



Information, Prayers and Affirmations To Promote Consciousness, Health and Healing

This information is to further your inner and outer development, 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 and Affirmations in this healing packet should be spoken. *Speak* these prayers and affirmations 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, look toward the sun, close your eyes, and open your hands so that the light of the sun is on your palms. Begin to deep breathe long slow deep breaths, drawing in the fresh air and the light of the sun into your body through your eyes and palms. Breathe in on the count of eight, hold for the count of eight, and breathe out on the count of eight. Continue to hold the light within as you exhale. Fill yourself with the light as you breathe, charging yourself as if you are a solar battery.

The Prayers and Affirmations in this healing packet 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 Light,

Howard Wills

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Reproducing The Prayers And Affirmations

These prayers and affirmations 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 and Affirmations or translating them into another language, please contact HowardWills@aol.com and/or call the INFORMATION AND SCHEDULING LINE: 310-278-1164. Thank you.

Howard Wills Scheduling & Information Line: (310) 278-1164

About Belief Systems

Belief systems can create limitations that inhibit our spiritual growth and awareness. The Infinite 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 the Infinite.

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 higher levels of intelligence, choosing life over death, by taking responsibility for all our actions, allowing ourselves to grow into the consciousness of what we are - in the image and likeness of the Infinite. We are the children of the Infinite — As we awaken to what we are and to our creative and potential realities, we move individually, globally, and universally into higher levels of intelligence. As we take responsibility for the health of our planet, all life forms, and ourselves — we become the guardians and protectors we were designed to be, 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 The Infinite

In the *Gift of Life Prayers and Affirmations* the reference to the Infinite as Infinite Light or Infinite Light in Heaven, is formally a reference. Please address the Infinite by whatever name is appropriate for you. These prayers and affirmations 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 him or her 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 read 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

- 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
- Listen To Your Inner Concerns And Settle All Dilemmas, Thus Creating Freedom
- Listen To Your Inner Voice And Always Do The Things You Know Are Right For You In Life
- Build A Relationship Of Love, Trust And Respect Between Your Inner And Outer Voice — Your Heart/Feelings And Your Mind. Become Your Own Best Friend — Mind To Heart/Feelings And Heart/Feelings To Mind ... Reward Yourself — Love Yourself — You Are Worthy
- Let All Your Thoughts, Words And Deeds Be Positive And Blessing
- Practice Humility, Gratitude, Love, Non-judgment, Patience, Compassion, Joy, And Happiness Through Continual Peacemaking In Life.
- Love, Accept And Respect All Things And All Situations In Life ... They Are Especially Designed For Your Personal Learning
- Eat Healthy, Living Foods As Much As Possible
- Enjoy And Appreciate The Gift Of Life

The Roadmap

Your Life Is Your Prayer

As You Live, So You Are

You Are The Maintainer and 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 Life. Love 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

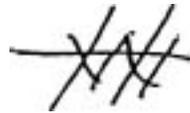
Infinite Light, For Myself, My Spouse, All Our Family Members, All Our Relationships, All Our Ancestors And All Their Relationships Back Through All Time, Through All Of Our Lives

Infinite Light, Please Help Us All Forgive, Be Forgiven, And All Forgive Ourselves Completely And Totally, Now And Forever, Please Infinite Light, Thank You Infinite Light (Repeat 3 Times)

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

Infinite Light, 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 Infinite Light, Thank You Infinite Light, Thank You Infinite Light (Repeat 3 Times)

Amen



The Gift of Life Prayer I
Forgiveness Affirmation

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)

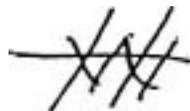
I Apologize For All My Hurts Or Wrongs To The Earth And The Life Of The Earth (Repeat 3 Times)

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 Blessings And
Love To All Life And All Creation Always



The Gift of Life Prayer II
Prayer Of Personal Forgiveness

I Bless This Day And Give Thanks For My Life

Infinite Light In Heaven, I Am Your Child, Your Humble Child

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

Infinite Light, I Ask That You Help Me Forgive And Release, Completely And Totally, All People Who Have Hurt Me Through Thought, Word Or Deed, Knowing Or Not Knowing

