

## A PRAYER TO RELEASE FEAR, GUILT, PAIN, ANXIETY, SICKNESS OR SCARCITY

*“Every fear, pain or concern I have about my own or another’s safety is always my defense against God’s Love. I choose now to be mindful of every instance of fear. I choose to see fear for what it truly is: Rejection of my Self, whose Identity is Love and innocence. In defending myself from fear and suffering, I make them real in my belief. And by making them real, I reject the Love and guiltlessness that is my true safety, my Holy Self.*

*In the name of God’s Love, I unite with Spirit’s Will now. Together we choose against fear and suffering in every form. In His Will I am safe. Through His Will I remember I hold dominion over everything the ego made to attack me or another. Fear and suffering are not His Will. When I allow myself to be consumed by fear or pain, I isolate myself from God’s Love as my Holy Self. I willingly accept only God’s joyous Will for me, and reject anything the ego uses to try to distract me from my one-minded path Home. Amen.”*

## A PRAYER TO UNDO FEAR OF GOD’S LOVE

*“Holy Spirit, my belief in \_\_\_\_\_(issue or problem)\_\_\_\_\_ as real, causes me to feel attacked, and to defend myself against it. In my defense I am alone, isolated from your Love and True healing in my awareness. Yet the Truth is your Love and healing is all there is. Nothing exists apart from your Love.*

*I recognize in choosing to believe this fear, I reject your Love and healing. And I defend myself from your Love, joy and peace. I now decide to bring my concerns and fears to you, Holy Spirit, so we can look upon them together. We will look at my list of defenses together. I ask that you shine your Love into my mind, and reinterpret these fears for me. Cleanse them and transform them into areas of healing and inspiration.*

*I acknowledge my only part in this:*

*1) I invite you in to look at these fears and judgments with me. I will not judge myself or another while we do this; instead I will leave a space of total non-judgment, so you can fill it with Love and healing.*

*2) As I look upon it all, I will say to myself with sincerity, “Even though this appears to be a problem, and despite any feelings of fear, anxiety, anger, guilt or doubt I may hold, in this instant I open myself to receive healing through the miracle. I accept this healing. And so it is. Amen.”*

## PRAYER FOR HEALING PERCEPTION OF SICKNESS AND MAGIC

*“I’m scared of this sickness/pain/scarcity, and I recognize my faith in this medicine/magic is temporarily stronger than my faith in God’s Love. Therefore, I surrender all of it to you, Spirit. I ask that you take my perception and heal it.*

*I trust that once the cause in my mind is healed, so must healing transfer to its effects/symptoms. I open my heart, in this instant, to receive your healing. I accept the miracle, the Atonement that heals all. And I surrender the timing of the miracle. Amen.”*

## PRAYER TO RELEASE BELIEF IN THE BODY AND WORLD

*“I recognize my faith in this body and the world’s laws is temporarily stronger than my faith in God’s Love. Therefore I surrender my beliefs in \_\_\_\_\_ to you, Spirit. And I ask that you heal my perception. I trust that once the cause of suffering in my mind is healed, so must healing transfer to its effects/symptoms. I open my heart, in this instant, to receive your healing. I accept the miracle, the Atonement that heals all. And I surrender the timing of the miracle. Amen.”*

## THE QUICK FORGIVENESS PRAYER

Place the name of the person, illness or issue that upsets you in the following prayer:

*“Holy Spirit, please help me to forgive myself for using \_\_\_\_\_ to attack myself and to separate from your Love as my Holy Self. Amen.”*