

Affirmations

- ❁ I am whole, perfect, loving, healthy, prosperous, strong, powerful, happy and harmonious.
- ❁ I dedicate this day to God within me, the True-Self of my being. It is the power of God working through me that lives in me this day.
- ❁ With every breath I breathe each day, my subconscious mind accepts a visual picture of me as a healthy, harmonious, fulfilled and happy person.
- ❁ I release all fear and doubt about my life, knowing that it is guided to harmony, success and happiness by the Higher Power of my God-Mind.
- ❁ My mind, body, soul and spirit are One with the mind, body, soul and spirit of the Universe.
- ❁ All nerves, cells, tissues, and organs of my body are now attuned to the Perfect Harmony of nature and the Universal Mind of God within me.
- ❁ I send forth love into the Universe, into the Mind of God within me, and I am loved back by life itself.
- ❁ My mind is aware of any opportunity to be courteous to someone, knowing that I put into motion a chain reaction that helps others grow spiritually.
- ❁ Every meditation period opens my mind more and more to an awareness of my higher spiritual nature and soul.