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

Infinite Light In Heaven, I Ask That You Help All People I Have Hurt Through Thought, Word Or Deed, Knowing Or Not Knowing, To Forgive And Release Me Completely And Totally

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

Infinite Light, I Ask That You Help Me Forgive And Release Myself Completely And Totally, For All The Times I Hurt Myself Or Hurt Others Through Thought, Word Or Deed, Knowing Or Not Knowing

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

Infinite Light In Heaven, I Ask That You Help All Life Forms I Have Hurt, In Any Way At Any Time To Forgive And Release Me Completely And Totally

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

Infinite Light In Heaven, I Ask That You Help Me To Be Forgiven And Released, Completely And Totally, For All My Hurts Or Wrongs To The Earth And The Life Of The Earth Through Thought, Word Or Deed, Knowing Or Not Knowing

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

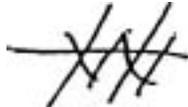
With This Release, Freedom, Peace, Power, And New Life, I Bless All Creation In The Entire Universe And Fill The Entire Universe With My Love

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 Blessings And Love To All Life, Always

Thank You Infinite Light In Heaven, Thank You Infinite Light, Thank You



The Gift of Life Prayer III
Prayer Of Complete Personal Forgiveness

I Bless This Day And Give Thanks For My Life

Infinite Light 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 Through Thought, Word Or Deed, Knowing Or Not Knowing

Infinite Light In Heaven, I Ask That You Help Me Forgive And Release, Completely And Totally, All
 People Who Have Hurt Me

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank
 You

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

Thank You Infinite Light In Heaven

For All People I Have Hurt - Mentally, Physically, Emotionally, Spiritually, Sexually, Financially, Or In
 Any Other Way Through Thought, Word Or Deed, Knowing Or Not Knowing

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

Infinite Light In Heaven, I Ask That You Help All People I Have Hurt Through Thought, Word Or
 Deed, Knowing Or Not Knowing, To Forgive And Release Me Completely And Totally

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank
 You

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

Thank You Infinite Light In Heaven

For All The Times I Hurt Myself - Mentally, Physically, Emotionally, Spiritually, Sexually, Financially,
 Or In Any Other Way Through Thought, Word Or Deed, Knowing Or Not Knowing

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

Infinite Light In Heaven, I Ask That You Help Me Forgive And Release Myself Completely And
 Totally

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

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

Thank You Infinite Light 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

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

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

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

Thank You Infinite Light In Heaven

Infinite Light In Heaven, I Ask That You Help Me To Be Forgiven For All My Hurts Or Wrongs To The Earth And The Life Of The Earth Through Thought, Word Or Deed, Knowing Or Not Knowing

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

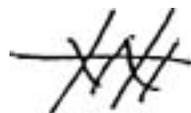
Thank You Infinite Light For Helping Me To Be Forgiven For All My Hurts Or Wrongs To The Earth And The Life Of The Earth

Thank You Infinite Light In Heaven

Infinite Light, I Ask That You Bless All These Relationships, Fill Us With Your Love, And Grant Us All Complete Peace, Now And Forever

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

Thank You Infinite Light In Heaven



The Gift of Life Prayer IV
Prayer Of Generational Forgiveness

Infinite Light In Heaven, For Myself, All My Family Members, And All Our Ancestors, Back Through All Time, Through All Our Lives

For All People We Have Hurt, In Any Way At Any Time, We Apologize For All Our Hurts Or Wrongs And We Ask To Be Forgiven

Infinite Light We Ask That You Help All People We Have Hurt, To Forgive And Release Us Completely And Totally, Now And Forever

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You Infinite Light In Heaven

And We Thank All People For Forgiving And Releasing Us, Completely And Totally, With God's Help, Thank You Infinite Light

Infinite Light In Heaven, For Myself, All My Family Members, And All Our Ancestors, Back Through All Time, Through All Our Lives

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

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You Infinite Light In Heaven

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

Infinite Light In Heaven, For Myself, All My Family Members, And All Our Ancestors, Back Through All Time, Through All Our Lives

