

Louise Hay Affirmations

My thoughts flow freely and easily.

I move through ideas with ease.

I decide to be me. I approve of myself as I am.

I am at home in the Universe. I am safe and secure and understood.

I love and approve of myself I am at peace. I am calm. All is well.

I create a joyful, peaceful world to live in.

I increase my consciousness of good and good is what I now attract.

I am the very center of Life and I am totally connected in Love.

I love every part of my body; I am healthy, happy and whole.

My loving thoughts connect with like-minded and together we bless the world.

I relax completely for I now know I am safe.

I trust Life and I trust myself.

I only create joyful experiences in my life.

I am grateful for life's generosity to me. I am blessed.

I am totally safe in the Universe.

I am at peace everywhere.

I trust Life.

Divine protection. Safety. Peace. The Intelligence of the Universe operates at every level of life.

I live up to my highest standards with love and with joy as I love and approve of myself.

I release the pattern in my consciousness that created this condition.

I am willing to change. I love and approve of myself.

I am at home in my body.

Others mirror the love and self approval I have for myself.

I am safe. I love my life.

I create my own experiences.

As I love and approve of myself and others, my experiences get better and better.

I am my own authority. I love and approve of myself. Life is good.

I am secure and am nourished by the love of the Universe itself.

I balance my masculine/feminine energy easily and effortlessly.

I love and approve of myself. No person, place, or thing has any power over me. I am free.

I stand tall and free. I love and approve of me.

My life gets better every day.

I express the joy of living and allow myself to enjoy every moment of every day totally.

I become young again.

I am the living, loving, joyous expression of life. I am my own person.

I move into my greater good.

My good is everywhere, and I am secure and safe.

I rejoice in my sexuality.

I stand in truth and move and live in joy.

I love Life and circulate freely.

I lovingly and joyously accept my sexuality and its expression.

I accept only thoughts that support me and make me feel good.

I lovingly allow JOY to flow freely in my life. I love me.

I love and approve of myself.

I am at peace with the process of life.

I lovingly protect myself with thoughts of joy and peace.

The past is forgiven and forgotten. I am free in this moment.

Life supports all of my thoughts; therefore, I love and approve of myself and all is well.

I release all that is unlike love and joy in my mind.

I move from the past into the new and fresh and vital.

I trust my inner voice. I am strong, wise and powerful.

I release all restrictions, and I am free to be me.

I express my emotions in joyous, positive ways.

I release, I relax and I let go. I am safe in life.

It is safe for me to live.

Life will always provide for me. All is well.

I release all fears. I now trust the process of life. I know that life is for me.

I stand straight and tall with love

I release all blame and accept the peacefulness and joy of life.

I am supported by Life.

I love and approve of myself. I trust the process of life to be there for me.

I am safe. All is well.

I trust the process of life to take me only to my highest good. I am at peace

I trust in the process of life.

I am always in the right place, doing the right thing, at the right time. I love and approve of myself.

It is safe to see other viewpoints.

I am safe enough to be flexible in my mind.

I digest life with ease.

Life agrees with me. I assimilate the new every moment of every day. All is well.

Others only reflect the good feelings I have about myself.

I love and approve of all that I am.

I make my decisions based on the principles of truth.

I rest securely knowing that only right action is taking place in my life.

I am relaxed and peaceful because I trust the process of life. All is well in my world.

I choose to allow all my experiences to be joyous and loving.

This child lives and breathes the joy of life and is nourished by love.

God works miracles every day.

I am strong and sound. I am well structured.

It feels safe to be me.

I allow the love from my own heart to wash through me and cleanse and heal every part of my body and my emotions.

I open my heart and sing the joys of love.

I move beyond old limitations and now allow myself to express freely and creatively.

I lovingly accept my decisions, knowing I am free to change. I am safe.

I am approved of by all of Life. All is well. I am safe.

I trust my Higher Self. I listen with love to my inner voice.

I release all that is unlike the action of love.

I rejoice in all of my life's bountiful givingness.

My good now flows freely. Divine ideas express through me. I am at peace.

I am surrounded and indwelled with peace.

It is my birthright to express myself creatively in ways that are deeply fulfilling to me.

I have fun today.

I look forward with enthusiasm to the adventures of the day.

I learn to love and support myself and others, and my way is made easy.

I love my work. My creativity is joyously fulfilled as I love what I do and the money follows.

I am willing to let miracles happen in my life. I appreciate them when they occur.

Life is change, and I adapt easily to the new. I accept life - past, present, and future.

I am free to speak up for myself. I am now secure in my own expression. I communicate only with love.

I choose to see everyone and everything with joy and love.

I live in the totality of possibilities. There is always another way. I am safe.

I calm my thoughts and I am serene. Harmony surrounds me.

I love and approve of myself right now.

It is safe to be me. I express who I am.

I have the power and strength and knowledge to handle everything in my life.

