



## POSSIBLE LABELS AND THEIR PRAYERS

A GENERIC PRAYER TO USE FOR ALL THE FOLLOWING OCCASIONS,

[and to send to the people who arise in one's thoughts, whether for good or for bad]:

Please HaShem (G-d) bring light and love, trust and healing into this place [or, into that person].

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addicting - HaShem (G-d) please fill this place of craving, lack, and longing with the even sweeter and more abiding peace of closeness to you. Please attune my taste buds to that pleasure.

ambivilating - HaShem (G-d) please help me to make a clear decision, commit to it, and stay at peace with it, knowing that whatever I choose/chose it will be just fine.

anger – HaShem (G-d), I know that every encounter is a precise communication between You and my soul. I accept that this injustice / insult / betrayal / assault /loss was decreed by You to me. Please help me to find the most spiritually productive manner of response.

broken heart - see “resisting reality” and/or “ego defending” and/or “self abusing.”

complaining - see “resisting reality”

coveting, jealousy - HaShem knows my life's mission even better than I. He designed it, He wills it, an He is bound by an irrevocable covenant to assist its fulfillment from cradle to grave. Not a moment passes where He fails to provide the resources required for my next step in personal and spiritual growth. The blessings tha I covet in other people's lives would only be obstacles to *my* soul's work. This moment is perfect. I KNOW that this is true.

ego stroking - HaShem (G-d) thank you for letting this be my portion, for letting me be the manifester of this beauty.

ego defending at someone else's expense - HaShem (G-d) please let my sense of self rest secure in your abiding and unconditional love. Release me from needing to put others down in order to feel good about myself.

fantasizing/romanticizing - Please HaShem (G-d) release me from false or vain visions, let me stay in the present and trust its unfolding.

judging - HaShem (G-d) please help me to honor the mystery of each person and the impossibility of judging another's highest path in any given moment.

losing hope: Any sparks along with their associated blessings that belong to my soul *will* come into my life. HaShem is the master of timing and will bring them in as soon as the moment is ripe.

lying (devising rationalizations to deny truth) - HaShem (G-d) please help me to be honest with myself. Help me to remember hat I need not be afraid of truth, for only truth can set me free.

manipulating/controlling - HaShem (G-d) please bring light and love and healing to this person. Let them find your “path of life.” I leave the matter in your hands.

## A STILL SMALL VOICE

Correspondence Teachings in Classic Jewish Wisdom

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- narrating (the present instead of just being in it) - HaShem (G-d) release me from clutching to small-minded self consciousness. Help me to just “be” unselfconsciously in each moment.
- obsessing/lusting - HaShem (G-d) please release me from all inappropriate and unproductive longings, fantasizes, attachments, desires, memories, needs, and vulnerabilities.
- planning - HaShem (G-d) please engrave this thought into my memory so that when I sit down to plan it will be there.
- preaching - HaShem (G-d) please help me to stop trying to control other people’s lives, to stop judging, and to refrain from
- “edifying” unless asked. Let me trust that the right words will come when the occasion arises.
- predicting (dreading) failure
- predicting (dreading) the worst
- self-doubting- HaShem (G-d) please fill this place with light, hope and positive vision. Please help me to remember that you designed me with a mission and your will *will* be done. This present moment contains all the resources necessary to accomplish my next step in personal and spiritual growth. Whenever something else becomes necessary it will appear. To say otherwise is to contradict the very definition of G-d.
- remembering (positive) - Thank you for all the sweet experiences of my life but help me to stay in the present.
- remembering (negative) - HaShem (G-d) help me to find a way of healing this memory, perhaps by just letting it go. In the mean time, help me to stay in the present.
- resisting reality - HaShem (G-d) please grant me the serenity to accept the things I cannot change and help me to taste the sweetness of you Presence in the unpleasant circumstance.
- revenging injustice - HaShem (G-d) please help me to trust the perfect justice of your ways. I know and trust that truth will prevail. I don’t know when, I don’t know how. Maybe in this world, maybe in the next, but I know and trust that truth will prevail.
- revenging rejection - (see ego defending at someone else’s expense)
- self-abusing - HaShem (G-d) please fill this place with light and love and deep forgiving. Let me feel assuaged by your sure and unconditional love.
- thinking - HaShem (G-d) please engrave this thought into my memory so that I will recall it at an appropriate time.
- victimizing - HaShem (G-d) please help me to remember that every moment and experience is a communication between You and my soul and that you design each moment and each life perfectly to bring about the soul’s perfecting. Help me to meet the challenge of this oppressive circumstance and reveal to me “the path of life.”
- worrying – HaShem (G-d) please help me to remember that You are running the show, and that everything unfolds for the highest good. Help me to remember that You provide all the necessary resources to find Your holy and abiding peace in each circumstance of my life.

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