

May I be free of suffering.
May I know the joy of my own true nature.

May I be happy.

May I be at peace.



I am light

I experience and radiate love

I reflect truth and purity

I feel peaceful anyway

I choose bliss and joy

I feel whole, calm and confident

The joy springs from my heart.

I choose to be happy anyway

I enjoy good health

I experience peace

I discover joy

I can be free from suffering and fear

All emotional and mental blocks within me dissolve away

I forgive my self deeply and completely

I love myself deeply and completely

I bless myself

I am sacred pure love

I am divine delight

I am the ocean of bliss

It is easy for me to relax and heal

I allow peace, prosperity and joy to fill my life

I allow...

