

Prayer

I may not know the Truth about God and existence, but
It won't hurt me to ask God for help. I can something
like,

“God I am hurting. Please be with me or send
someone to me so that I do not need to endure this
pain alone. Working together, please help me to see
through my suffering to the wisdom my heart will
recognize so that I may find healing. Thank you for
hearing my prayer though my faith is small. With all
my heart I hope for it to grow beyond what feels
possible right now.”

Metta

I am safe
No one wants to harm me
I am loved even though I don't always feel like I am
My thoughts and experiences can teach me, but
 they are not who I am and don't represent me
I am a gift to the world even when I don't recognize it
Everyday I am regaining control over my mind and
 body when I question my thoughts and emotions