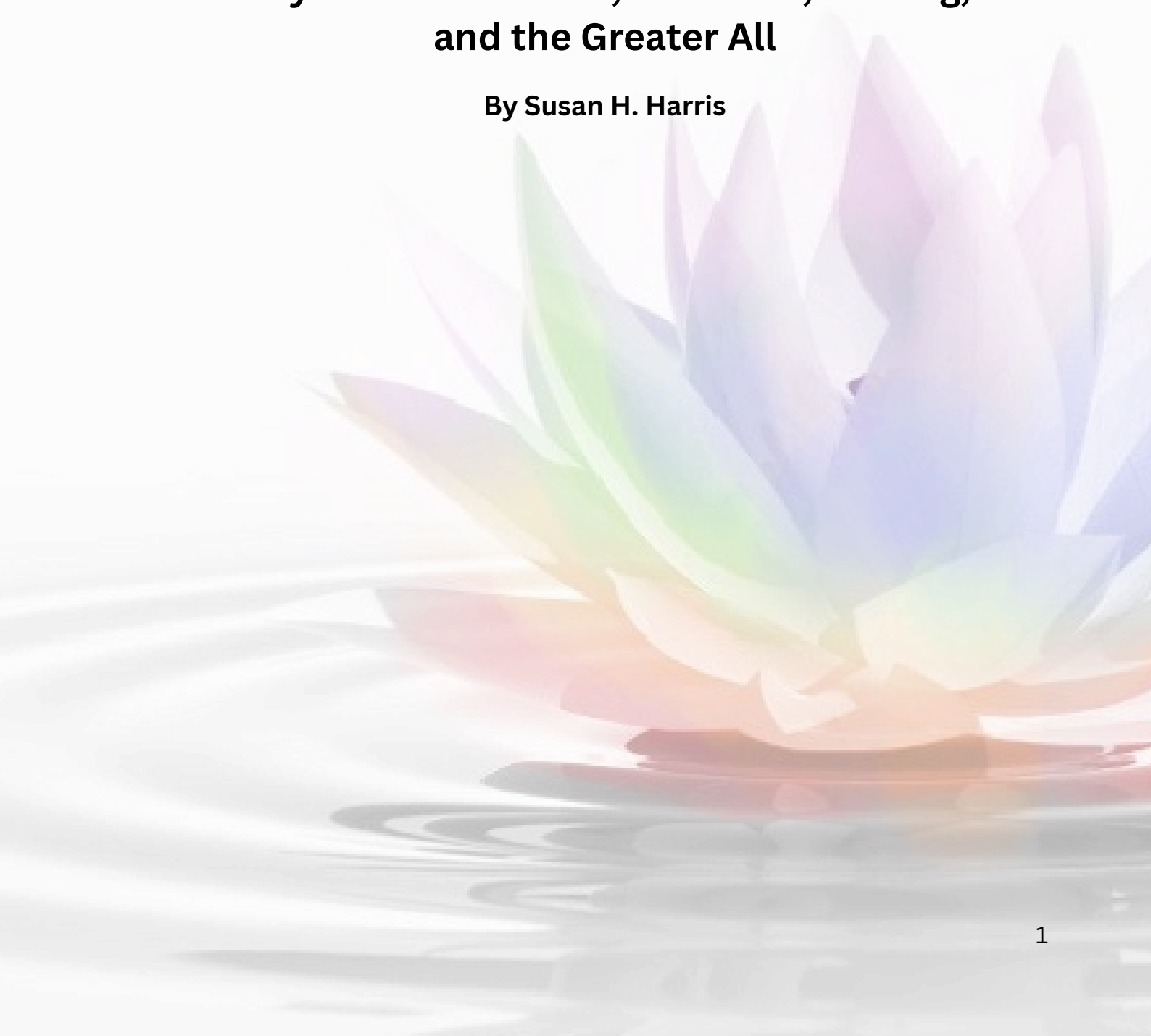


BOOK OF LIVING PRAYERS

**Prayers for Gratitude, Guidance, Healing,
and the Greater All**

By Susan H. Harris



Welcome

Dear One,

This book is a collection of living prayers — simple offerings of gratitude, remembrance, and connection. They are not bound to any one tradition, but rise from the shared heartbeat of the Earth and the wisdom carried by the elements, the ancestors, and Spirit itself.

Each prayer is an invitation. You may speak them for yourself, for a loved one, or for the greater All. They can be whispered in the quiet of dawn, spoken aloud in ceremony, or held silently in your heart. Some may wish to read a prayer each morning as a guide for the day, while others may choose to open the book at random, trusting that the prayer which appears is the one needed in that moment.

These words are not meant to control, but to open. Not to command, but to remember. Prayer is a way of entering into relationship — with the Earth beneath us, the sky above us, the waters that flow through us, and all our relations who share this sacred web of life.

May you find here words that steady your steps, soften your heart, and awaken your spirit. And may each prayer remind you that you, too, are part of the great prayer the Earth is always singing.

With gratitude,
Susan

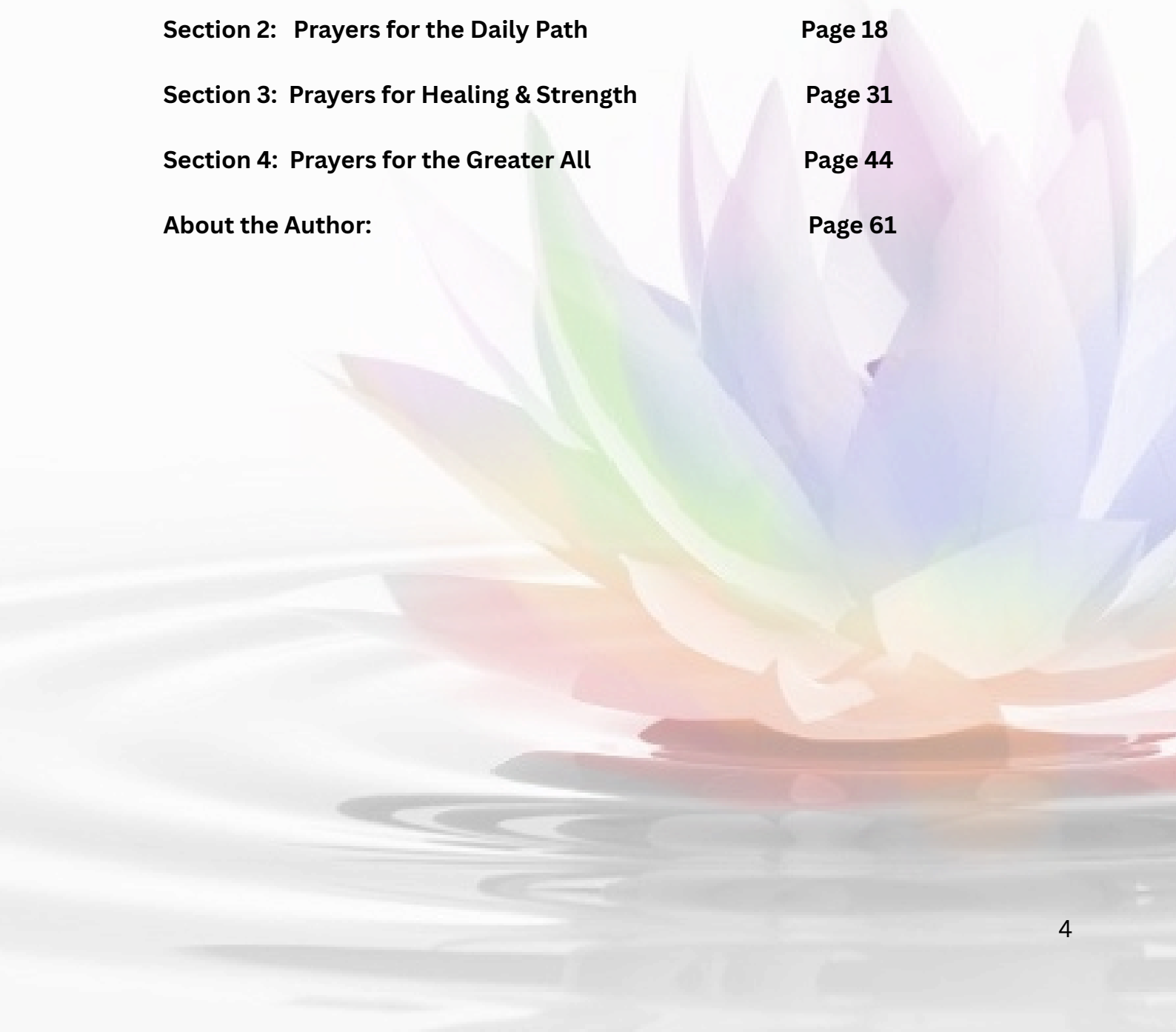
✧ An Invitation to Pray

Offer these prayers from your heart,
without expectation, without trying to control.
Let your words be a ripple,
your intention a quiet movement through the world.
Use the names that resonate with you —
Creator, The All, God, Spirit —
for it is the love and openness behind the words
that carries the true power.
May these prayers guide you gently,
and may your heart remember the sacred connection
that flows through all things.



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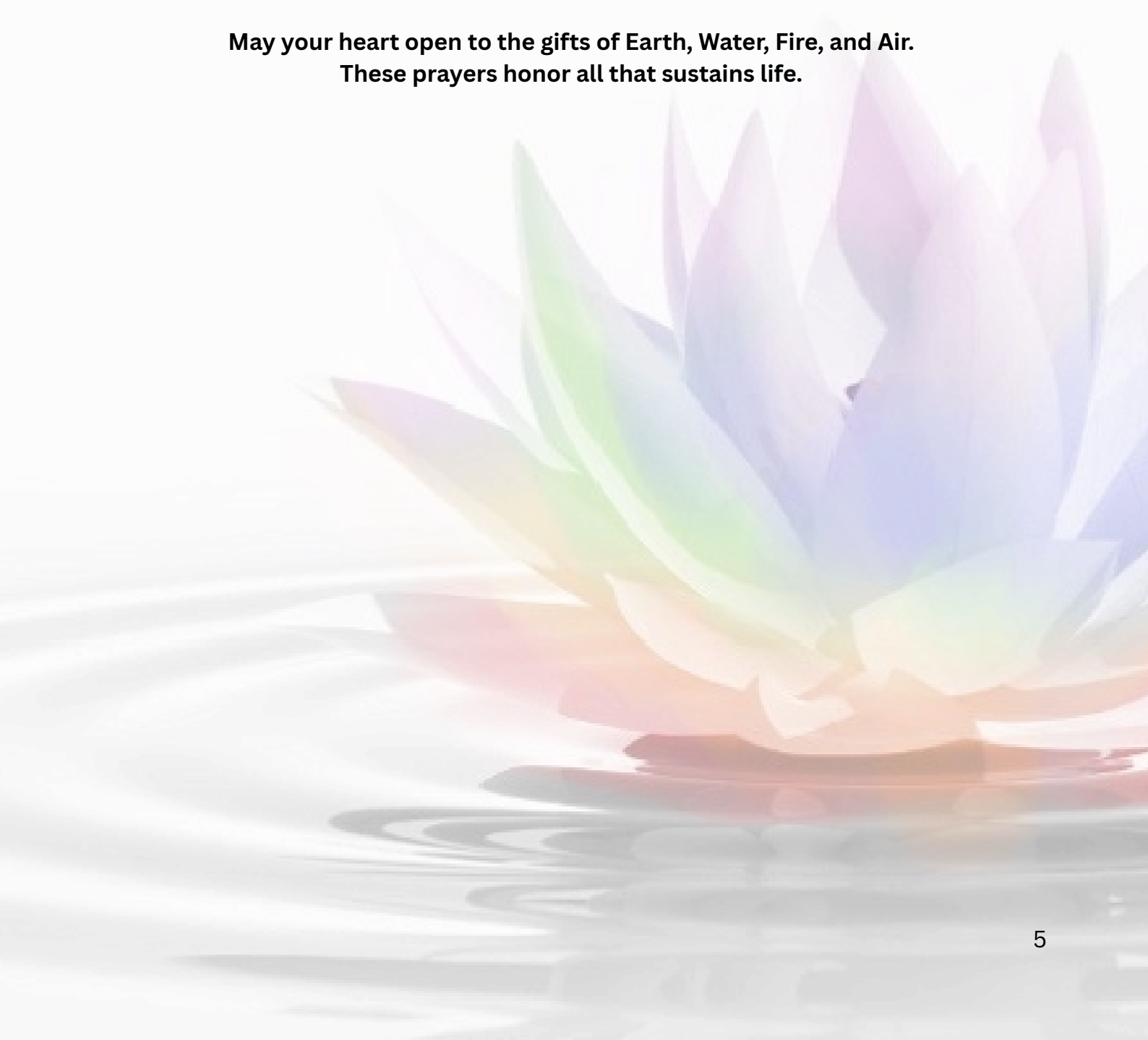
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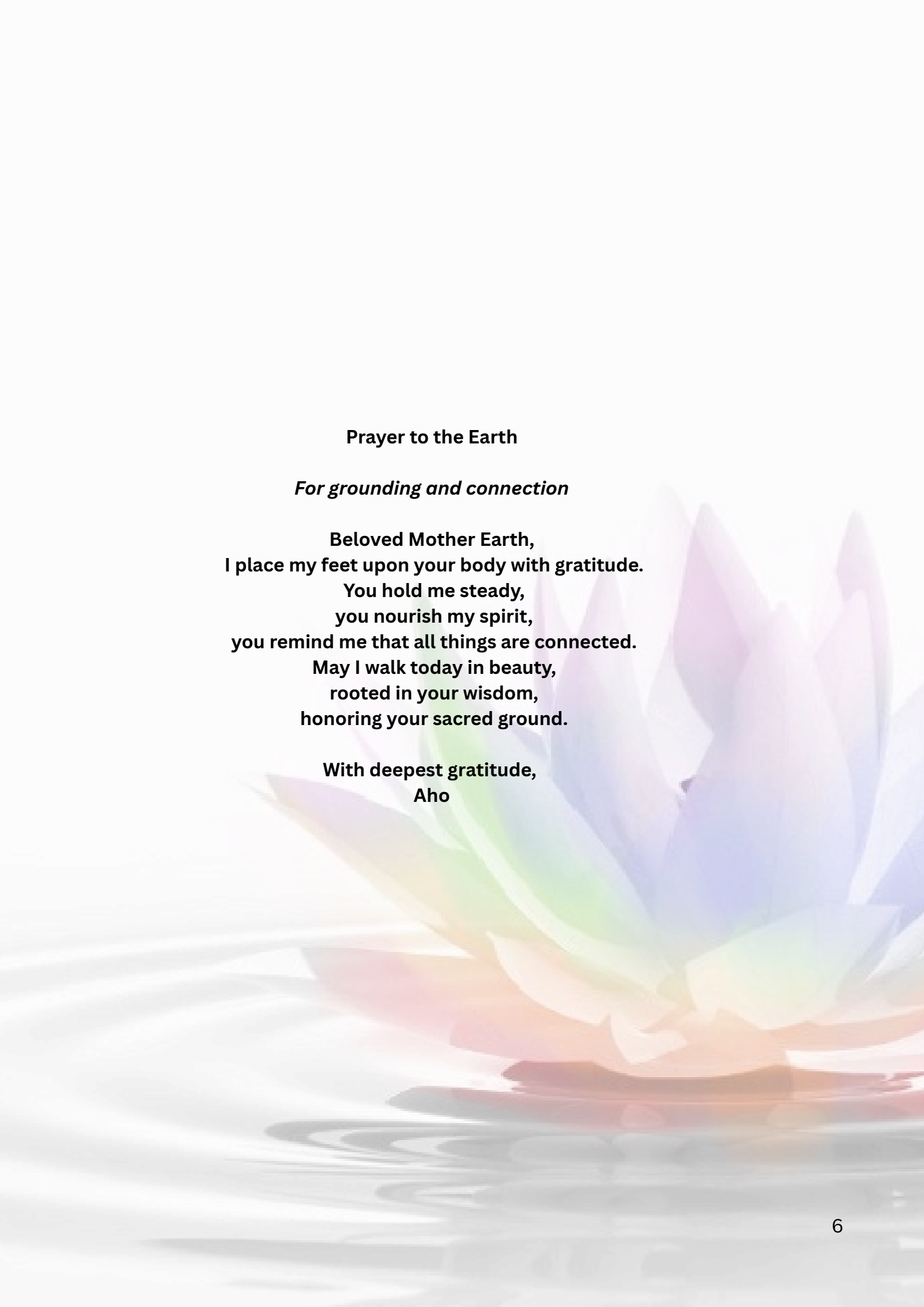




Section 1: Prayers of Gratitude

May your heart open to the gifts of Earth, Water, Fire, and Air.
These prayers honor all that sustains life.



A vibrant, multi-colored lotus flower is the central focus of the page. Its petals are layered, showing a spectrum of colors including purple, blue, green, yellow, and orange. The flower is floating on a body of water, with concentric ripples visible around its base. The background is a soft, light gray, creating a serene and peaceful atmosphere.

Prayer to the Earth

For grounding and connection

**Beloved Mother Earth,
I place my feet upon your body with gratitude.
You hold me steady,
you nourish my spirit,
you remind me that all things are connected.
May I walk today in beauty,
rooted in your wisdom,
honoring your sacred ground.**

**With deepest gratitude,
Aho**

Prayer to the Waters

For cleansing and flow

**Sacred Waters,
flowing rivers, falling rain,
deep oceans and gentle streams -
I thank you for your gift of life.
Wash me clean of heaviness,
carry away what no longer serves,
and let your song guide me to clarity and peace.**

**With deepest gratitude,
Aho**

Prayer to the Fire

For warmth and transformation

**Spirit of Fire,
dancing flame, warming sun,
light of transformation -
I honor your gift today.
Burn away my fear,
ignite my vision,
and guide me to walk with courage and love.**

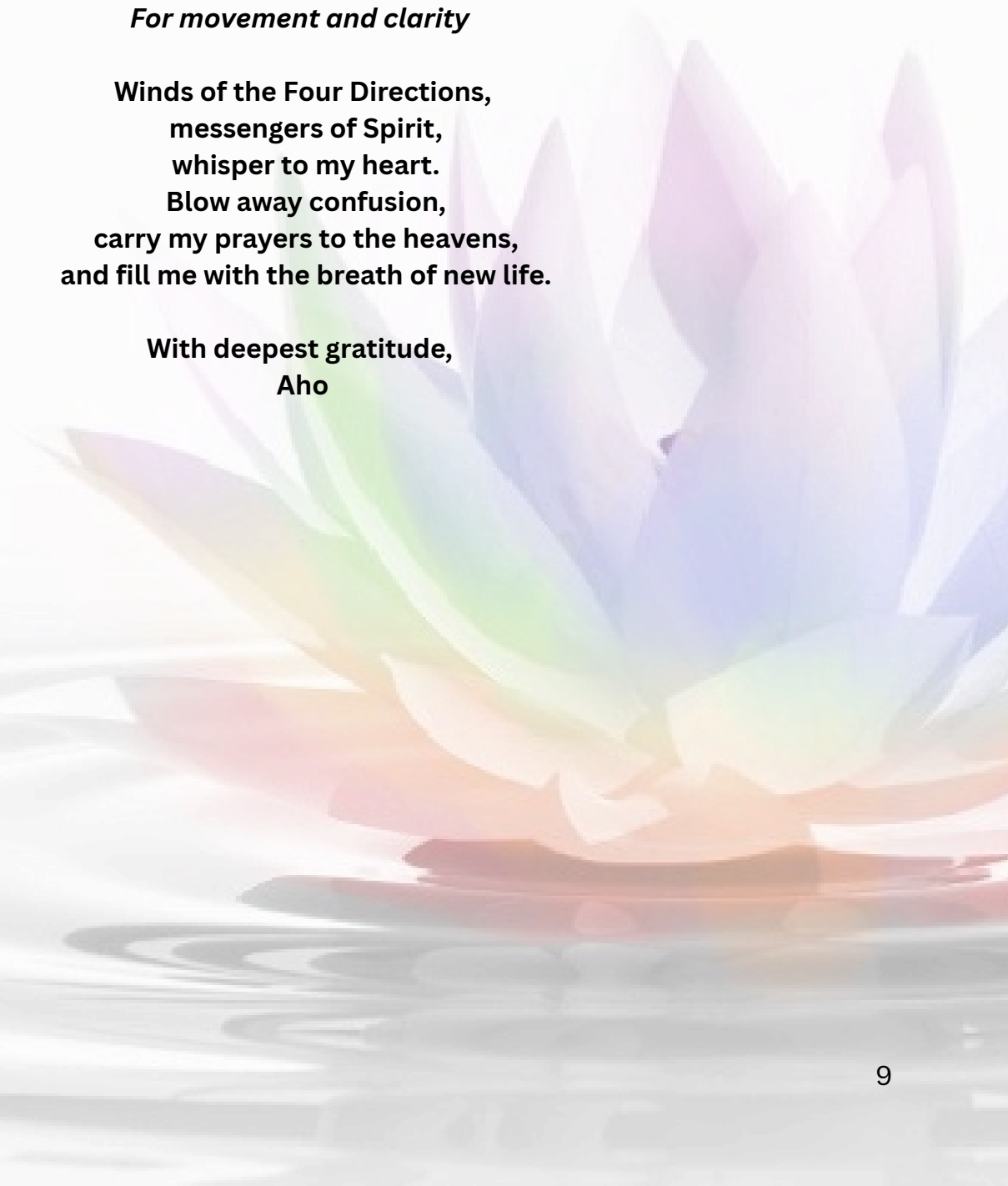
**With deepest gratitude,
Aho**

Prayer to the Winds

For movement and clarity

**Winds of the Four Directions,
messengers of Spirit,
whisper to my heart.
Blow away confusion,
carry my prayers to the heavens,
and fill me with the breath of new life.**

