

## Prayer to Release Overwhelm

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I take a deep breath and dive in, immersing myself in the Power and Presence of the All Good. This One Power that created all things in perfect balance and wisdom is ever present and contains every possibility. It is Divine right timing and flowing abundance of all that could ever be needed. It is Ease and Grace, Calm and Peace. It is the perfect and beautiful unfoldment of Life for the highest and best of all.

Surrounded by this Oneness, I affirm that I am a part of It, as It has created me out of Itself. Within me is the Divine patterning of Grace and Peace, Ease and Calm. My nature is Abundance, and I am always guided to right action and right timing. Everything I could ever want is accessible at the center of myself.

And so, I speak this Word for my own Freedom as I release this sense of overwhelm from my body, from my mind and from my heart. I powerfully activate the Peace and Calm that are the Truth of my nature, breathing deeply and feeling God's Grace pour over me. It melts away any fear, any stress, any sense of being behind or overworked. I recognize that Divine timing is always at work in my life, and I open to the guidance that is always leading me closer to the Indwelling Source. I am always at the right place, doing the perfect thing at the ideal moment, and everything is being handled by the One that created me. All is well, right here and right now, and I am at Peace.

I give my thanks for the powerful blessings of this truth in my life now.

I release my Word into the Law of Creative Mind with absolute trust and complete peace. I call it good and very good. And so it is.