I am protected by Divine Love. I am always safe and secure.

I am willing to grow up and take responsibility for my life.

I forgive others and I now create my own life the way I want it. I am safe.

I rejoice in my femaleness. I love being a woman. I love my body.

I am peacefully loving.

I release all control to the Universe.

I am at peace with myself and with life.

My concept of God supports me. I am normal and natural.

I rejoice in my own sexuality and in my own body.

I am wonderful.

I think and speak only words of love. I am at peace with life.

My understanding is clear, and I am willing to change with the times.

I move forward with confidence and ease, knowing that all is well in my future.

I have the Divine right to be fulfilled in all avenues of life.

I am worthy of success, and I accept it now.

I am a decisive person. I follow through and support myself with love.

I am the love and the beauty of life in full expression.

I open my consciousness to the expansion of life.

I move forward in life, with joy and with ease.

It is safe for me to enjoy my own body. I rejoice in being a man/woman.

I live in the present moment, joyous and free.

There is joyous release of the past. Life is sweet, and so am I.

I am perfectly happy to be me. I am good enough just as I am. I love and approve of myself.

I am joy expressing and receiving.

I am at peace just where I am.

I accept my good, knowing all my needs and desires will be fulfilled.

I am willing to change all patterns of criticism. I love and approve of myself.

I feel tolerance and compassion and love for all people, myself included.

I am willing to change the patterns in me that created this condition. I love and approve of myself. I am safe.

I easily flow with change. My life is Divinely guided. and I am always going in the best direction.

I create all my experiences. I am the power. I rejoice in my male/femaleness. I am free.

I choose to live through the open space in my heart.

I look for love and find it everywhere.

I am safe. I trust that Life is here for me. I express myself freely and joyously.

I take in life in perfect balance.

I have the capacity to take in the fullness of life. I lovingly live life to the fullest.

I am flexible and flowing.

Forgiveness. Understanding. Compassion. I bend and flow with ease, and all is well.

There is plenty of space for me to grow and to change.

It is safe for me to be alive and joyous.

I willingly forgive. I breathe life into my vision and see with compassion and understanding.

I create peacefulness in my mind. and my body reflects this.

I am the power and authority in my world. I am at peace.

I am filled with life and energy and the joy of living.

I love my body. I love myself. I love all my cycles. All is well.

I hear with love and tenderness.

Harmony and peace, love and joy surround me and indwell me. I am safe and secure.

I willingly release the past. It is safe for me to let go. I am free now.

I easily flow with new experiences, new directions and new changes.

I am both powerful and desirable. It's wonderful to be a woman. I love myself and I am fulfilled.

I choose to see life as eternal and joyous. I am eternal and joyous and at peace.

I see with love and joy.

I now create a life I love to look at.

I am now willing to see my own beauty and magnificence.

Life is eternal and filled with joy.

It is safe for me to create all the love I want.

I nourish myself with spiritual food and I am satisfied and free.

I am willing to forgive the past. It is safe for me to go beyond my parents' limitations.

I see my father/mother as a loveless child and I forgive easily. We are both free.

I am enthusiastic about life and filled with energy and enthusiasm.

Harmony and joy and beauty and safety now surround this child.

It is safe for me to see. I am at peace.

I am safe in the here and now. I see that clearly.

I see with love.

I accept Divine guidance and am always safe.

I now choose to support myself in loving, joyous ways.

All details take care of themselves.

It is safe to be a man/woman.

I handle all my experiences with wisdom, with love and with care.

I forgive myself and I choose to love myself.

I accept myself as beautiful and loved.

I am safe.

I am the cool, calm expression of peace and love.

I release the pattern in me that attracted this experience. I create only good in my life.

I am peaceful with the details of life.

My mind is at peace.

I am secure.

I am comfortable with my sexuality.

I am myself with the family of Life.

I am safe. I trust fully in the process of life. Life is for me.

I have the strength, power, and skill to digest whatever comes my way.

I give my mind a joyous vacation.

It is safe to be vulnerable.

I digest life safely and joyously.

Only good comes to me and through me.

I lovingly release the past and turn my attention to this new day. All is well.

It's okay to make noise. I express myself freely and joyously.

I speak up for myself with ease.

I now choose harmonious thoughts and let the joy flow freely through me.

I relax and let life flow through me with ease.

I love and approve of myself. I am safe.

It is safe to be who I am.

I rejoice in my own expression of life. I am perfect just as I am. I love and approve of myself.

I am the creative power in my world.

I have all the Divine ideas and activity I need. I move forward right now.

I am the power and authority in my life. I am free to be me.

I love my body. I love my sexuality. I love me.

I am safe and secure. I am at peace with myself and with others.

I am at peace and comfortable in every area of my life. I am strong and capable.

I easily forgive. I love myself and will reward myself with thoughts of praise.

I am a decisive person. I follow through and support myself with love.

