

Thank you for this brand new day.  
Today, I start anew.

Today...  
I know that I AM ONE with the eternal Infinite Being of Love.  
The Infinite Being of Love dwells within me and dwells within all beings,  
And I and all beings dwell within the Infinite Being of love.  
I AM an infinite being of unconditional love and light.

Today...  
I no longer define myself according to others.  
I consciously claim all of who and what I truly AM.  
I allow myself to feel the infinite love that IS me and is within me.  
I know I have the power within me to change my form and my world.

Today...  
I take the time to nurture my inner world.  
I turn down the noise and listen to my heart and soul.  
I tune in to myself and discover my own authentic way of being and doing.  
I allow myself to be the amazing being that I AM.

Today...  
I allow my Love-Self-confidence to permeate my whole being,  
and transform how I perceive myself and others.  
I empower and acknowledge myself; I honour and respect myself.  
I accept myself unconditionally, with total love and appreciation.

Today...  
I know I AM worthy of the very best.  
I AM worthy of my time, my attention, my love and my compassion.  
I take responsibility for my thoughts, feelings and actions.  
I commit to my happiness and well-being in body, mind and spirit.

Filled up with Love and Light, I allow IT to overflow into my world today.

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