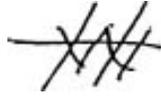
Infinite Light, We Ask That You Help Us Forgive And Release Ourselves, Completely And Totally, For All The Times We Hurt Ourselves Or Hurt Others

Please Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You Infinite Light In Heaven

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 Infinite Light

Infinite Light 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 Blessings

Now And Forever Thank You Infinite Light In Heaven, Thank You Infinite Light, Thank You



The Gift of Life Prayer V

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

Infinite Light 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, Back Through All Time Through All Our Lives- For All Hurts And Wrongs We Have Done To Each Other, To Ourselves, To The Earth, And To The Life Of The Earth, Through Thought, Word Or Deed, Knowing Or Not Knowing, We Apologize For All Our Hurts And Wrongs And We Ask To Be Forgiven

Help Us Infinite Light 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 Infinite Light, Please Infinite Light, Thank You Infinite Light, Thank You Infinite Light, Thank You

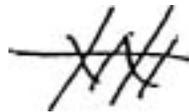
And We Do Forgive And Release Each Other, Ourselves, And All Life, Completely And Totally, With God's Help, Thank You Infinite Light

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

Now And Forever

Thank You Infinite Light In Heaven, Thank You Infinite Light, Thank You



The Gift of Life Prayer VI
Prayer Of Complete Healing For All Relationships

Infinite Light 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 Infinite Light, Please, That You Lead Us, Guide Us, And Direct Us Into Your Life, Into Your Light, And Into Your Love

We Ask Infinite Light, 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 Infinite Light For These Blessings

Thank You Infinite Light For Your Love

We Ask Infinite Light, 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 Infinite Light, 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 Infinite Light For This Freedom

Thank You Infinite Light For Your Love

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Thank You Infinite Light For The Healing Of All These Relationships

Thank You Infinite Light For The Gift Of Life

And All The Many Gifts You Give Us Always

Infinite Light 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

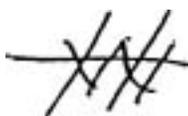
All Stars, And All Celestial Bodies

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 Infinite Light In Heaven, Thank You Infinite Light, Thank You



The Gift of Life Prayer VII
Prayer Of Complete Personal Healing

Infinite Light 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 Infinite Light, Please, That You Lead Me, Guide Me, And Direct Me Into Your Life, Into Your Light, And Into Your Love

I Ask Infinite Light, 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 Infinite Light For These Blessings

Thank You Infinite Light For Your Love

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

I Ask Infinite Light 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 Infinite Light For This Freedom

Thank You Infinite Light For Your Love

Thank You Infinite Light For My Healing

Thank You Infinite Light For The Gift Of Life

And All The Many Gifts You Give Me Always

Infinite Light 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

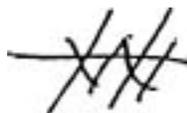
All Stars And All Celestial Bodies

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 Infinite Light In Heaven, Thank You Infinite Light, Thank You



The Gift of Life Prayer 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, Body, Mind, And Spirit, Free Of All Past Problems Or Illnesses

And As I Live My Life, I Am Living With Complete Perfect Natural Health

I Live Free, I Live Healthy, I Live

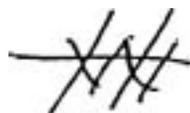
Thank You Infinite Light In Heaven, Thank You Infinite Light

Thank You Infinite Light, Thank You Infinite Light

Now And Forever

Thank You Infinite Light

Amen



The Prayer of Bounty

Infinite Light, Please Open My Mind, Heart, And Being To Your Complete Limitless, Bountiful Prosperity, And Love

Please Help All Things That I Think, Say, And Do Be Filled With Your Complete Limitless, Bountiful Prosperity And Love

Please Allow Me To Be Blessed With The Riches And Bounty Of Your Heavens And Your Earth Always

Please Lead Me, Guide Me, And Direct Me Into Your Life, Into Your Light, Into Your Love, And Into Your Complete Limitless, Bountiful Prosperity, And Love
Celebrating Life As The Gift It Is From You Infinite Light, Now And Forever

Thank You Infinite Light, Thank You

Amen