**With deepest gratitude,
Aho**



Prayer to the Ancestors

For wisdom and guidance

**Beloved Ancestors,
those whose footsteps came before mine,
I honor your wisdom and your struggles.
May your courage live within me,
and may I walk in a way that brings healing
to your stories and mine.**

**With deepest gratitude,
Aho**

Prayer to All Our Relations

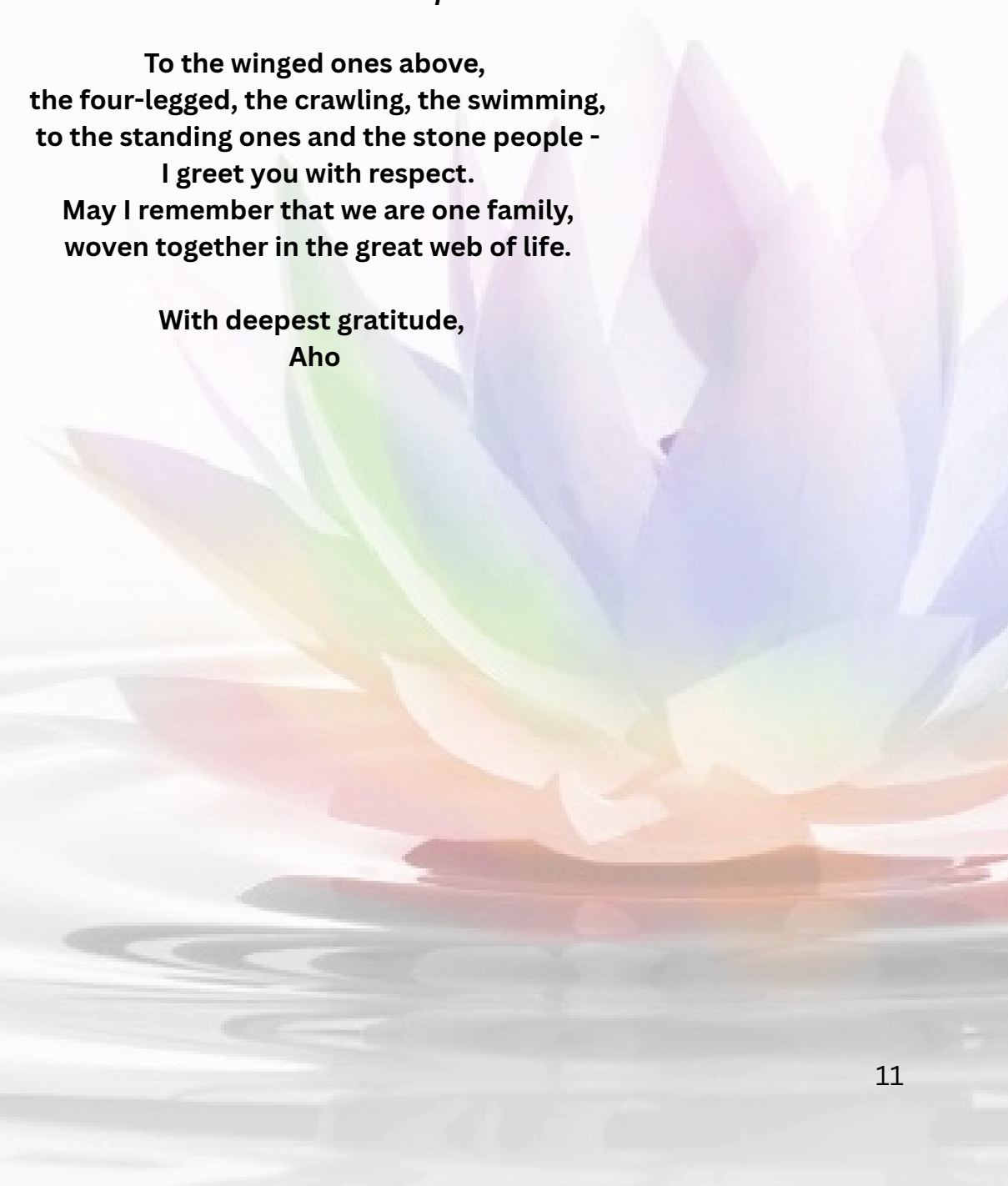
For connection and respect

**To the winged ones above,
the four-legged, the crawling, the swimming,
to the standing ones and the stone people -**

I greet you with respect.

**May I remember that we are one family,
woven together in the great web of life.**

**With deepest gratitude,
Aho**

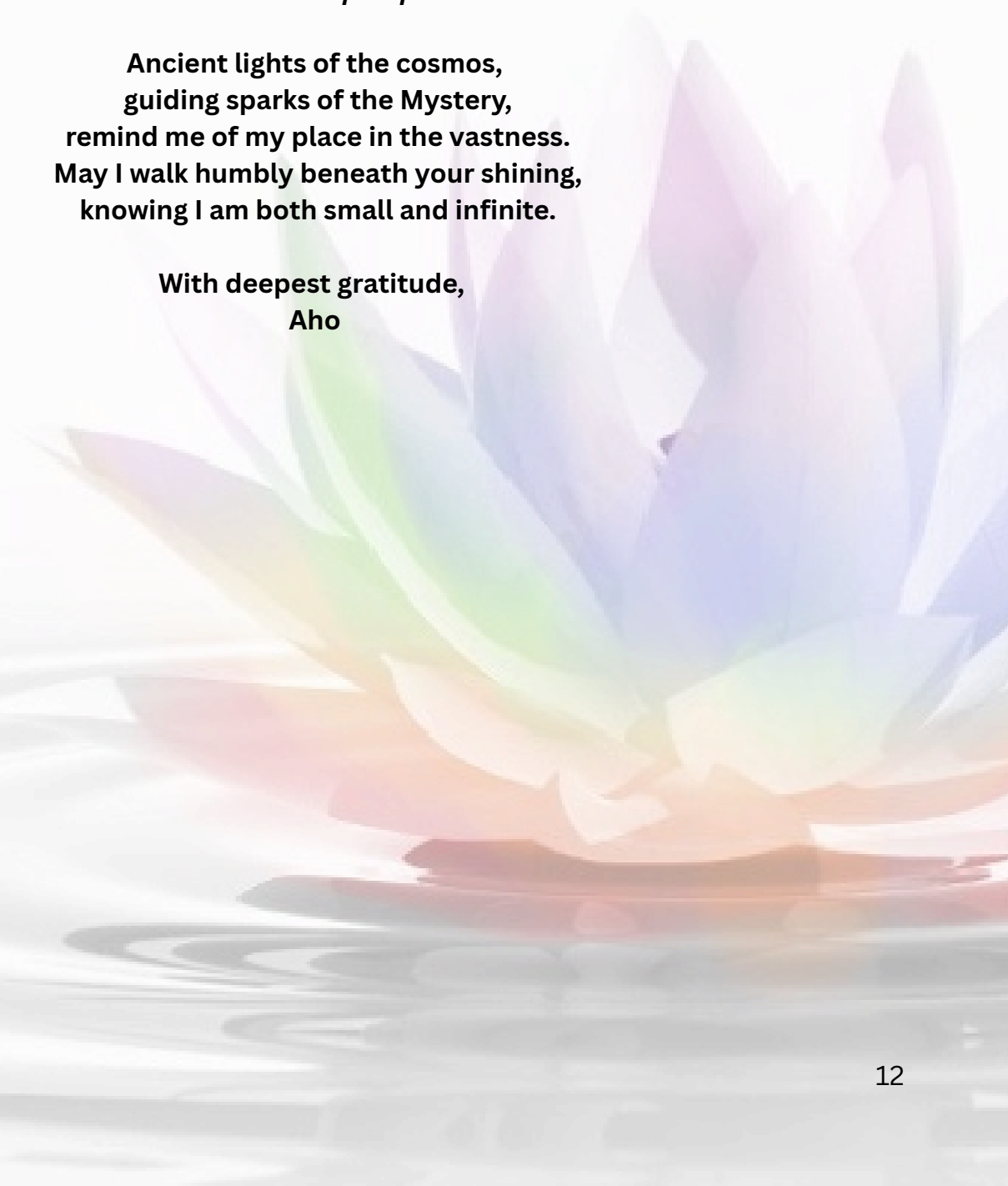


Prayer to the Stars

For wonder and perspective

**Ancient lights of the cosmos,
guiding sparks of the Mystery,
remind me of my place in the vastness.
May I walk humbly beneath your shining,
knowing I am both small and infinite.**

**With deepest gratitude,
Aho**

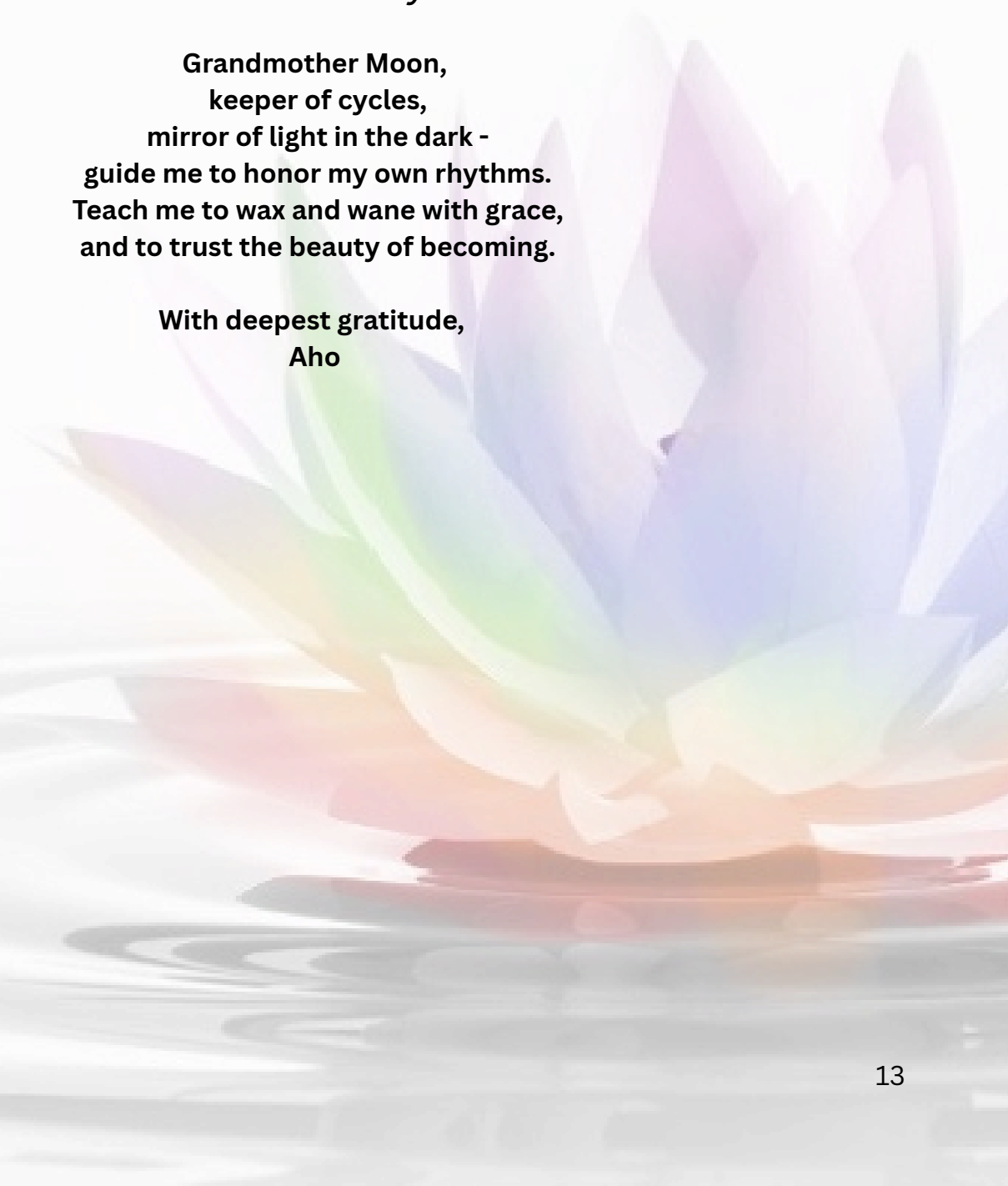


Prayer to the Moon

For reflection and cycles

**Grandmother Moon,
keeper of cycles,
mirror of light in the dark -
guide me to honor my own rhythms.
Teach me to wax and wane with grace,
and to trust the beauty of becoming.**

**With deepest gratitude,
Aho**

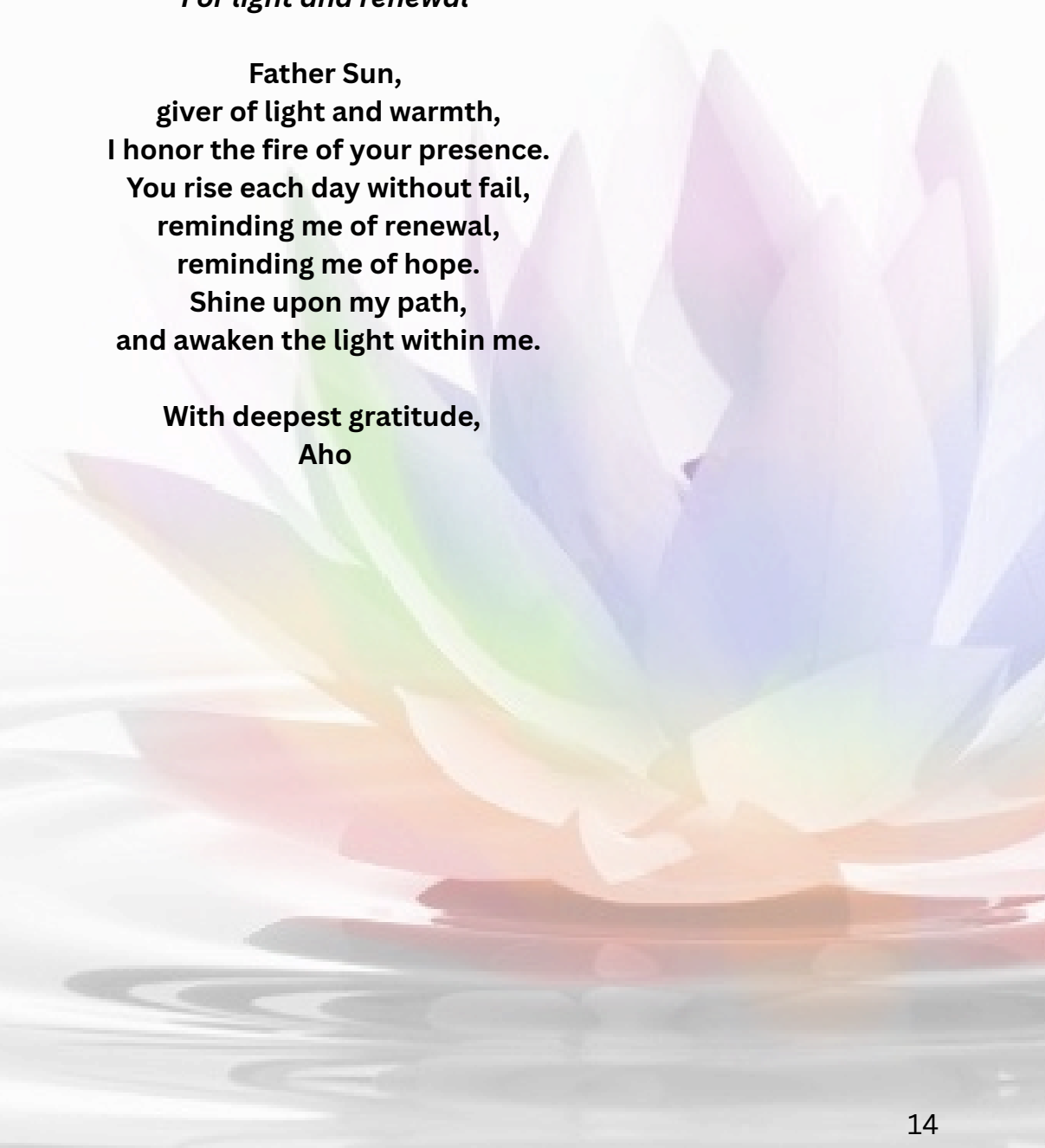


Prayer to the Sun

For light and renewal

**Father Sun,
giver of light and warmth,
I honor the fire of your presence.
You rise each day without fail,
reminding me of renewal,
reminding me of hope.
Shine upon my path,
and awaken the light within me.**

**With deepest gratitude,
Aho**



Prayer to the Seasons

For change and harmony

**Sacred Seasons,
circle of change,
I thank you for your rhythm and wisdom.
For spring's new growth,
summer's fullness,
autumn's release,
and winter's rest.
May I walk in harmony with your cycles,
trusting the gifts of each.**

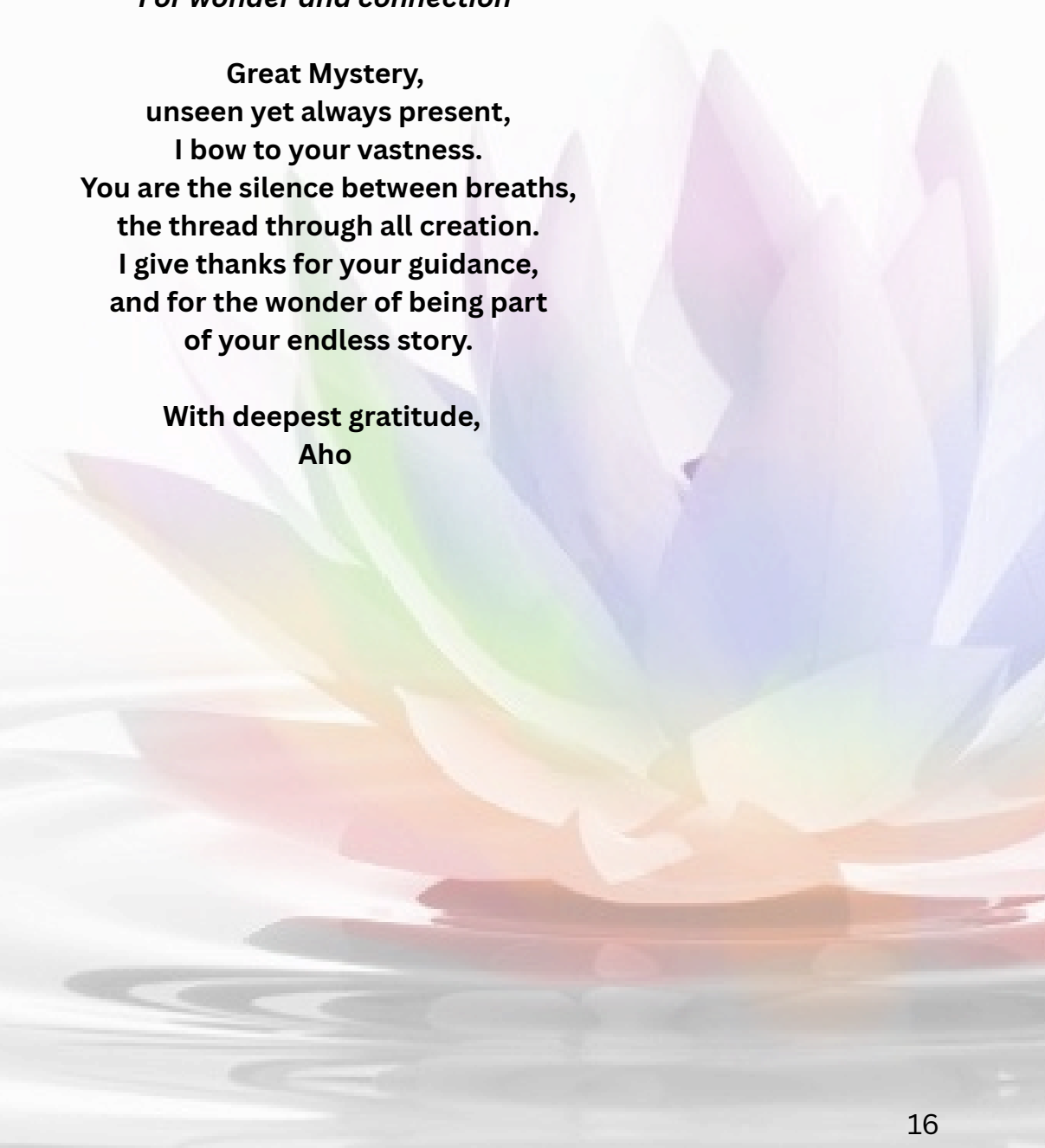
**With deepest gratitude,
Aho**

Prayer to the Sacred Mystery

For wonder and connection

**Great Mystery,
unseen yet always present,
I bow to your vastness.
You are the silence between breaths,
the thread through all creation.
I give thanks for your guidance,
and for the wonder of being part
of your endless story.**

