

Positive Affirmation Handout

I am relaxed

I am calm

I am at peace with myself and the universe

I am one with every being on the planet

I now attract soothing and calming energy into my body

I now accept the warmth and love the universe is giving out

I now love myself

I am a loving giving being allowing the power of the universe
into my life

I am accepting of myself the way I am right now

I am accepting of the universe the way it is right now

I now allow peaceful warm light into my body

I now allow the light inside to lift me up

I now allow the light inside to sooth me

I now allow the light inside to be me

I am clam and relaxed all is well in my world