



The Gift Of Life

This information is to further your inner and outer development. The *Prayers Of Life* encourage humility, heightened awareness, and healing through forgiveness, release, and peacemaking. The more serious our life problems, whether physical or other, the more often the *Prayers Of Life* should be spoken. *Speak* these prayers once or twice a day for transformation and spiritual growth; three to five times a day or more, to address more serious or life threatening problems. Deep breathe fresh air 3-5 minutes before speaking the prayers, and 3-5 minutes after. Whenever possible, face the sun with your palms open and up when deep breathing. Breathe in on the count of 8, hold for the count of 8, and breathe out on the count of 8.

The *Prayers Of Life* are Divinely inspired and have been utilized since 1974, when they were first revealed. The information is powerful and forms the necessary link between human and Divine, which creates the healing action.

Humble yourself, drop all judgment, and allow yourself the gift of being open. Read, reread, and practice what you learn. Following these guidelines will bring you freedom, happiness, and immense rewards.

In Life, Love, and Health,

Howard Wills

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About Belief Systems

Belief systems can create limitations that inhibit our spiritual growth and awareness. God sends people blessings daily that often are blocked through scorn, judgment, pride, and other self-defeating attitudes. When using these prayers, if we will suspend our belief systems and *speak* the entire system of prayers *aloud, word for word*, we will share in the creation of a reality more beautiful than we could ever imagine — Direct Communion With God.

About Humanity

For over six thousand years humanity has been scourging itself, all life forms, and the earth through pollution, death, greed, hatred, jealousy, judgment, and overall ignorance. It is time for humanity to move into intelligence and becoming, choosing life over death, by taking responsibility for all our actions, thus allowing us to grow into the consciousness of what we are - in the image and likeness of God. We are the children of the Maker — we must awaken to what we are and to our creative and potential realities. We must move individually, globally, and universally into intelligence rather than ignorance. We must take responsibility for the health of our planet, all life forms, and ourselves — becoming the guidance and protectors we were designed to be, and reawakening the Garden of Eden for the earth, all life, and ourselves. Let us join in the creation and sharing of heaven on earth individually, globally, and universally. THE TIME IS NOW ...

Reference To God

In the *Prayers of Life* the reference to God as Lord or Lord in Heaven, is formally a reference. Please address God by whatever name is appropriate for you. These prayers are meant for all people, all religions, and all beliefs. May the blessings of life be with you.

Healing Is A Feeling

Have you ever heard someone say, “I’m feeling great,” or “I’m feeling bad”? Pay attention to the words — they are correctly spoken, pointing directly to a feeling they are experiencing in their bodies. We humans, like all life forms, are a feeling. Yes, we are intellectual and even spiritual, but we are also feeling.

The human organism is immediately complicated with all the hundreds of body parts, bones, muscles, blood vessels, etc., not to mention the integration of the mind and feelings, and then our relationship to ourselves, others and the rest of creation. And yet with all this complexity, when we boil it all down, everything comes back to how we are feeling. Truthfully and honestly, are we feeling good or are we feeling bad?

There is an old saying, “We cannot lie to ourselves. We can lie to the rest of the world and they may not know it, but we can never lie to ourselves.” And this brings us back to our feelings. If we are lying to others and/or trying to make excuses for our wrong actions, or trying to skirt issues or lie to ourselves about anything, we will begin to feel bad, inside and out — physically, mentally, emotionally and spiritually. The simple action of speaking the truth about anything or even everything creates freedom - no weight, no burden, no pain, and no lie. Speaking the truth is a powerful remedy to stress and pain. It relieves and releases burdens and makes complete freedom available to us now. When someone asks you a question, give them the truth. When you ask yourself a question, give yourself the truth. It is a powerful medicine that creates freedom, inner and outer healing, and a good healthy feeling. Healing is definitely a feeling, and speaking truthfully is a major action in creating inner and outer healing.

The native priests of Hawaii, called Kahunas, say those thoughts are physical, alive and have substance, even though they are invisible. Thoughts are powerful and thoughts influence feelings. If we have negative, harmful, hurtful or hateful thoughts, we are creating the same types of negative feelings. So very simply, the remedy is to think positive, blessing, non-judgmental thoughts — simple, happy, positive thoughts. When we allow our thoughts to be simple positive and blessing, we free ourselves of the weight, burden and unhappiness created by negative judgmental thoughts. When we practice the art of positive, happy, non-judgmental thinking, we start feeling good, happy and free. When we start feeling good, happy, and free, our body and the health of our body will follow.