**With deepest gratitude,
Aho**



Prayer to the Breath of Life

For presence and vitality

**Sacred Breath,
moving through all that lives,
I thank you.**

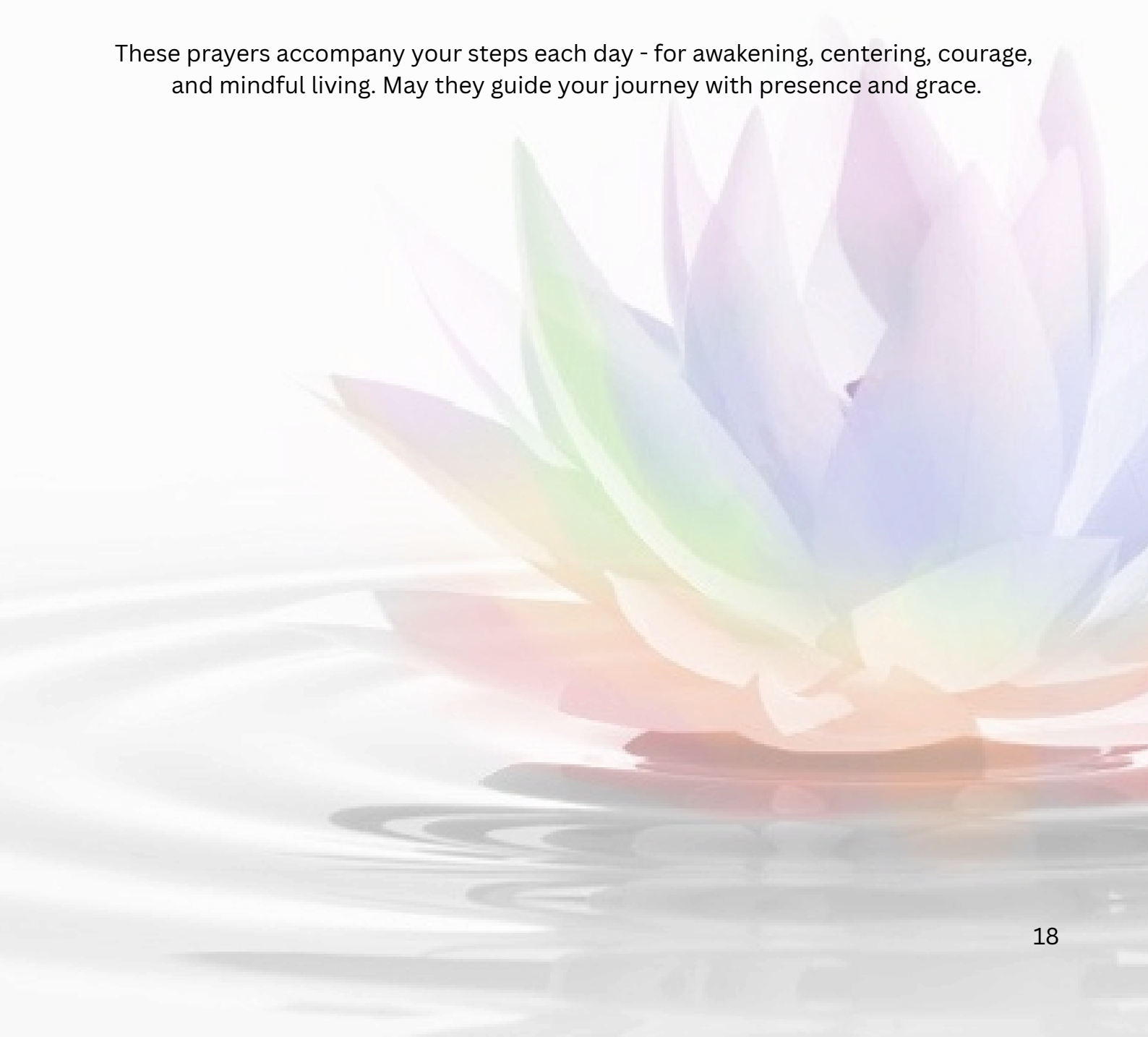
**You fill my body with life,
you carry my words and prayers,
you return me always to this moment.
May I honor you with every inhale,
and with every exhale,
offering gratitude back to the world.**

**With deepest gratitude,
Aho**



Section 2: Prayers for the Daily Path

These prayers accompany your steps each day - for awakening, centering, courage, and mindful living. May they guide your journey with presence and grace.

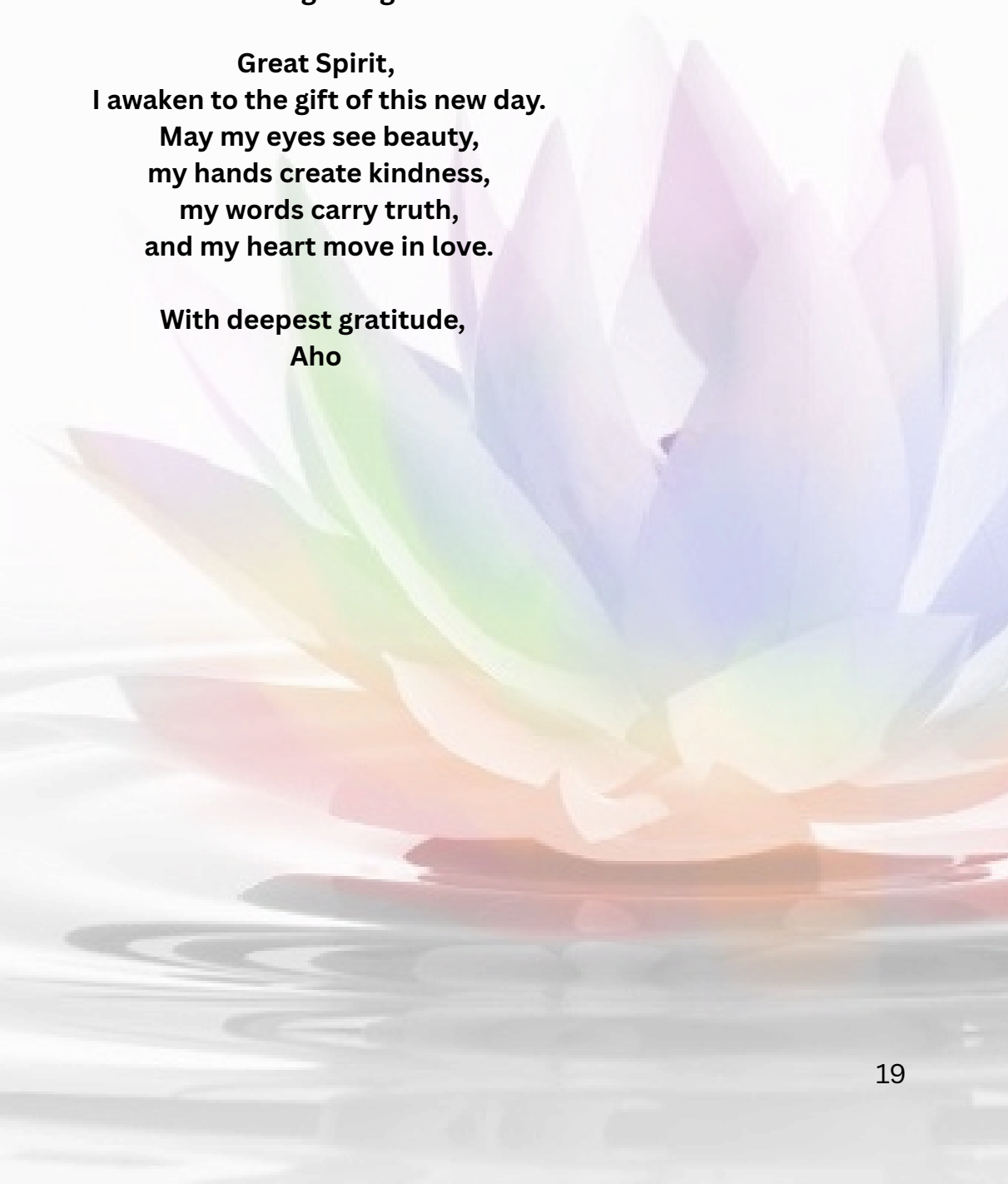


Morning Prayer – Opening the Day

For awakening and gratitude

**Great Spirit,
I awaken to the gift of this new day.
May my eyes see beauty,
my hands create kindness,
my words carry truth,
and my heart move in love.**

**With deepest gratitude,
Aho**



Evening Prayer – Laying Down the Day

For reflection and release

**Creator,
as the sun sets and the stars rise,
I release all that I have carried.
May my body rest in peace,
my mind be clear,
and my spirit dream with the wisdom of the ancestors.**

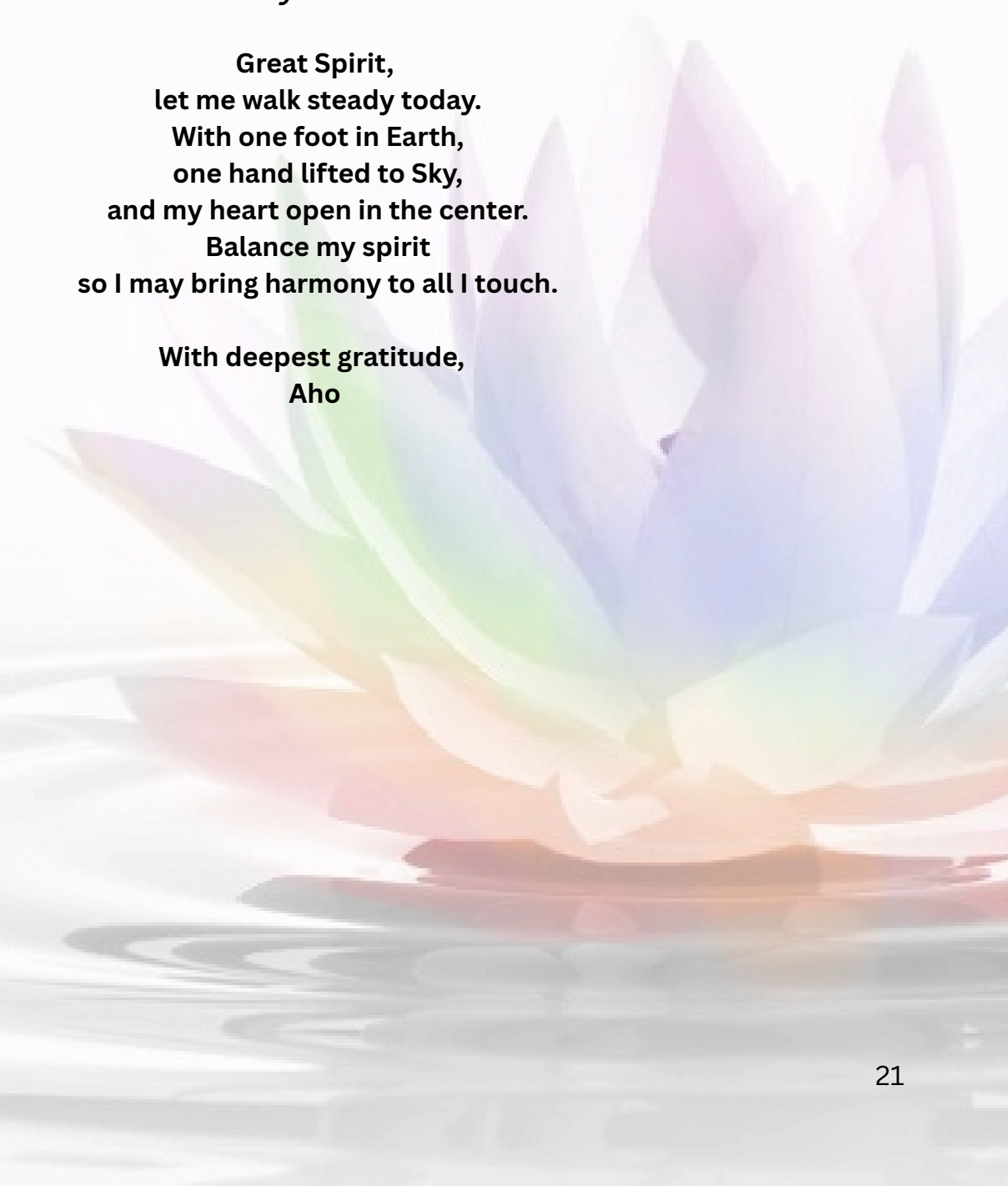
**With deepest gratitude,
Aho**

Prayer for Balance

For harmony and steadiness

**Great Spirit,
let me walk steady today.
With one foot in Earth,
one hand lifted to Sky,
and my heart open in the center.
Balance my spirit
so I may bring harmony to all I touch.**

**With deepest gratitude,
Aho**



Prayer for Guidance

For clarity and direction

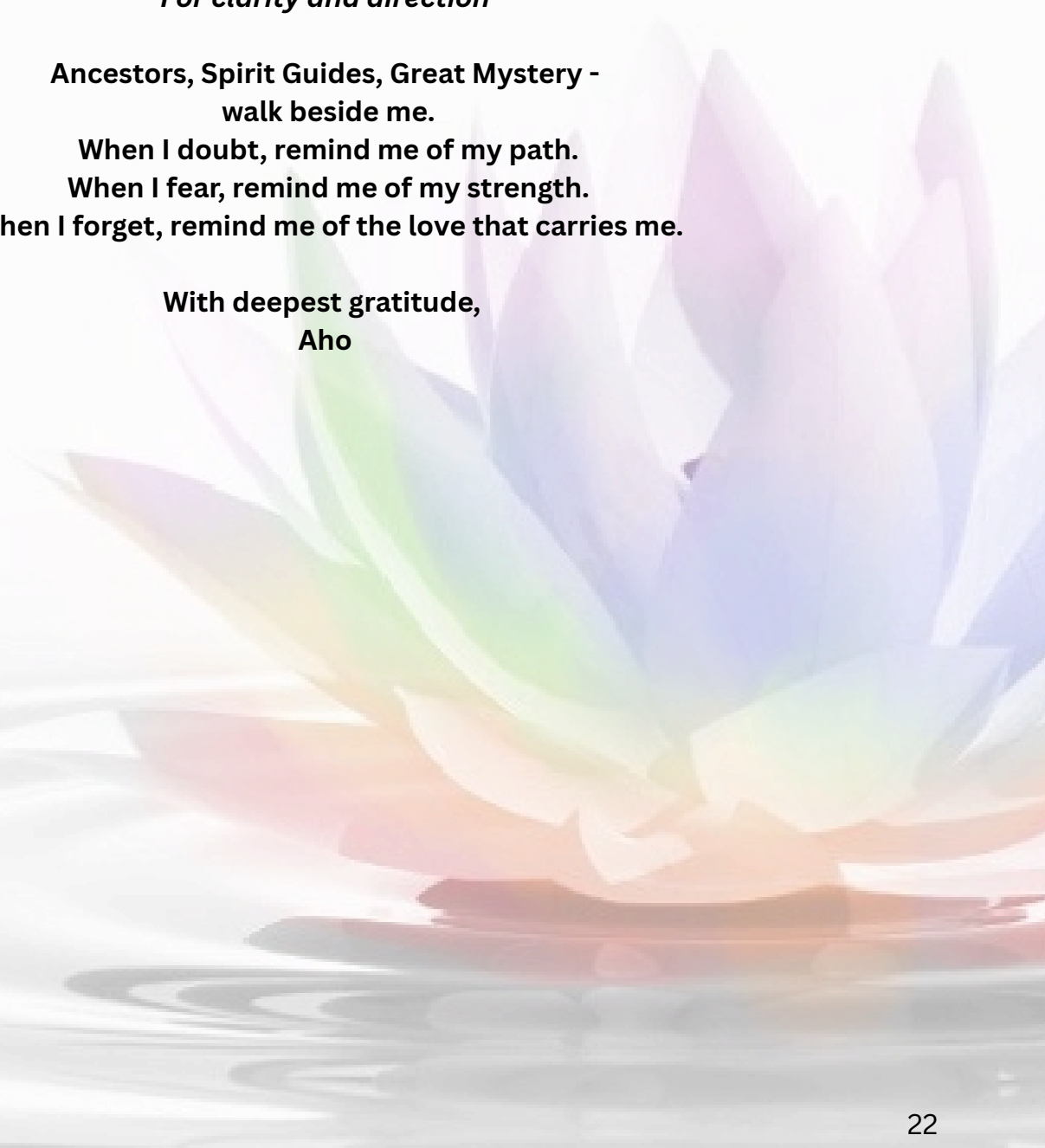
**Ancestors, Spirit Guides, Great Mystery -
walk beside me.**

When I doubt, remind me of my path.

When I fear, remind me of my strength.

When I forget, remind me of the love that carries me.

**With deepest gratitude,
Aho**



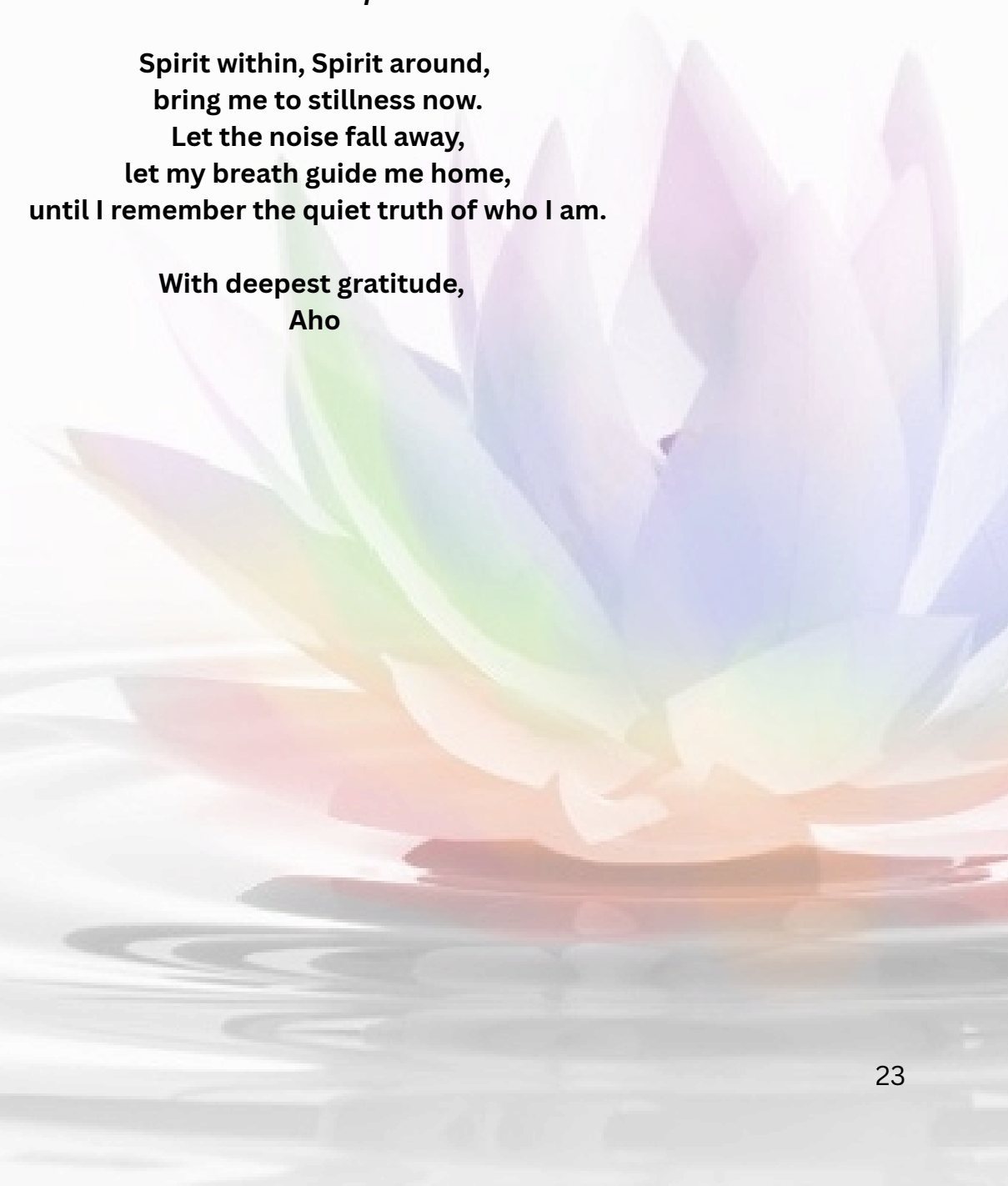
Prayer for Centering

For stillness and presence

**Spirit within, Spirit around,
bring me to stillness now.**

**Let the noise fall away,
let my breath guide me home,
until I remember the quiet truth of who I am.**

**With deepest gratitude,
Aho**

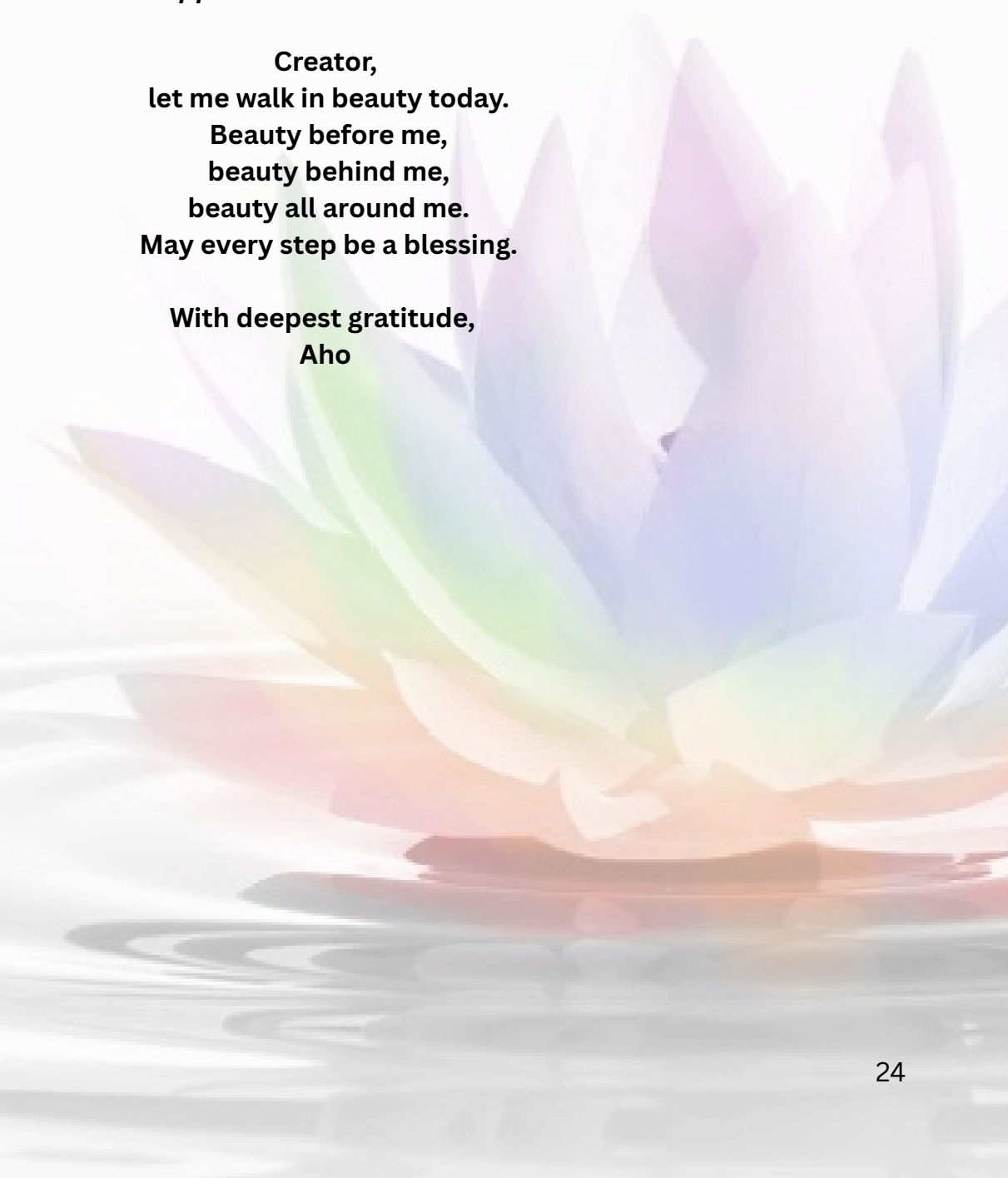


Prayer for Walking in Beauty

For appreciation and awareness

**Creator,
let me walk in beauty today.
Beauty before me,
beauty behind me,
beauty all around me.
May every step be a blessing.**

