



Affirmations: This Day I Am Safe, I Am Loved, I Am Worthy

As the sun rises I am safe, I am loved, I am worthy, I am connected to the light.

As the earth feels solid beneath my feet I am safe, I am loved, I am worthy, I am connected to the light.

As the grass slowly grows I am safe, I am loved, I am worthy, I am connected to the light.

As the wind gently moves I am safe, I am loved, I am worthy, I am connected to the light.

As the fire brightly moves within the earth I am safe, I am loved, I am worthy, I am connected to the light.

As the oceans flow around the earth I am safe, I am loved, I am worthy, I am connected to the light.

As I return from the dreaming planes this day I am safe, I am loved, I am worthy, I am connected to the light.

As all the various peoples around this earth go about their day I am safe, I am loved, I am worthy, I am connected to the light.

As I break my fast to begin this day I am safe, I am loved, I am worthy, I am connected to the light.

As the plants smile at the rising sun I am safe, I am loved, I am worthy, I am connected to the light.

As the many beautiful flowers happily wave with the morning breeze I am safe, I am loved, I am worthy, I am connected to the light.

As the billions of crystals vibrate within the earth beneath my feet I am safe, I am loved, I am worthy, I am connected to the light.

As all the various species of animals do what they need to do this day I am safe, I am loved, I am worthy, I am connected to the light.

As the birds soar in the sky I am safe, I am loved, I am worthy, I am connected to the light.

As the different coloured fish swim in the sea I am safe, I am loved, I am worthy, I am connected to the light.

With each breath I take I am safe, I am loved, I am worthy, I am connected to the light.

With each movement I make I am safe, I am loved, I am worthy, I am connected to the light.

As the blood flows within my veins I am safe, I am loved, I am worthy, I am connected to the light.

As a New Age of Light is dawning I am safe, I am loved, I am worthy, I am connected to the light.

As the power of the One True Light is awakening in all things I am safe, I am loved, I am worthy, I am connected to the light.

As my many guides begin whispering their guidance to me this day I am safe, I am loved, I am worthy, I am connected to the light.

As the angels shine their light brightly upon me this day I am safe, I am loved, I am worthy, I am connected to the light.

As my Higher Self is always with me I am safe, I am loved, I am worthy, I am connected to the light.

