Bedtime Prayer

#2

# Bright Light, White Light

**Take Away My Fright**

**Don't Let The Darkness Scare Me.**

**There's Nothing Here To Fear**

**Let Me Sleep The Whole Night Long,**

**For I Am Safe In Here.**

**White Light, Bright Light**

**Protect Me Throughout The Night.**

This should be done by cupping hands as if holding a ball of white light.

Toss ball into the air and imagine it bursting to fill the whole room with protection.