

# AFFIRMATIVE PRAYER TO RELEASE THE PAST

(Recognition) All is well at the heart of Divine Goodness, the One and Only God, which is all there is. Within this One is contained every solution, every answer, every resolution and every potentiality. It is the original home of Love and Grace, of renewal and healing, of strength and transformation. This One washes all things clean, wiping away all that no longer fits and providing paths to the new. In It, there is no danger, no lack, no pain. It is the only Truth.

(Unification) I know that I am of this One, this Divine Goodness. It made me, just as It made all of life, and it filled me with Its own qualities of Love and Grace. I have access to Divine renewal and healing in every moment. At the center of my own being is the Strength and Wisdom to affect powerful transformation.

(Realization) And this is what I know for my life now. I affirm that right now, right at this very moment, Divine Love is the Truth of my entire being. From that place of perfect Love, I allow Grace to heal every wound from my past. All of my sharp edges are smoothed, and all hardness of my heart is softened. I allow to fall away from me now any attachment to the story of my past, any and all beliefs that I am limited in any way by my history. I am transformed, Free from every excuse, every stuck-ness, every blockage. I am complete pure Freedom, right here and right now, open to an entirely new way of living and loving. My past is gone, and I am blossoming in the Light of the One.

(Thanksgiving) I am beyond thankful for the lightness, the Freedom, that I feel right now. My past is gone, and I am transformed. It is so good!

(Release) So I release this prayer into the Law of Mind, with complete faith that it has always been the truth. I let it go. And so it is.