

My heart is open to creative possibilities for self-expression

**I now inhale the calming energy of peace, of love, of
presence**

I take ownership of my emotional state

I am safe and supported

My anxious thoughts are an illusion

I am awake and alert

I move my awareness to positive thoughts

I feel whole and complete

**I now move forward into a future of happiness, joy,
empowerment, peace, prosperity, and unconditional love**

**Heart-Opening
Affirmations**

My emotions

move freely

through my body

I lovingly release

the past and

welcome my

bright future