

FOR YOU, YOUR LIFE & YOUR RELATIONSHIP

# AFFIRMATIONS



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# AFFIRMATIONS

An affirmation is a positive thought that you can consciously choose to immerse in your consciousness to achieve a desired result. It is also like a prayer that you impress on Infinite Spirit. Saying an affirmation or writing it is a way of loving yourself. Ultimately, it is a good idea to BECOME an affirmation. Then you are in a constant state of prayer. One day that will happen naturally. In the meantime, you more or less have to train your mind. Saying and writing affirmations is a very spiritual and powerful thing to do; however, it is important to remember that “love brings up anything unlike itself.” Since doing affirmations is a way of loving yourself, anything in the way of having a new result in your life will present itself to be dealt with.

At first this may make your life seem rather strange, but if you keep doing the affirmation the resistance will be dissolved, the affirmation will eventually be integrated into your consciousness and the new thought will manifest. Think positive thoughts about your life, your work and your loved ones. Holding on to negative thoughts will only fortify the negatives. The following are affirmations you might like to adopt.



The universe and my body exist for my physical and mental pleasure.

I can get all the love I deserve.

I am glad I was born; I have the right to be here.

I am safe, protected by Infinite Intelligence and Infinite Love.

People and things no longer hurt me without my conscious permission.

My physical body is a pleasant and wonderful vehicle for my full and free self-expression.

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

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

I relax and let life flow joyously.

I now receive assistance and cooperation from people.

I am no longer afraid of my breath; I breathe fully and freely.

Feeling all my emptiness won't destroy me.

Energy and vitality are my birth right.

I am the way, the truth, and the life; the entire universe is glad that I am here.

The universe rejoices at my presence in it.

The universe is singing in my atoms.

I am wonderful just as I am; I choose joy and self-acceptance.

It is safe to see and experience new ideas and new ways; I am open and receptive to all that is.

I create only peace and harmony within myself and in my environment.

I praise the Lord for the perfection of my living flesh.

I love myself, therefore others love me.

I am highly pleasing to myself in the presence of others.

I am willing to accept love and stop resisting.

It is safe to surrender to love; love is my safety.

I am supported and healed by love.

I always get what I want, and I only want good things for me.

I only attract good, loving people.

I now choose pleasure in my life; pleasure leads to more pleasure.

I love God and I love life; therefore, everyone loves me totally.

I now have a success consciousness; abundance is my birth right.

I use my power wisely; I am strong and balanced in body, mind and spirit.

My thoughts flow freely and easily; I am wise and flexible.



I no longer attract mates who are my parents; I attract soulmates who are in harmony with my highest spiritual truths.

I forgive myself completely; I am innocent.

I no longer need to fail or hurt myself to get even with anyone.

I love being grown-up and taking responsibility for my life.

I let go of the need to struggle in my relationships; I allow myself to have an easy, effortless experience of love.

My body is young, healthy and beautiful.

My negative patterns are now dissolving effortlessly.



My partner and I always have and enjoy ever-increasing love, health, happiness, wealth, wisdom, harmony, full self-expression, and sexual bliss.

Since people treat me the way I treat myself, I now treat myself fabulously.

Every day, in every way, I am more able to receive all the good things in life.

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

I love and approve of myself; I accept my worth, my beauty and my power.

I am at peace with the process of life; life is good.

I am one with all of life; I am safe, and I am totally adequate for all situations.

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

I am at peace with my own feelings; I am safe where I am.

I release and dissolve the past; I live in the now with peace and joy.

By choosing loving, joyous thoughts, I create a loving, joyous world.

Love and peace and joy are what I know; I choose to live through the open space in my heart.

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

All is well; I am at peace.

## AFFIRMATIONS FOR LIFE

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 and approve of myself. I am loving and lovable.



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

This child is wanted and welcomed and deeply loved.

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

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

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 a Divine, magnificent expression of life. I rejoice in my sexuality. I rejoice in all that I am. I love.

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.

Everything happens in the right time-space sequence. Divine right action is taking place at all times.

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

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

I move forward easily in life.

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

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.

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

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

I lovingly forgive myself. I am free.

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

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 lovingly hold and embrace my experiences with ease and joy.





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

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

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

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

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

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

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

I know that life always supports me.

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

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

I release the past with love. I choose to voice only love.  
I centre myself in safety and accept the perfection of my life. All is well.

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.

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

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

Joyous new ideas are circulating freely within me.

I awaken new life within me. I flow.

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

I am well-structured and balanced.

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

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

Letting go is easy.