I speak with gentleness and love. I exhale only the good.

I choose to handle all my experiences with love and with joy and with ease.

I am one with ALL OF LIFE. I am safe at all times.

I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

My heart beats to the rhythm of love.

I bring joy back to the center of my heart. I express love to all.

Joy. Joy. Joy. I lovingly allow joy to flow through my mind and body and experience.

I breathe freely and fully. I am safe. I trust the process of life.

I release all that is unlike love. There is time and space for everything I want to do.

I am a loving parent to myself.

I am covered with love and approval. It is safe for me to show who I am.

I bring peace to every corner of my life.

I am free to ask for what I want. It is safe to express myself. I am at peace.

My masculine/feminine energy is beautifully balanced.

Life is for me.

I listen with love to the pleasant and the good.

I am a center for love.

I see with eyes of love. There is a harmonious solution and I accept it now.

I am noticed and appreciated in the most positive ways. I am loved.

I am peaceful with all of my emotions. I love and approve of myself.

I relax and recognize my self-worth. I am good enough. Life is easy and joyful.

It is my birthright to live fully and freely. I love life. I love me.

We surround you with safety and love. We create a space for you to heal. You are loved.

As I release the past, the new and fresh and vital enter. I allow life to flow through me.

I move forward free from the past. I am safe. I am free.

I am one with all of life. The Universe totally supports me. All is well.

I relax and allow my mind to be peaceful.

I lovingly balance my mind and my body. I now choose thoughts that make me feel good.

I create a life filled with rewards.

The movies of my mind are beautiful because I choose to make them so. I love me.

Life loves me and I love life. I now choose to take in life fully and freely.

I listen to the Divine and rejoice at all that I am able to hear. I am one with all.

I joyfully move on to new levels of experience. All is well.

I am in my perfect place. and I am safe at all times.

I now go beyond other people's fears and limitations. I create my life.

This moment is filled with joy. I now choose to experience the sweetness of today.

My intake. assimilation. and elimination are in perfect order.

I am at peace with life.

I am deeply centered and peaceful in life.

**I move forward with confidence and joy,
knowing that all is well in my future.**

**I rise above all limitations. I am Divinely
guided and inspired. Love heals all life.**

**I move beyond past limitations into the
freedom of the now. It is safe to be me.**

**I speak up for myself freely and easily I
claim my own power. I love and approve
of myself.**

I am free and safe.

**I am now totally centered in the love and
joy of being alive.**

I flow with life. Peace of mind is mine.

**I am united and balanced with all of life. I
am safe.**

**I express my creativity. I am willing to
change.**

I willingly release with joy.

I am safe. All pressure dissolves. I AM good enough.

My mind is cleansed and free. I leave the past and move into the new. All is well.

My mind is gentle and harmonious.

I love and approve of myself. I am free to be me.

Hip Hip Hooray - there is joy in every day. I am balanced and free.

I am in Perfect balance. I move forward in life with ease and with joy at every age.

Miracles happen every day.

I go within to dissolve the pattern that created my situation and I now accept a Divine healing. And so it is!

I digest and assimilate all new experiences peacefully and joyously.

Love and peace and joy are what I know.

I am at the center of life. and I approve of myself and all that I see.

I am safe everywhere in the Universe. I love myself and trust the process of life.

I now choose to make my life light and easy and joyful.

I create a new life with new rules that totally support me.

I love and approve of myself. I am doing the best I can. I am wonderful. I am at peace.

I now allow the full power of my sexual principle to operate with ease and with joy.

I am willing to feel. It is safe for me to express my emotions. I love myself.

I choose to be peaceful and harmonious.

My thinking is peaceful, calm, and centered.

I am beyond group beliefs or the calendar. I am free from all congestion and influence.

It is my Divine right to take my own direction in life. I am safe. I am free.

I now release anger in positive ways. I love and appreciate myself.

This mind knows its true identity and is creative point of Divine Self-Expression.

I lovingly release the day and slip into peaceful sleep. knowing tomorrow will take care of itself.

I easily assimilate and absorb all that I need to know and release the past with joy.

My loving thoughts keep my immune system strong.

I am safe inside and out. I hear myself with love.

I create firm foundations for myself and for my life. I choose my beliefs to support me joyously.

I declare peace and harmony indwell me and surround me at all times. All is well.

I am alive to the joys of living. I deserve and accept the very best in life. I love and approve of myself.

My sexuality is safe.

I approve of myself, and my decisions are always perfect for me.

It is my birthright to have my needs meet. I now ask for what I want with love and with ease.

There is time and space for everything I want to do.

I am enthusiastic about life. I am blessed at every turn.

I make sound decisions as I listen to my inner guidance.

I create my own reality and everyone in it. Life is what I make it.

All my needs and desires are met before I even ask. All is well in my life.

I nurture my essence each and every day. I count my blessings

I am the only thinker in my mind.

