



Traditional Christian Prayers for the Three Centers

Prayer for the Instinctual Center:

"Prayer of the Virgin Mary"

I am one with the will of God;
Let it happen as you say.

Prayer for the Feeling Center: "The Jesus Prayer"

Lord Jesus Christ, Son of God
Have mercy on me, a sinner.

Prayer for the Thinking Center:

"The Serenity Prayer"

Lord, grant me the serenity to accept the things I cannot
change;
The courage to change the things I can;
And the wisdom to know the difference.