Remember, healing is a feeling, and if we are honestly feeling good inside and out, then our health will be a reflective measure of our true inner feelings, in a physical way. The inner feelings are reflected in our body just like our body reflects our inner feelings. To read the feelings is to read the body - to ready the body is to read the feelings. Thoughts are real and are reflected physically through our bodies, our posture, our paths, and our illnesses. Let us think positive, blessing thoughts and create inner and outer healing for ourselves.

The last thing we can talk about that affects healing is the actions we and others take in life, the actions whereby others affect us, whereby we affect others, and whereby we affect ourselves. Action is the last leg of the triune creation process: thoughts, words, and deeds - to create the present and the future. In that healing is a feeling, our actions should be positive and a blessing to all concerned, including ourselves. By partaking in positive and blessing actions, we are creating blessings for everyone in our presence — and what we do to others, we do to ourselves. So by blessing others through positive actions, we are also blessing ourselves and helping ourselves to feel better.

There's nothing better than feeling good and nothing worse than feeling bad. Love yourself, be good to yourself, others, the earth and the life of the earth, and remember — HEALING IS A FEELING!

Practice To Natural Healing

1. Deep Breathe — All Day, Every Day, Fresh Air — In On The Count of 8, Hold For The Count Of 8, And Out On The Count Of 8
2. Listen To Your Inner Concerns And Settle All Dilemmas
3. Listen To Your Inner Voice And Always Do The Things You Know Are Right For You In Life
4. Build A Relationship Of Love, Trust And Respect Between Your Inner And Outer Voice — Your Feelings And Your Mind. Become Your Own Best Friend — Mind To Feelings And Feelings To Mind ... Reward Yourself — Love Yourself — You Are Worthy
5. Let All Your Thoughts, Words And Deeds Be Positive And Blessing
6. Practice Humility, Love, Non-judgment, Patience, Compassion, Joy, And Happiness
7. Eat Healthy, Living Foods As Much As Possible
8. Enjoy And Appreciate The Gift Of Life

The Practice Of Life And Learning

1. Deep Breathe
2. Listen To Your Inner Concerns
3. Settle All Dilemmas, Thus Creating Freedom
4. Love, Accept And Respect All Things And All Situation In Life ... They Are Especially Designed For Your Personal Learning

The “Roadmap”

Your Life Is Your Prayer

As You Live, So You Are

You Are The Creator Of Your Own Health And Reality

The More You Love And Bless Yourself And All Creation, The More Your Self
And All Creation Loves And Blesses You

Live, Love, Enjoy And Appreciate The Gift Of Life

Love And Bless Yourself And All Creation Daily

And Be Filled With Love, Life and Light

Work At It, Achieve It, And Maintain It Through The Practice Of Living
Practice — Practice — Practice

All Day, Every Day

Give Thanks, Be Humble Always

And Remember

Life Begets Life

“Ancestral Prayer”

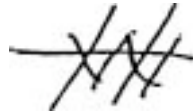
Lord, For Myself, My Spouse, All Our Family Members, All Our Relationships, All Our Ancestors And All Their Relationships Back Through All Time, Through All Of Our Lives

Lord, Please Help Us All Forgive, Be Forgiven, And All Forgive Ourselves Completely And Totally, Please Lord, Thank You Lord (Repeat 3 Times)

Lord, Fill Us All With Your Love And Give Us All Complete Peace Now And Forever, Please Lord, Thank You Lord (Repeat 3 Times)

Lord, We Thank You For Your Love, We Thank You For Your Blessings, We Thank You For The Gift Of Life And All The Many Gifts You Give Us Daily, Thank You Lord, Thank You Lord, Thank You Lord (Repeat 3 Times)

Amen



Prayer Of Life I
“Prayer Of Forgiveness”

I Bless This Day And Give Thanks For My Life

I Forgive Completely All People Who Have Hurt Me (Repeat 3 Times)