**With deepest gratitude,
Aho**



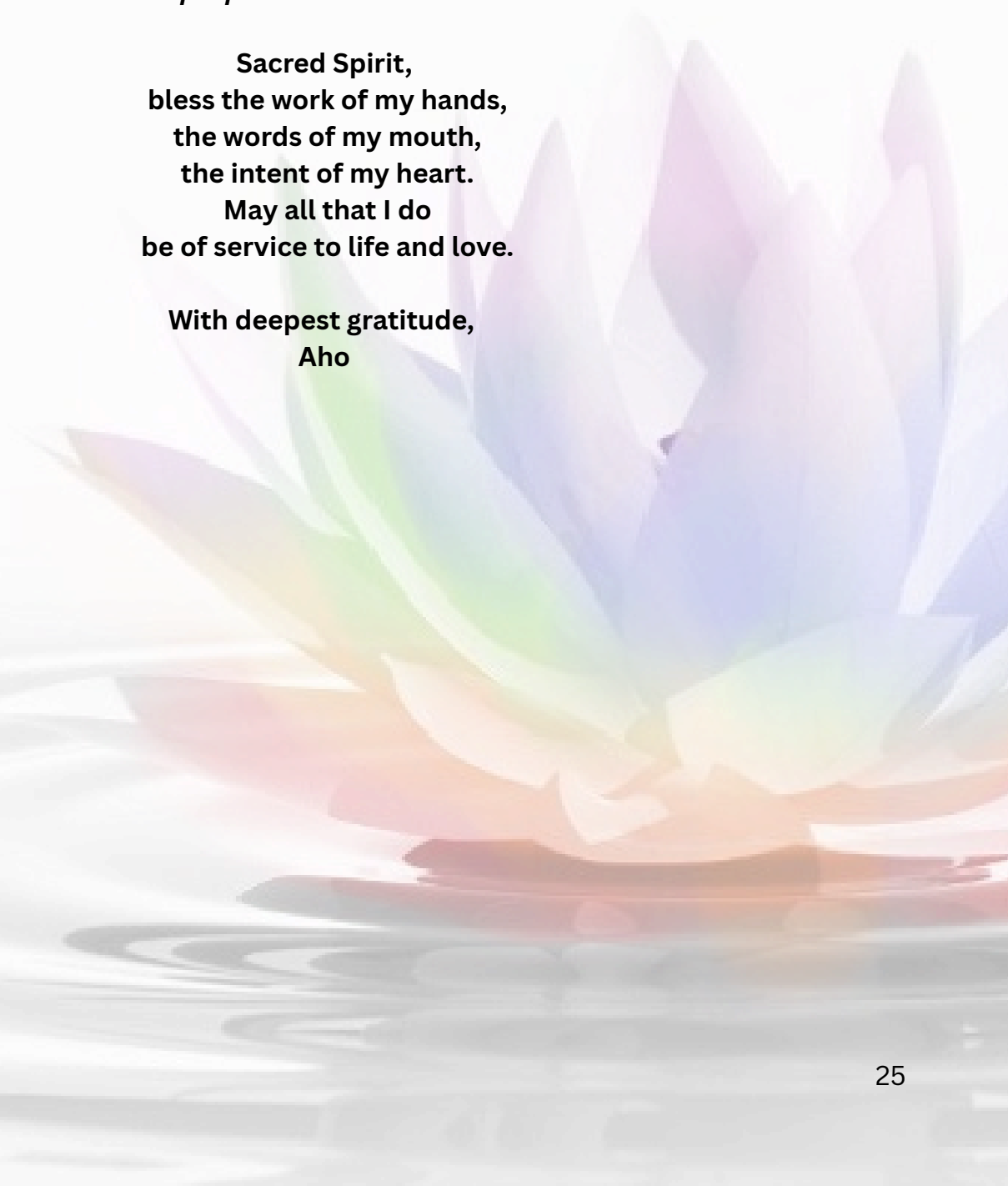
Prayer for Work & Service

For purpose and contribution

**Sacred Spirit,
bless the work of my hands,
the words of my mouth,
the intent of my heart.**

**May all that I do
be of service to life and love.**

**With deepest gratitude,
Aho**

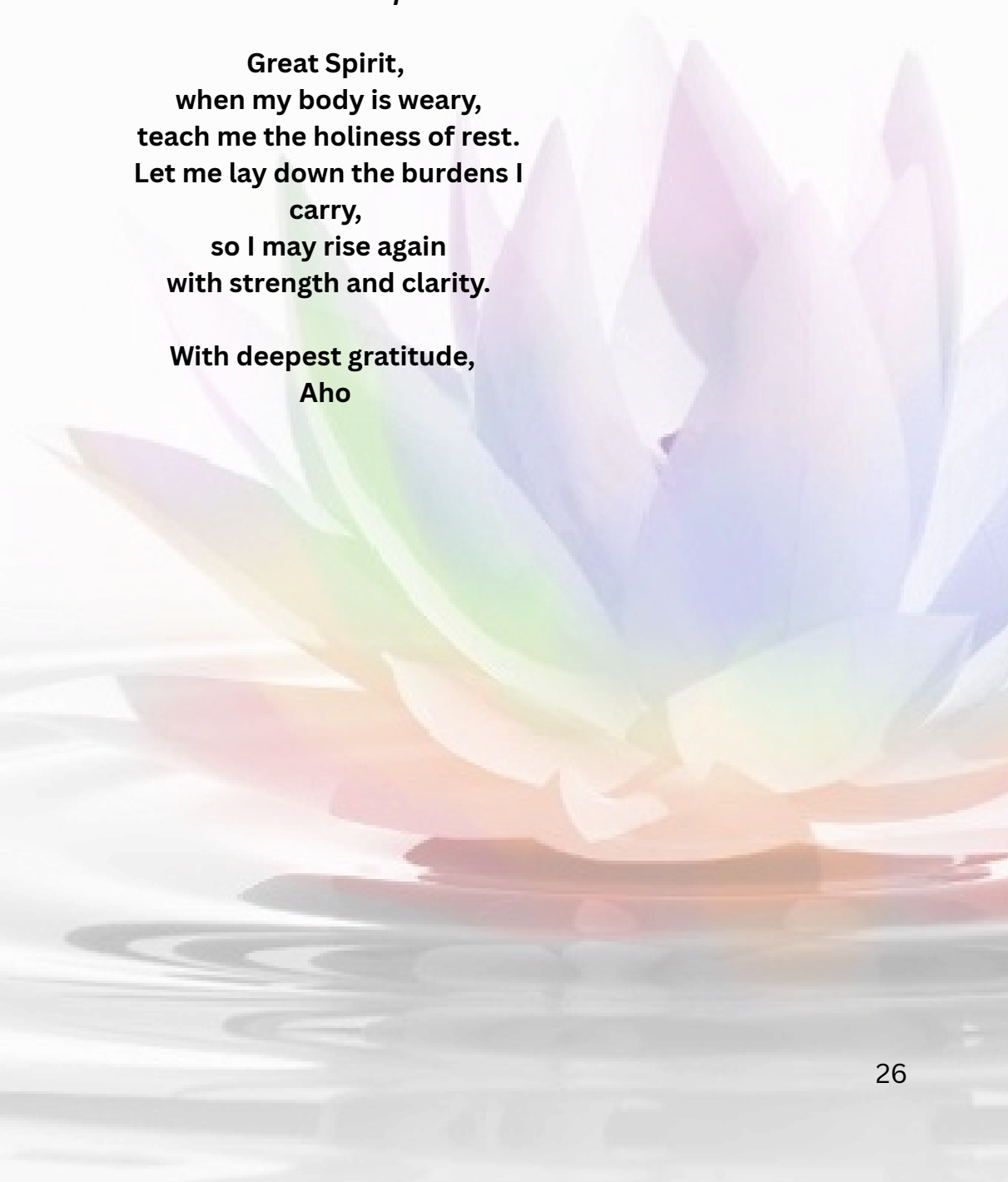


Prayer for Rest

For renewal and peace

**Great Spirit,
when my body is weary,
teach me the holiness of rest.
Let me lay down the burdens I
carry,
so I may rise again
with strength and clarity.**

**With deepest gratitude,
Aho**

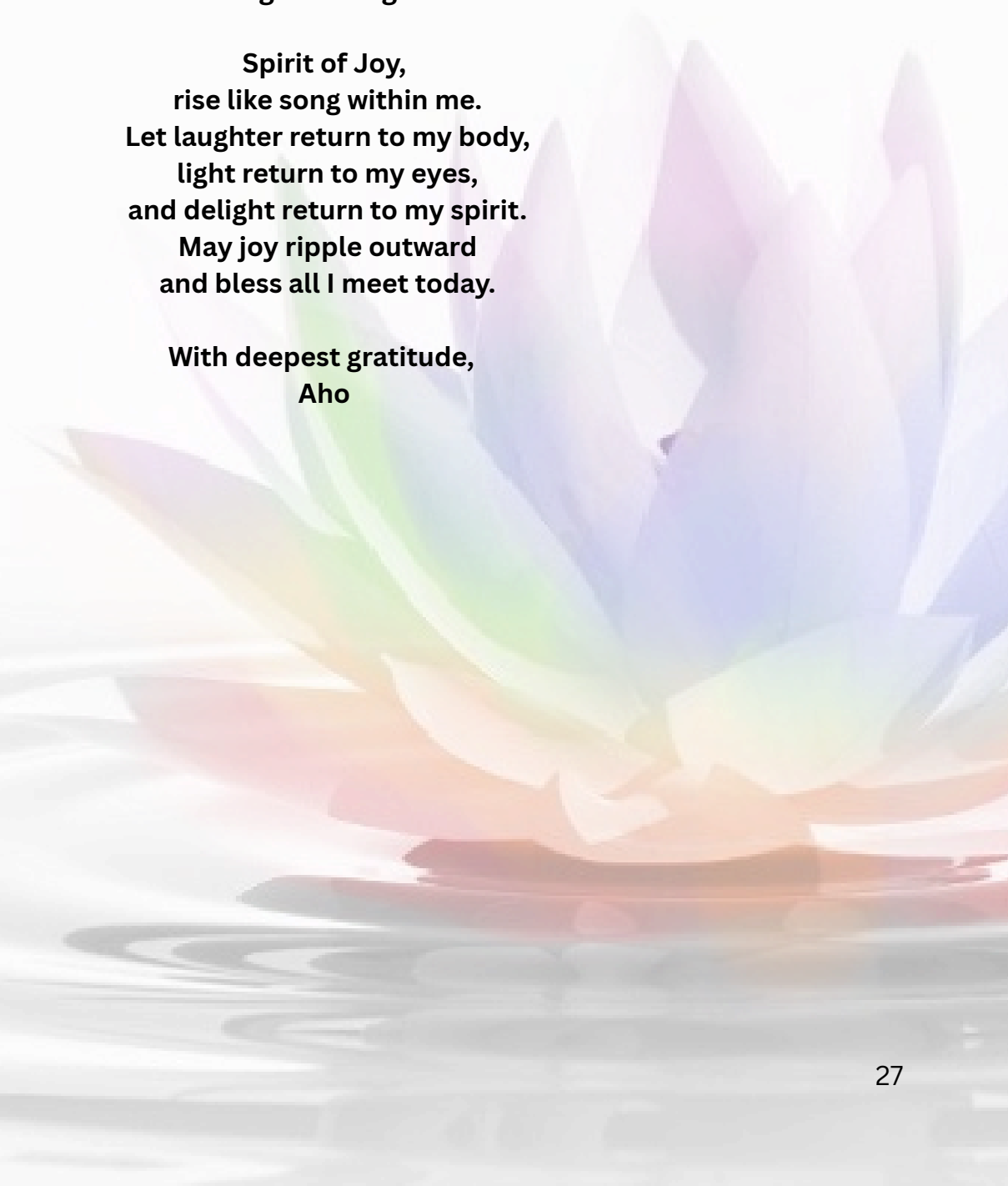


Prayer for Joy

For delight and lightness

**Spirit of Joy,
rise like song within me.
Let laughter return to my body,
light return to my eyes,
and delight return to my spirit.
May joy ripple outward
and bless all I meet today.**

**With deepest gratitude,
Aho**



Prayer for Gratitude in Hardship

For resilience and appreciation

**Great Mystery,
even when the path feels heavy,
teach me to give thanks.
For breath that sustains,
for Earth that holds me,
for love that still surrounds.
May gratitude be my anchor in
the storm.**

**With deepest gratitude,
Aho**

Prayer for Compassion

For empathy and care

**Sacred Heart,
open me to the pain of others
without losing my own center.
Let compassion flow through
me,
soft yet strong,
so that all beings may feel seen
and loved.**

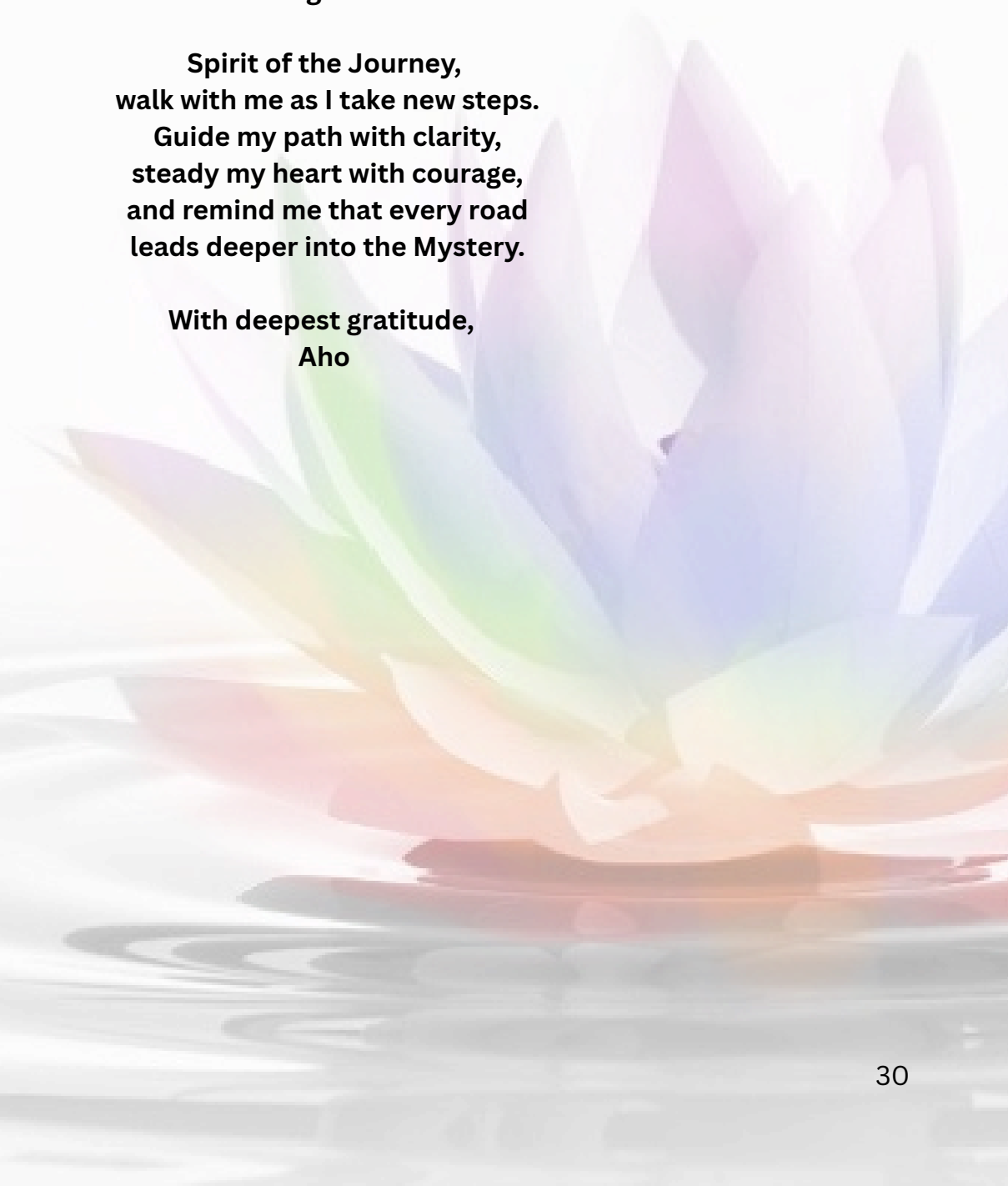
**With deepest gratitude,
Aho**

Prayer for the Road Ahead

For courage and trust

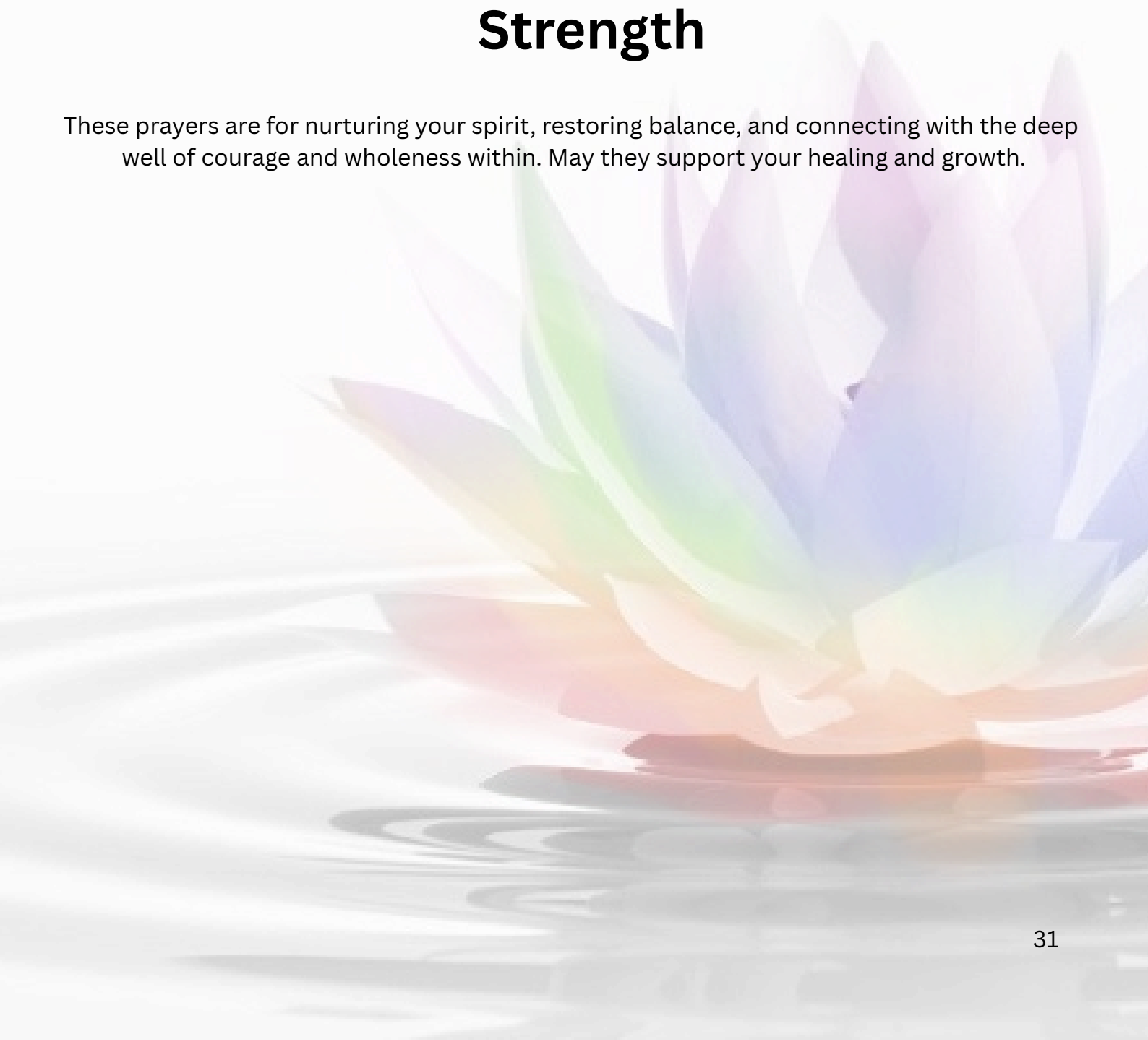
**Spirit of the Journey,
walk with me as I take new steps.
Guide my path with clarity,
steady my heart with courage,
and remind me that every road
leads deeper into the Mystery.**

**With deepest gratitude,
Aho**



✨ Section 3: Prayers for Healing & Strength

These prayers are for nurturing your spirit, restoring balance, and connecting with the deep well of courage and wholeness within. May they support your healing and growth.

