

Traditionally, positive affirmations have been used by many to “make life better” and/or attain a higher sense of personal peace. In harmony with the selfless foundations of (i)am, these affirmations are alternatively meant to be *reflections of who you already Are and/or how your life already IS* – without any change or shift in either your self or your circumstances.

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The Earth is my personal Sacred Sanctuary -- providing me with the space in which to move and breathe ...

The Earth's "good graces" bless me with spiritual awakening via the innate knowledge of my interconnectedness with all other entities around me ...

Calm & quiet, I immerse mySelf in the wonders of Life ...

I allow the Peace of true Solitude to enter and reside in my body and mind; with muscles relaxed and thoughts calm ...

I choose to revel in the inner Peace of silence and stillness ...

I, like all my brothers and sisters, am a Peace Pilgrim -- allWays flowing in harmony with a greater, selfless Destiny ...

I recognize and actualize the re-union of my mind, heart, body and Soul ...

Whirling in rhythms of both the vast and the minute, I ride Life's currents free and easy -- rolling down Its rivers calmly and with purpose ...

Whether briefly held in eddies of familiarity, flying boldly over torrents of challenge, or smooth-gliding around boulders of crisis, I choose to feel Life's cycles from a greater, open-minded perspective ...

I Accept what comes to me and smile while flowing onward ...

I am innately flexible -- accepting of all that IS as somehow both Right and Good ...

I live in the present moment, calmly riding upon my Destiny's radiant waves of opportunity ...

As paths of service open before me, I cheerfully and boldly engage them, fully embracing their new challenges and fresh perspectives ...

Feeling the Universal energies swirling around and within me, I choose to reflect them in Action and represent them in Word ...

I am bold in my portrayal of the wonderments I perceive; boldly illuminating the Universe's ever-present amazingness ...

I remain an open channel of co-creativity; remembering that I myself am a co-Creator by birthright ...

I choose to smile -- Happy and thereby co-creating true Joy ...

I choose to relax -- Content and thereby co-generating true Peace ...

I choose to accept myself – Beauty-filled and thereby co-creating true Beauty ...

I am full of Wonderment and awaken others to Wonder ...

My physical body is cared for & grows smoothly ...

Within as well, my mind is open and understanding; pulsing with the constant exposure to new ideas and fresh encounters ...

The Spirit within me is expanding; growing into an ever-evolving awareness of Now, of Here and of my seamless interconnection with it All ...

My mind is filled with Compassion, my actions "walk tall" in Love, and my Spirit soars deep into the wonders of ONENESS ...

I am clearly Aware of my external environment, while simultaneously sinking calmly and gratefully into my Within ...

With ever-increasing frequency, Honor supersedes both my desires and my fears ...

I am both dependable to the selfless desires of my True Self and actively Faith-full to the Loving inclinations of my God ...

I am Compassionate, caring actively for everything and everyone around me ...

I cherish my Community via both joyful celebration with others as well as selfless service for them ...

I experience Love wherever I Am and radiate Love in all that I Do ...

My caring is unconditional and independent of the external circumstances of my life ...

I Love, and therefore become the embodiment of LOVE ...

I am Aware of my wounds; courageously cleansing myself with a repentance for past mistakes and a forgiveness of self for the same ...

I compassionately and non-judgmentally empathize with others' pains and challenges ...

Speaking gently, clearly and sincerely, I am Understood on deeper levels of my listeners' awareness ...

I Listen intently -- thereby Comprehending others' true essence and enabling their own journeys to self-Healing ...

The cells of my body are full of energy for myself – that my blood might bring Joy to others ...

Infused with intellectual and intuitive clarity, I re-focus my attention on "Great Thoughts" -- those ideas that resonate with the perfect Harmony of the Universe ...

I am humble, choosing to gently set aside all my previous preconceptions and convictions in favor of a mind that is open to new ways of perceiving Life and new ways of living It ...

My thoughts are crystal clear and my perceptions embody a pure, interconnected Awareness ...

Wisdom augments my Being; guiding all of my words and deeds ...

I completely accept what IS and choose to smile with my Life's twists and turns -- It's challenges as well as It's blessings ...

I choose to live in the Here&Now; realizing that every moment's occurrences are constantly scintillating with the amazing "normal"...

Each place and every moment of my Life is full of unique Beauty ...

I steadily revere the magnificence of my Life ...

I perceive everything anew (even the most "familiar" of people, places and events), once more with the eyes of a Child ...

I focus upon the present moment with an eye that searches for, and inevitably finds, raw Amazement -- Possessing that focus, I become that Eye ...

