

PRAYER TO DISSOLVE ANXIETY AND PANIC

Dear Mother, Father God,
Magnificent Prime Creator,
and my Esteemed I Am Presence.

I invite you now to merge with my Being.
Pour your Love and comfort into all levels of my Being.

Infuse me with your Light so that I may never again give myself to the energies of anxiety and panic.

I commit my life in service to the Highest Good and therefore, I have no use for anxiety and panic.
I ask for your assistance in removing them from my Being.
I give gratitude for the assistance you give to me every day.
Help me transmute all lower vibrating energies that do not serve my mission.

I release anxiety and panic from all layers of my body.
I forgive myself for all I have done in this life or past lives that is contributing to the anxiousness that
has been in my life.
To all those I have harmed, I seek forgiveness.

Blaze the Violet Fire through all karma that I have created that contributes to the energy of anxiety
and panic.
Blaze the Violet Fire through all circumstances that now carry the energies of anxiety and panic.
Transmute, Transmute, Transmute!

And so it is.