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 am free to be me and allow others the freedom to be who they are. It is safe for all of us to grow up.

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

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

I give myself permission to be all that I can be, and I deserve the very best in life. I love and appreciate myself and others.

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

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

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

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

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

I rejoice in my femaleness / maleness. I love being a woman / man. I love my body.

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

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

My heart beats to the rhythm of love.

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

My thinking is peaceful, calm and centred.

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



I am flexible and flowing.

My parents were doing the best they could with the understanding, awareness and knowledge they had. I set them free.

I nourish myself with love.

I communicate with ease and joy.

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

My life is sweet.

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

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

I decide to be me.

I trust my Higher Self. I listen with love to my inner voice. I release all that is unlike the action of love.

I open my heart and sing the joys of love.

I open my consciousness to the expansion of life. There is plenty of space for me to grow and to change.

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

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

All details take care of themselves.

I am at home in my body.

Others mirror the love and self-approval I have for myself. I rejoice in my sexuality.

I move into my greater good. My good is everywhere, and I am secure and safe.

I am at peace just where I am. I accept my good, knowing that all my needs and desires will be fulfilled.

## AFFIRMATIONS FOR RELATIONSHIPS

I love myself, therefore others love me.

I am highly pleasing to myself in the presence of others.

I am willing to accept love and stop resisting.

It is safe to surrender to love.

Love is my safety.

I am willing to let myself be supported in love.

Love always heals me.

I always get what I want, and I only want good things for me.



I only attract loving, good people.

I no longer suppress my feelings. I express my feelings to others easily.

I now choose pleasure in my life. Pleasure leads to more pleasure.

I love God and I love life; therefore, everyone loves me totally.

I now have a success consciousness.

I forgive my mother for her ignorant behaviour toward me.

I forgive my father for his ignorant behaviour toward me.

I am ready to experience compassion, love, and friendship with my parents, no matter where they are.

I no longer attract mates who are my parents. I now attract mates in harmony with my highest spiritual thoughts.

I forgive myself completely. I am innocent.

I no longer need to fail to get even.

I am no longer a helpless infant. I love being grown-up and taking responsibility for my creativity.

I am willing to let go of the struggle in relationships and allow myself to be loved.

My body is young and healthy, and I am healed.

It is safe to indulge in all my favourite pleasures in my relationship.

The more I pleasure myself, the closer to remembering God I am.

I forgive my family for being confused about sex. I forgive them and myself for suppressing sexual feelings.

I am willing now for suppressed incestuous feelings to surface safely and pleurably.

My negative patterns are now dissolving effortlessly.

Since what I think about expands, I think only about the good things and breathe out the negative things.

I love rebirthing myself with my partner and we remember to do this often.

My life urges are stronger than my death urges, and as long as I continue to strengthen my life urges and weaken my death urges, I will go on living in health, happiness, and in great relationships.

I am now changing my most negative thought about myself to\_\_\_\_\_.

I am now changing my most negative thought on relationships to\_\_\_\_\_

My partner and I always have and enjoy ever-increasing love, health, happiness, wealth, wisdom, harmony, full self-expression, sexual bliss, and physical immortality.

My past is complete. Everything is resolving itself harmoniously.

All my past relationships are now clearing up easily and pleurably.

My partner and I give each other abundant psychic space in which we feel comfortable.

I now take responsibility for my feelings of jealousy and do not blame it on my state.

The more self-esteem I have, the less jealousy I have.

My sex life improves daily.

Since people treat me the way I treat myself, I am now treating myself fabulously.

I am a beautiful loveable person, and I deserve love.

Every day, and in every way, I am more and more able to receive.

All of my relationships are now loving, lasting and harmonious.

I am always being nourished in my relationships.

My communication is always clear and productive in my relationships.

I always treat my partner with the utmost kindness.

My partner and I easily surrender to the highest spiritual thought.

We now always handle our anger in appropriate ways.

We both always tell the truth as fast as we can.

Every day we express, verbally and physically, more and more love to each other.

Our relationship gets more and more exciting every day.

Every day and in every way, we become closer and closer.

Every day our relationship becomes more and more romantic and immortal.

Every day we are feeling more passionate and healthier.

I give thanks daily for this partner and I acknowledge myself for creating this relationship.

My partner and I serve God together and express the Spirit in high fashion by sharing our life and light with the world.

Our relationship is filled with joy and fun and miracle consciousness.

Our relationships become perfect as we become perfect.

I can easily create new relationships whenever I want by the power of my mind.

The more beautiful my thoughts are, the more beautiful people I attract.





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