Spiritual Affirmations:

I'm grounded and centered.

I feel the presence of a power greater than myself.

I'm a divine expression of a loving God.

I release fear.

I release pain.

I live in love.

I live life in the here and now.

I trust the flow of life.

I'm the healing light of Spirit in action.

I ask for and listen to my inner guidance.

I carry serenity and calm with me.

I accept conditions and individuals as they are.

I'm the freedom of the wind.

I'm the sun rising on a crisp fall morning.

I am the small shared smile of a stranger.

I am the laughter of a youngster.

I'm the light of peace.

I am the breath of Spirit.

I am the strength of a thousand horses.

I am the bravery of a new day.

I am the love of a tyke.

I am joy.

I am constantly present.

I'm whole.

I am grateful!

God’s love is working through me now and forever.

All my thoughts, words and actions are divinely guided.

I'm a spiritual being having a human experience.

Everything that's happening is only for the highest good of me.

I with patience and respect ask for Divine guidance on anything and everything.

The Universe naturally and freely provides for all my needs.

My brain and body are in complete alignment with the Universe and I'm always in the flow.

I'm responsible for my own spiritual growth.

I trust that everything in my life is working for my highest good and I'm receiving all that I am meant to have.

When I love individuals more, I receive even more love from them in return.

I'm a divine expression of a loving God.

I release fear. I let go of pain. I live in love.

I'm a loving, kind and forgiving individual, in accordance with my spiritual nature.

I ask for forgiveness from all those whom I might have wronged and forgive all those who might have wronged me. All is well.