

Affirmation Meditation text

1. Never mind, what was and what would be...I am at peace
2. I am peaceful and calm
3. I am a powerful soul and no persons, events or relationships can affect me
4. The divine dwells in me
5. I am in the abundance of God's grace always
6. I am completely free of all my emotional hurts
7. I am an emotionally independent being
8. I vibrate positive energy at all times
9. I can smile, stand tall gracefully at all situations
10. I don't expect anything in return from others
11. I keep purity in my thoughts, words and actions
12. I extend unconditional love and forgiveness to all
13. I am sufficiently detached from the energies of others, and I care for them genuinely
14. I am compassionate towards the mistakes of others
15. I don't judge anyone
16. I am pleasant in my body, mind, emotions and energy
17. Love is something that I become
18. I am love and I can give it to others without expecting it to be returned
19. I am not what I do, I am not what others speak about me, I am not what I have
20. I create compassion in me, when I notice the emotional illness in others, because i know they live in pain
21. My right may not match with others right always, so I don't get in unnecessary arguments with them
22. When people walk out of my life, I send them so much love and compassion that they can be back in their own time.
23. I align myself with God's loving wish and I live a purposeful life today
24. At every moment I long to become one with the divine
25. My mind does not fluctuate with others feelings, emotions or behaviour
26. I always maintain my inner equilibrium
27. I don't reject others because of their behaviour
28. I am the energy
29. I am the soul
30. I am love
31. I am peace
32. I am joy
33. I am calm
34. I am happiness

35. I don't give my power to others to hurt me
36. I am compassionate to those who criticise me
37. I carry positive energy wherever I go
38. I accept others as they are
39. My goodness does not depend upon others goodness
40. I am full of God's love, purity and peace
41. I am a friend of God
42. I am the beloved of God
43. I am created out of god's love
44. I reflect God's dream and purpose in my life
45. God takes delight in me, just way I am
46. I see God's will in everything that happens to me today
47. I accept my past, present and future without any resistance
48. I am given power to heal my relationships
49. I am a free and graceful person
50. I am given power to create unconditional happiness, harmony in all my relationships
51. I always speak high energy words, because I know my thoughts and desires manifest into reality
52. I am a powerful being and I cannot be negatively influenced by others
53. I am a fearless being
54. I am detached and I can remain calm at the centre of my being, al all situations
55. I live in divine, I walk with divine and I rest in divine
56. I let go of all what is unwanted in my life
57. I thank God at all situations
58. I desire to live fully, love without conditions and merge with the divine.

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