

Compline

May the Universe, our vast and ever changing home, cradle us through the night to come.

May all the terrors of the night;
Be, in this moment, put to flight.

We will lie down and take our rest
May we know a quiet night and a perfect end.

Silence is kept

**I confess,
To the loving force that infuses the Universe
And to you my brothers and sisters
That I have fallen short of the values I hold dear
In thought, word and deed.
As I forgive myself, may I learn from my mistakes and,
Be granted time for amendment of life.**

Forgive yourself, learn your lessons, live in peace

Great energy of love and power
That lightens every waking hour
Infuse us now with joy and peace
And from all fear and hate release.

In our hearts may true love find
A place in which all good to bind
And in its truth all lies to shoo
And in its hope all faith renew.

Great force we ask that this be done
And as the sleeping of the sun
Brings joy to others far away
Our souls may wake to a new day.

Into the energy of energies
I commend my spirit
In tears or laughter, connection or loneliness
I commend my spirit

May all that blesses bless us and give us peace.