



Channeled & Written by Elizabeth Knudson The Song Healer

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I TRUST – CHANNELED PRAYER & SPOKEN HEALING TRANSMISSION

Oh, divine creator spirit. We lift our hearts in gratitude and praise to you, Beloved.

We praise you for your love, understanding, and the light you have placed within us, that shines eternally.

We humbly ask that you would open our eyes and open our spiritual sight,

Open our hearts, our minds, our ears, to receive your heavenly wisdom and your pure loving counsel, as it centered and sourced in the highest good.

We ask that you remove any negative voices, that you cleanse our spiritual bodies of any darkness, any negativity, fear or lack

mentality and allow us to be fully aligned in the divine light of God, in which we are sourced and created from, and shine this energy out into all the world, allowing everyone to remember their light and bringing the world into unity and oneness in the highest good, it is done, it is done, it is done. Amen.

We open our hearts to receive your love,

We open our ears to receive your wisdom.

Show us Oh Mother-Father God, show us how we can be more loving, more kind, more compassionate this week.

We ask that your light penetrate us, we ask that your light fill us. We bath in the presence of your love and your radiance.

In the stillness speak to our hearts....

PAUSE - breathe deeply, close your eyes, meditate and take this time to listen to messages from The Highest Good during this time)

In what way can we be more loving to ourselves, in what way can we be more kind to ourselves?

We thank you heavenly one, OH divine being, for this message, this assurance that we can show ourselves more love and more compassion by trusting you more and removing our control from The Situation.

There is a situation in all of our lives, different but the same, this situation brings out in our spirits the need to control, the need to force, the need to push and the need to win.

We recognize that behind these needs is the emotion and energy of fear, fear of loss, which causes us to grasp and hold and sometimes kick and hit and fight in anger or say hateful words or think unkind thoughts or withhold love, withhold support...

All because we want to control The Situation.

We recognize we try to take control of this situation instead of offering this challenge, this obstacle up to you and allowing you to work your glory, and trusting that all will work out for the highest good and the highest glory when we open ourselves up to that option.

Each one of us has a different situation, a different area in which we trust you more.

Our situation might be health-related, it might be relational with our children, parents, spouses, friends, or work, whatever it is, we now open our hearts and give The Situation to you and we open our hearts and our minds, to receive a solution, to receive and action,

something that we can do, one small thing that we can do or many things we can do, that are in line with your divine plan, the action that is the most loving action we can take, in addition to trusting and simply allowing you to take care of the rest.

PAUSE – take a moment to listen in your heart and mind for that still small voice to offer a solution.

We are now consciously letting go of all the other actions that cause us to become angry and hostile around the situation.

We are now letting go and trusting that the divine plan is in place because we have opened our hearts and our minds and ears and our bodies to your divine wisdom and guidance.

We trust that as we have done so you will take care of us, you will bridge the gap, between the space of human knowledge and the supernatural, the mystery will fill in and we can rest in peace in The Highest Good, in the arms of the angels, that a loving being and a loving God are watching over us and protecting us at all times.

It is done, it is done, it is done Amen.