



AFFIRMATION

**In the infinity of life where I am,
All is perfect, whole, and complete.
The past has no power over me
Because I am willing to learn and to change.
I see the past as necessary to bring me to where I am today.
I am willing to begin where I am right now
To clean the rooms of my mental house.
I know it does not matter where I start,
So now I begin with the smallest and easiest rooms,
And in that way I will see results quickly.
I am thrilled to be in the middle of this adventure,
For I know I will never go through
This particular experience again.
I am willing to set myself free.
All is well in my world.**

From You Can Heal Your Life by Louise L. Hay p. 32