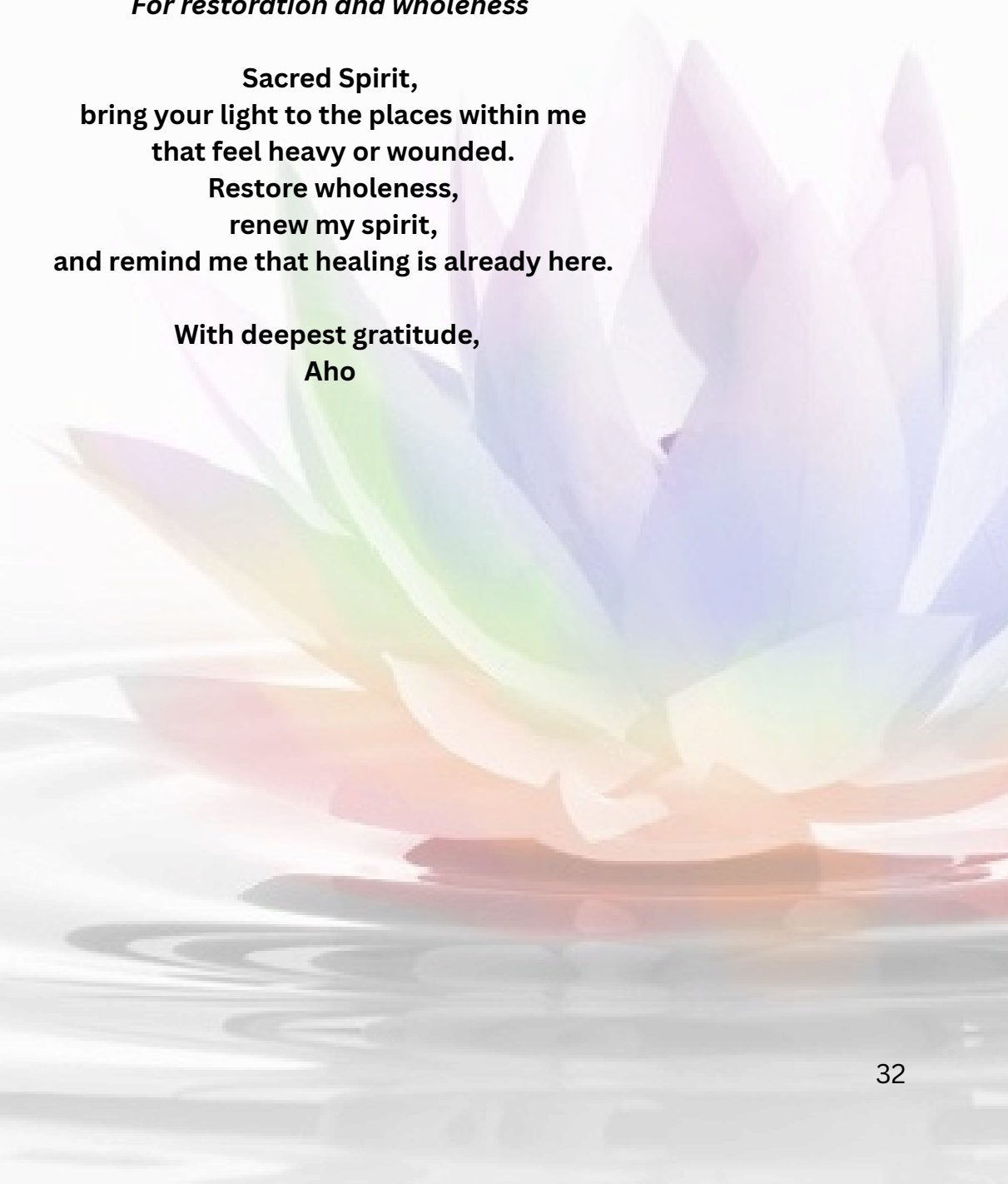


Prayer for Healing

For restoration and wholeness

**Sacred Spirit,
bring your light to the places within me
that feel heavy or wounded.
Restore wholeness,
renew my spirit,
and remind me that healing is already here.**

**With deepest gratitude,
Aho**



Prayer for Release & Letting Go

For surrender and freedom

**Winds of Change,
carry away what I no longer need.**

**Waters of Life,
wash me clean.**

**Fire of Spirit,
burn away old stories.**

**Earth beneath me,
hold me steady as I step into new beginnings.**

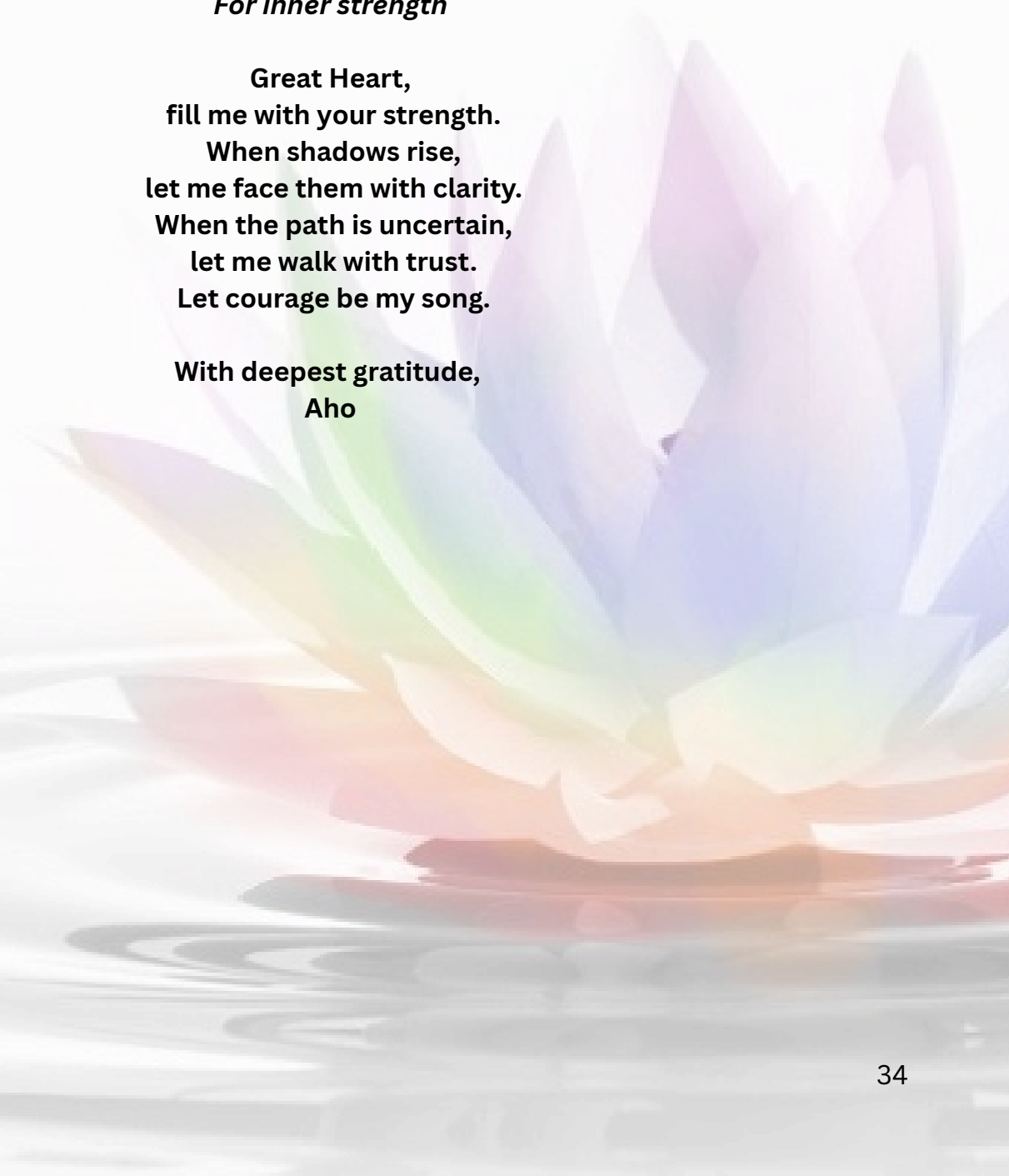
**With deepest gratitude,
Aho**

Prayer for Courage

For inner strength

**Great Heart,
fill me with your strength.
When shadows rise,
let me face them with clarity.
When the path is uncertain,
let me walk with trust.
Let courage be my song.**

**With deepest gratitude,
Aho**



Prayer for Peace

For calm and harmony

**Creator of All,
let peace blossom in my heart.
Let it ripple outward
to my home, my community, my world.
May every breath I take
be a prayer for peace
for all beings, everywhere.**

**With deepest gratitude,
Aho**

Prayer for Protection

For safety and guidance

**Spirit,
wrap me in your unseen embrace.
Guide my steps, guard my heart,
and surround me with light.
Let me move safely through this day,
trusting your presence always.**

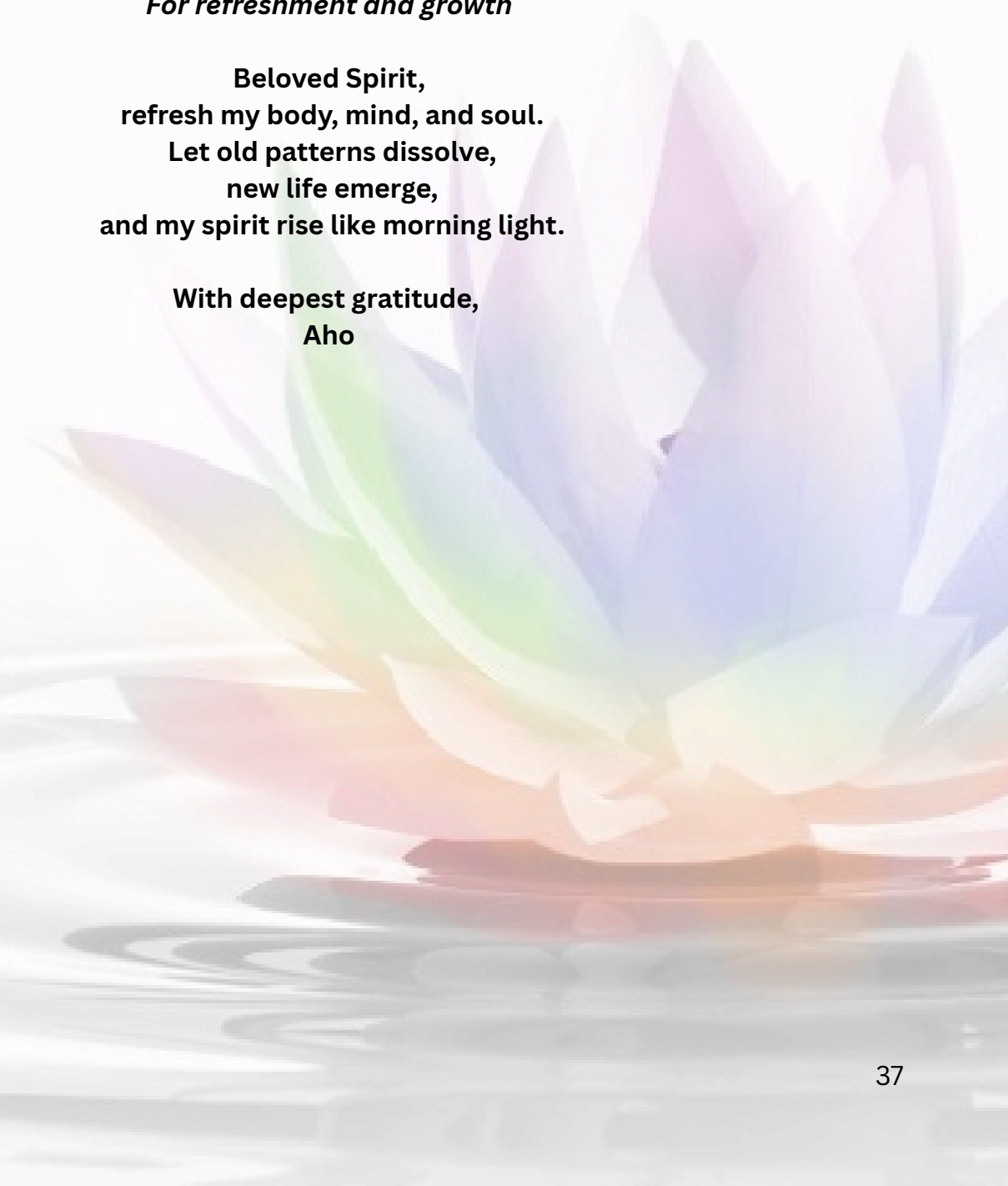
**With deepest gratitude,
Aho**

Prayer for Renewal

For refreshment and growth

**Beloved Spirit,
refresh my body, mind, and soul.
Let old patterns dissolve,
new life emerge,
and my spirit rise like morning light.**

**With deepest gratitude,
Aho**

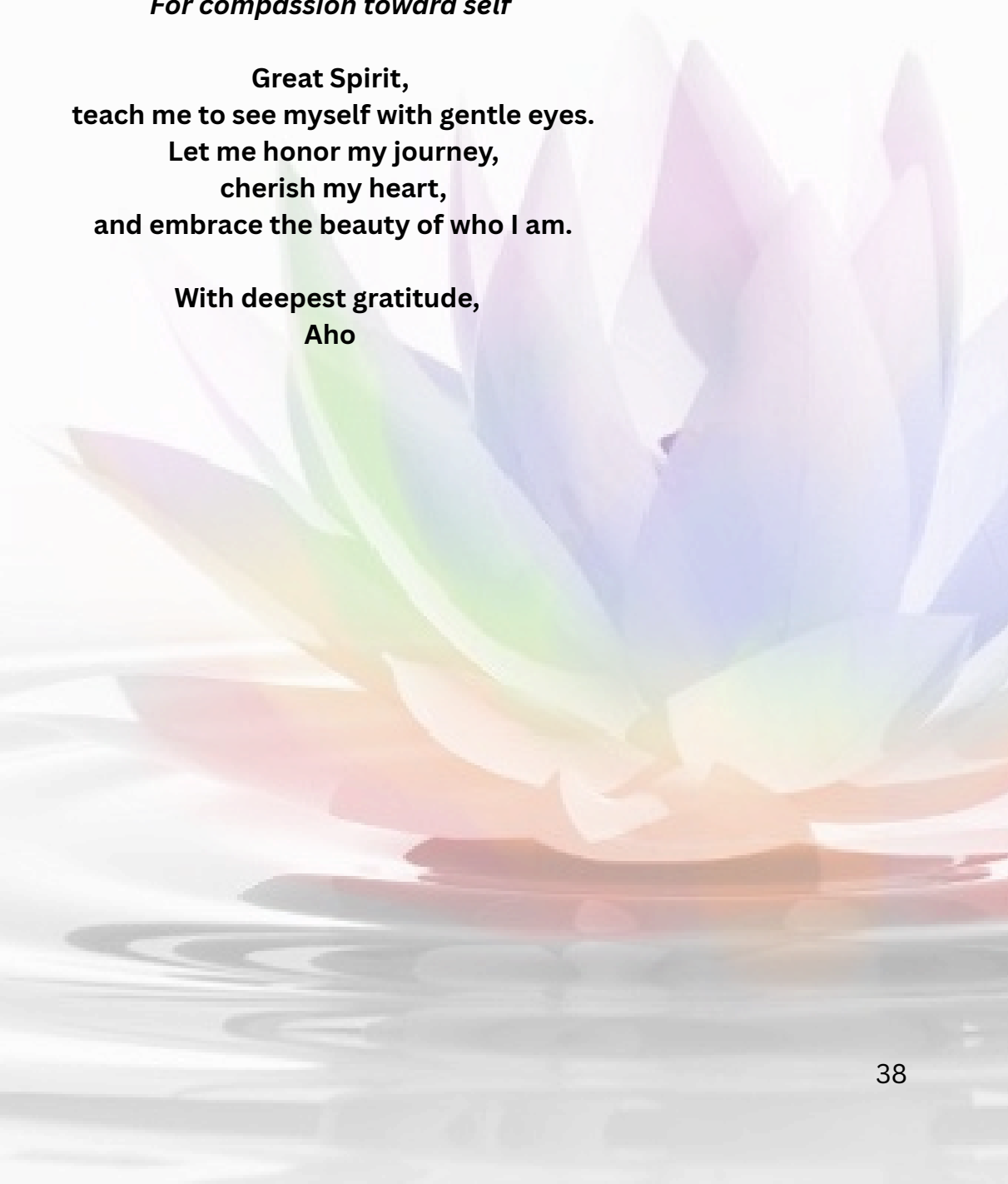


Prayer for Self-Love

For compassion toward self

**Great Spirit,
teach me to see myself with gentle eyes.
Let me honor my journey,
cherish my heart,
and embrace the beauty of who I am.**

**With deepest gratitude,
Aho**

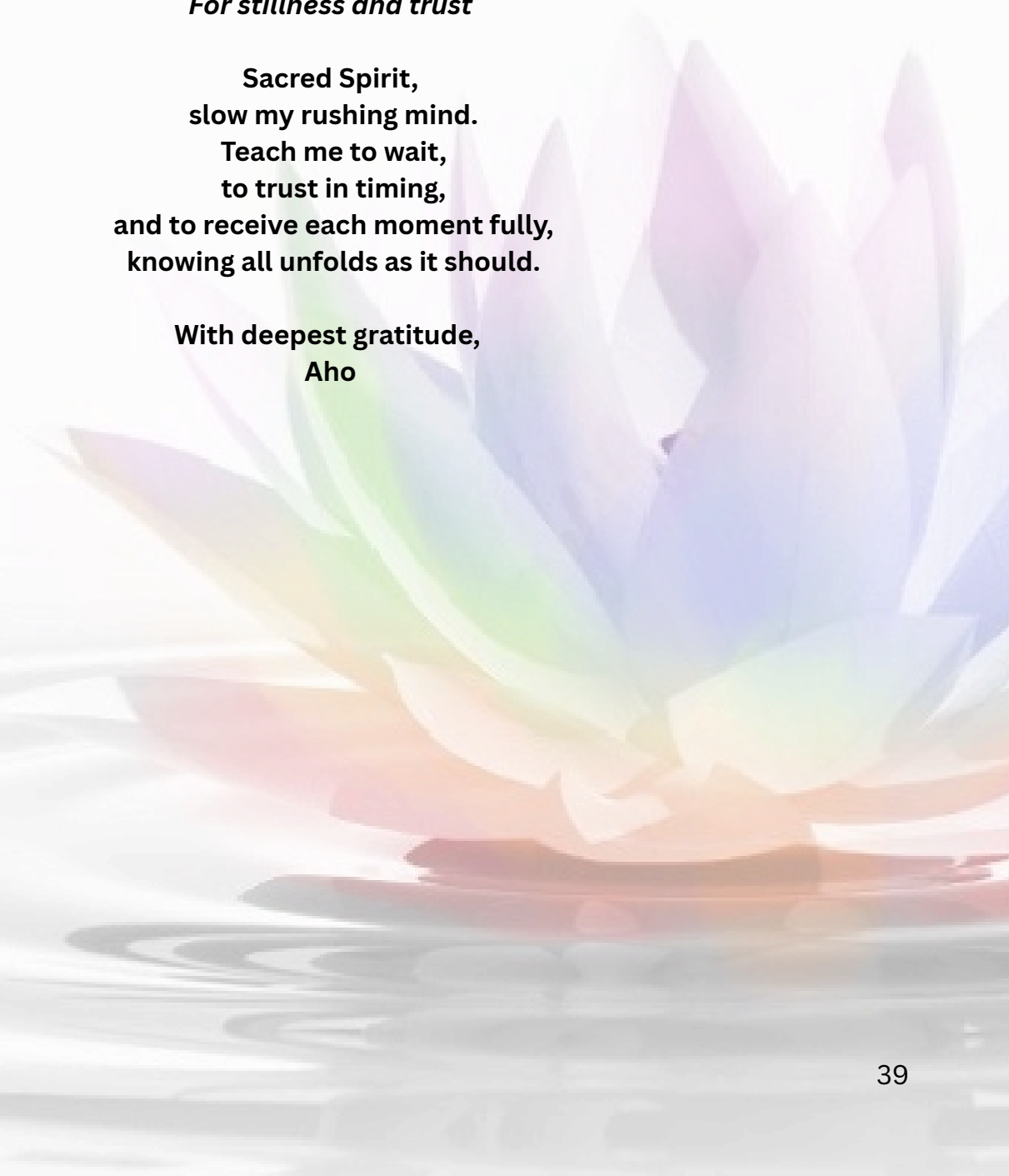


Prayer for Patience

For stillness and trust

**Sacred Spirit,
slow my rushing mind.
Teach me to wait,
to trust in timing,
and to receive each moment fully,
knowing all unfolds as it should.**

