



A PRAYER FOR *Releasing CoDependency*

Dear God, as I look back and observe my relating and the impact my actions have had on my heart and form of expression I can see that I often relate with an undercurrent of codependency. I wish to be seen and I hunger for love and in so seeking lose my sense of center and abandon my sovereignty. I shy away from disappointing my friends and thus hold back on setting my own boundaries or presenting myself in authenticity and truth.

I see how this form of expression, though coming from an authentic place of wishing to connect, is actually creating more separation and in the long run leads to pain and suffering. As I offer my self with disregard to my own emotional needs and sovereign center I slowly create resentment and disdain and lead to a connection which is built on half-truths and an estranged sense of being. As I depend on your approval I lose the ability to listen to my own heart.

Dear Angels of Truth and Connection, lead my heart into its fullness, bring my soul into a place of peace and centeredness. Let me find my own strength and live content with the knowing that I am enough and have nothing to prove. I am loved and I am seen, I am heard and I am acknowledged. Embrace my journey of transformation and shine your light on my misguided moments of darkness. Remind me of who I am and illuminate this new path I choose to walk on.

As I come back to my sense of self and set healthy boundaries while expressing my truth, let me remember that my friends around me have been used to a different type of relating. Where my boundaries were loose and my love was actually conditional on their approval and response. Teach me to connect with grace and maintain my center. Let me find the way to change with kindness and understanding and not as a reaction to this new found realization.

Dear God, I am growing and choosing to mature. I am shifting my perspectives and allow a deeper form of connection to affect my life. I am grateful as I have found my freedom, I am filled with awe to see how much more of me I can access. Let this moment of clarity and purpose fill my heart with the knowing of who I am; let this awakening be a call for growth and an invitation to live in truth.

And SO IT IS...

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