

I am at Peace in knowing that my Spirit is the Light of the Living God within me. My Spirit is the Principle of Peace within me. My Spirit is the manifestation of Love within me. In the Presence of my Spirit my mind is poised in Peace and Beauty. All sense of fear and doubt is gone. I rest in calm trust and rely on the Laws of Spirit to bring good into my experience of Life.

I contend with none, argue with none, and am filled with wonderful Peace and Light. There is no uncertainty about my future and no fear as a result of my past. I live in the eternal Now, which is filled with good alone. Goodness and Beauty follow me. Happiness and Wholeness fill my entire being with the realization of Love and the revelation of Perfection.

I accept that my Spirit is the Light of the Living God within me. Therefore, my blessed Soul is now Divine and complete. It has no worries and no fears. It is Whole, Complete and Satisfied. I look at the present moment and find that it is very good, simply because I am Alive. I look back over all previous experience and find that it was also very good, for it has brought me to this present moment, where I am Alive. I look towards the future and find that it is also very good, for it provides me with the opportunity to express my Life more abundantly than I have ever done before. My Spirit, which is the Light of the Living God within me, is acting through me, and all around me, as the Truth of that which I Am.

I trust in my Spirit, the Light of the Living God within me. I am filled with Confidence. I am poised in Love and Reason. I am blessed by the perfect Laws of Truth, and the complete Presence of Beauty.

I am now made Whole, Perfect and Complete by my Spirit, the Light of the Living God within me. Amen. 🙏

*This is a universalized version of a healing prayer by Ernest Holmes.*