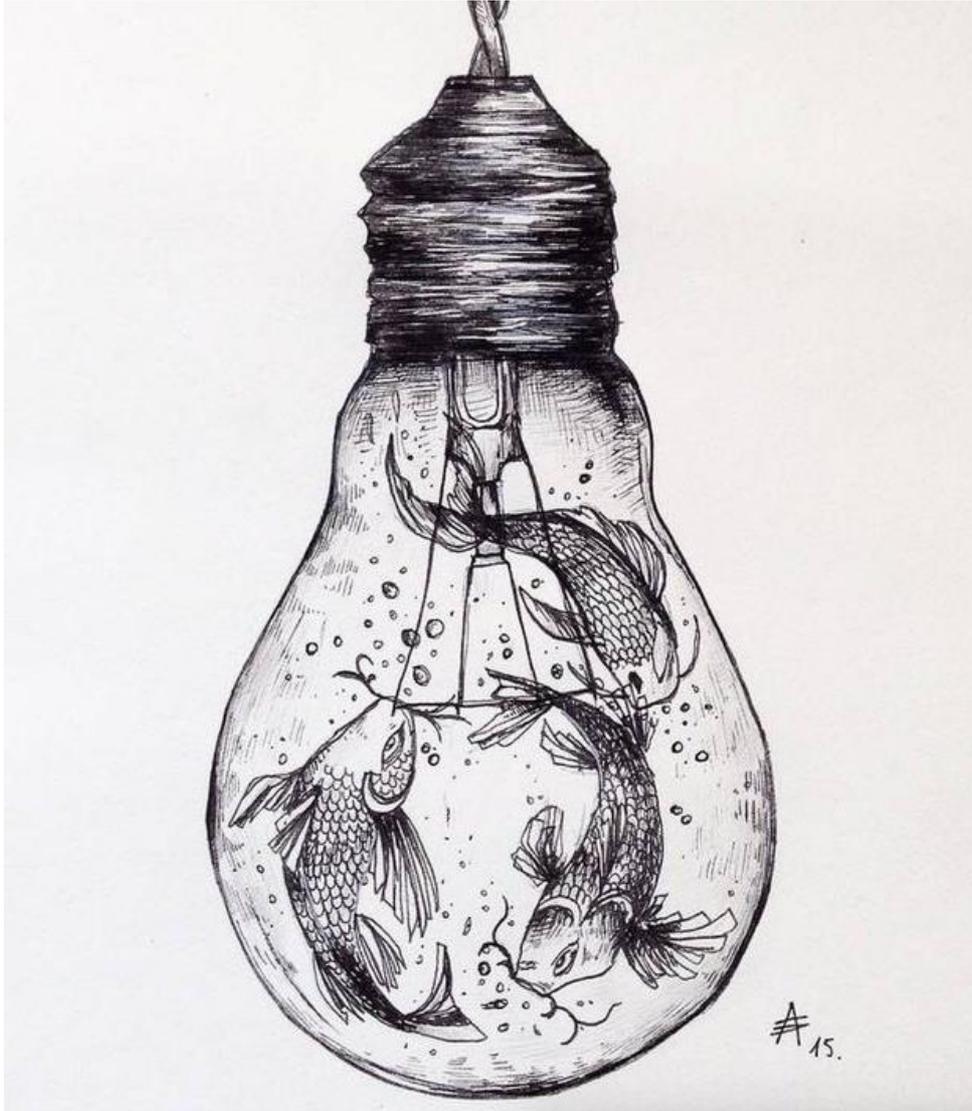


AFFIRMATIONS FOR
LIFE



DR SUSAN KRIEGLER

AFFIRMATIONS FOR LIFE

1. I trust the process of life. I am safe.
2. I allow my thoughts to be free. The past is over. I am at peace.
3. I release the pattern in me that created this. I am at peace. I am worthwhile.
4. I love and approve of myself. I am loving and lovable.
5. I am a Divine expression of life. I love and accept myself where I am right now.
6. This child is wanted and welcomed and deeply loved.
7. I now discover how wonderful I am. I choose to love and enjoy myself.
8. I lovingly take care of my body, my mind and my emotions.
9. I love and approve of myself. It is safe for me to care for myself.
10. I love and accept myself at every age. Each moment in life is perfect.
11. I am a Divine, magnificent expression of life. I rejoice in my sexuality. I rejoice in all that I am. I love.
12. I live in the now. Each moment is new. I choose to see my self-worth. I love and approve of myself.
13. The world is safe and friendly. I am safe. I am at peace with life.
14. Everything happens in the right time-space sequence. Divine right action is taking place at all times.
15. Intelligence, courage and self-worth are always present. It is safe to be alive.
16. It is safe for me to experience joy in every area of my life. I love life.
17. I move forward easily in life.
18. I trust the process in life. Only right and good action is taking place in my life.
19. It is safe to be me. I am wonderful just as I am. I choose to live. I choose joy and self-acceptance.
20. I easily and comfortably release that which I no longer need in life.
21. It is safe to let go. Only that which I no longer need leaves my body.
22. It is with love that I totally release the past. I am free. I am love.
23. I lovingly forgive myself. I am free.
24. The past is over. I choose to love and approve of myself in the now.
25. It is safe to feel. I open myself to life. I am willing to experience life.
26. I am safe. I relax and let life flow joyously.
27. I am safe. It is safe to feel. My feelings are normal and acceptable.
28. I lovingly hold and embrace my experiences with ease and joy.
29. I am completely open to life and joy. I choose to see with love.
30. I am filled with joy. It flows through me with every beat of my heart.
31. I am love. I now choose to love and approve of myself. I see others with love.
32. I see with love and understanding. I hold all my experiences up to the light of love.
33. It is safe to grow up. The world is safe. I am safe.
34. It is safe now for me to take charge of my own life. I choose to be free.

35. I love and approve of myself. I give myself permission to go ahead. It's safe to move.
36. I know that life always supports me.
37. I love and approve of myself. Life supports and loves me.
38. This child is safe and loved. This child is welcomed and cherished.
39. I release the past with love. I choose to voice only love.
40. I centre myself in safety and accept the perfection of my life. All is well.
41. This child is seen with love, with compassion, and with understanding. All is well.
42. There is time and space for everything I need to do. I am at peace.
43. Every experience is perfect for our growth process. I am at peace with where I am.
44. I comfortably and easily release the old and welcome the new in my life. I am safe.
45. I am the joy of life expressing and receiving in perfect rhythm.
46. I gently flow with life and each new experience. All is well.
