

Walking Affirmation: It starts now! With each step I am letting go of my past conditioning and allowing myself to grow younger and stronger.

My body knows it and my body shows it!

* I am doing this because it brings me peace.

* I am closer than I've ever been to being who I really am.

* From my innermost Being flows a river of constant healthy renewal

* No matter what challenge or uncertainty comes my way,
I always react from a strong and stable center.

* Every cell of my Being Is Whole and Working In Perfect Harmony.

* I am... whole, strong, perfect, powerful, harmonious, loving and happy.

* I am so blessed to have such amazing stability in my body and in my life.

* I am determined and focused to achieve balance in all areas of my life.

* I always make courageous decisions and accept 100% responsibility for my health and my life.

* My desires are deep, My intentions are clear, My decisions are strong, My trust is complete.

* I see only the beautiful potential in everything I observe.

* I create my world by the way I choose to see it. I choose to see only Love.

* I am so *lucky* to be surrounded by positive and proactive people in my life.

* My heart is open. My mind is open. I am a child.

* What I Believe Is what I Create.

* Every thought I think conditions my inner conscious for abundance. I am what I will to be.

* I am so grateful for the calm in my mind and the peace in my heart.

* My Mind Is Resting Deeply.

* I give to myself so I can give to others. I desire for others what I desire for myself.

* I am pure Light and pure Love. Darkness cannot exist in my presence.