

I thought this is a good article and I am sharing it with you.
FOR A WOMAN WHO FEARS SHE IS TOO DAMAGED TO LOVE AGAIN

A Prayer adapted from the Heart and Soul of Sex by Gina Ogden, PhD.

Holy Spirits of Fire befriend and warm me.
Earth and Water wrap me in bounty.
Spirits of Air guide me to walk the paths of my heart.
Sun smiles at me. Stones accept me. Stars remind me.
Ocean storms burnish my terrors to translucent pearls.
Creatures of hills and hollows, beings beneath the ground watch over me, comfort and nourish me.
Snakes and rivers, ancient dragons, dance sinuously with me.
The swirling spirit of the volcano invests me with power.
Eagles and sparrows give me wings and sight.
Snails of Buddha, saints of God, Great Spirit, Yahweh, Magus, Shiva, Isis, Astarte of the flowing heart, Goddess of Grain, Angel of Sweetness, Higher Power, protect me, fearful, angry, and armored; as I am the giver, healer, striver, survivor and lover.
Cherish me--waif and victim, elf and Amazon.
See me a holy woman now. Touch me.
Brush me with the breath of love.
Ganesh, a sacred elephant who cries human tears and oversees new ventures, helps me begin again.