47. Joyous new ideas are circulating freely within me.
48. I awaken new life within me. I flow.
49. I now choose to live my life in the ever-joyous NOW. My life is a joy.
50. I am well-structured and balanced.
51. In my world, I am my own authority. I am the only one who thinks in my mind.
52. I breathe in life fully. I relax and trust the flow and the process in life.
53. Letting go is easy.
54. I am the loving operator of my mind.
55. It is easy for me to reprogram the computer of my mind. All of life is change, and my mind is ever new.
56. I am free to be me, and allow others the freedom to be who they are. It is safe for all of us to grow up.
57. I declare peace and harmony within me and around me. All is well.
58. I use my power wisely. I am strong. I feel safe. All is well.
59. I give myself permission to be all that I can be and I deserve the very best in life. I love and appreciate myself and others.
60. I see with eyes of love. There is a harmonious solution, and I accept it now.
61. I listen to the Divine and rejoice at all that I am able to hear. I am one with all.
62. I am now willing to see my own beauty and magnificence.
63. I have the power and strength and knowledge to handle everything in my life.
64. I am enthusiastic about life and filled with energy and enthusiasm.
65. I rejoice in my femaleness / maleness. I love being a woman / man. I love my body.
66. I am a decisive person. I follow through and support myself with love.
67. I breathe freely and fully. I am safe. I trust the process of life.
68. My heart beats to the rhythm of love.

69. Joy! Joy! Joy! I lovingly allow joy to flow through my mind and body and experience.
70. My thinking is peaceful, calm and centred.
71. I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.
72. I am flexible and flowing.
73. My parents were doing the best they could with the understanding, awareness and knowledge they had. I set them free.
74. I nourish myself with love.
75. I communicate with ease and joy.
76. I release the pattern of delay within me, and I now allow success to be mine.
77. My life is sweet.
78. I release the need to be right. I am at peace. I love and approve of myself.
79. I am free to speak up for myself. I am now secured in my own expression. I communicate only with love.
80. I decide to be me.
81. I trust my Higher Self. I listen with love to my inner voice. I release all that is unlike the action of love.
82. I open my heart and sing the joys of love.
83. I open my consciousness to the expansion of life. There is plenty of space for me to grow and to change.
84. I handle all my experiences with wisdom, with love, and with ease.
85. I move beyond old limitations and now allow myself to express freely and creatively.
86. All details take care of themselves.
87. I am at home in my body.
88. Others mirror the love and self-approval I have for myself. I rejoice in my sexuality.
89. I move into my greater good. My good is everywhere, and I am secure and safe.
90. I am at peace just where I am. I accept my good, knowing that all my needs and desires will be fulfilled.

This booklet on the Affirmations for Life is also available electronically on my website. To download this booklet as well as a collection of other booklets and CD's, please visit my website – **www.susankriegler.com** - or scan the QR Code below. If you would like to schedule an appointment, please contact my reception.

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