I literally am ONE with the Universe itself, and clearly See the interconnected Totality that constantly sustains It ...

I remember that I am ONE with all the energies of the Universe ...

I artfully combine spontaneity & discipline, sincerity & frivolity, and revelry & service in my everyday ...

I am in Harmony with the flows of the Earth and the inclinations of "Mother Nature" ...

I am aware of the elements that compose my mind-body and act in ways that respect them ...

I am brother/sister to all things living and treat them all with the appropriate Kindness ...

I See all other human beings as **Human Beings** -- sons and daughters of my own immediate Family -- cherishing them all as the intimate Friends they innately are ...

I re-member that Peace can only come to me in those moments when I have the courage to be selflessly Kind to all in my environment -- everything and everyone in it ...

I pro-act Love and radiate that all-potent frequency into the Cosmos -- Desiring nothing in return, I receive the ultimate abundance that is ONENESS with it all ...

Abundance is my birthright; the wealth of Peace flows freely into my life ...

I have everything I need to enJoy my Here&Now ...

I am constantly attracting meaning-full relationships ...

My life is constantly in bloom ...

I brim with energy and am a powerful Force for Good ...

I accept every part of my body and mind ...

I feel the Bliss of simply being alive ...

I experience Love wherever I am ...

I rejoice in my uniqueness, while simultaneously immersing myself in the All ...

I am strong and able; filled with Light and kindness ...

I am naturally enlightened – I already know all that is required of me ...

Perfect Wisdom is within me – I am whole and complete ...

I am an open channel for the creative energy of the Divine ...

I am honest; embodying & enunciating only compassionate Truths ...

I release all goals and expectations by simply doing what I can for others Here&Now ...

My conscient intuition, my vivid imagination and my selfless intentions combine to make everything possible ...

I let my Love flow freely into the Cosmos ...

I stride boldly into this moment to be a Force for Good ...

I have everything I need to serve powerfully and to live joyously ...

There is nothing required of me to receive the Light of God's Love ...

I am deep well of Wisdom; information that I share with actions more than words ...

With creativity and kindness, I fulfill my Destiny – to be an agent of Oneness ...

I see and celebrate the Spiritual Light both in myself and in others ...

I partake of the amazingness in every moment ...

Every cell in my body vibrates with energy and health ...

Kindness continually nourishes my mind, body and soul ...

My body heals quickly and easily ...

I prosper wherever I turn ...

I give thanks, and the more grateful I am, the more reasons I find to give thanks ...

Abundance already flows freely through me -- I already possess all that I need to be completely Happy ...

Love is the essence of all that IS, and I accept Love now ...

I give out Love and it is returned to me multiplied ...

I release desperation and yearning; thereby allowing Love to find me ...

I attract healthy relationships by investing in my relationships healthily ...

I am filled with Joy-full energy and vibrant Power ...

My mind is calm and at Peace ...

I Care for my body as it carries Me through life ...

I believe in my True Self's ability to live a Meaning-full Life ...

I am unique yet interconnected – a wonderful agent of the One ...

I have Faith in the Universal flow towards the Highest Good ...

My life is filled with delightful surprises ...

As I release criticism and condemnation, my life overflows with Friendship and Love ...

I choose to serve others with Kindness, and allow surprisingly wonderful things to happen for me as a result ...

I am at Peace with all that IS ...

I accept myself unconditionally; forgiving my ego its self-centeredness and revering my Soul for its repeated acts of Kindness ...

I am surrounded by loving, caring, kindred Spirits ...

I have Faith in the unerring Moral Guidance that rests within my conscience ...

I co-generate an environment around me that is Kind, Caring and Joy-full ...

My inner Vision is clear and focused ...

I am energetic and productive; my efforts effectively easing the burdens of others ...

My intense gratitude for all that I already have allows me to be easily frugal with my material wealth ...

I use my money and possessions to enhance the Highest Good of Humanity ...

I move and think in Harmony with overall flow of the Universe ...

I am filled with the unconditional Love of Universal Oneness ...

I choose to be at Peace with all around me ...

I choose to be grateful for my life's challenges ...

I am completely free to enliven my True Self ...

I am a forgiving and accepting person ...

In any given moment, I am solely responsible for my Happiness ...

The more I selflessly Love others, the more Love flows back upon Me ...

Love is the eternal and ever-lasting foundation of all that IS ...

I choose to maintain the Gratitude necessary to be filled with Joy ...

Though I see the areas where I can grow as a person, I Love and accept myself exactly as I already Am ...

I deal gracefully with Life's challenges and difficulties ...

