

Written Prayer for Letting Go of Loss by Mirabai Devi

Divine Light,

I am ready to Let go and Surrender all my pain and suffering around Loss to you.

I am ready to be emptied out of past hurts, traumas, anger, fears and insecurities.

I am willing to accept that the loved ones who have left my Life are free and have made their own sovereign choices to move on.

I am willing to forgive them and myself for judging that.

I am Sovereign and free in my choices to Love myself and focus on the relationships and people that are now present in my Life, and that are here for me.

I also Forgive and release all those that have chosen to leave my life knowing that we all have our own reasons, lessons and life path that each of us have to follow.

Thank you Divine Light,
Thank you.
Amen

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