

Universally-Aligned Prayer of Intention for Healing Work

from Lynn Swearingen

Here is a Prayer of Intention, written to honor all beliefs, traditions, and understandings of the Divine, including those who prefer terms like Source, Spirit, Light, Love, or God-as-they-understand:

Prayer of the Empty Vessel

Before I begin this work, I offer this intention.

May I release all expectation, all assumption, all belief that I alone know the way.

May I gently set aside what I think I understand,

so that I may enter this moment with humility, openness, and clarity.

I choose now to become an empty vessel—

clear, steady, grounded, and available.

May the Source of healing—

known by each person in their own sacred way,

whether as God, Spirit, Light, Love, or the wisdom of the universe—

flow through me freely.

Let me remember:

I am not the healer.

I am the channel, the witness, the facilitator.

Healing comes from a power greater than myself,

and I open fully to that presence now.

May my mind be quiet,
my heart expansive,
my intuition awake,
my awareness attuned.

May only what is for the highest good arise.

May I be guided, steady, and receptive.

May I hold each person with compassion, respect, and neutrality.

I offer this session to the Light that transforms,
the Love that restores,
the Wisdom that knows the way.

May this work be blessed.

May this space be sacred.

May I serve with purity, integrity, and grace.

And so it is.

—or—

Amen.

—or—

May it be so.

(Choose the closing that aligns with your belief.)