

Spirit of all goodness that dwells within my troubled heart, spread through all of my being until I love every living soul. Break down the walls between me and others that I may give them what I have both for joy and peace. Help me give those nearest me the affection and sympathy that evokes their sweetness. May I stop yearning for the things that are not mine and live richly in what is my own. Help me grow in integrity and power. May I turn my own experiences into understanding for others and make my work good.

Quaker prayer

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