



A PRAYER FOR *New Beginnings*

Dear God, I find myself at a junction and at the closing of a path behind me. This journey I've walked has brought me growth, pain, beauty and wisdom. As I look back and embrace these lessons I choose to walk onward with my empowerment and sense of completion. There were so many beautiful moments of joy and connection and others of discontent and frustration. I choose to see both equally, owning my part in any hurt that I left behind and finding a place of forgiveness for places I've been wronged or dismissed.

Dear Angels of Growth and Beauty, I ask that you spread your wings over me and remind me of my harmonious nature. Allow me to walk on with pride and no regrets. Inspire my journey onward to be full of conscious decisions and empowered choice. Let me truly learn from these experiences. Let me fully embrace my wholeness as I choose to become even more. Let me forget and forgive, allow and let go.

I am my present and not my past and so my future is determined here, in this moment, in the path I walk on today leading to a brighter tomorrow. I have learned so much and my heart is transforming; I have seen so vastly and here I find my sense of expansion. There was pain and I allow myself to heal, there was hurt and I allow myself to grieve. I embrace my dark as I embrace my light, both are as needed and I choose to stand firm in who I am.

This moment is a new opportunity, a calling for growth and a deeper sense of change. I am sovereign and try to blame no one for hurting my feelings. I am free and choose to stand in my own sense of self as I take inventory and study my own reactions and fears. In my freedom I can design my own reality; in my core I can reclaim my center and stand in my power. I leave this past behind me and begin a new beginning.

Dear God, every moment you breathe life into my heart; every day I get to experience your beauty and my own expression of this truth. I am in gratitude that I am free to make new choices. I am thankful for this new beginning is a start of another wondrous journey. Let me embrace all that I am and aspire to all that I am choosing to become. My conscience is clear and my heart is whole, I begin anew and reclaim my sovereign power.

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