



Heartful Affirmations

Heartful affirmations help you to let go of all your worries, relax and feel connected to everyone and everything around you. These affirmations guide the mind in a positive direction by tuning the mind to the heart.

I am deeply connected with everyone around me...Everything surrounding us, the air particles, people, the birds, the trees... everything around me is deeply connected.

I am genuine in my thinking...All human beings are developing correct thinking, right understanding and an honest approach to life. They are attaining rightness in action and perfection in character.

I am calm, clear and confident with my words and deeds.

I am happy, joyful and grateful for all my life experiences.

I am becoming more empathetic, compassionate and loving.

I am balanced. I meditate.