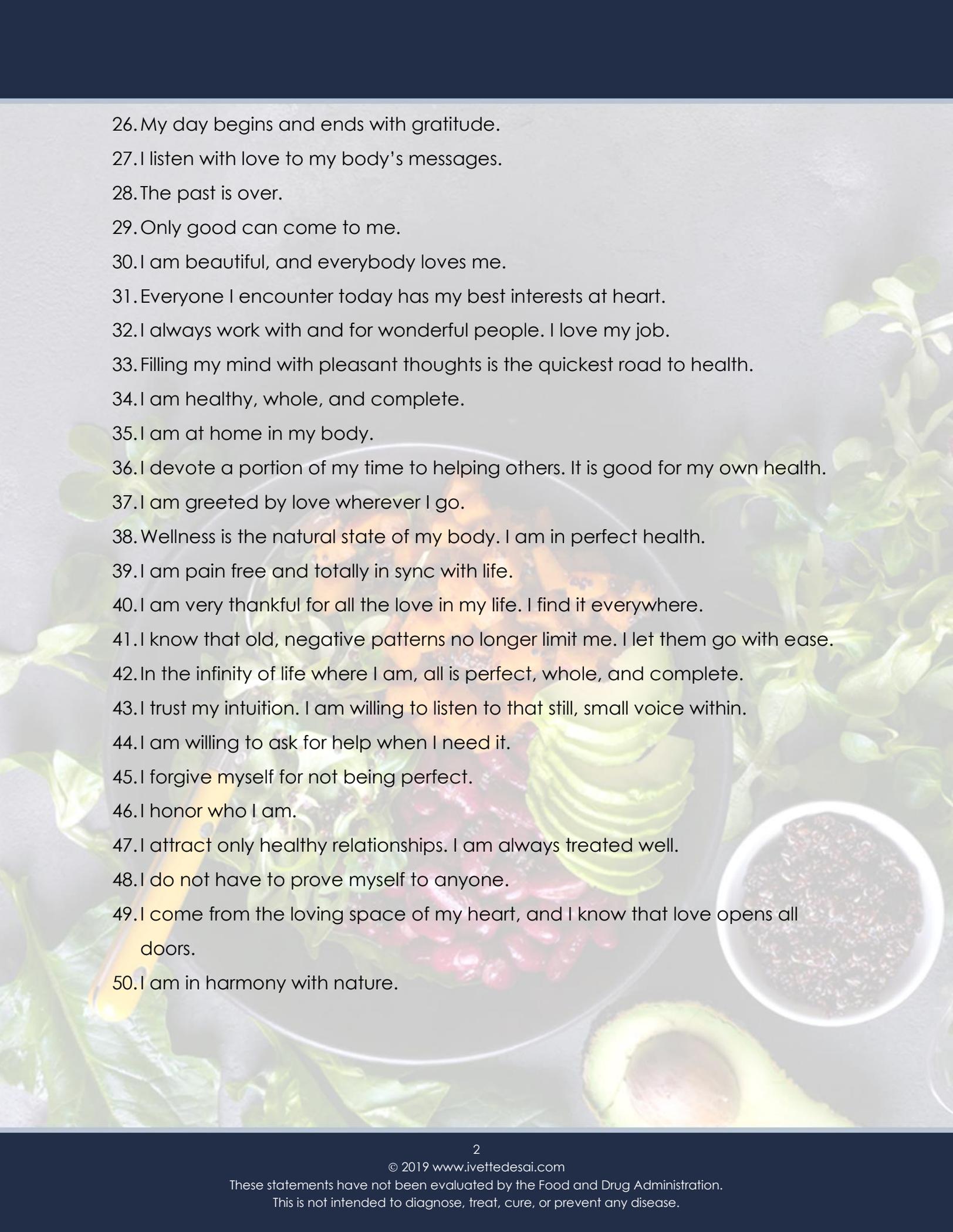


50 AFFIRMATIONS TO AWAKEN THE SOUL BY LOUISE HAY

1. Life loves me!
2. All is well in my world. Everything is working out for my highest good. Out of this situation only good will come. I am safe!
3. It's only a thought, and a thought can be changed.
4. The point of power is always in the present moment.
5. Every thought we think is creating our future.
6. I am in the process of positive change.
7. I am comfortable looking in the mirror, saying, "I love you, I really love you."
8. It is safe to look within.
9. I forgive myself and set myself free.
10. As I say yes to life, life says yes to me.
11. I now go beyond other people's fears and limitations.
12. I am Divinely guided and protected at all times.
13. I claim my power and move beyond all limitations.
14. I trust the process of life.
15. I am deeply fulfilled by all that I do.
16. We are all family, and the planet is our home.
17. As I forgive myself, it becomes easier to forgive others.
18. I am willing to let go.
19. Deep at the center of my being is an infinite well of love.
20. I prosper wherever I turn.
21. I welcome miracles into my life.
22. Whatever I need to know is revealed to me at exactly the right time.
23. I am loved, and I am at peace.
24. My happy thoughts help create my healthy body.
25. Life supports me in every possible way.

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26. My day begins and ends with gratitude.
27. I listen with love to my body's messages.
28. The past is over.
29. Only good can come to me.
30. I am beautiful, and everybody loves me.
31. Everyone I encounter today has my best interests at heart.
32. I always work with and for wonderful people. I love my job.
33. Filling my mind with pleasant thoughts is the quickest road to health.
34. I am healthy, whole, and complete.
35. I am at home in my body.
36. I devote a portion of my time to helping others. It is good for my own health.
37. I am greeted by love wherever I go.
38. Wellness is the natural state of my body. I am in perfect health.
39. I am pain free and totally in sync with life.
40. I am very thankful for all the love in my life. I find it everywhere.
41. I know that old, negative patterns no longer limit me. I let them go with ease.
42. In the infinity of life where I am, all is perfect, whole, and complete.
43. I trust my intuition. I am willing to listen to that still, small voice within.
44. I am willing to ask for help when I need it.
45. I forgive myself for not being perfect.
46. I honor who I am.
47. I attract only healthy relationships. I am always treated well.
48. I do not have to prove myself to anyone.
49. I come from the loving space of my heart, and I know that love opens all doors.
50. I am in harmony with nature.