

- *I love myself no matter what!*
- *My body is a safe, comfortable and pleasurable place to be.*
- *I deserve relationships that are fun, easy and supportive.*
- *I am enough, I have enough, I do enough.*
- *I now reclaim all my personal power.*
- *I have everything I need to get everything I want.*
- *I have got it made.*
- *Breathing with awareness supports my success.*
- *I create the pain and pleasure in my life, and others do so in their lives.*
- *My love is good enough for me and everyone else.*
- *My love is a healing force in the world.*
- *I am perfect just the way I am.*
- *I accept myself as I am now.*
- *I acknowledge my divine essence and so does everyone else.*
- *I express myself easily, clearly and fully.*
- *I am a beautiful, lovable person, attractive to others and to myself.*
- *I am a wonderful surprise to myself and others.*
- *My connection to infinite intelligence is unlimited.*
- *I am smarter than I think.*
- *I am always at the perfect place at the perfect time.*

- *It is safe to stay.*
- *I belong.*
- *Intimacy means into-me-see.*
- *All my feelings are valid!*
- *I forgive myself for suppressing my feelings.*
- *I forgive my parents for suppressing their feelings.*
- *It is safe to feel my feelings.*
- *I can feel and express my feelings without undesirable consequences.*
- *Whenever I share my feelings, people see the love behind them.*
- *I am a good person no matter what I feel.*
- *It is safe to be scared!*
- *Just because I'm afraid doesn't mean I'm in danger.*
- *My body is a safe and pleasurable place to be.*
- *I calm my body, my thoughts and my feelings.*
- *I have all the pleasure I want without painful consequences.*
- *My future is safe and full of wonderful surprises.*
- *Whenever I feel afraid, I can relax, breathe and get safe in my body again.*
- *I always appropriately express my anger.*
- *I forgive myself for all the times I inappropriately expressed my anger.*
- *I no longer need to separate myself when I am angry. I breathe deeply, slowly.*

- *I can get what I want!*
- *I can take no for an answer.*
- *I never lose anything of lasting value.*
- *I never lose anything that is for my highest good.*
- *Whenever I seem to lose, a bigger win is on its way.*
- *It is safe to feel my sadness.*
- *There is always joy beneath my sadness.*
- *I can let go of my sadness without losing love.*
- *I deserve to be happy!*
- *I forgive myself completely. I love myself completely.*
- *I am innocent.*
- *In this moment, I contemplate the vision I have for my life.*
- *In this moment, I contemplate the values I have for my life.*
- *In this moment, I contemplate my strengths, talents, my God-given gifts.*
- *In this moment, I contemplate my fears.*
- *I practice working and living from a place of honoring my vision, my values, my fears and my strengths.*
- *My intention is loving.*
- *My love is good enough for me and everyone else.*
- *My aliveness is a healing force on the planet.*
- *I can have compassion for others without taking on their pain.*

- *The more I win, the more others win. The more others win, the more I win. Therefore, I am winning more and more all the time.*
- *I don't have to lose for someone to win.*
- *People are safe in my presence.*
- *Since people are safe in my presence, they don't need my protection.*
- *Since I am safe in the presence of others, I am free to express fully myself.*
- *I deserve to be wealthy and prosperous.*
- *My wealth contributes to everyone's well-being and everyone's wealth contributes to my well-being.*
- *My presence naturally is pleasing to myself and others.*
- *I am now the person I always wanted to be.*
- *I love and approve of my life.*
- *I love myself for asking for what I want, regardless of the response.*
- *People want me to have what I want.*
- *The more I have what I want, the more others have what they want.*
- *I have the power to succeed.*
- *The divine plan of my life is now manifesting.*
- *Since God is the unknown, the more I know I don't know, the closer I am to God.*
- *I trust my understanding of God.*
- *I am now willing for God to correct all my misperceptions.*

- *The more I handle what is working in my life, the more God takes care of the rest.*
- *God is my constant companion.*
- *Even when I don't feel God's presence, God is with me.*
- *My connection to God is now good enough for me to accomplish what I want in life.*
- *Completion is the acknowledgment of perfection in the middle of imperfection.*
- *What you feel you can heal.*
- *An experience is the physical result of one or more thoughts.*
- *It is safe to love again.*
- *The more grateful I am, the more for which I have to be grateful.*
- *The more I take my time, the more time I have to take.*
- *My strengths are stronger than my weaknesses.*
- *I am aware of my strengths and my weaknesses. I consciously choose to nurture my strengths.*
- *I don't have to be perfect to have a perfect relationship.*
- *I feel joy.*
- *I am attractive and lovable and the more I acknowledge that, the truer it is.*
- *Everything I eat turns to health and beauty.*
- *That which I find pleasurable no longer has any undesirable consequences.*

