

A person is shown in a meditative pose, sitting cross-legged on a mountain peak. The person is wearing a blue long-sleeved shirt and dark pants. The background is a misty, mountainous landscape with dense green forests and white clouds. The overall atmosphere is serene and spiritual.

*Every cell in my body is healthy and I am immensely grateful.*

*I am calm, peaceful and full of joy for my life.*

*I trust in the flow of divine energy.*

*I offer all of my negative thoughts and emotions to the fire of transformation.*

*My mind is strong, focused and alert.*

*My heart is free of unnecessary burdens.*

*I am courageous and confident.*

*I experience great joy and have great energy.*

*My enthusiasm enables me to experience and achieve great things.*

*My heart is fully open and my mind is beautifully balanced.*

*I am surrounded and protected by divine light.*

*I am incredibly strong and always persevere.*

*I am divine and worthy.*



*I always speak my truth in kind, calm and respectful ways.*

*I strive to understand as well as to be understood*

*I am patient and relaxed.*

*My relationships with others are honest and straight forward.*

*I am a gift to others as they are also gifts to me.*

*I am creating the best version of myself.*