

NEW AGE VALUES

1. I accept complete responsibility for creating everything that happens in my life and for being the way I am.
2. I realize that the supreme, eternal, loving, creative Universal Life Force lives within me and everyone, waiting to be used at all times and places.
3. I deserve to have excellent mental, physical, spiritual and emotional health, and I now choose to create these things for myself.
4. I love and accept myself exactly as I am here and now.
5. I acknowledge that everything outside me is a manifestation of something inside me, and that everyone and everything is an aspect of One Living Universe.
6. I realize that I am a spirit of light living in a human body, in order to have experiences and learn lessons during this physical lifetime, which is one part of my eternal cosmic life.
7. I know that life is always occurring here and now, therefore this is the most valuable place and time to focus my energy.
8. I know that my thoughts create my reality, and that whatever I focus my attention on increases, therefore I choose to think powerful, positive, peaceful, loving thoughts.
9. I know that I can choose to experience absolutely every situation in a positive way, and that through dedication, discipline and commitment I can achieve any goal.
10. I realize the great value of honesty, integrity and honour, and I choose to manifest these qualities in my life.
11. I acknowledge all of my emotions and thoughts, and fully realize that I choose them, and I express them freely in healthy, positive ways.
12. I acknowledge the law of Karma - that all of my thoughts, words and actions return to me in one form or another - therefore I choose loving, positive thoughts, words and actions.
13. I am flexible and open-minded, and am willing to positively change and assimilate new awarenesses.
14. I am open to the positive spiritual and other dimensions of life beyond the physical plane, and I totally trust the Universe to safely guide and protect me.
15. I am in touch with and utilize the enormous healing power that is always within me.
16. I realize the immense value of relaxation and meditation, and include these things in my everyday life.
17. I achieve peace and harmony by balancing the logical and intuitive, masculine and feminine, material and spiritual aspects of myself.
18. I deserve to have a permanent abundant supply of money, and I now choose to create this for myself.
19. I think, speak and act in ways that are respectful towards and in harmony with my surrounding environment.
20. I respect the right of everyone to choose their own beliefs and values and to travel their own chosen path in life.
21. I know that planetary transformation happens when individual people transform themselves, and I am totally committed to my own positive personal growth, in my own way, in my own time and according to my own inner guidance.
22. I know that all of us on planet Earth can have health, wealth and loving relationships, and live harmoniously together as one world, and by visualizing and affirming this we are creating a Magical New Age.