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I let go of what I am to become what I might be. I let go of what I have to be given what I need.

I release concern and stress, knowing God will guide this day. I release disease and pain to be shown a healing way.

As I'm blessed with greater good, I no longer need control. Through the energy of faith, I am enlivened and made whole.

In my mind, all worry fades, to completely disappear.

In this wisdom I now am, there can live no grief or fear.

I'm transformed with inner peace. A cleansing power has made me well. God resides in every thought, in every breath, in every cell.

Trust this Trust this Trust this and know it is already true.

Trust this Trust this Trust this and know that I am here with You.

Trust this Trust this Trust this and know that You and I are One Trust this Trust this Trust this and know the will of God be done.

I bask in love, my heart is full, in harmony with the Divine I see how beautiful I am, my magnificent Design.

I let go. I let God. I let go. I let God.