



## Morning Prayer

*The following prayers were spoken by one of the standing stones at the Ring of Brodgar in Orkney.*

STANDING STONE:

“In all that I am and all that I can be  
allow me to be part of the mist  
and the cloud, and the dust  
and the sun, and the moon, and all the stars

And all of the air of God to come inside of me  
and my name \_\_\_\_\_ (*your name*)

And allow me to breathe that  
all this day to all the vacant spots  
in which I have either done an evil  
or evil has been done to me  
And let me this day bring more creation to this place

so that I may bring more creation to the world  
and be part of the dust of God

So that through that sound and light and time  
may mingle and be part of who I am  
and who the world is and all the worlds to be.”

## Evening Prayer

I thank you for this day  
and now let me find rest and solitude.

Let me bring my sound close to me, inside of me,  
and my light and my time.

To rest my body and my soul  
so that they may mingle together  
in the twilight of the arms of the dust of God.

So that as I rest, my creativeness and connectiveness  
to me and the world  
will be understood in a quieter moment  
and of the quiet of the night.

So that my body and I, my soul,  
may assimilate all that we have begun.

So as not to undo what we have started,  
but to mediate,  
and assimilate, and remember.

So as we wake on the morrow,  
we will bring this forward again  
with rest, and quiet, and peace of name

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