

## **A Prayer for overall Self-Healing**

Dear and loving \_\_\_\_.

Teach me through peace and love. I am willing to be silent to listen to your guidance.

Put me in alignment with what is already mine. I am ready to receive it without resistance.

Show me what is no longer meant for me. And give me the strength to let it go.

Thank you for every breath I take, every lesson I learn and every moment that shapes me. Even in confusion there is grace. Thank you for being with me always.

If I feel lost, frustrated, helpless and angry at life and at myself, support me to release the frustration, anger, sadness, fear and all the heaviness I gather and carry to burden myself without knowing that you are just one prayer away to help me to unburden myself.

I allow myself to feel that release and relief and let it flow through me. I give myself permission to release and let it go.

I ask you to step in, guide me and show me the path that I cannot yet see. Align me with my highest good, bring me the right people, right opportunities and absolute clarity to my life.

I am open to receive your help in seen and unseen ways and methods.

I now surrender. I let go of how it should happen and trust it is happening in your divine timing.

I open my heart, knowing that you are always listening. I walk forward with faith and trust.

I now co-create joy, prosperity, peace, abundance and good health as my new, normal, default and only realities.

Thank you \_\_\_\_.