My creative juices are flowing because I choose to love my work.

I allow my income to constantly expand, and I live comfortably and beautifully now.

I live from the belief that we are here to bless and prosper each other.

Today I do a random act of kindness. What a joy it is to make someone smile!

Divine peace and harmony surround and indwell me.

I am an oasis of peace and love and joy. All is well in my world.

I love and approve of myself. I am at peace with myself. I am wonderful.

Joy now flows freely within me, and I am at peace with life.

I calm my thoughts, and I am serene.

I release the need to be right. I am at peace. I love and approve of myself.

My mind and body are in perfect balance. I control my thoughts.

I move forward with confidence and ease. I trust and flow with the process of life.

I freely take in Divine ideas that are filled with the breath and the intelligence of Life. This is a new moment.

I am powerful, safe and secure. All is well.

There is enough for everyone. I create my good and my freedom with loving thoughts.

I acknowledge and accept that I am the creative power in my world.

I now choose to enjoy my life.

I now take charge of my mind and my life. I am a powerful, dynamic man/woman!

Every part of my body functions perfectly. I love me.

**I accept and rejoice in my
masculinity/femininity.**

**I love and approve of myself. I accept my
own power. I am forever young in spirit.**

**This child is Divinely protected and
surrounded by love. We claim mental
immunity.**

**I am willing to change and to grow. I now
create a safe, new future.**

**I comfortably and easily release the old
and welcome the new in my life. I am
safe.**

**I am the joy of Life expressing and
receiving in perfect rhythm.**

**I trust that right action is always taking
place in my life. I am at peace.**

**I gently flow with life and each new
experience. All is well.**

**I breathe freely and fully. I trust the
process of life, and I am safe.**

Positive change is in the air, and I expect wonderful surprises to come to me.

I can handle anything that comes my way. I am a powerful individual.

Each part of my body is special.

I accept perfect health as the natural state of my being. I love and approve of my body.

People love to be with me, and I love to be with people. Life is so good.

Only I can know what is right for me.

I listen to my own wisdom.

Today is a wonderful day. I chose to have fun, playing and laughing.

I envision a world of peace and plenty.

I feel harmony and unity between nations, and I contribute to that harmony every day.

There will always be new things to learn and new lessons to be gained.

I am open and receptive to new ideas.

Change can begin in this moment. I am willing to change now.

Life mirrors my every thought.

As I keep my thoughts positive, life brings to me only good experiences.

I am willing to release the pattern in me that is creating any negative conditions in my life.

I relax and experience the peace of unlimited thinking. I am one with all of life.

My income is constantly increasing. I prosper wherever I turn.

It is easy for me to express and receive love, for I am a loving being.

My good is constantly coming to me so I can relax and enjoy my life.

My joyful and loving thoughts create my joyful and loving world.

I am well paid to do the work I love. I give myself permission to prosper.

It is safe to grow up. The world is safe. I am safe.

It is with flexibility and ease that I see all sides of an issue.

There are endless ways to doing things and seeing things. I am safe.

Only right action is taking place in my life.

I release the old and welcome the new. All is well.

I communicate with ease and with joy.

I open my heart and create only loving communication. I am safe. I am well.

I am on an endless journey through eternity, and there is plenty of time.

I communicate with my heart. All is well.

**I release the pattern of delay within me,
and I now allow success to be mine.**

**I love and approve of myself. I recognize
my own true worth. I am wonderful.**

**I love and comfort myself in ways that are
pleasing to me.**

I love and appreciate myself.

**I share my feelings and my love. I
respond to love in everyone.**

**I am peaceful with and trust the process
of life. I am safe and secure.**

**I stand up for myself, and Life supports
me in unexpected, loving ways.**

I am balanced in my creative flow.

I am at peace with my own feelings.

**I am safe where I am. I create my own
security. I love and approve of myself.**

**I know I am supported by Life in grand
and glorious ways. Life loves me and
cares for me.**

I lovingly release the past. They are free and I am free. All is well in my heart now.

I am a free thinker, and I have wonderful experiences with ease and with joy.

My life is sweet.

I love and approve of myself, and I alone create sweetness and joy in my life.

I am one with all of life. I am totally adequate for all situations.

I lovingly take back my power and eliminate all interference.

I relax knowing that I am safe. Life is for me, and I trust the process of life.

It is safe now for me to take charge of my own life. I choose to be free.

This child is safe and loved. This child is welcomed and cherished.

I love and approve of myself. I give myself permission to go ahead. It's safe to move.

I trust the process of life. Only right and good action is taking place in my life.

I know that Life always supports me.

I trust the process of life. All I need is always taken care of. I am safe.

I love and approve of myself. Life supports and loves me.

I release the past with love. I choose to voice only love.

It is safe to be me. I am wonderful just as I am.

I choose to live. I choose joy and self-acceptance.

