

A Prayer for Peace of Mind

by Ernest Holmes

Be still and know that I am God. I am the Christ, the Light of the Living God within me. I am the Principle of Peace within me. I am the manifestation of Love within me. 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 Law 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 an 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 Perfection.

I am the Christ, Light of the Living God within me. This inner mind of mine is now Divine and complete. It has no worries and no fears. It is whole, complete and satisfied. I look back over all previous experience and find that it was all good, very good. I look toward the future and find that it is good, very good. I look at the present and find that it is also good, and very good. God is in all, over all and through all.

I am the Christ, Light of the Living God within me. I am the Spirit of Confidence. I am poised in Love and Reason. I am the perfect Law of Truth and the complete Presence of Beauty.

I am the Christ, Light of the Living God within me. Amen.