

First Reading: Listen now with the ears of your heart and allow the words to wash over you.

Hear my prayer O' God! Who are you and who am I?

Hush.....relax, breathe.....and settle into my Presence. You, my child are a wave in the vast Ocean of my Presence. It is impossible to be separate from my Love. At times you may feel that you have been abandoned to the unknowns of life, but the reality is I am always with you. Just as the wave could never exist without the Ocean.

I AM and so are you.

I love you my child. I will never ever leave you. It's impossible. The waves of life may swell at times, but here you are!...learning to observe the storms with the assurance of the Calm that follows.

I AM the Calm. My Ocean is deep. As you transform back into that from which you came the sacred calm will pour out, far beyond your own personal limitations. I am the Alpha & the Omega...in me there is no limit to the serenity that life has to offer.

Remember, what you long for is already available. FALL....LET GO....drop below the surface. I am here. It's time to stop all the conjured up thinking and stories. Let them come and let them go. You can trust my Love. Love is who I am.

Breathe my child. Love abounds. The Ocean is vast!

*~From Ricky's Journal
Conversations with God*

Second Reading: Listen for a word or phrase that is holding your attention. (After). Now let go of the word or phrase and trust that it will remain if there is a Holy message for you.

After Third Reading: In the sacred silence, trust now that you are held in Love and allow yourself to just be.