

PRAYER FOR GRIEF

(Recognition) Here's what I know for sure – there is a Power greater than me in the Universe. It is Divine in Its nature, all-knowing and ever-present. It created the moon and the stars and set the worlds into motion. It is eternal and unchanging, and It is only Good. This Power I call God Almighty, the Divine Mind. It expresses as all of life, in all forms, in all experiences.

(Unification) And what I know for myself is that I am one with this Power. Its changeless and eternal Energy lives in every cell of my being, breathing me to life. Its Goodness and Its Grace is written in my DNA. Because I am of It, my soul is immortal, and I am forever filled with the Perfect Love and Wholeness of the Divine. As it's true for me, it is true of all people, as we are all one with the One who created us. It's absolutely the Truth of my beloved, who has transitioned into Spirit.

(Realization) In this absolute knowingness, I speak my Word knowing that the Grace of God pours down over me, soothing and comforting me in my grief. It reminds me of the Truth, that my beloved is safe and secure in the pure Love of the Divine and that (s)he is well, right here and right now. Sweet Spirit strengthens me as I adjust to this new life, filling me with hope and carrying me through all I must do. I am never alone, for the One is always within me.

(Thanksgiving) I am beyond thankful for this comfort, for the ever-presence of this Grace.

(Release) I release this Word into Universal Law, knowing that It is always acting on the impress of my thoughts. I let it be. And so it is.