

God grant me the strength
of eagle wings,
the faith and courage to fly
to new heights
and the wisdom to rely on
his spirit to carry me there.

Native American prayer for
Serenity

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Listen anew to the gentle
whisper of hope.

Charles D. Brodhead

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Joy comes, grief goes,
we know not how.

James Russell Lowell

O my God! O Thou forgiver of sins,
bestower of gifts, dispeller of
afflictions!

Verily, I beseech Thee to forgive the
sins of such as have abandoned the
physical garment and have ascended
to the spiritual world.

O my Lord! Purify them from
trespasses, Dispel their sorrows,
and change their darkness into light.
Cause them to enter the garden of
Happiness, cleanse them with the
most pure water, and grant them to
behold Thy splendors on the loftiest
mount.

Baha'i prayer – Abdu'l-Baha

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Phoenix4Life
Grief Coaching



Diane Pratt

Prayer, Meditation or
Reflection allows you
to escape, if even only
for a moment, the
heartache of grief.

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