down, take 5 deep breathes and clear your mind.... **then say the following, either silently or out loud...:**

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**"Dear God, please put the white light of the holy spirit protection around me, my family, my friends, my loved ones, (you can also spell out someone's name in particular too) .... keep us all safe, happy, healthy, and calm; Keep us away from anything bad or negative, and keep us all out of harms way; keep us all physically, emotionally, and financially strong."** (You can add anything else you want to this before you end).

**"Thank you".**

**"Amen".**



Courtesy of Mary D. Scott, Spiritual Healer  
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