I easily and comfortably release that which I no longer need in life.

I totally and completely accept myself, with all of my problems and all of my shortcomings.

It is safe to let go. Only that which I no longer need leaves my body.

There is always a new and better way for me to experience life.

I forgive and release the past. I move into joy.

I rejoice in who I am. I am a beautiful expression of life, flowing perfectly at all times.

Intelligence, courage, and self-worth are always present. It is safe to be alive.

I know I am worthwhile. It is safe for me to succeed. Life loves me.

It is safe for me to experience joy in every area of my life. I love life.

I center myself in safety and accept the perfection of my life. All is well.

I am safe. I love and approve of myself. I trust life.

This child is seen with love, with compassion and with understanding. All is well.

There is time and space for everything I need to do. I am at peace.

It is safe for me to express my feelings. I forgive myself.

This baby now begins a joyous and wonderful new life. All is well.

Every experience is perfect for our growth process. I am at peace with where I am.

I forgive myself and I love myself now and forever more. I am free.

I am free of all irritations. All is well.

I deserve to rejoice in life. I accept all the pleasure life has to offer.

It is safe to feel. I open myself to life I am willing to experience life.

I am safe, I relax and let life flow joyously.

I am safe. It is safe to feel. My feelings are normal and acceptable.

**I love and approve of myself. I am safe.
Life is safe and joyous.**

**I lovingly hold and embrace my
experiences with ease and with joy.**

**I am filled with joy. It flows through me
with every beat of my heart.**

**I am completely open to life and to joy. I
choose to see with love.**

**I am love. I now choose to love and
approve of myself. I see others with love.**

**I automatically attract positive
experiences into my life.**

**I am always presented with new and
wonderful opportunities.**

**I flow with what is happening in the
moment.**

**I rejoice in others' successes, knowing
that there is plenty for us all.**

**Freedom is my birthright. All is well in my
world.**

Fresh new thinking brings fresh new experiences.

I know I am totally and completely supported by the Universe.

Good now floods into my life from expected and unexpected channels.

I move with ease through time and space. Only love surrounds me.

I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.

I give myself permission to be all that I can be.

I deserve the very best in life. I love and appreciate myself and others.

I release the past and allow time to heal every area of my life.

I now choose to create a life that is joyous and abundant. I am at ease.

Life is eternal and filled with joy. I look forward to every moment.

I forgive others. I forgive myself. I am free to love and enjoy life.

I contribute to a united, loving, and peaceful family life. All is well.

I am free to circulate love and joy in every part of my world. I love life.

I only create peaceful experiences because I love myself. All is well.

I allow my mind to relax and be at peace.

Clarity and harmony are within me and around me. All is well.

This child responds only to love and to loving thoughts. All is peaceful.

I easily release that which I no longer need. The past is over, and I am free.

I am part of the perfect rhythm and flow of life.

All is in Divine right order.

I now discover how wonderful I am. I choose to love and enjoy myself.

It is with love that I totally release the past. I am free. I am love.

The past is over. I choose to love and approve of myself in the now.

I love and approve of myself and I trust the process of life. I am safe.

I lovingly forgive myself. I am free.

I release the past. I am free to move forward with love in my heart.

I see with love and understanding. I hold all my experiences up to the light of love.

I trust the process of life. I am safe.

I allow my thoughts to be free. The past is over. I am at peace.

I release the pattern in me that created this. I am at peace. I am worthwhile.

I love life. It is safe to live.

It is my birthright to live fully and freely. I am worth loving. I now choose to live life fully.

I love and approve of myself. I care for me. I am totally adequate at all times.

I declare peace and harmony within me and around me. All is well.

I love and cherish myself. I am kind and gentle with me. All is well.

I love myself as much or more than I love others.

I am loved and nourished and supported by Life itself. It is safe for me to be alive.

I joyously run forward to greet life's wonderful experiences.

I create only peace and harmony within myself and in my environment. I deserve to feel good.

Love relaxes and releases all unlike itself.

I use my power wisely. I am strong. I am safe. All is well.

It is safe to see and experience new ideas and new ways. I am open and receptive to good.

I create only joyful experiences in my loving world.

I am safe and secure at all times.

Love surrounds me and protects me. All is well.

I choose to love life. My channels of joy are wide open. It is safe to receive.

I am loving and lovable.

I am a Divine expression of life. I love and accept myself where I am right now.

I lovingly take care of my body, my mind, and my emotions.

This child is wanted and welcomed and deeply loved.

I love and approve of myself. It is safe for me to care for myself.

I love and accept myself at every age. Each moment in life is perfect.

I am part of the Universal design. I am important and I am loved by Life itself.

I am powerful and capable. I love and appreciate all of myself.

I live in the now. Each moment is new.

I choose to see my self-worth. I love and approve of myself.

The world is safe and friendly. I am safe. I am at peace with life.

