



Affirmations are positive statements and a powerful tool you can use to help consciously contribute in the creation of your personal life experience. It is good to say each statement every day out loud, in a whisper, and silently to yourself. You can say them anytime you choose. It is particularly powerful to proclaim them before and after sleep and/or after spiritual practices such as, meditation, prayer, or yoga. Affirmations can help tune your consciousness to attract more easily and elegantly that which you are affirming.

- ☀ I consciously contribute in creating my individual reality.
- ☀ From my heart I birth wonderful new beginnings.
- ☀ I choose to be confident and courageous.
- ☀ What is meant for me will come to me in Divine perfect order and timing.
- ☀ I follow my intuition.
- ☀ I give and receive in Divine perfect harmony and balance.
- ☀ I receive the power, prosperity, and prestige that is rightfully mine.
- ☀ I stand in my power with truth and love.
- ☀ A fresh, higher level of my life purpose and unique power is being activated.
- ☀ My signature self shines!