

Power Affirmations to develop a sense of trust and safety in life. By Victoria Lorient-Faibish Med, RP

Read these daily, with feeling and emotion. Breathe slowly before you begin to prepare your mind to be receptive to these words. Does not matter if you believe them or not. The vibration of the words will work on your subconscious mind in order to reprogram it.

1. Thank you, Universe, for showing me that all issues that are pending or problematic are now solved and resolved.
2. Thank you, Universe, for showing me how good life can get.
3. Everything is working out for my highest good.
4. I am deeply supported by life and the universe. I am deeply loved and supported by life.
5. I am safe. All is well. Everything is working out better than I expect.
6. I am relaxed and peaceful with who I am now.
7. I trust in the process of life. Life is safe.
8. The Universe is conspiring on my behalf.
9. I am peaceful and relaxed with the people in my life.
10. I am trusting that people love me, I receive this love openly.
11. I am at peace with my current friends.
12. I am surrounded by supportive, loving, engaging, accepting, self-aware, kindred spirit people at all levels in my life. They enhance my life and vice versa.
13. No matter what I do, say, think or feel, I have unlimited value.
14. I deserve love, kindness, support, and compassion even when I make mistakes.
15. I am now completely free of my childhood impact upon me. I am whole, I am strong, I tap into profound self-compassion no matter what is happening.