I Ask All People I Have Hurt To Please Forgive Me (Repeat 3 Times)

I Apologize To Myself For My Wrongs To Myself And My Wrongs To Others
(Repeat 3 Times)

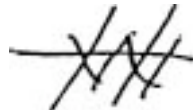
I Apologize For All My Hurts Or Wrongs To All Life Forms (Repeat 3 Times)

With This Release, Freedom, Peace, Power, And New Life, I Bless All Creation In
The Entire Universe And I Fill The Entire Universe With My Love

I Love And Bless The Earth, All Life, And All Humanity

I Love, Bless, And Respect, The Visible, And The Invisible

I Rejoice And Give Thanks For My New Life, Power, And Health, And Give
Complete Blessing And Love To All Life, Always



Prayer Of Life II
“Prayer Of Personal Forgiveness”

I Bless This Day And Give Thanks For My Life

Lord In Heaven, I Am Your Child, Your Humble Child

I Give You My Love And I Thank You For Your Constant Love And Blessings

Lord, I Ask That You Help Me Forgive And Release, Completely And Totally, All People Who Have Hurt Me

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

Lord In Heaven, I Ask That You Help All People I Have Hurt

To Forgive And Release Me Completely And Totally

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

Lord, I Ask That You Help Me To Forgive And Release Myself Completely And Totally, For All The Times I Hurt Myself Or Hurt Others

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

Lord In Heaven, I Ask That You Help All Life Forms I Have Hurt

To Forgive And Release Me Completely And Totally

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

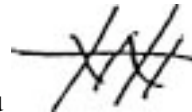
With This Release, Freedom, Peace, Power, And New Life, I Bless All Creation In The Entire Universe And Fill The Entire Universe With My Love

I Love And Bless The Earth, All Life And All Humanity

I Love, Bless, And Respect, The Visible And The Invisible

I Rejoice And Give Thanks For My New Life, Power, And Health, And Give Complete Blessing And Love To All Life, Always

Thank You Lord In Heaven, Thank You Lord, Thank You



Prayer Of Life III
“Prayer Of Complete Personal Forgiveness”

I Bless This Day And Give Thanks For My Life

Lord In Heaven, I Am Your Child, Your Humble Child

I Give You My Love, And I Thank You For Your Constant Love And Blessings

For All People Who Have Hurt Me - Mentally, Physically, Emotionally,
Spiritually, Sexually, Financially, Or In Any Other Way

Lord, I Ask That You Help Me To Forgive And Release Completely And Totally,
All People Who Have Hurt Me

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

And With God’s Help I Do Forgive And Release Completely And Totally All
People Who Have Hurt Me

Thank You Lord In Heaven

For All People I Have Hurt - Mentally, Physically, Emotionally, Spiritually,
Sexually, Financially, Or In Any Other Way

I Apologize To All Of You And Ask That You Please Forgive Me

Lord In Heaven, Please Help All People I Have Hurt To Forgive And Release Me
Completely And Totally

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

And I Thank All People For Forgiving And Releasing Me Completely And
Totally, With God’s Help

Thank You Lord In Heaven

For All The Times I Hurt Myself, Mentally, Physically, Emotionally, Spiritually,
Sexually, Financially, Or In Any Other Way

I Apologize To Myself For All My Hurts And Wrongs To Myself, And I Ask To Be Forgiven

Lord In Heaven, I Ask That You Help Me To Forgive And Release Myself Completely And Totally

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

And With God's Help I Do Forgive And Release Myself Completely And Totally

Thank You Lord In Heaven

For All Life Forms I Have Hurt In Any Way, At Any Time

I Apologize For My Hurts Or Wrongs To All Life Forms And I Ask To Be Forgiven

Lord In Heaven, I Ask That You Help Me To Be Forgiven For My Hurts Or Wrongs To All Life Forms

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

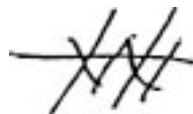
Thank You Lord For Helping Me To Be Forgiven For My Hurts Or Wrongs To All Life Forms

Thank You Lord In Heaven

Lord, I Ask That You Bless All These Relationships, Fill Us With Your Love, And Grant Us All Complete Peace

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

Thank You Lord In Heaven



Prayer Of Life IV
“Prayer Of Generational Forgiveness”

