An Invocation of Presence
Kai Karrel

I call upon and I invoke the present moment.
I call upon and I invoke my forgiving heart and my loving soul.

I choose this now and allow its presence to affect my waking choice. I am here in this moment and accept my circumstances as they seem to be. I let go of my judgments and my dreams of a distant tomorrow. I pause and I breathe. I unclench my fists and invite openness in their stead. The meaning I wish for is the one I experience. I am open to love and accept myself for who I am.

I no longer wish to find fault or blame. I no longer wish to spend my light in seeking within the darkness. I, in my presence alone, without doing or being, without action or reaction, am the illuminating power itself. Within this light I find solace. Within this joy the spirit of creation. I allow and I accept and within me, the world is born anew.

I am worthy of this grace and embrace its warmth with joy. I am worthy of this truth and allow its presence to infuse my life with gratitude. I let go and I let in, I surrender my fear and stand in my beauty. My soul is dancing within my core as I have chosen to simply let it. I had nothing to strive for nor any lofty goals to achieve. I, as I wish it, have already arrived.

Dear Me, myself and I, trust at this moment and allow it to flourish. Surrender to this now and watch it bloom. I am that I am and I ask for nothing more and nothing less. I let my presence in and allow myself to be as I am. This seed, I am planting in this now, is the tree of life and the flower of creation. I breathe as I expand and grow with knowing I know not and choose life to know through me.

I am grateful for this journey and at awe at its unfoldment. I continue to trust and let go of my fears. It seems, to be happening, almost all on its own accord. I ask to be a vessel of this light and a beacon of gratitude in the illuminated night of my own rebirthing power. I am thankful and I am free, I am the birthplace of joy and the fountain of eternal presence.