



The Life and Care
of an **Idea**

WEEK 2 (October 12th, 2025)

OPENING PRAYER

Written by: Youth of Unity (YOU)

Mother-Father God, we speak with You today, our hearts full of faith, trusting in Your divine plan that stretches across every corner of the earth. You are the Creator of the heavens and the earth, and we stand in awe of Your mighty works, from the towering mountains to the deepest oceans, from the vast deserts to the lush forests. Just as the earth is united in its beauty, we pray that the people of the world may be united in Your love. Strengthen our faith, Divine One, and guide us to be beacons of light, illuminating the path of unity, peace, and compassion. May we learn from the harmony found in nature, where every creature and every leaf, every river and every star, plays its part in the grand design. And so it is.

MEDITATION

Written by: Karen Kazsmer

Beginning our time of meditation, we create sacred space, bringing our mind and body to an open receptive place. Sit quietly with your feet connected to the earth. And gently close your eyes. Take a slow deep breath in and out grounding yourself into this present now moment. Place your hands on your heart and open to the connection with your Christ Consciousness deep within. Move your hands in prayer position at your heart, raise them up connecting to the sky above, and then bring them down to rest comfortably in your lap. And we begin our time of inner connection and contemplation.

This week is Day 2 of Creation – Let there be a firmament – the above and below, earth and sky. Faith in the knowing quality of Divine Mind.

Start with imagining roots extending from your feet deep into the soil, steady, strong and ancient. With each breath, draw up the energy of the Earth, its resilience, its warmth and calm. Silently say, I am grounded in faith. I am safe. (pause).

Next, shift your awareness upward. Picture a vast open sky above you, endless, light-filled, and serene. With each breath, feel yourself gently expanding, opening your



consciousness more and more. Let go of any tension, thoughts, or heavy burdens as they drift into the clouds. Silently say, I welcome the wisdom of Divine Mind.

And now, visualize yourself as the bridge between earth's grounding and heaven's expansiveness. Allow your breath to flow in a steady rhythm connecting the strength below with the light above, trusting that divine mind moves through you as both an anchor and an uplift. Feel faith in the golden thread weaving earth and sky into one tapestry of grace. Rest now in the silence, in this balance, this beautiful center of being. This is where expansive awareness exists.

[1-2 minutes of silence]

Slowly and gently, begin to bring your attention back into this space. Feel yourself sitting in the chair and your feet on the floor. Take some full deep breaths. And slowly when you're ready, open your eyes.

We end with an acknowledgement of the transformation of our consciousness, a shift that allows us to live from that balance of 100% human and 100% divine. We carry this expansive awareness with us into our world. And we offer a final perfect prayer of gratitude for earth's foundation and heaven's guidance and wisdom that is within us. We gratefully acknowledge God as the invisible, intangible Good both manifested and unexpressed that exists within everything. We are blessed to be part of God's Creation. And so it is.

CLOSING PRAYER

Written by: Youth of Unity (YOU)

Universe, we ask for Your wisdom to flow like a river through all nations, bringing healing to the broken, hope to the hopeless, and strength to the weary. Just as the seasons change, may we embrace the seasons of our lives with unwavering trust in Your provision. We pray that Your spirit of unity will grow like the roots of a mighty tree, binding us together as one body, regardless of our differences. May we reflect the beauty of Your creation, living in harmony with one another, honoring the Earth as You have called us to. Let faith in Your love and power be the foundation of our lives, so that we may build a world that reflects Your kingdom - filled with peace, love, and eternal hope. In divine love, Amen.