I am balanced and peaceful in all changes of cycles, and I bless my body with love.

I accept my full power as a man/woman and accept all my bodily processes as normal and natural. I love and approve of myself.

I relax into the flow of life and let life provide all that I need easily and comfortably. Life is for me.

I allow the love from my own heart to heal all that I see.

I choose peace. All is well in my world.

Divine right action is always taking place in my life.

Only good comes from each experience. It is safe to grow up.

I dissolve all past problems with ease.

I trust the process of life. I easily ask for what I want. Life supports me.

Divine right action is always taking place in my life. I love and approve of myself. All is well.

I love and appreciate and take care of myself. I am enough.

I am always in control of my thoughts. I am safe. I love and approve of myself.

I nourish myself with love.

I forgive myself. I love and approve of myself. I communicate with love.

I recognize my own intuitive ability.

I welcome new ideas and new concepts and prepare them for digestion and assimilation.

I use all my senses with equal and perfect clarity.

I release and dissolve the past. I am a clear thinker. I live in the now in peace and joy

By choosing loving, joyous thoughts, I create a loving, joyous world. I am safe and free.

I experience life as a joyous dance.

I am the joy of Life expressing and receiving.

I joyously release the past. I am at peace.

I now choose to live in the ever-joyous NOW My life is a joy.

Joyous new ideas are circulating freely within me.

I awaken new life within me. I flow.

I love and approve of myself. I am safe.

I express love and joy and I am at peace.

I am well structured and balanced.

Divine Spirit is the structure of my life. I am safe and loved and totally supported.

In my world, I am my own authority. for I am the only one who thinks in my mind.

I breathe in life fully. I relax and trust the flow and the process of life.

Letting go is easy.

I freely and easily release the old and joyously welcome the new.

I deserve the very best of everything that is important to me.

I am the loving operator of my mind.

It is easy for me to reprogram the computer of my mind. All of life is change. and my mind is ever new.

I take in and give out nourishment in perfect balance.

I am important. I count. I now care for and nourish myself with love and with joy.

I allow others the freedom to be who they are. We are all safe and free.

I go beyond my parents' limitations. I am free to be the best me I can.

I trust the process of life. I am safe.

I reach out safely.

It is safe for me to grow up. I now handle my own life with joy and with ease.

I rely on Divine wisdom and guidance to protect at all times. I am safe.

I am safe. I trust the process of life to bring only good to me.

I am peaceful with life.

I move through ideas with ease.

I decide to be me. I approve of myself as I am.

I am at home in the Universe. I am safe and secure and understood.

I love and approve of myself I am at peace. I am calm. All is well.

I create a joyful, peaceful world to live in.

I increase my consciousness of good and good is what I now attract.

I am the very center of Life and I am totally connected in Love.

I love every part of my body; I am healthy, happy and whole.

My loving thoughts connect with like-minded and together we bless the world.

I relax completely for I now know I am safe.

I trust Life and I trust myself.

I only create joyful experiences in my life.

I am grateful for life's generosity to me. I am blessed.

I am totally safe in the Universe.

I am at peace everywhere.

I trust Life.

Divine protection. Safety. Peace. The Intelligence of the Universe operates at every level of life.

I live up to my highest standards with love and with joy as I love and approve of myself.

I release the pattern in my consciousness that created this condition.

I am willing to change. I love and approve of myself.

I am at home in my body.

Others mirror the love and self approval I have for myself.

I am safe. I love my life.

I create my own experiences.

As I love and approve of myself and others, my experiences get better and better.

I am my own authority. I love and approve of myself. Life is good.

I am secure and am nourished by the love of the Universe itself.

I balance my masculine/feminine energy easily and effortlessly.

I love and approve of myself. No person, place, or thing has any power over me. I am free.

I stand tall and free. I love and approve of me.

My life gets better every day.

I express the joy of living and allow myself to enjoy every moment of every day totally.

I become young again.

I am the living, loving, joyous expression of life. I am my own person.

I move into my greater good.

My good is everywhere, and I am secure and safe.

I rejoice in my sexuality.

I stand in truth and move and live in joy.

I love Life and circulate freely.

I lovingly and joyously accept my sexuality and its expression.

I accept only thoughts that support me and make me feel good.

I lovingly allow JOY to flow freely in my life. I love me.

I love and approve of myself.

I am at peace with the process of life.

I lovingly protect myself with thoughts of joy and peace.

The past is forgiven and forgotten. I am free in this moment.

Life supports all of my thoughts; therefore, I love and approve of myself and all is well.

I release all that is unlike love and joy in my mind.

I move from the past into the new and fresh and vital.

I trust my inner voice. I am strong, wise and powerful.

I release all restrictions, and I am free to be me.

I express my emotions in joyous, positive ways.

I release, I relax and I let go. I am safe in life.

It is safe for me to live.

Life will always provide for me. All is well.