I observe myself with gentleness, compassion and forgiveness ...

I am both masculine and sensitive; feminine and powerful ...

With the guidance of my conscience and the assistance of God's Love, I can easily transform any suffering into an empowerment for my subsequent acts of Kindness ...

My problems are my opportunities; the blessed moments when I choose to cease worrying about my own life, and commence with caring for another's ...

I get stronger and more caring every day ...

Everything ultimately works in harmony with the Universe's Higher Purpose ...

I experience more Bliss and Contentment every day ...

I choose to see the positive benefits in every situation & happenstance ...

I live a fulfilling life, with or without others' approval thereof ...

I smile and have fun every day ...

I regularly pause to soak in the Beauty that surrounds me ...

I am freely independent of others' fears and desires, just as I am completely interconnected with their kindness and compassion ...

I accept and love my life exactly the way it already IS ...

I am important in the Grand Scheme of Things ...

My actions and thoughts bring others Happiness ...

Even if not told so directly, I am Loved and appreciated ...

I am grateful for both my Friends and my enemies ...

I possess a unique set of talents, strengths and gifts ...

I am a Good Person, with a gentle and loving Soul ...

I intuitively know how to handle confusing situations ...

I possess an unbreakable combination of strength, humility and patience ...

Whether this moment brings me Joy or pain, I know that it too shall pass ...

I am fun to be with and bring others Peace ...

I am aware of my innate interconnection with my Higher Self ...

I smoothly live my life one moment at a time ...

I am easy-going; flexibly dealing with whatever happens to me ...

I am a bright and creative Force for Good in the Universe ...

I am a loving and caring Steward of the Earth ...

I am calm; accepting whatever comes to me ...

I remain Joy-full despite life's pains and calm amidst life's chaos ...

I have the courage and the ability to bring Peace to life's conflicts ...

I possess the Wisdom to take action when it proves effective and to let Life be whenever that action proves futile ...

I embrace my ever-present opportunity to care for others ...

I am best Friends with my own Soul-Self ...

Whether I happen to perceive it or not, I know that I am Loved ...

I calmly and lovingly detach from my struggles ...

I joyfully set those free I Love ...

I am completely responsible for my Life and all my feelings & beliefs related to it ...

I owe no one any explanations or justifications for my behaviors and choices -- and no one owes me any of the same ...

I Love myself for Who I already Am ...

There are beautiful things happening in my life every moment ...

Change is always a blessing and I choose to see it as such ...

I grow daily in my ability to powerfully Love others ...

I am a rich treasure; ready to be utilized by those in need ...

In this moment, I open myself completely – both to Loving and to being Loved ...

I smile; letting others in on the secret of Joy's omnipresence ...

Knowing my own mortality, I am re-Born in this priceless moment ...

I dedicate my life to serving others unconditionally ...

I possess an intimacy of body, mind and Soul ...

Consciously alive in this moment, I embody the union of Mother Earth with Father Time ...

I walk freely through life's portals that open before Me ...

I eagerly and openly embrace new ideas and fresh perspectives ...

I am Happy and co-create Happiness ...

I am Beauty-full and co-create Beauty ...

I lead a healthy, disciplined, Self-Loving life ...

I Love others unconditionally with considerate acts, caring words and uplifting thoughts ...

I give my gifts of Self openly and powerfully (and silently) ...

I smile with my Destiny's unexpected twists and turns ...

I am a direct reflection of the Universe; clearly perceiving the Present Moment that sustains It ...

I artfully combine spontaneity & discipline ...

I artfully enliven playfulness and sincerity ...

I give that which enhances Goodness ...

Here and Now, I am who I am – I am a perfect Soul and a perfect Me ...

Help and Guidance are allWays present ...

I am an alchemist of Light and Love ...

I do all the Good I can, and let the future unfold as it will ...

In dealing with others, I am gentle and kind ...

I allow myself to be vulnerable to all that is Good ...

I am Joy-fully open to all that soothes me ...

I wrap myself in the peace of Self-Awareness ...

I rest in the light of Forgiveness ...

I give myself permission to enJoy this moment -- without analysis or reservation ...

I freely release all uncertainties, regrets and fears; replacing them with a peaceful acceptance of all that already IS ...

I bask in the glow of all I can be and all I allReady Am ...

I am an essential facet of the Soul of Humanity ...

I am deep well of Wisdom and clarity ...

I spread the Way of Kindness wherever I go ...

My consciousness is a loving center of Divine operation ...

The best there is, is mine to share with others ...

I am Light and connected with all Light; I am Love and at One with all Love ...

