



## A PRAYER OF *Inner-Dependence*

Dear God, when I find the courage and look within I can see a core wound of immense pain and profound uncertainty. My sense of self is trembling as I dare utter these words. I can see the nature of my codependent tendencies, I see how I rely on external validation to find my self worth. I seek light within my darkness, I beg for recognition and plead to find wholeness in my fragmented, sometime fractured sense of being.

I live my life as if it has no existence of its own without the constant acknowledgment and approval of my brothers and sisters. This form of connection seems to be the only one I know. This pull to live on the surface, without relying on my own strength and my own emotional safety. As if I can only feel loved if I ask you to ensure and promise that you truly love me back. When I stand in this truth, I shrivel, contract and need this reassurance even more.

Dear Angels of Love and Compassion, Let me center in my own sense of inner-dependence. My own sovereignty and my own authentic knowing of who I am and who I constantly choose on becoming. Let me be a river and not fleeting gust of wind. Let me find my truest nature within myself and within my freedom. These needs have no basis in my sphere or take part my reality of choice. I need not to find my center from without but center from within.

Dear God, I depend on your air and your water, I depend on my friends and my family, I don't depend on their love or appreciation, I choose the interdependency of our connection and freedom of will. When I seek love from an external source, I know, truly, that that form of love is nothing but conditional and will lead to nothing but eventual pain. I am choosing anew and embracing this powerful now. Now I am here and grasping for an illusory state of safety.

My Divine I AM Presence shines and illuminates the path I walk on. My center is filled and my heart is overflowing. I am situated within the Trinity Flame of my heart. I am my voice and I am my source of greatest inspiration. May I follow my own guidance and live from within my own sovereign power. I affirm declare and announce my state of harmony and utmost peace. May my words offer grace and my presence an inspiring source of light and devotion.  
I was, I am, I will!

*And SO IT IS...*

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