

## **Four Examples of Heart Intentions:**

The Jesus Prayer:

**Lord Jesus Christ, have mercy on us, son of the living God, amen**

Aramaic affirmation of God's Trinitarian nature:

**Yeshua, Ruah, Abba, amen**

Short form of a spiritual (grounded in religion) affirmation:

**Life, radiating, oneness, in being**

Long form of a spiritual (grounded in religion) aspiration:

**May life breathe love in us, sourced in oneness, in being**

*Copyright David Frenette 2020*