

II – PRAYERS FOR THE ONE WHO PRAYS

Prayer to guardian and protective spirits

11. Introduction. All of us can count on the care of an evolved spirit, which keeps us under its watch, has been linked to us since birth and helps us going on the spiritual advancement pathway. This mentor gets happy when we succeed and melancholic when we fail. Its name matters little. We can evoke it as our guardian angel or spiritual advisor. We can also evoke it by calling any high order spirit with whom we attune to.

Besides the guardian angel there are also protective spirits which, although less advanced, are friendly too. They may be relatives, friends or unknown individuals. They assist us with their coaching and sometimes through a certain degree of useful intervention in our lives.

A sympathetic spirit is that one which connects to us due to a trend similarity. It may be either good or evil, according to our inclination. The tempting spirits try straying us away from virtue by suggesting evil thought. They take advantage of our moral weaknesses, which work as open doors that allow them to access our soul. Furthermore, there are the hostile spirits who hound us, as if we were prey, but they withdraw when they notice that they are unable to defeat our willpower.

God assigns a main and superior guide to be our guardian spirit, and protective and familiar spirits to be secondary advisors. It is wrong to believe that we unavoidably have an evil spirit beside us, which could have been supposedly placed next to us to counterbalance the good influence. The wicked spirits come to manipulate us according to how much access we offer them. Therefore, we are the ones who attract them. We ourselves open our mental doors to their harmful action.

The good spirits assist everyone. However, it depends on us to follow their guidance. It is also up to each one to repel the bad spirits. Because of our imperfection, we human beings are the primary cause of the misery we must bear. Thus we frequently become our own demons.¹

We should ask to our guardian angels and protective spirits strength to resist evil suggestion and assistance to ethically surpass the life challenges.

12. Prayer. Wise and benevolent spirits, messengers of God, whose mission is assisting people and pointing them the virtue way: uphold me during the life trials. Give me strength to overcome pain without complaint. Keep me from evil thought. Help me to deny access to the manipulative spirits who try inducing me to error. Enlighten my conscience about my own

1- See chapter 5, item 4.

faults. Remove from my eyes the pride lenses which prevent me from perceiving mistakes of mine.

watch-care in order to withstand, with faith and love, the trials that I have to overcome.

Specially you, [name], my guardian angel, which most closely watches over me, and all of you, my protective spirits, which also care on me: enable me to become worthy of your goodness. You know my needs. May they be fulfilled according to the God's will.

13. Prayer. Dear God, allow the good spirits that assist me to guide me during my troubles, and to uphold me if I waver. My God, enable them to inspire me faith, endurance and charity. May they be, for me, a support, a hope and a proof of your mercy. Finally, in order to resist evil temptation, enable me to find in their advice the strength I lack, the faith that frees and the love that solaces.

14. Prayer. Beloved protective spirits! My guardian angel! You, whom God, with infinite mercy, allows to watch over me, keep coaching me along the trials of my life. Give me resilience, courage and resignation. Inspire me with everything good. Help me to restrain my evil tendency. May your gentle influence enter my soul. Enable me to sense you nearby me, seeing my anguish and sharing my joys. My good angel, do not forsake me! I need your