

## **A Prayer for Transition**

God is Life!

This life is perfect complete and whole,  
yesterday, today, and for eternity,  
I live on this endless journey through eternity  
where natural cycles and rhythms of life exist.

Life is not stuck, static or stale.  
Recognizing the perfection of God  
cannot be altered,  
this perfection is constantly  
expressing through me.  
I am centered in the perfect peace of God.

I let go of seeking my way and unify  
with the Love of God within me.  
Feeling everything in my world  
becoming more harmonious and congruent,  
all resistance fades away.

The Light of God radiates from me.  
Wisdom speaks through me.  
Truth supports me.  
I confidently step through  
to my greater experience of Life.  
All destructive thoughts of despair,  
discouragement, insufficiency,  
find no refuge in my consciousness.

Conditions have no power over me.  
Anything I might have feared  
is powerless over me.  
Having no regret for the past,  
nor fear for the future,  
I die to the old limited self  
and am born into the fullness of Spirit.

I claim the life-giving power as my Life now.  
There is no place where God is not  
on this plane of awareness.  
My soul is restored,  
replenished and renewed.  
Knowing God as Life,

I realize this life  
cannot be created or destroyed.  
I am of this Eternal Life.  
I do not need to die to become immortal  
for I am immortal now!  
With this deep understanding  
the fear of death is gone,  
freeing me to live fully now.

This Loving Life Force is omnipresent;  
it shouts to me from everywhere I look.  
I come to realize I am not going  
to be meeting God anymore  
when I leave this physical plane  
than I am given the opportunity  
to know Spirit here today.

I choose to know this is only one  
stopping place on my path  
to greater Divine Awareness.  
I am grateful for my belief  
in the eternality of the individual soul  
that is forever expanding.

I rest in peace knowing that who I am  
continues beyond this mortal coil.  
I am filled with appreciation  
for the understanding of awareness  
which I choose to identify as me,  
as being far greater than this physical temple  
known as my body.

Thankfully I find comfort  
in the knowingness that Life continues on.  
I let go, trusting the currents of eternality  
carry me on my perfect path.  
Courageously I surrender my limited self  
as I triumphantly step through the door  
to Eternity.

And so it is!

Rev. Christian Sorensen