



A PRAYER FOR FACING DEEP *Transformation*

Dear God, as I witness my own growth I am filled with wonder and awe. I have shifted and changed, grown and transformed. I've opened the doors to my own unfolding reality and walked through the gates of my own awakening. Though I am not looking to understand this divinely guided process, I ask to comprehend the impact these shifts have within my sphere.

I can see in my surroundings that these changes bring about some challenges and ask for further adjustments in my relationships and connections. As I transform and have a deeper sense of clarity, I am now choosing differently, and require a refined quality of connection that reflects my newly found freedom. I ask for the patience to change with ease and grace, to acknowledge the growing pains and the impact on my friends and family.

Dear Angels of Connection and Truth, teach me how to offer my new found self with kindness and care. Teach me to inspire and uplift and show me how to empower those around me. Let me stay within my humble heart and teach, first and foremost, by example. I understand that my own transformation might be intimidating for others and that I should express my new found truth with gentleness and care.

Let me center in my own truth and not project these changes on others. Let me drop comparison or judgment, and stay within my own sense of empowerment. Let these winds of change blow gently, with ease. Let the fire of my fiery spirit be used for growth and connection. Let the waters of these powers be used to go with the flow and not against it. Let me find the patience of a tree and live with the depth of its roots.

Dear God, within your guidance there is nothing but beauty; within your plan we are each guided to our utmost growth. Let me trust in the natural process of evolution; let me marvel at the perfection of all there is. I pray to grow in togetherness and evolve with harmony. I ask to continue this journey of transformation and do my part in the evolutionary process of awakening. I am humbled by your grace and allow, within me, for your love to reign supreme.

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