**With deepest gratitude,
Aho**

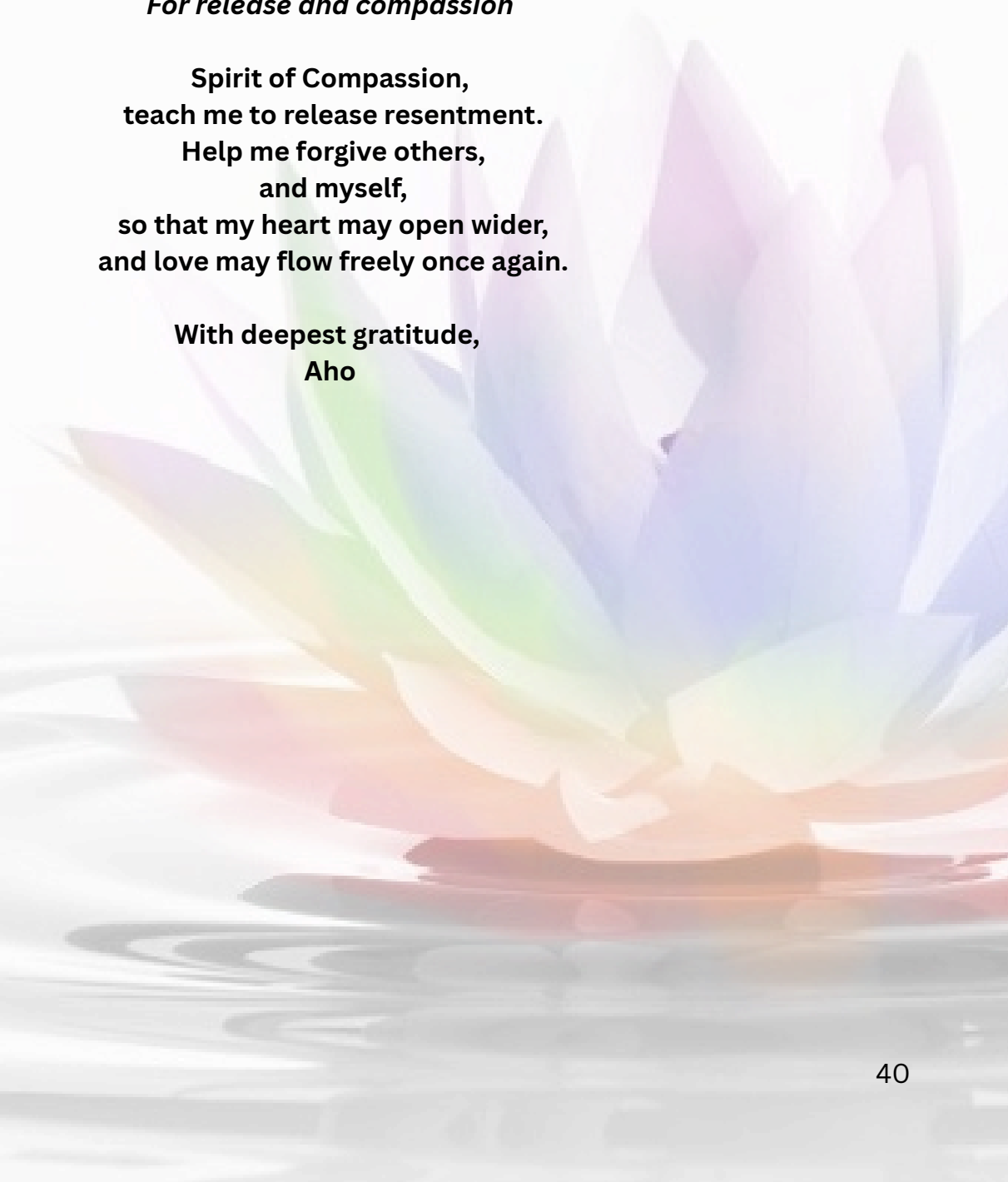


Prayer for Forgiveness

For release and compassion

**Spirit of Compassion,
teach me to release resentment.
Help me forgive others,
and myself,
so that my heart may open wider,
and love may flow freely once again.**

**With deepest gratitude,
Aho**

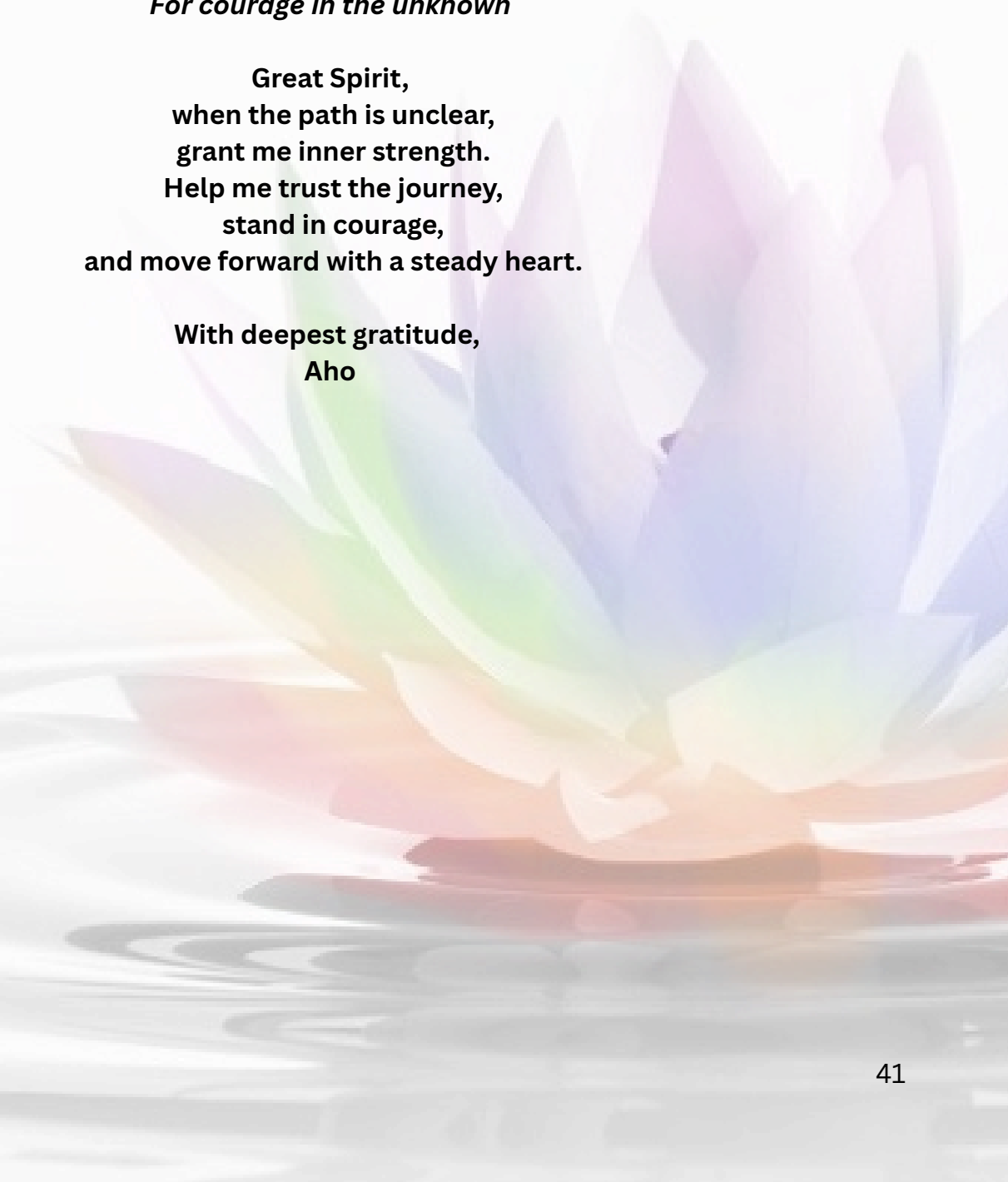


Prayer for Strength in Uncertainty

For courage in the unknown

**Great Spirit,
when the path is unclear,
grant me inner strength.
Help me trust the journey,
stand in courage,
and move forward with a steady heart.**

**With deepest gratitude,
Aho**

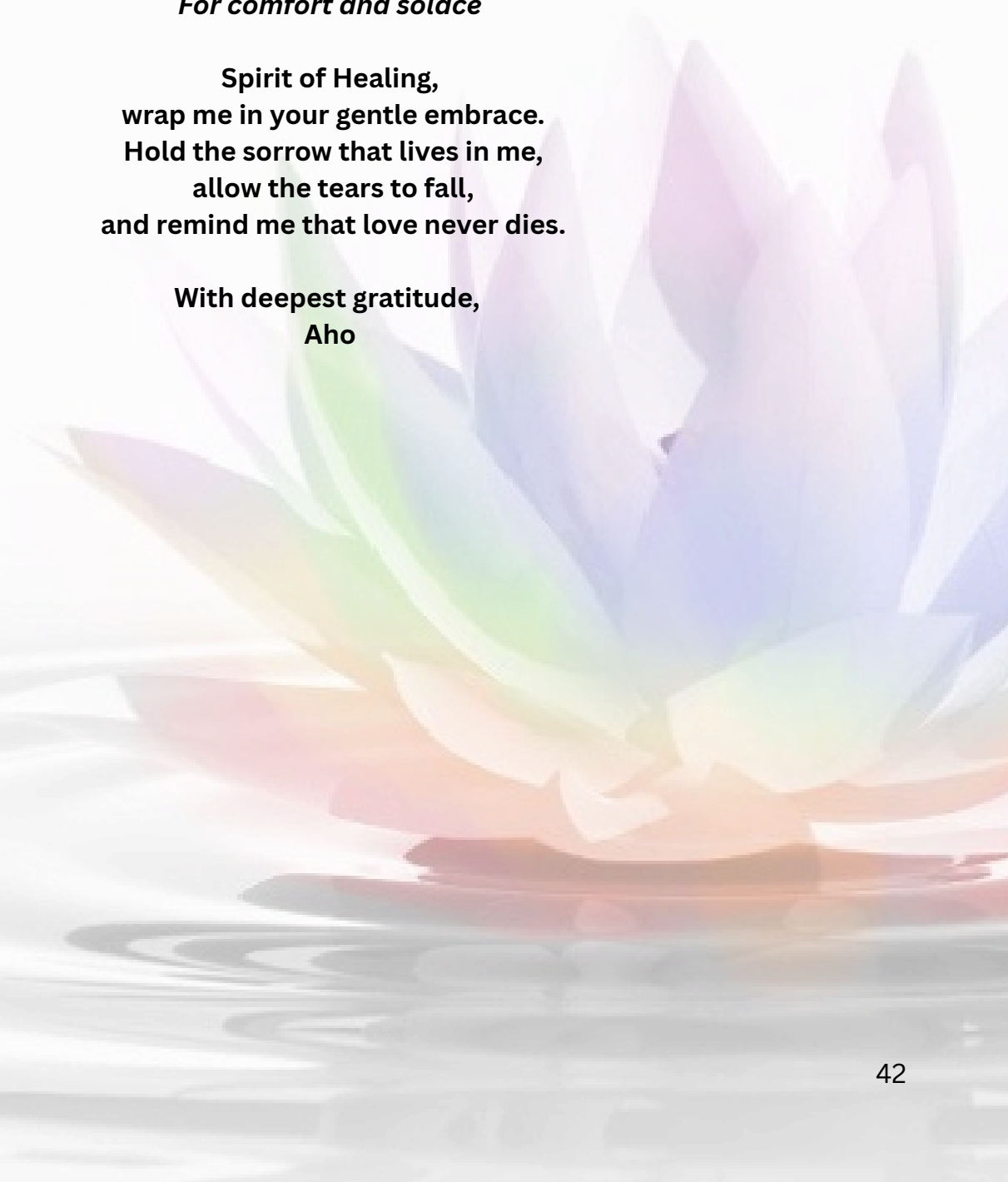


Prayer for Grief & Loss

For comfort and solace

**Spirit of Healing,
wrap me in your gentle embrace.
Hold the sorrow that lives in me,
allow the tears to fall,
and remind me that love never dies.**

**With deepest gratitude,
Aho**



Prayer for Wholeness

For alignment and completeness

**Creator,
bring all the scattered parts of me together.
Mind, body, and spirit aligned,
heart and soul united,
so I may walk fully,
as the being I am meant to be.**

**With deepest gratitude,
Aho**



✧ Section 4: Prayers for the Greater All

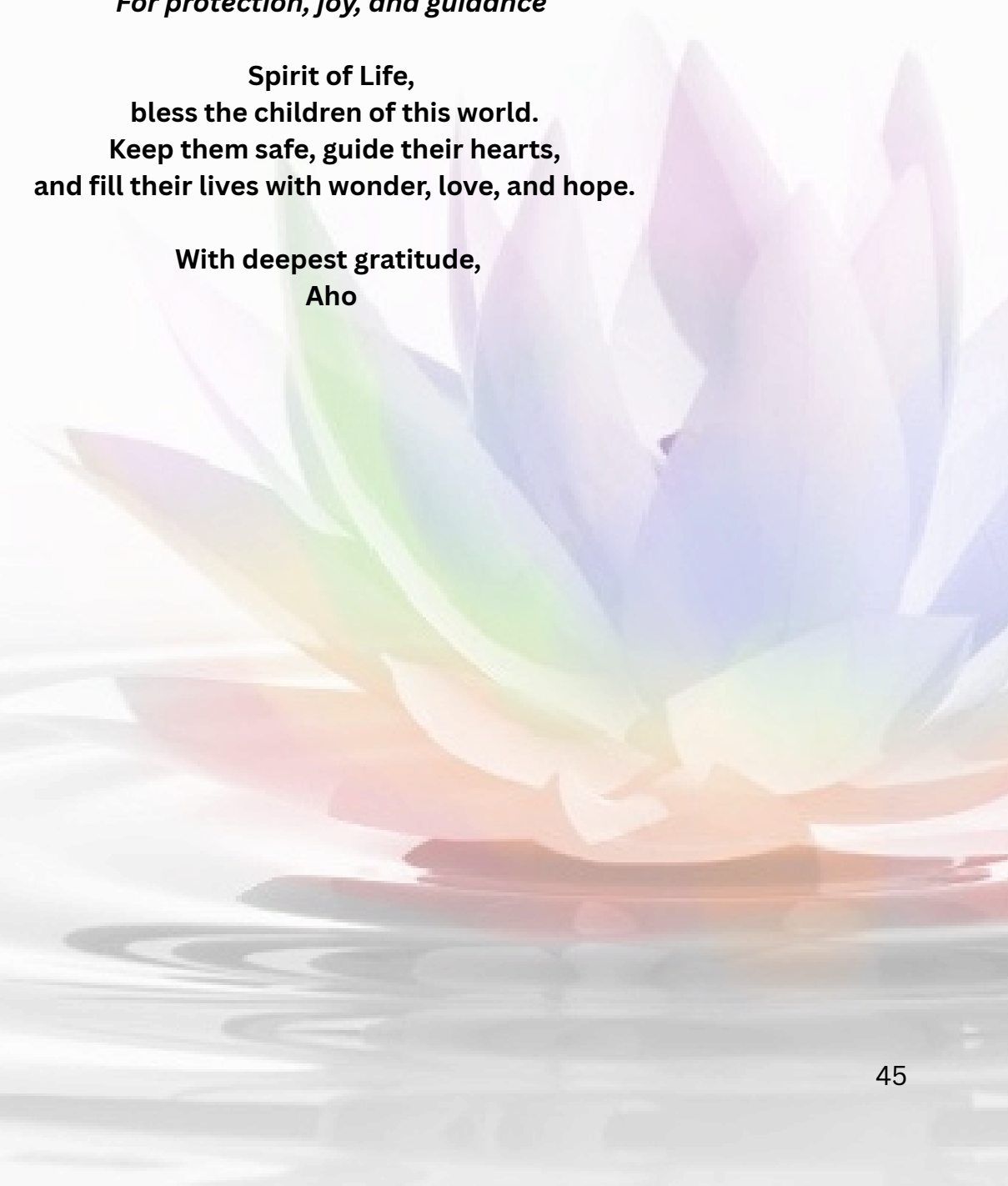
These prayers honor the Earth, all beings, and the sacred web of life. May they extend love, healing, and gratitude beyond ourselves to the greater All

Prayer for the Children

For protection, joy, and guidance

**Spirit of Life,
bless the children of this world.
Keep them safe, guide their hearts,
and fill their lives with wonder, love, and hope.**

**With deepest gratitude,
Aho**

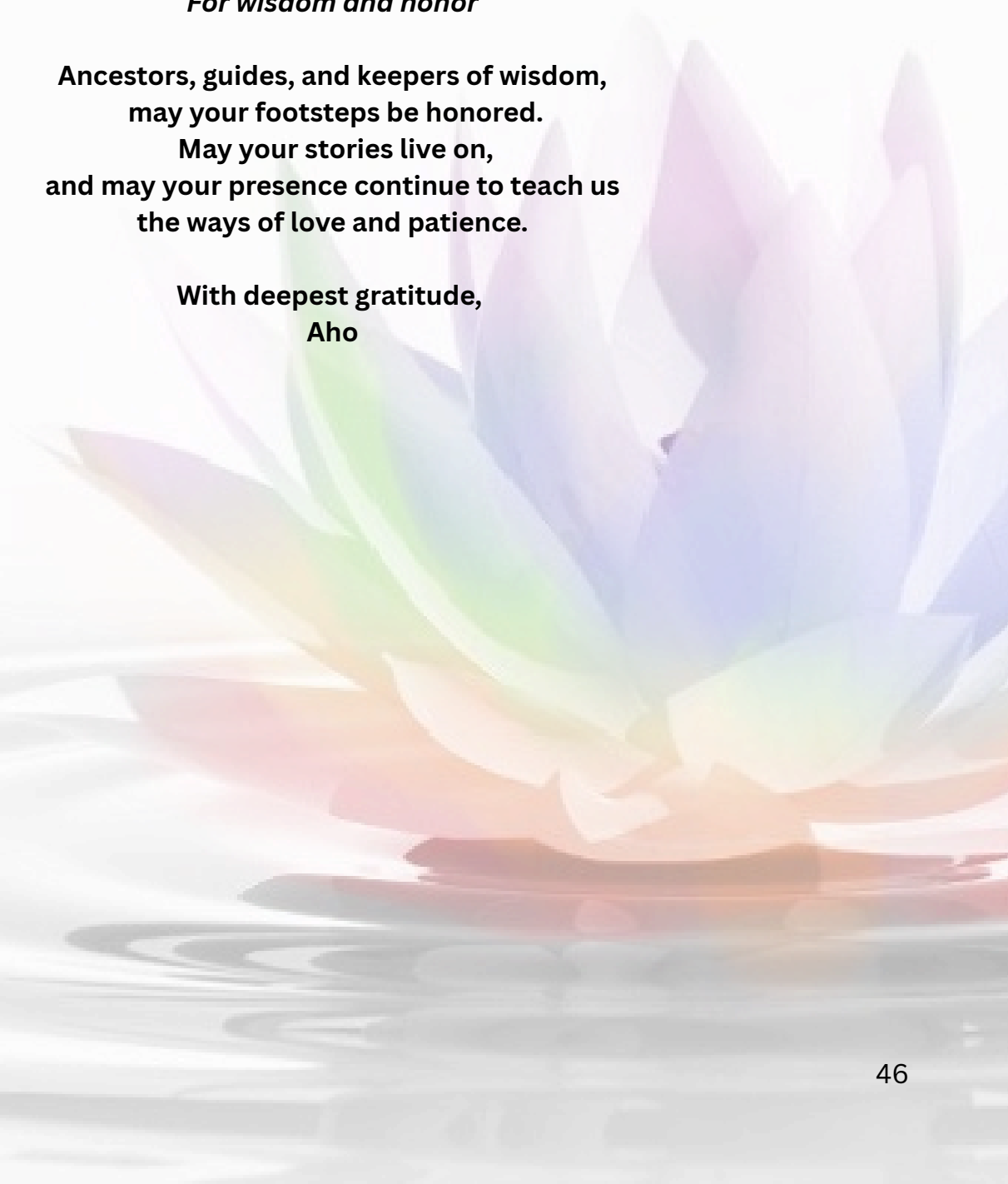


Prayer for the Elders

For wisdom and honor

**Ancestors, guides, and keepers of wisdom,
may your footsteps be honored.
May your stories live on,
and may your presence continue to teach us
the ways of love and patience.**

