

# Soultalk

## Inspiration til bønner

Her er nogle af mine (Kisser Paludan) yndlingsbønner om at være guidet - fra Et kursus i mirakler;

Where would you have me go?  
What would you have me do?  
What would you have me say, and to whom?

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**St. Francis Prayer. En bøn der minder os om rejsen fra det lille selv til det store Selv. Fra Ego til Essens.**

Lord, make me an instrument of your peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.

O Divine Master,  
grant that I may not so much seek to be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.

Amen.

Don't just read this prayer. Pray it with your heart. Be open to being an instrument of love today.

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SOULTALK BY KISSER PALUDAN