Lord In Heaven, For Myself, All My Family Members, And All Our Ancestors

For All People We Have Hurt - We Apologize For Our Hurts Or Wrongs And We Ask To Be Forgiven

Lord We Ask That You Help All People We Have Hurt, In Any Way, At Any Time, To Forgive And Release Us Completely And Totally

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

And We Thank All People For Forgiving And Releasing Us, Completely And Totally, With God’s Help, Thank You Lord

Lord In Heaven, For Myself, All My Family Members, And All Our Ancestors

Lord We Ask That You Help Us To Forgive And Release, Completely And Totally, All People Who Have Hurt Us In Any Way, At Any Time

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

And With God’s Help, We Do Forgive And Release, Completely And Totally, All People Who Have Hurt Us, Thank You Lord

Lord In Heaven, For Myself, All My Family Members, And All Our Ancestors

Lord, We Ask, That You Help Us To Forgive And Release Ourselves, Completely And Totally, For All The Times We Hurt Ourselves Or Hurt Others

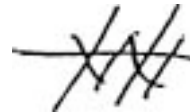
Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

And With God’s Help, We Do Forgive And Release Ourselves, Completely And Totally, For All The Times We Hurt Ourselves Or Hurt Others, Thank You Lord

Lord In Heaven, With This Release, Freedom, Peace, Power, And New Life, We Rejoice And Give Thanks For The Love, Life, Light, And Perfection We Are Now Receiving, Through Your Grace And Blessing

Now And Forever

Thank You Lord In Heaven, Thank You Lord, Thank You



Prayer Of Life V

**“Prayer For All Races, All Nations, All Humanity,
The Earth, And All Life”**

Lord In Heaven, We Are Your Children, Your Humble Children

We Give You Our Love And We Thank You For Your Constant Love And Blessings

For All Races, All Nations, And All Humanity — For All Hurts And Wrongs We Have Done To Each Other, To Ourselves, To The Earth, And To The Life Of The Earth, We Apologize For All Our Hurts And Wrongs And We Ask To Be Forgiven

Help Us Lord Please, To Forgive All Those Who Have Hurt Us, To Forgive Ourselves For The Times We Have Hurt Ourselves, And To Be Forgiven By All Those We Have Hurt

Please Lord, Please Lord, Thank You Lord, Thank You Lord, Thank You

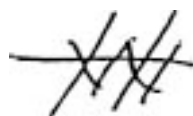
And We Do Forgive And Release Each Other, Ourselves, And All Life, Completely And Totally, With God’s Help, Thank You Lord

Lord In Heaven, Help Us Please To Have Reverence And Respect For All Life, And To Realize Our Responsibilities To Each Other, To Ourselves, To The Earth, And To All Life In The Creation Of Peace And Harmony For All Life During Our Lives

Help Us Lord, Please, To Attune Our Awareness, Our Intelligence, And Our Actions To The Inner Voice Of Goodness, Love, And Truth — You, Most High Lord In Heaven

Now And Forever

Thank You Lord In Heaven, Thank You Lord, Thank You



Prayer Of Life VI
“Prayer Of Complete Healing For All Relationships”

Lord In Heaven, We Are Your Children, Your Humble Children

We Give You Our Love And We Thank You For Your Constant Love And Blessings

We Ask Lord, Please, That You Lead Us, Guide Us, And Direct Us Into Your Life, Into Your Light, And Into Your Love

We Ask Lord, Please, That Your Perfection Become Our Perfection

That Your Love Become Our Love

That Your Life Become Our Life

And That Your Light Become Our Light

Mentally, Physically, Emotionally, Spiritually

And In All Ways Completely

We Thank You Lord For This Blessing

Thank You Lord For Your Love

We Ask Lord, Please, That You Join Us To Your Earth, To Your Heavens, To You, To All Creation, And To Ourselves — Minds To Feelings To Bodies In Peace, Life, Light, Love, And Perfection

