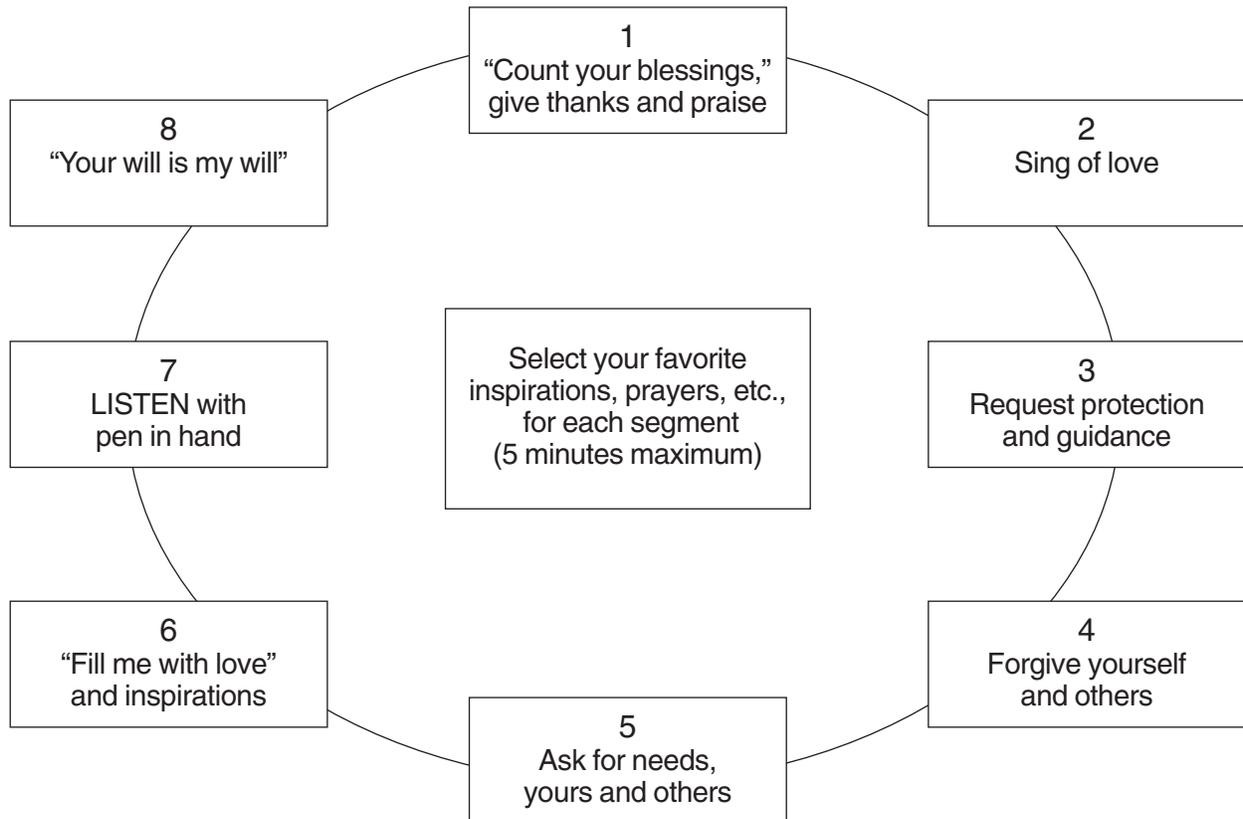

THE PRAYER WHEEL



The prayer wheel was developed by Dr. John Rossiter-Thornton as a self-help tool that can be used by anyone, no matter what his background or beliefs. The wheel consists of eight components, and although five minutes are recommended for each, you can shorten or remove segments according to your preference. Dr. Rossiter-Thornton recommends that even if you shorten some of the steps you should keep a full five minutes for the "listen" segment. Proceeding clockwise from the top of the wheel, the steps of the prayer wheel as recommended by Dr.

Rossiter-Thornton are as follows:

1. "Count your blessings" and give thanks and praise. Reflect on the things for which you are thankful.
2. Sing of love. Choose and sing a favorite love song.
3. Request protection and guidance. Ask for protection and guidance for you and your loved ones.
4. Forgive yourself and others.
5. Ask for needs, yours and others'. Record and date your requests for anything you or your loved ones need.

6. "Fill me with love" and inspirations. Think about the things that make you feel hope, love, and inspiration.

7. LISTEN with pen (and paper) in hand. The most important step, listening involves sitting quietly while being receptive to any thoughts, images, feelings, words, or ideas. Write down whatever comes to mind.

8. "Your will is my will." Put yourself in the hands of your higher power and trust that it has your best interests at heart.