**With deepest gratitude,
Aho**

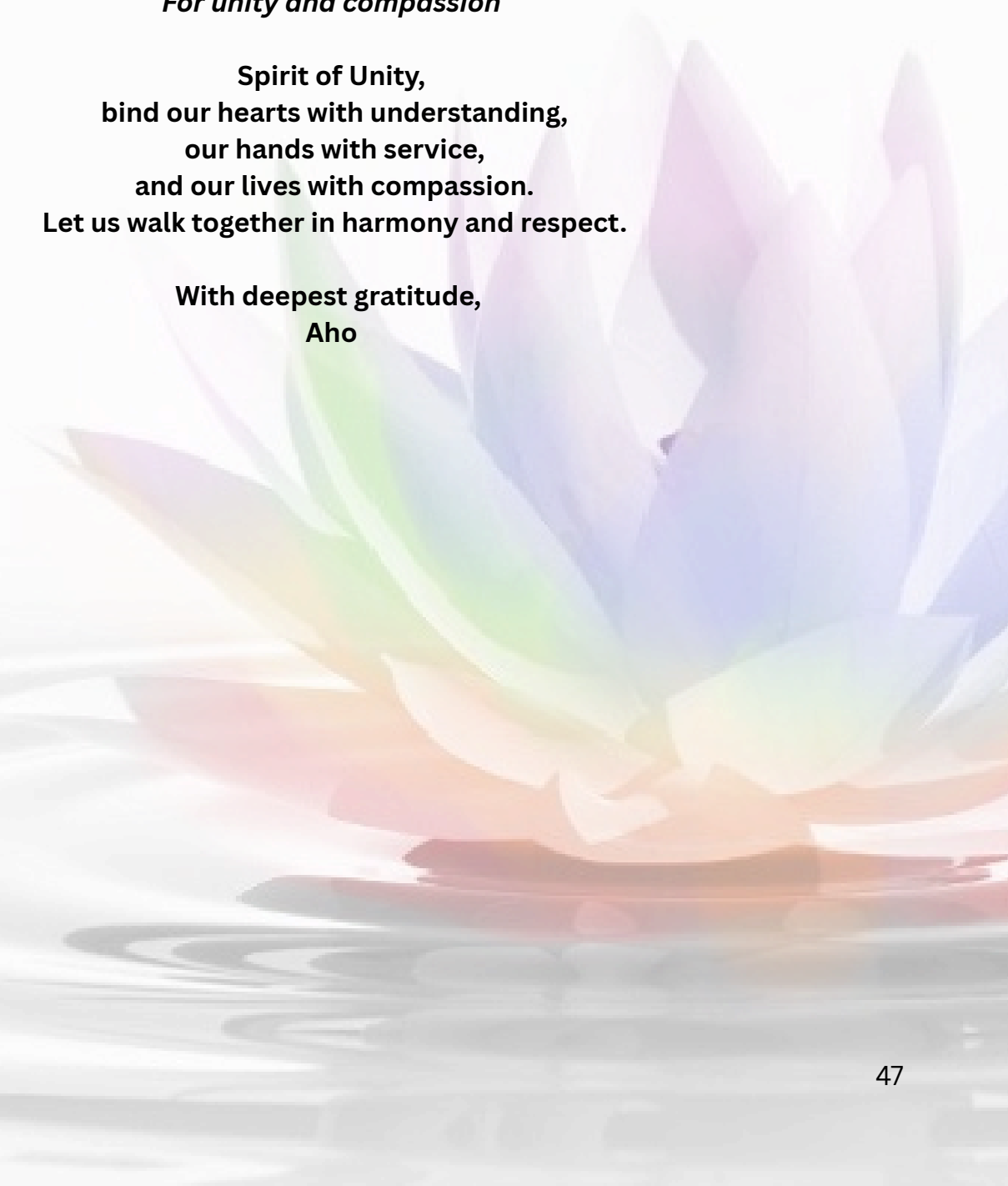


Prayer for the Community

For unity and compassion

**Spirit of Unity,
bind our hearts with understanding,
our hands with service,
and our lives with compassion.
Let us walk together in harmony and respect.**

**With deepest gratitude,
Aho**



Prayer for the Earth's Healing

For restoration and care

**Mother Earth,
I offer gratitude and prayers for your renewal.
Heal the scars upon your body,
restore the forests, waters, and skies,
and teach us to walk more gently upon you.**

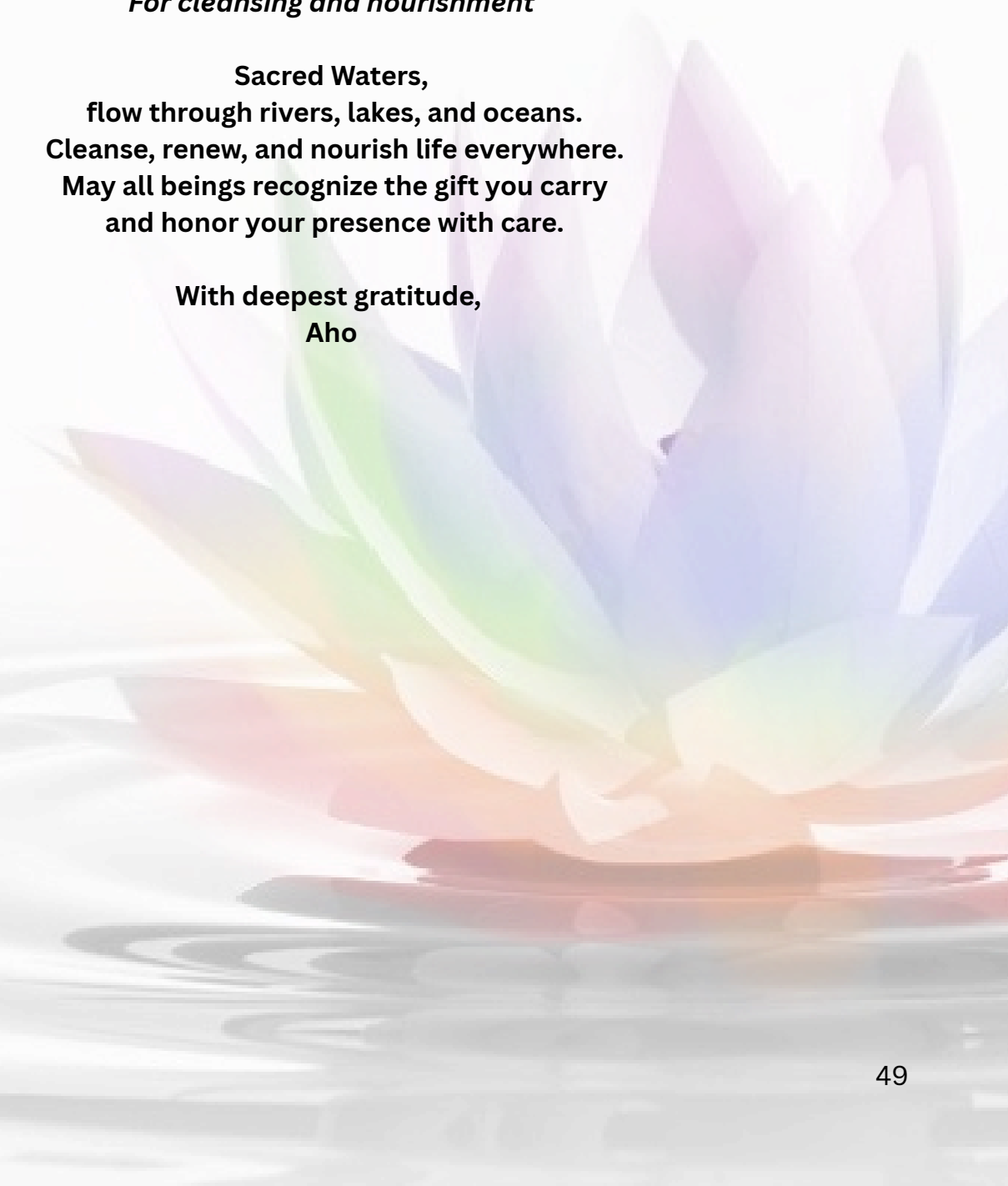
**With deepest gratitude,
Aho**

Prayer for the Waters of the World

For cleansing and nourishment

**Sacred Waters,
flow through rivers, lakes, and oceans.
Cleanse, renew, and nourish life everywhere.
May all beings recognize the gift you carry
and honor your presence with care.**

**With deepest gratitude,
Aho**

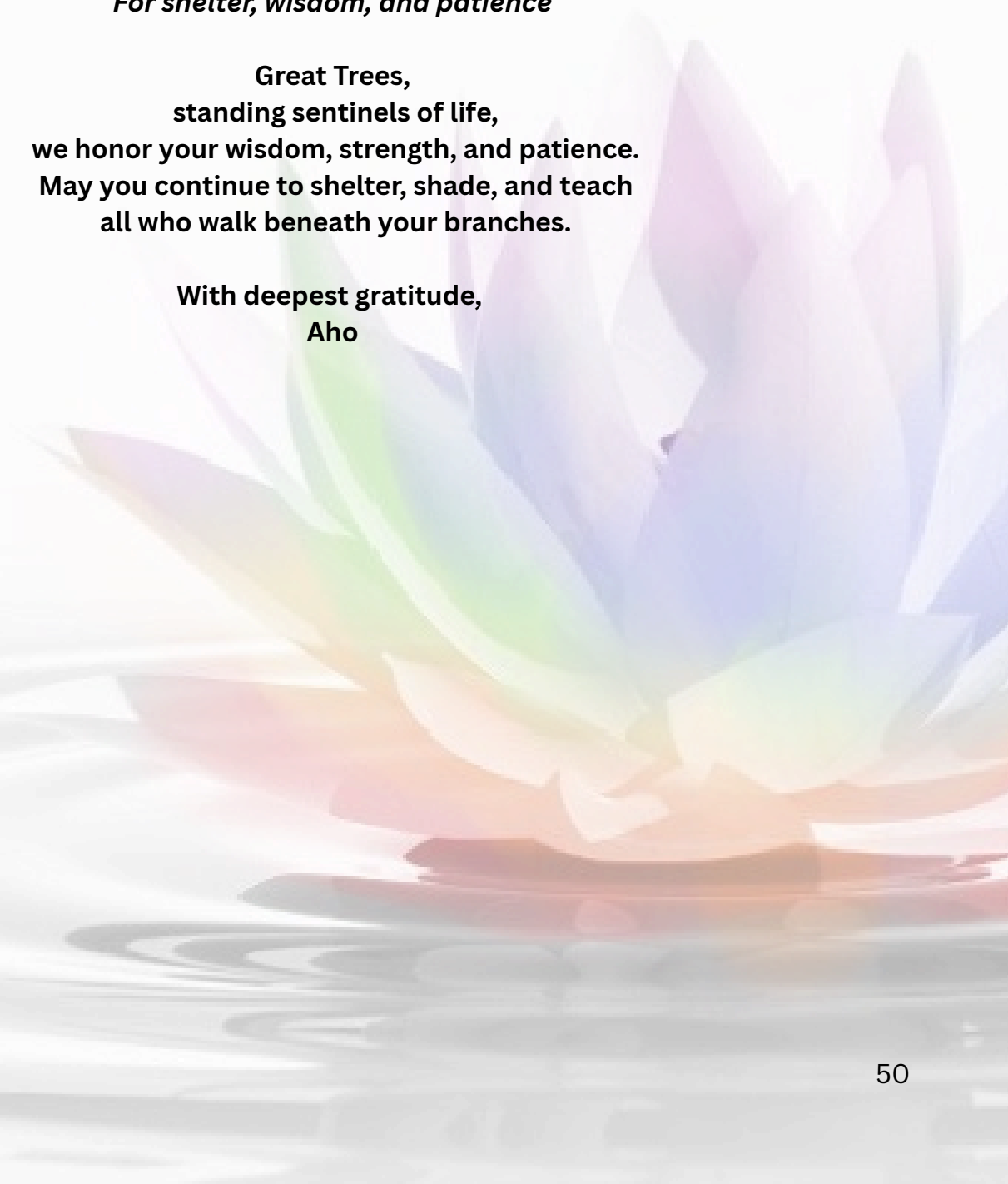


Prayer for the Forests & Trees

For shelter, wisdom, and patience

**Great Trees,
standing sentinels of life,
we honor your wisdom, strength, and patience.
May you continue to shelter, shade, and teach
all who walk beneath your branches.**

**With deepest gratitude,
Aho**

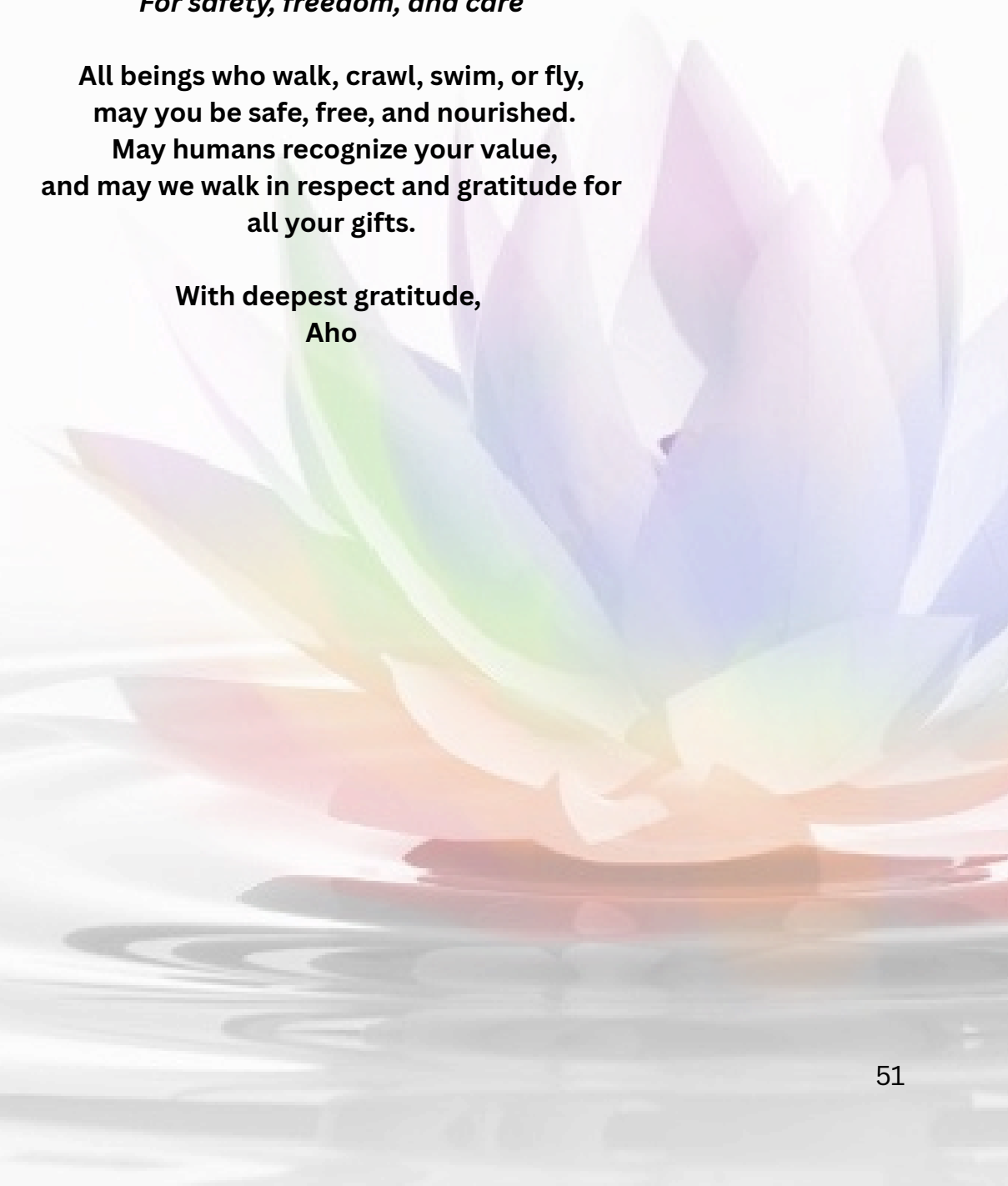


Prayer for the Animals

For safety, freedom, and care

**All beings who walk, crawl, swim, or fly,
may you be safe, free, and nourished.
May humans recognize your value,
and may we walk in respect and gratitude for
all your gifts.**

**With deepest gratitude,
Aho**

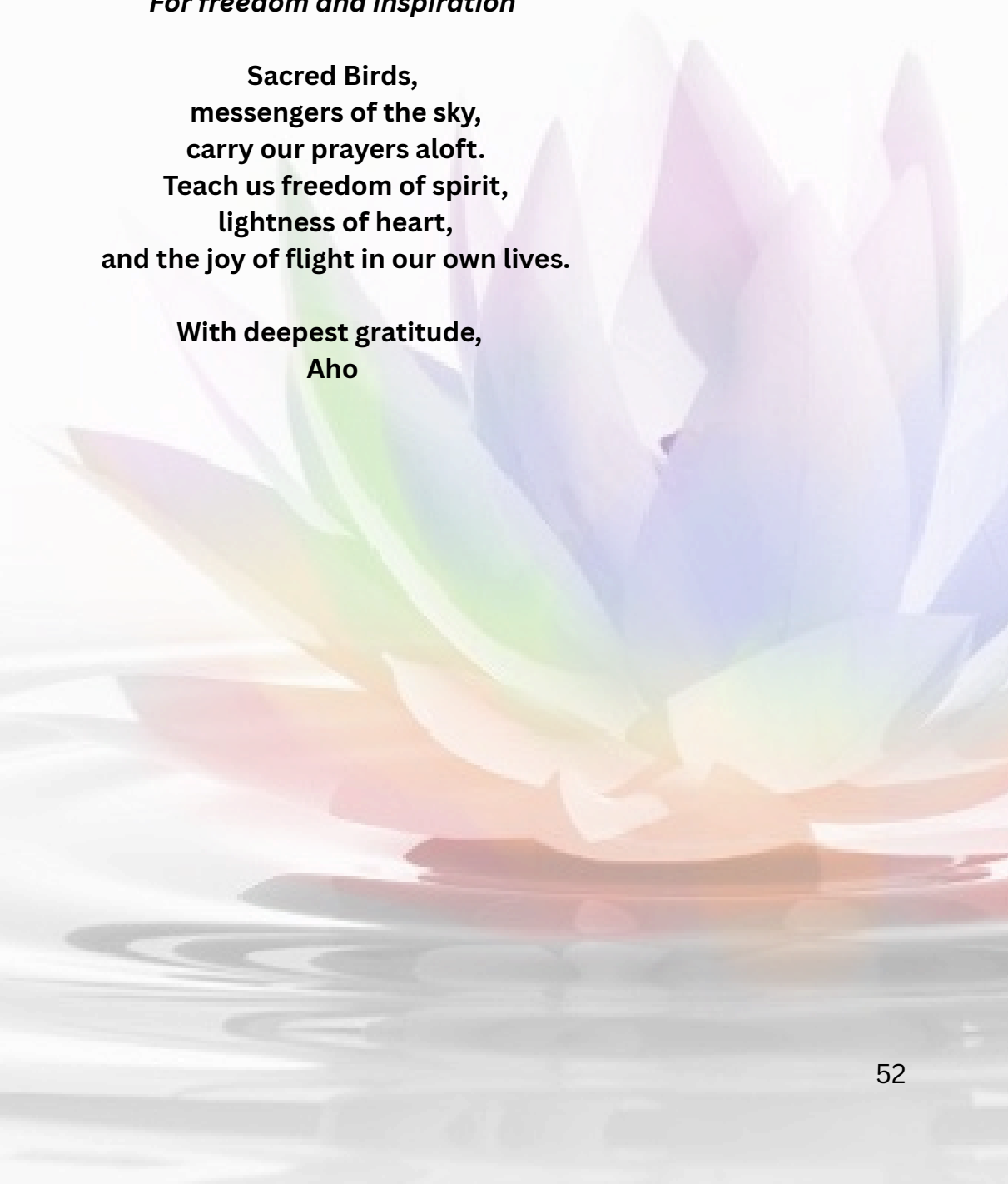


Prayer for the Winged Ones

For freedom and inspiration

**Sacred Birds,
messengers of the sky,
carry our prayers aloft.
Teach us freedom of spirit,
lightness of heart,
and the joy of flight in our own lives.**