I release all fears. I now trust the process of life. I know that life is for me.

I stand straight and tall with love

I release all blame and accept the peacefulness and joy of life.

I am supported by Life.

I love and approve of myself. I trust the process of life to be there for me.

I am safe. All is well.

I trust the process of life to take me only to my highest good. I am at peace

I trust in the process of life.

I am always in the right place, doing the right thing, at the right time. I love and approve of myself.

It is safe to see other viewpoints.

I am safe enough to be flexible in my mind.

I digest life with ease.

Life agrees with me. I assimilate the new every moment of every day. All is well.

Others only reflect the good feelings I have about myself.

I love and approve of all that I am.

I make my decisions based on the principles of truth.

I rest securely knowing that only right action is taking place in my life.

I am relaxed and peaceful because I trust the process of life. All is well in my world.

I choose to allow all my experiences to be joyous and loving.

This child lives and breathes the joy of life and is nourished by love.

God works miracles every day.

I am strong and sound. I am well structured.

It feels safe to be me.

I allow the love from my own heart to wash through me and cleanse and heal every part of my body and my emotions.

I open my heart and sing the joys of love.

I move beyond old limitations and now allow myself to express freely and creatively.

I lovingly accept my decisions, knowing I am free to change. I am safe.

I am approved of by all of Life. All is well. I am safe.

I trust my Higher Self. I listen with love to my inner voice.

I release all that is unlike the action of love.

I rejoice in all of my life's bountiful givingness.

My good now flows freely. Divine ideas express through me. I am at peace.

I am surrounded and indwelled with peace.

It is my birthright to express myself creatively in ways that are deeply fulfilling to me.

I have fun today.

I look forward with enthusiasm to the adventures of the day.

I learn to love and support myself and others, and my way is made easy.

I love my work. My creativity is joyously fulfilled as I love what I do and the money follows.

I am willing to let miracles happen in my life. I appreciate them when they occur.

Life is change, and I adapt easily to the new. I accept life - past, present, and future.

I am free to speak up for myself. I am now secure in my own expression. I communicate only with love.

I choose to see everyone and everything with joy and love.

I live in the totality of possibilities. There is always another way. I am safe.

I calm my thoughts and I am serene. Harmony surrounds me.

I love and approve of myself right now.

It is safe to be me. I express who I am.

I have the power and strength and knowledge to handle everything in my life.

I am protected by Divine Love. I am always safe and secure.

I am willing to grow up and take responsibility for my life.

I forgive others and I now create my own life the way I want it. I am safe.

I rejoice in my femaleness. I love being a woman. I love my body.

I am peacefully loving.

I release all control to the Universe.

I am at peace with myself and with life.

My concept of God supports me. I am normal and natural.

I rejoice in my own sexuality and in my own body.

I am wonderful.

I think and speak only words of love. I am at peace with life.

My understanding is clear, and I am willing to change with the times.

I move forward with confidence and ease, knowing that all is well in my future.

I have the Divine right to be fulfilled in all avenues of life.

I am worthy of success, and I accept it now.

I am a decisive person. I follow through and support myself with love.

I am the love and the beauty of life in full expression.

I open my consciousness to the expansion of life.

I move forward in life, with joy and with ease.

It is safe for me to enjoy my own body. I rejoice in being a man/woman.

I live in the present moment, joyous and free.

There is joyous release of the past. Life is sweet, and so am I.

I am perfectly happy to be me. I am good enough just as I am. I love and approve of myself.

I am joy expressing and receiving.

I am at peace just where I am.

I accept my good, knowing all my needs and desires will be fulfilled.

I am willing to change all patterns of criticism. I love and approve of myself.

I feel tolerance and compassion and love for all people, myself included.

I am willing to change the patterns in me that created this condition. I love and approve of myself. I am safe.

I easily flow with change. My life is Divinely guided. and I am always going in the best direction.

I create all my experiences. I am the power. I rejoice in my male/femaleness. I am free.

I choose to live through the open space in my heart.

I look for love and find it everywhere.

I am safe. I trust that Life is here for me. I express myself freely and joyously.

I take in life in perfect balance.

I have the capacity to take in the fullness of life. I lovingly live life to the fullest.

I am flexible and flowing.

Forgiveness. Understanding. Compassion. I bend and flow with ease, and all is well.

There is plenty of space for me to grow and to change.

It is safe for me to be alive and joyous.

I willingly forgive. I breathe life into my vision and see with compassion and understanding.

I create peacefulness in my mind, and my body reflects this.

I am the power and authority in my world. I am at peace.

I am filled with life and energy and the joy of living.

I love my body. I love myself. I love all my cycles. All is well.

I hear with love and tenderness.

Harmony and peace, love and joy surround me and indwell me. I am safe and secure.

I willingly release the past. It is safe for me to let go. I am free now.

I easily flow with new experiences, new directions and new changes.

