

# The Heart's Prayer

2025 – by A' Yo

*Note: Aho means “thank you” or “amen”*

*E.O.A.T.I. means “Essence Of All That Is” what most know as  
God*

*For those who wish to personalize this, feel free to change words to fit  
your circumstances. Prayer is very private and intimate. Customization  
may or may not be needed.*

*Thank you for sharing,*

*A' Yo*

## The Heart's Prayer

**Aho! E.O.A.T.I.! Hear me!**

I embodied here to create love

I embodied here to experience love

I embodied here to understand love in all its forms

**Aho!**

I embodied here to learn

I embodied here to teach

I embodied here to influence others to do the same

**Aho!**

Help me find a place of vulnerability within the safety of your essence

Help me conquer my fear so that I can raise myself upward

Help me transform my woundedness into courage

so I can love all things as you intend

**Aho!**

**I offer you my heart with all its...**

confusion

scars

fears

pain

loss

**Aho!**

I offer you my heart with what...

hope exists there

joy exists there

love exists there

Shine your essence upon my heart that I may see its beauty and strength.

**Aho!**

Surround me with your essence...

When I feel...

fear	...as it is the shadow that pulls us down
unseen	... as my beauty was created to be seen
unheard	...as my truth was created to be heard
unlovable	...as my heart was created to be loved
unworthy	...as my worth and value are flawless
less than	...as I was created in perfection
chaotic	...as it is a dissonance of self and essence
distrust	...as trust is a foundational stone of all
hopeless	...as it is a place to practice courage
lonely	...as being alone builds self-assurance
despair	...as change is a constant that will lift me

**Aho!**

I know my expectations and beliefs cause me these sorrows

I know I am the ultimate cause of all my reactions and solutions

I know that the E.O.A.T.I. is always at my side guiding me upward

I know it is my responsibility to rise above my feelings

I know that I am loved with all my woundedness

**Aho!**

Open my heart so that I can rectify my sorrow.

Open my heart so that I can understand my lessons.

Open my heart so that I can find my dignity

Open my heart so that I can create a space within me for hope

Open my heart so that I can love myself

Open my heart so that I can share the love that I have

**Aho!**

**Guide this weary being...**

Help me understand the sorrow within my heart

Help me understand the pain that sits within me

Help me understand the worth of the tears I shed

Help me see how my fears paralyze me and hold me back

Help me shake the shadow that clings to my shoulders

Help me live my contract and fulfill my purpose

Help me love myself above all else

**Aho!**

**With the E.O.A.T.I.'s love...**

I stand in a place of love always

I know my own heart through introspection

I treasure my heart in all it's sorrow and joy

I encourage my heart to reach out to all things

I show other's my heart using compassion and laughter

I practice unconditional love always

