

## Ten Golden Minutes

Isaiah 26:3

*Those of steadfast mind you keep in peace—  
in peace because they trust in you.*

How do we keep the faith, stay positive, not judge by appearances, be loving and forgiving, non-resistant and put God first?

Starting and ending the day with prayer:

### 1. The first five minutes on waking each morning

- Spend in quiet and even wordless realisation of oneness with God.
- A consecration of mind, heart and hands to express the qualities and potentialities of our God-Self.
- Focusing on thinking and acting in integrity with my Infinite Self.
- Followed by a stirring pep-talk to get the mind functioning with interest and enthusiasm.
- Affirming that this is a divine order day.
- I AM alive, alert, awake and enthusiastic/ reading favourite Bible quote
- This beginning the day with joy (laughter) and peace.
- Look in the mirror and spend a few minutes praising your self – wonderful, attractive, confident, capable, harmonious, orderly and relaxed.
- Upon getting up, before meditation, do some breathing and stretching exercises to loosen the body.

Devise your own morning ritual to support and uplift you.

## 2. Getting ready for bed

- Mentally prepare for bed before going there – begin to unwind and relax.
- Journal to help clear the mind.
- As we undress, mentally put down the thoughts/activities of the day.
- “I come to bed to sleep and rest.”
- Read some spiritual material
- Then lie flat on the back and talk to yourself
- “I have done my best, I leave the rest.”
- “I relax and let go and fall into the loving arms of peace.”
- “This duvet/sheet envelops me like God in its loving embrace.”
- Let the muscles relax and grow heavy
- “As I sink deeper into the mattress, I sink into peace.”
- Speak some words of prayer or affirmation that keep you focused on God.
- You will probably fall asleep before you finish.

Know for yourself:

I do not have to strain to get close to God – oneness is the truth.

Like a compass needle pointing north, I persistently turn my focus on God and a deep peace washes over my soul.

Based on “Life is for Living” by Eric Butterworth