**With deepest gratitude,
Aho**

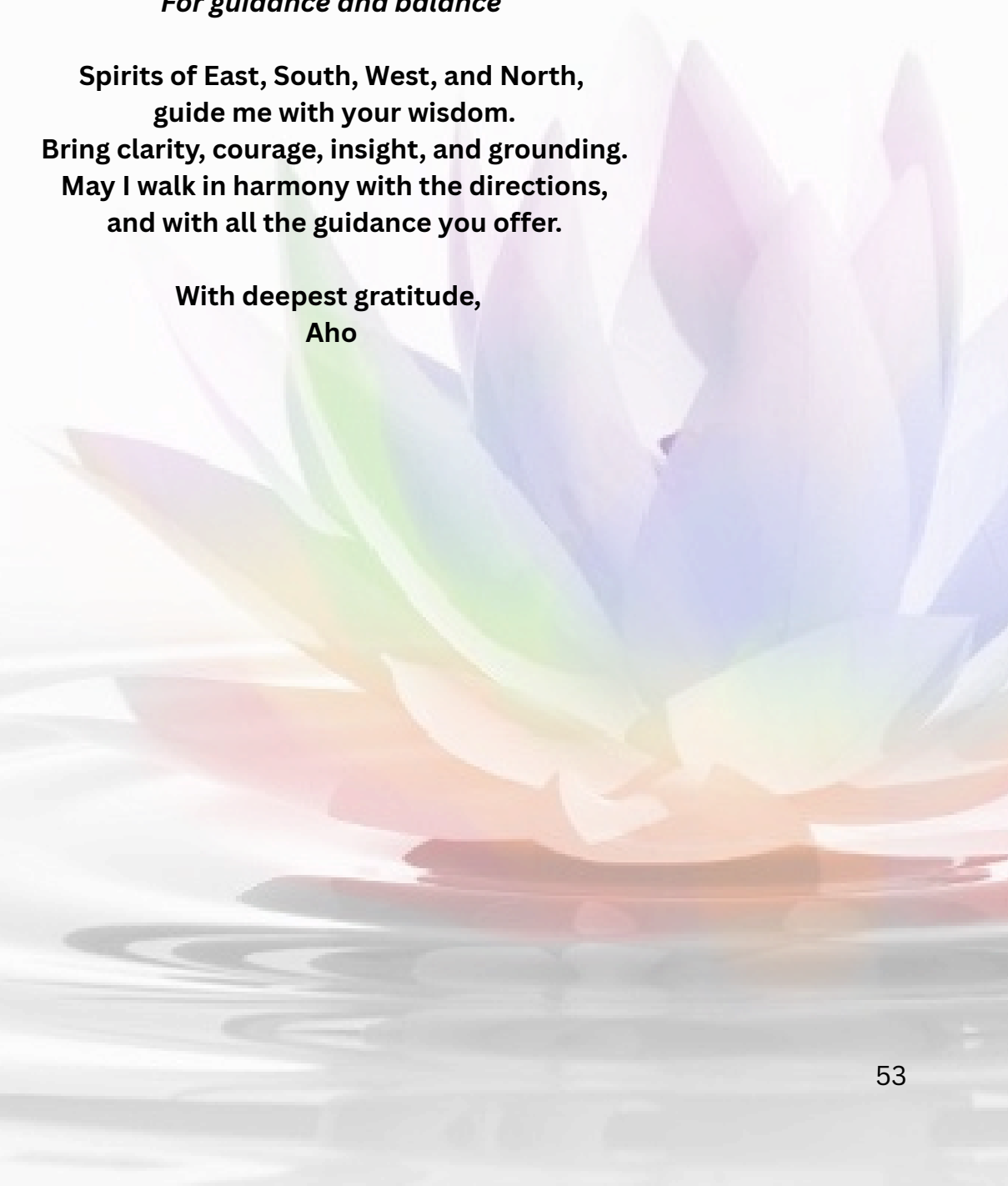


Prayer for the Four Directions

For guidance and balance

**Spirits of East, South, West, and North,
guide me with your wisdom.
Bring clarity, courage, insight, and grounding.
May I walk in harmony with the directions,
and with all the guidance you offer.**

**With deepest gratitude,
Aho**



Prayer for the Sacred Feminine

For compassion, intuition, and nurturing

**Great Mother,
giver and nurturer of life,
teach us the ways of compassion, intuition, and patience.
Let your energy flow in balance and love through all beings.
With deepest gratitude,**

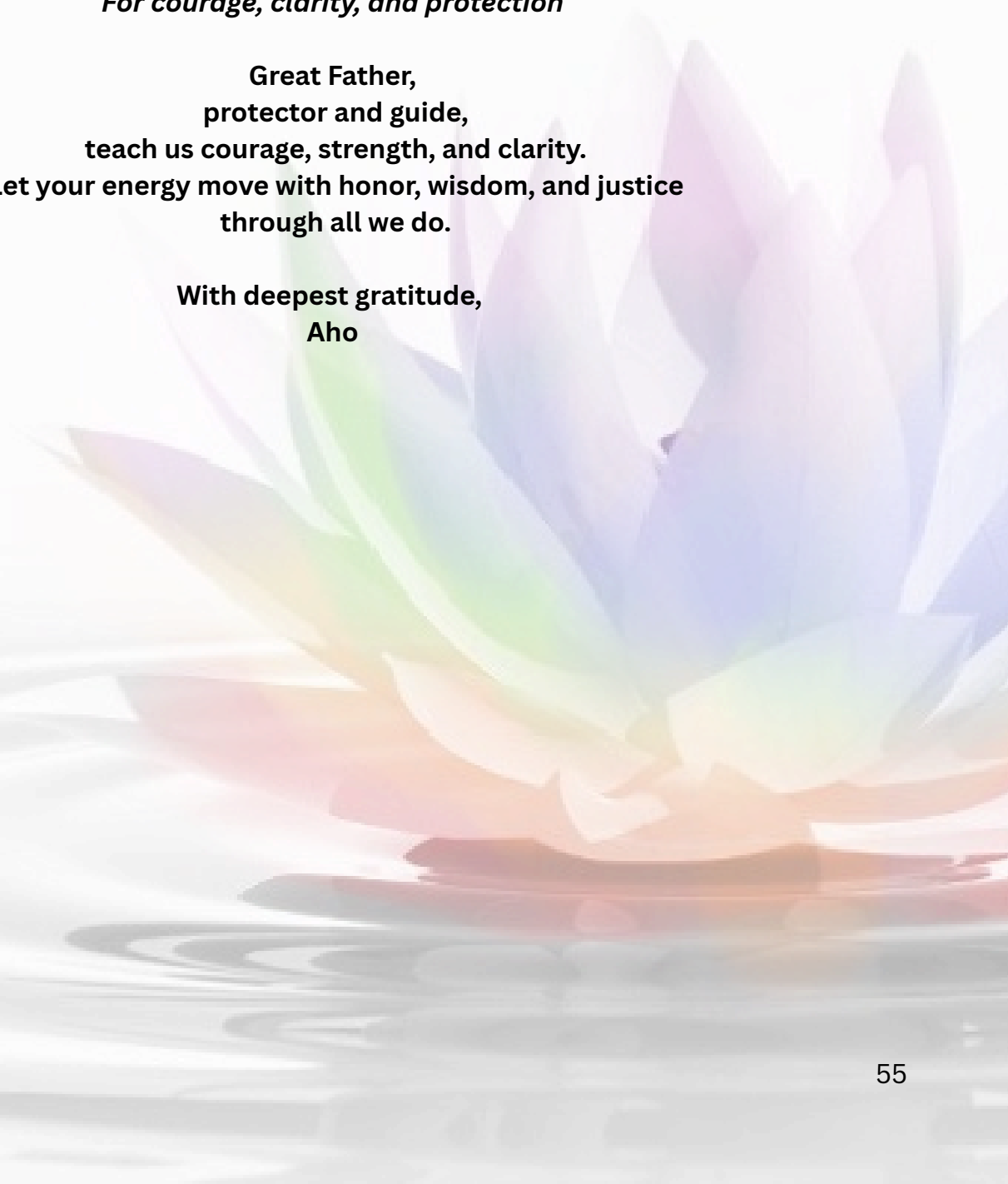
Aho

Prayer for the Sacred Masculine

For courage, clarity, and protection

**Great Father,
protector and guide,
teach us courage, strength, and clarity.
Let your energy move with honor, wisdom, and justice
through all we do.**

**With deepest gratitude,
Aho**

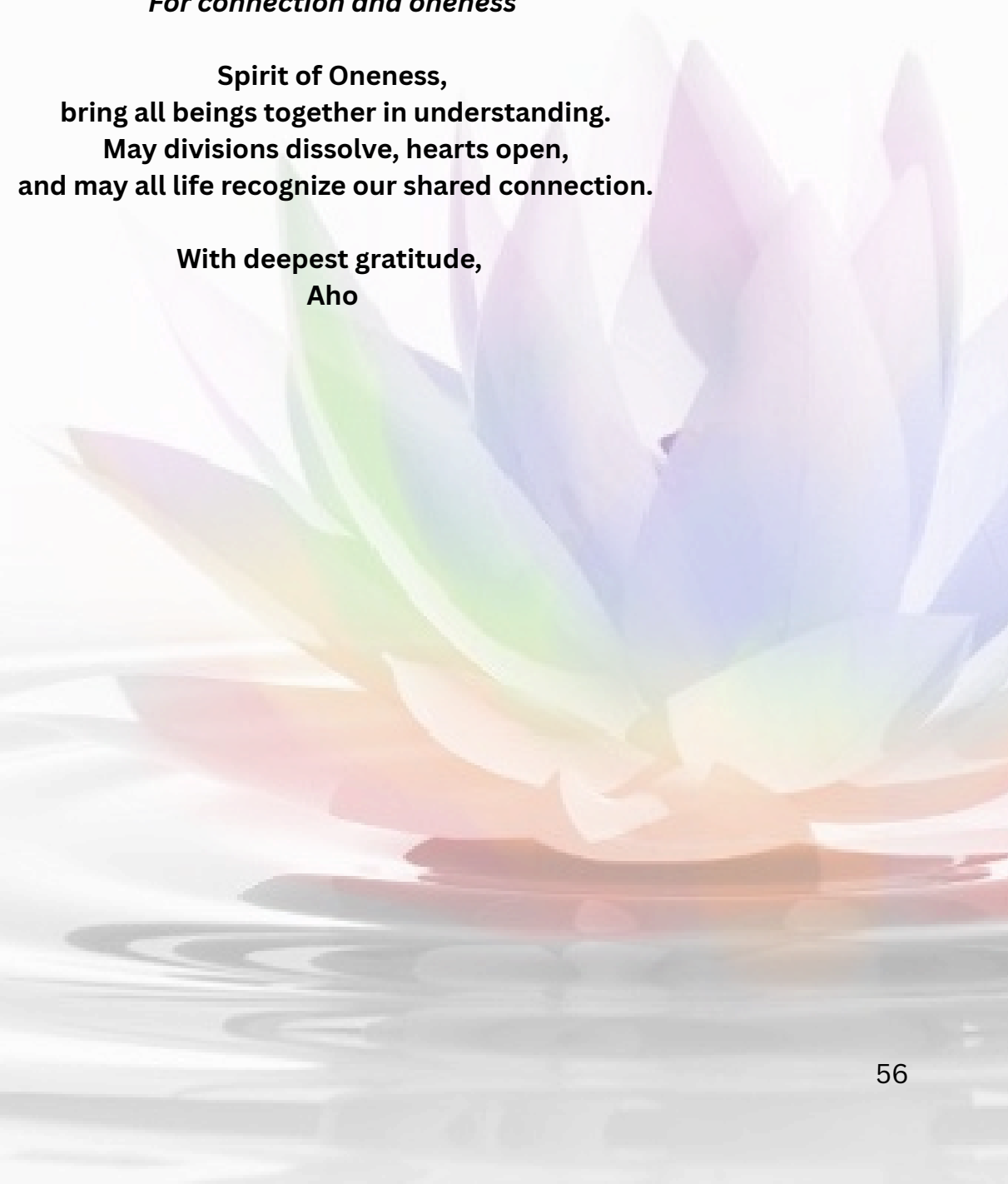


Prayer for Unity

For connection and oneness

**Spirit of Oneness,
bring all beings together in understanding.
May divisions dissolve, hearts open,
and may all life recognize our shared connection.**

**With deepest gratitude,
Aho**

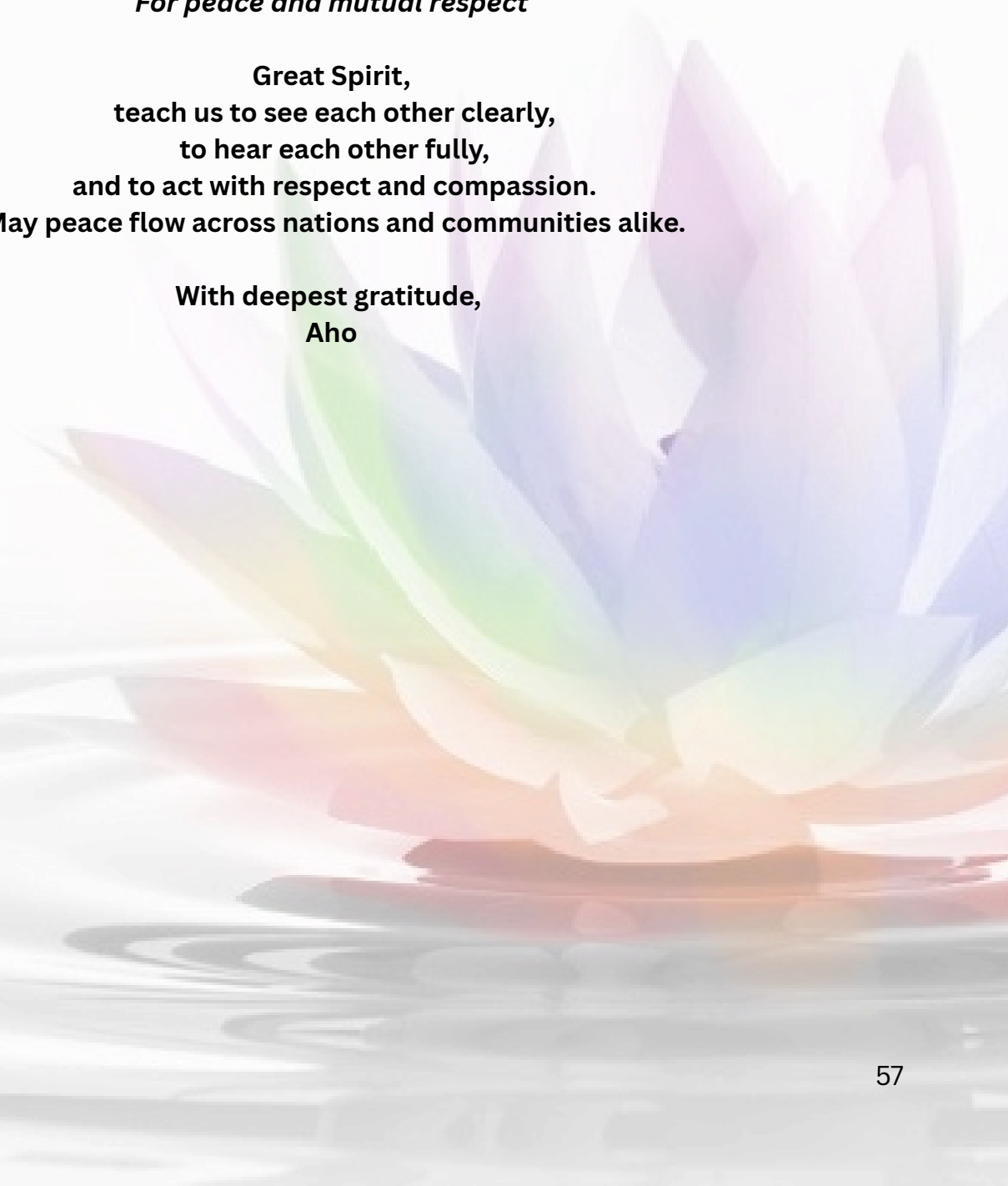


Prayer for Harmony Between Peoples

For peace and mutual respect

**Great Spirit,
teach us to see each other clearly,
to hear each other fully,
and to act with respect and compassion.
May peace flow across nations and communities alike.**

**With deepest gratitude,
Aho**



Prayer for the Ancestors Yet to Come

For blessing future generations

**Beloved Future Generations,
may you walk in love and clarity.
May the choices we make today
honor your lives,
and may your hearts know gratitude, freedom, and joy.**

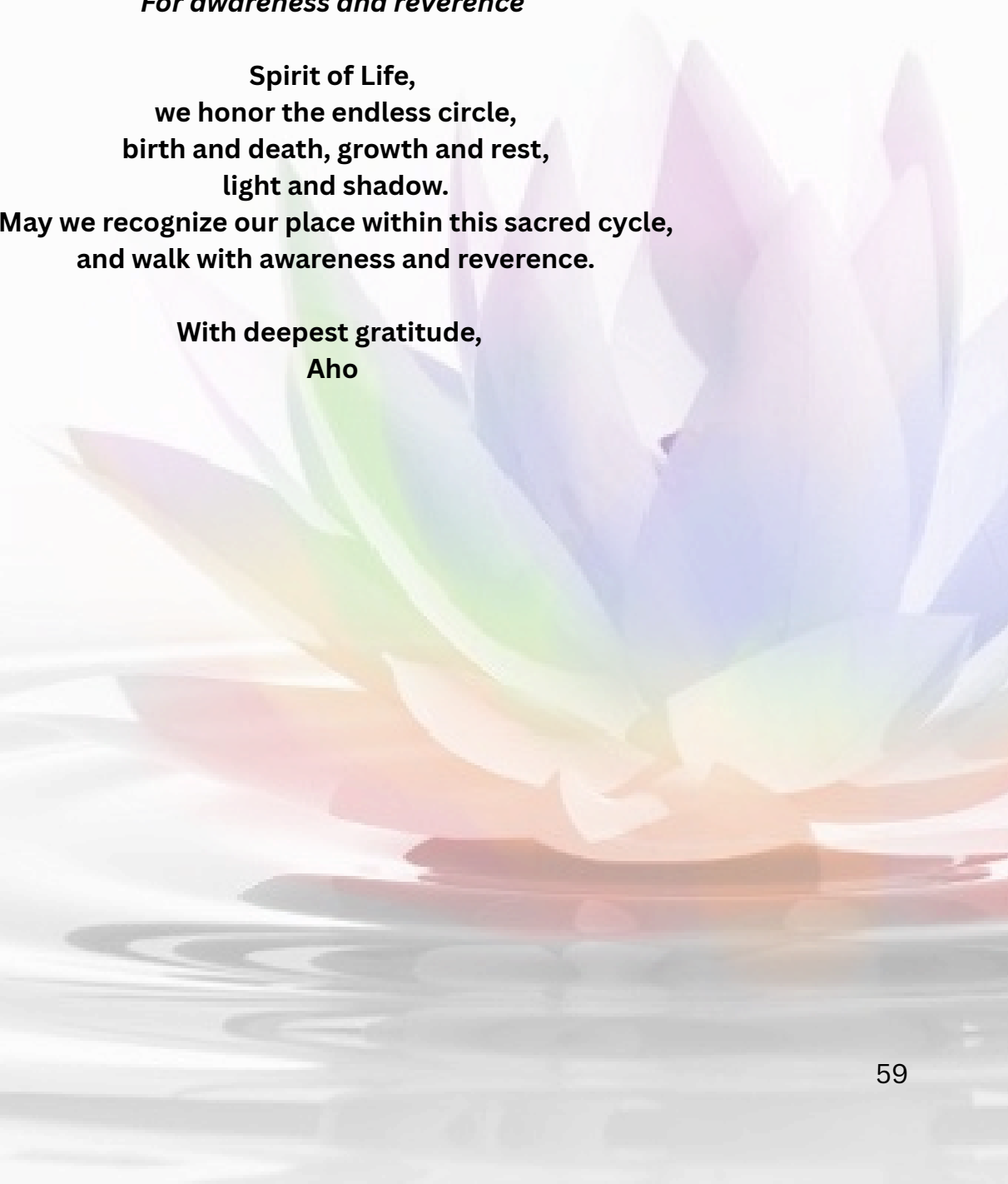
**With deepest gratitude,
Aho**

Prayer for the Circle of Life

For awareness and reverence

**Spirit of Life,
we honor the endless circle,
birth and death, growth and rest,
light and shadow.
May we recognize our place within this sacred cycle,
and walk with awareness and reverence.**

**With deepest gratitude,
Aho**



Closing Prayer – Offering All Back to Spirit

For completion and blessing

**Great Spirit, Creator of All,
we offer these prayers, these hearts, these intentions back to you.**

**May they carry love, healing, and light
to all beings, seen and unseen.**

**May we walk humbly,
act with reverence,
and remember always that we are part of the sacred whole.**

**With deepest gratitude,
Aho.**

About the Author

Susan Harris is an intuitive, channel, shamanic practitioner, and teacher dedicated to guiding individuals on their paths of self-discovery and transformation. With a profound connection to Spirit and the Earth, she supports others in awakening their inner truth, embracing their gifts, and living with deeper awareness and intention.

As a world traveler and seeker of sacred wisdom, Susan has explored ancient sites and diverse spiritual traditions, learning from the energies, landscapes, and stories woven into these powerful places. Her work blends clairvoyance, clairsentience, and other intuitive gifts with a grounded, heart-centered approach to healing and personal growth.

Through her teachings, ceremonies, and one-on-one sessions, she creates transformative experiences for those seeking clarity, balance, and alignment. Whether helping others discover their inner compass or guiding them to trust their intuition, her work is rooted in the belief that everyone holds the power to create meaningful change.

When she's not guiding others, you'll likely find Susan immersed in nature, exploring new places, or enjoying quiet moments of reflection and connection.

To learn more about her offerings and upcoming events, visit www.susanharris.com.