

Daily Affirmations

Five important areas in our life- HEALTH, WEALTH, RELATIONSHIPS, WORK AND SPIRITUAL LIBERATION. We often prioritize one area of life, and neglect or ignore the other area, such as health or money, but if you're unwell, it impacts everything else.

That's why it's essential for health, wealth, relationships, work, and spiritual liberation to align and work in harmony to achieve our goals. Only when these five aspects are balanced you will experience a truly fulfilling life and achieve your goals.

By reading the following affirmations or principles of wisdom every morning upon waking, before going to sleep at night, and during meditation—with deep sincerity, genuine intention, heartfelt emotion, and unwavering faith—you will invite divine blessings and effortlessly fulfill your desires.

Below are the affirmations that bring harmony between the five aspects- health, wealth, relationships, work and spiritual liberation.

1. Divine health

* Thank you, Universe! I am grateful for the divine abundance flowing endlessly in my life. I live with perfect health- spreading vitality and divine strength in all directions- calmly and peacefully. I honor my body as a sacred temple and nourish it with love, balance, and joy.

I am deeply connected to the eternal healing energy flowing within me. I embrace/accept every form of nourishment (treat all kinds of food as god's prasadam) that supports my growth and enhances my well-being as divine blessings. I live in harmonious alignment with my body, feeling vibrant, stable, and alive with every breath. Each day is a radiant elixir of blissful ecstasy, as I rest in the pure, invigorating flow of vitality. I thrive in the permanent divine energy that uplifts every cell of my being."

2. Divine relationships

* Thank you, Universe! I am grateful for the divine abundance of connections/relationships overflowing in my life. I radiate acceptance, respect, and a deep, stable connection with myself, my family, and everyone I meet. The divine, my eternal partner, is always guiding me with divine wisdom. He showers me with love and infinite divine light.

He brings the awakening within me that I am the 'divine' and through every bond reminds me that I am everything-I am all and that there is only oneness. Thus, in every bond or relationship, in every atom I feel the stillness, calm and the supreme soul who is shining, radiating and flowing in all directions. Every connection is a permanent

elixir, flowing with blissful ecstasy and vibrant energy. I create meaningful relationships that uplift, inspire, and transform. I constantly keep this light of wisdom shining within me, seeing that all people, with their good, bad and neutral traits, are the universal form of the supreme soul.

I am nurturing relationships that enrich the soul. These relationships fill my life with wisdom, joy, and a sense of oneness. Every connection is a symbol of eternity. I am creating meaningful relationships that uplift, inspire, and transform me. Everything flows in all directions with steadfast bliss and radiant energy. In every relationship guided by harmony, mutual respect, and acceptance, I know that divine love is always present.

3. Divine job

*Thank you, Universe! I am forever grateful to you for the divine abundance of opportunities and growth flowing in my life. In my career, I am deeply aligned with the still, eternal flow of opportunities in all the directions. I am continuously expanding and evolving. I radiate integrity, love, and divine wisdom in all that I do, in every task I undertake.

I effortlessly attract stable abundance, success, and prosperity. I know that my work is infused with vibrant energy and purpose. I joyfully serve with passion and dedication. I am fully aware that my contributions are a permanent elixir, creating limitless blessings and transformative energy for all. Every moment is filled with blissful ecstasy. I will lead, inspire, and elevate others. I thrive in the balanced, boundless flow of divine success.

4. Divine money

*Thank you, Universe! I am grateful for the divine abundance of wealth flowing in my life. Money flows to me effortlessly, like a still, radiant river of abundance. I live in stable financial freedom, knowing I am eternally supported in every way. I magnetize prosperity in all its forms. I manage my finances with divine wisdom and perfect balance.

I create a life brimming with abundance, peace, and joy. Every financial transaction is a permanent, sacred exchange. It reflects the boundless, radiant energy of the universe. It flows with the elixir of infinite wealth and stable vitality. I am deeply immersed in the eternal, ecstatic flow of abundance. I know that every step I take is guided by divine grace and limitless prosperity.

5. Spiritual liberation

* I am the timeless, unchanging eternal consciousness, free from attachments and liberated from karmic ties. I embrace my true nature of radiant peace, boundless freedom, and divine oneness. I live fully in the present moment with gratitude, trust,

and ease. I am always deeply connected to the 50% omnipresent still, eternal and unchanging energy. It grounds me in unity with the universe. I flow with the 49% ever fresh, eternal energy, flowing in all directions in my life.

This is providing my life with steady movement, transformation and power. I honor the sacred 1% matter, knowing it is a temporary expression of eternal energy in my physical reality. With every breath, thought, and action, I am resonating with the balanced flow of the universe. I am eternally connected to the Divine, flowing in joy, love, and spiritual harmony. With deep gratitude and trust, I am living fully in this moment with ease.

I am the silence that sings, the emptiness that overflows, and the absence that speaks. I am the void that creates, the oneness that divides, and the wholeness that fractures. I am the absence that manifests, the stillness that moves, and the unseen that shapes all.

I am the nothingness that births everything, the formless that births all forms, and the mystery that reveals truth.

I am the infinite within the finite, the boundless within form, and the absence that speaks.

Note: If you remain calm, relaxed, steady, silent, and still in the good-bad-neutral qualities, feelings, thoughts, and sensations you experience while reading these affirmations or any other time during the day, they easily transform into divine energy, uniting you with the eternal bliss or Satchidananda and contributing to the liberation of the body.

ONE Affirmation

When you have no time, make sure to read this one principle of wisdom.