- *The key to handling present-time anger is always to share your hurt. The more you communicate your hurt to people, the less you will need to get angry to protect yourself.*
- *I am the weight I desire to be.*
- *Loving thoughts heal.*
- *I don't have to lose for someone to win.*
- *To forgive is to choose consciously to remember the positive impressions, to let go of all else, to selectively dwell in the realm of loving thoughts.*
- *To succeed is not to deprive others but to inspire them.*
- *There is no scarcity. There is more than enough for everyone to have more than enough.*
- *What you don't like about your partner is frequently what you haven't forgiven your parents for.*
- *Holding on to what you don't want is a sure way to keep out what you do want.*
- *People frequently resist what they most desire.*
- *An attitude of gratitude for being alive is the first ingredient in the recipe for self-esteem.*
- *Rejection is an opportunity to love yourself more fully.*
- *A stranger is someone with whom you feel strange. The more comfortable you are with yourself, the more strangers feel like friends.*
- *Sometimes you have to fall apart in order to find out how together you are.*
- *The more joy I experience, the less suffering I feel.*

- *I now receive assistance and cooperation from people.*
- *I no longer feel unwanted; the universe rejoices at my presence in it.*
- *I now have enough time, energy, wisdom and money to accomplish all of my desires.*
- *My mind is centered in infinite intelligence that knows my good; I am one with the creative power that is materializing all my desires.*
- *I am always in the divine right place at the divine right time, successfully engaged in the divine right activity with the divine right people.*
- *My days are filled with mental, physical and emotional pleasures.*
- *I now freely give and receive love.*
- *I now feel exhilarated, inspired and wonderful! I breathe in and breathe out with awareness.*
- *I do not have to suffer to get happiness. I can recognize my habit pattern of choosing suffering and let it go.*
- *I now enjoy accepting the good so I can receive more and share more.*
- *The more satisfaction I feel with the present situation, the more satisfaction I obtain in the future.*
- *I am at peace with life and death.*
- *The divine alchemist within is transforming the appearance of my body to express its eternal youthfulness.*
- *There are no germs that can harm me.*
- *I no longer need pains to get attention.*
- *Since I am innocent, I no longer have to defend myself.*

- *Smiling boosts my immune system.*
- *I can always find the solution to any problem.*
- *The divine purpose of my relationships now manifests.*
- *I no longer create separation in order to protect myself.*
- *I let go of all doubt, distrust, worry and fear. I smile.*
- *I change direction in my life by focusing my thoughts and actions on the good things I want to experience.*
- *People frequently resist what they most desire.*
- *I see the good I want to experience, speaking to myself as I would if it were true and feeling how I would feel if it were a reality in my life now.*
- *I choose moment by moment to be centered, balanced, happy and filled with the joy of life.*
- *The joy of life flows serenely and harmoniously in and through my every thought, feeling and action bringing new and wonderful opportunities and experiences to me.*
- *Right now I am relaxed and filled with a great sense of peace!*
- *As I become more aware, I have a wonderful feeling that everything is working for my highest good regardless of any appearances to the contrary.*
- *I accept a deep and abiding sense that all is well.*
- *I see and release my thoughts of obstacles, failures, delays and obstructions. I nurture action that reflects the wisdom and power, harmony and joy that are within me.*
- *As I turn within for guidance, I am filled with a knowingness that everything is working for my highest good and for the highest good of all concerned.*



- *I accept exciting new unlimited ideas of good that the universe has in store for me.*
- *Fear is erased and I am free to move forward in the divine right direction to attain what I desire.*
- *My attention is now focused in a positive, loving outcome.*
- *I am grateful for the new experiences in my life, which I now accept.*
- *It is with deep understanding that I recognize people are doing the best they can given the circumstances of their lives.*
- *We are blessed.*
- *Love radiates from every cell of my body. Every cell, making life sweet.*
- *The Light of God surrounds me. The Love of God enfolds me. The Power of God protects me. The Presence of God watches over me. Wherever I am God is.*
- *All is well.*
- *I know, in this moment, I am radiating divine Light, Health and Vitality.*
- *As I honor myself with greater ease, then I, with greater ease, am able to honor others.*
- *I accept myself as I am and embrace all of me. I allow my tears. I allow my laughter.*
- *Each day offers infinite opportunities to create the lives we choose to live.*
- *Everything and everyone in my life is a resource for me to be all that I desire to be. I allow this to be so, and it is.*