

Suggestions for “Arising” Practices

Place this card somewhere where you will see it first thing in the morning.

Some ideas are:

- near your bedside at the foot of a lamp that you turn on when getting up
- on your bathroom mirror if brushing your teeth is an early morning ritual
- by the coffeepot if the day just doesn't begin without coffee or tea
- on your door to see before you head out for the day

**Waking God,
I give you thanks for the chance to
start fresh every day.
Open my eyes to the light of possibilities,
even when the day ahead holds difficulties.
Be with me, near me, beside me.
Amen.**



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