I am both powerful and desirable. It's wonderful to be a woman. I love myself and I am fulfilled.

I choose to see life as eternal and joyous. I am eternal and joyous and at peace.

I see with love and joy.

I now create a life I love to look at.

I am now willing to see my own beauty and magnificence.

Life is eternal and filled with joy.

It is safe for me to create all the love I want.

I nourish myself with spiritual food and I am satisfied and free.

I am willing to forgive the past. It is safe for me to go beyond my parents' limitations.

I see my father/mother as a loveless child and I forgive easily. We are both free.

I am enthusiastic about life and filled with energy and enthusiasm.

Harmony and joy and beauty and safety now surround this child.

It is safe for me to see. I am at peace.

I am safe in the here and now. I see that clearly.

I see with love.

I accept Divine guidance and am always safe.

I now choose to support myself in loving, joyous ways.

All details take care of themselves.

It is safe to be a man/woman.

**I handle all my experiences with wisdom,
with love and with care.**

**I forgive myself and I choose to love
myself.**

I accept myself as beautiful and loved.

I am safe.

**I am the cool, calm expression of peace
and love.**

**I release the pattern in me that attracted
this experience. I create only good in my
life.**

I am peaceful with the details of life.

My mind is at peace.

I am secure.

I am comfortable with my sexuality.

I am myself with the family of Life.

I am safe. I trust fully in the process of life. Life is for me.

I have the strength, power, and skill to digest whatever comes my way.

I give my mind a joyous vacation.

It is safe to be vulnerable.

I digest life safely and joyously.

Only good comes to me and through me.

I lovingly release the past and turn my attention to this new day. All is well.

It's okay to make noise. I express myself freely and joyously.

I speak up for myself with ease.

I now choose harmonious thoughts and let the joy flow freely through me.

I relax and let life flow through me with ease.

I love and approve of myself. I am safe.

It is safe to be who I am.

I rejoice in my own expression of life. I am perfect just as I am. I love and approve of myself.

I am the creative power in my world.

I have all the Divine ideas and activity I need. I move forward right now.

I am the power and authority in my life. I am free to be me.

I love my body. I love my sexuality. I love me.

I am safe and secure. I am at peace with myself and with others.

I am at peace and comfortable in every area of my life. I am strong and capable.

I easily forgive. I love myself and will reward myself with thoughts of praise.

I am a decisive person. I follow through and support myself with love.

I speak with gentleness and love. I exhale only the good.

I choose to handle all my experiences with love and with joy and with ease.

I am one with ALL OF LIFE. I am safe at all times.

I love and approve of myself. I see myself and what I do with eyes of love. I am safe.

My heart beats to the rhythm of love.

I bring joy back to the center of my heart. I express love to all.

Joy. Joy. Joy. I lovingly allow joy to flow through my mind and body and experience.

I breathe freely and fully. I am safe. I trust the process of life.

I release all that is unlike love. There is time and space for everything I want to do.

I am a loving parent to myself.

I am covered with love and approval. It is safe for me to show who I am.

I bring peace to every corner of my life.

I am free to ask for what I want. It is safe to express myself. I am at peace.

My masculine/feminine energy is beautifully balanced.

Life is for me.

I listen with love to the pleasant and the good.

I am a center for love.

I see with eyes of love. There is a harmonious solution and I accept it now.

I am noticed and appreciated in the most positive ways. I am loved.

I am peaceful with all of my emotions. I love and approve of myself.

I relax and recognize my self-worth. I am good enough. Life is easy and joyful.

It is my birthright to live fully and freely. I love life. I love me.

We surround you with safety and love. We create a space for you to heal. You are loved.

As I release the past, the new and fresh and vital enter. I allow life to flow through me.

I move forward free from the past. I am safe. I am free.

I am one with all of life. The Universe totally supports me. All is well.

I relax and allow my mind to be peaceful.

I lovingly balance my mind and my body. I now choose thoughts that make me feel good.

I create a life filled with rewards.

The movies of my mind are beautiful because I choose to make them so. I love me.

Life loves me and I love life. I now choose to take in life fully and freely.

I listen to the Divine and rejoice at all that I am able to hear. I am one with all.

I joyfully move on to new levels of experience. All is well.

I am in my perfect place. and I am safe at all times.

I now go beyond other people's fears and limitations. I create my life.

This moment is filled with joy. I now choose to experience the sweetness of today.

My intake. assimilation. and elimination are in perfect order.

I am at peace with life.

I am deeply centered and peaceful in life.

I move forward with confidence and joy, knowing that all is well in my future.

**I rise above all limitations. I am Divinely
guided and inspired. Love heals all life.**

**I move beyond past limitations into the
freedom of the now. It is safe to be me.**

**I speak up for myself freely and easily I
claim my own power. I love and approve
of myself.**

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**“ONLY LOVE IS REAL”
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**Dr. Jarrel**

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