



A PRAYER FOR *Living Truth-Fully*

Dear God, Let me live my life as an open book. Let my words reflect my inner most being and the truth of my heart. I wish to live with curiosity, observing my tendencies and supposed flaws. Let me seek to understand and not ignore my inner compass. I wish to speak with confidence; I wish to speak without fear. Let me trust in being heard and received in all that I am and all that I offer.

When standing in my truth, let me offer kindness and presence. Let me listen, even more, to what I hold back and choose to ignore. Let me let go of my codependent tendencies and find my way to sovereignty, as I stand firm in who I am and whom I am choosing on becoming. I put my faith in this journey of awakening as I seek deeper connection and deeper intimacy.

As I express my newfound boundaries, let me find a kind and patient form of communication. Understanding that my current relationships still reflect someone I used to be and my friends are meeting my newfound self, perhaps for the first time. As I grow and change, my new reality is in its infancy and requires much care and patience. It has always been my responsibility to express my truth and those moments I didn't, are still mine to clear and mine to transform.

Dear Angels of Love and Harmony, I ask that this journey unfold with ease and grace. I ask that this transformation lead to a new form of connection, which empowers and inspires, uplifts and unites. Let me, as I grow in sovereignty inspire my brothers and sisters to find their own freedom and truth. Let me be a blazing flame of encouragement towards growth and liberation.

Of my heart I ask for presence. Of my spirit compassion and care. We are all special and uniquely gifted, our light does not conflict and our voices form a universal symphony of love and connection. As I stand in my truth I ask to find my humble heart, as I find my voice my sense of innocence. I live with faith and trust my inner guidance; I live truthfully, and sing my song with power and might.

And **SO IT IS...**

From the *PrayerFull Heart* book, by Spiritual Teacher, Kai Karrel (KaiKarrel.com)