

ANAMCARA VIGIL PRACTICE

- 2-3 AM waking
- Light candle
- Circling Prayer
- Invoke Anamcara

Protectors
and any
Anamcara
in need.



The peace of all peace
be mine this night.
Let all tumult
within me cease.
Enfold me, my Beloved
in your peace.

Immanaire!

This practice is useful when an anamcara experiences sleeplessness and anxiety (which often can occur between 2-3 in the morning). The simple practice creates a space to honor our concerns while circling them in love and light. The focus can be on our own needs or the needs of another (anamcara) whom we would like to bless.