We Ask Lord, Please, That Your Perfection Become Our Perfection

That Your Love Become Our Love

That Your Life Become Our Life

And That Your Light Become Our Light

Mentally, Physically, Emotionally, Spiritually

And In All Ways Completely

We Thank You Lord For This Freedom

Thank You Lord For Your Love

Thank You Lord For The Healing Of All These Relationships

Thank You Lord For The Gift Of Life

And All The Many Gifts You Give Us Always

Lord In Heaven, We Are Your Children, Your Humble Children

We Give You Our Love And We Thank You For Your Constant Love And Blessings

We Bless All Your Creations In The Entire Universe

And We Fill The Entire Universe With Our Love

We Bless The Earth, The Moon, The Planets, The Sun

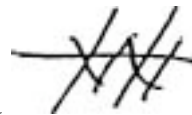
All Stars, And All Celestial Bodies

We Bless The Trees, The Plants, The Flowers, The Waters, The Fish, The Birds, The Wind, The Insects, The Animals, All Humanity, And All Life On Earth, And In The Entire Universe

And We Fill All Things, All Time, All Space, And All Dimensions With Our Love As We Celebrate This Gift Of Freedom, Life, Love, And Healing

Now And Forever

Thank You Lord In Heaven, Thank You Lord, Thank You



Prayer Of Life VII
“Prayer Of Complete Personal Healing”

Lord In Heaven, I Am Your Child, Your Humble Child

I Give You My Love And I Thank You For Your Constant Love And Blessings

I Ask Lord, Please, That You Lead Me, Guide Me, And Direct Me Into Your Life,
Into Your Light, And Into Your Love

I Ask Lord, Please, That Your Perfection Become My Perfection

That Your Love Become My Love

That Your Life Become My Life

And That Your Light Become My Light

Mentally, Physically, Emotionally, Spiritually

And In All Ways Completely

I Thank You Lord For This Blessing

Thank You Lord For Your Love

I Ask Lord, Please, That You Join Me To Your Earth, To Your Heaven, To You,
To All Creation, And To Myself, Mind To Feelings To Body In Peace, Life, Light,
Love, And Perfection

I Ask Lord Please That Your Perfection Become My Perfection

That Your Love Become My Love

That Your Life Become My Life

And That Your Light Become My Light

Mentally, Physically, Emotionally, Spiritually

And In All Ways Completely

I Thank You Lord For This Freedom

Thank You Lord For Your Love

Thank You Lord For My Healing

Thank You Lord For The Gift Of Life

And All The Many Gifts You Give Me Always

Lord In Heaven, I Am Your Child, Your Humble Child

I Give You My Love And I Thank You For Your Constant Love And Blessings

I Bless All Your Creations In The Entire Universe

And I Fill The Entire Universe With My Love

I Bless The Earth, The Moon, The Planets, The Sun

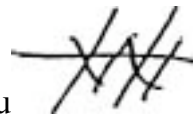
All Stars And All Celestial Bodies

I Bless The Trees, The Plants, The Flowers, The Waters, The Fish, The Birds, The Wind, The Insects, The Animals, All Humanity, And All Life On Earth, And In The Entire Universe

And I Fill All Things, All Time, All Space, And All Dimensions With My Love, As I Celebrate This Gift Of Freedom, Life, Love, And Healing

Now And Forever

Thank You Lord In Heaven, Thank You Lord, Thank You



Prayer Of Life VIII
“Prayer Of Thanks”

I Have Made Peace And Have Opened My Entire Being To The Light And Power
Of Life And God

I Join Myself With This Seen And Unseen Presence In Respect And Humility

I Have Reverence For All That Is

With This New Station And Position In Life, I Reach Outward And Reach Inward
To Claim For Myself A Perfect, Happy, Healthy, Normal, Body, Mind, And Spirit

And As I Live My Life, I Am Returning To Complete Natural Health, Free Of
Any Past Problems Or Illnesses

I Live Free, I Live Healthy, I Live

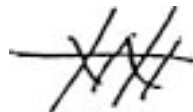
Thank You Lord In Heaven, Thank You Lord

Thank You Lord, Thank You Lord

Now And Forever

Thank You Lord

Amen



Reproducing The Prayers

These prayers are for humanity. Please feel free to send them electronically through email, copy them and distribute them for your personal use. If you are interested in publishing any or all of the *Gift of Life* prayers or translating them into another language, please contact info@howardwills.com.

If you'd like a downloadable copy of the *Gift of Life* prayers in MS Word, you can get them at www.howardwills.com.