

5 Prayers on everyday

3 Prayers over all negative experiences and for inner healing:

(Transfix your hands above your chest and hold them in a form of a cross about half a foot away from your chest. Moses, put a piece of wood in the bitter water. It was changed into sweet water. Similarly, the power of the cross can change all our bitter memories and experiences into sweet one. Imagine that white rays are coming from the cross to your hands, where all the bitterness is stored up. These powerful rays bring inner healing that you need.)

Prayer : Jesus you are same yesterday, today, and forever. You can come into my yesterdays, into my wounded feelings and negative events to transform them for my favor and good. Jesus, I pray over all these negatives that happened in my life and feelings such as rejection, sorrows, fear, loneliness, and failures. I pray over them all. Jesus! Come into my bitter experiences and change them as sweet memories. I pray and forgive all who have offended me unjustly and bless more than you bless me.

Then pray the chaplet of Divine Mercy for the fulfillment of these intentions.