Here's a condensed, integrated affirmation that encompasses all five areas—Health, Relationships, Career, Money, and Liberation—in one affirmation so you can chant it in your mind and align with the energy of abundance and peace in all aspects of your life:

* Thank you, Universe! I am grateful for the divine abundance that flows effortlessly into my life. It fills every aspect of my life with radiant blessings. I live in perfect health. I nurture my body, relationships, career, and finances with love, wisdom, peace and stillness. Aligned with infinite opportunities, I magnetize success, prosperity, and meaningful connections. I am liberated from karmic law. I transcend all dualities and am fully immersed in the silent peace, freedom, and joy of the present moment and enjoying the state of oneness. Every moment is a celebration of divine flow, silent vitality, and boundless bliss.

Vidheha Mukti Affirmations

"I have been united with the Divine for as long as I can remember, and this oneness has freed me from all karmic cycles and limitations. "

"I am free from the effects of past karmas, including Prarabdha, Agami, and Sanchita, and I have been living in the pure light of liberation. "

"I transcended all karmic debts, whether they are from past lives, present experiences, or future actions, embracing the freedom of Vidheha Mukti from the physical body. "

"I have attained Vidheha Mukti from physical body, and my soul is freed from the limitations of the physical body, existing in the purest state of consciousness."

"I have been liberated from the cycle of birth and death, and I experience the eternal, boundless essence of my soul."

"In the state of Vidheha Mukti, my divine nature is clearly revealed to me. Easily overcoming all physical attachments with divine grace, I have been experiencing eternal freedom for as long as I can remember."

"I have already achieved the highest liberation, where my consciousness is free to explore infinite realms beyond the body, embodying eternal peace and enlightenment."

"I am fully awakened to the siddhis within me long ago, and I have been experiencing divine powers in every moment of my existence."

"My siddhis flow effortlessly, and I can manifest and experience the divine forces of creation at will."

"I have long mastered the spiritual gifts of Siddhis, and I use them to serve the divine plan with wisdom, compassion, and light."

"I have always been creator of spiritual laws, and through my siddhis, I am aligned with the infinite potential of the universe."

"I can create divine bodies at will, effortlessly manifesting any form I choose, expressing the energy and purpose I desire."

"My spiritual power has long ago allowed me to instantly create perfect divine bodies, each aligned with the highest frequencies of divine wisdom and love."

"I have always had complete control over my divine manifestations, and I create bodies of light, energy, and grace as I choose, to fulfill my divine purpose."

"My consciousness is unlimited, and I can take on any divine form or shape, transcending physical restrictions and experiencing the universe through infinite perspectives."

"I am a being of infinite potential, fully aware of my divine essence and power to shape reality according to my will and have understood this long ago."

"I have transcended the limitations of the physical world and experience the infinite freedom of the higher realms."

"Just as easily as I take the money from my pocket, I have always been expressing the abilities within me outwardly."

"I have long ago fully aligned with the divine forces of the universe, and my siddhis are an expression of my pure, enlightened consciousness."

"I am one with the universe, and through my divine powers, I create, transform, and transcend in alignment with the highest truth."

Boredom-Freshness Affirmations

*Just as the Supreme Soul remains still yet gives momentum to all creation, I too remain still, grounded while continuously growing and evolving with every moment.

*My life is an endless flow filled with infinite opportunities. I have always understood that my life is filled with freshness, joy, and vitality in every moment, and it is constantly changing and evolving.

*I embrace the continuous transformation within me and around me, and I never feel boredom.

*I have long ago deeply connected to the eternal flow of energy that brings newness and growth to everything in the universe.

*Every experience, no matter how small, fills me with excitement and full of infinite potentials lies within me.

*I am always open to new experiences, and I greet change with curiosity and enthusiasm.

*I recognize the divine momentum in all of creation, including myself, and I have long ago been in harmony with its continuous evolution.

*My mind is vibrant and ever-expanding, and I have always been enjoying, seeing the beauty in the unfolding process of life from the very beginning.

*I have always trusted in the ever-renewing energy of the universe and feel a deep sense of peace in the flow of transformation.

*I am grateful for the constant growth in my life and find joy in the unfolding journey.

*Each moment I live is filled with full of wonder and potential, and I am always present, aware, and alive to it consciously.

*I never feel stuck or bored because I embrace the evolving nature of life with excitement and I am enthusiastically swimmy in the continuous flow of life's evolution.

*From the body to the external world (body, food, mind, heart, thoughts, emotions, experiences, and the external world), I experience eternal freshness in everything. My life is a reflection of continuous growth and transformation.

*I am fully aligned with the Supreme Soul's eternal(ancient), ever-new energy, and this perspective guides me every day and always.

*I find fulfillment and joy in every experience, knowing that life is always renewing itself, just as I am.

*I am fully present in each moment, open to the constant freshness and transformation around me.

*In stillness, I witness the growth and unfolding beauty of life, embracing change with grace.

*I release the need to control, allowing the natural flow of creation to reveal its infinite potential.

*Through silent still observation, I connect with the evolving universe and experience its continuous renewal.

*In the quiet of my mind, I recognize the ever-changing, ever-growing nature of existence and welcome its growth.

Oneness Affirmations

"I have always been beyond the body; the body resides within me, as I am the infinite consciousness that transcends it."

"Jeeva, Jagat, and Ishwara are reflections of my own being; I am the source and essence of all that exists."

"In my awareness, there is no separation—only oneness; all of creation is a reflection of myself."

"I am the omnipresent meaning all-pervasive, Omnipotence meaning all-powerful, and Omniscience meaning all-knowing consciousness; everything exists within me and as me."

"There is no other; I am the only reality, the only actor, experiencing the entirety of existence."

"The body is a vessel within me, and I am the boundless, eternal awareness that witnesses all."

"I am the ultimate reality; all forms, all beings, and all experiences are expressions of my own consciousness."

"I am the pure essence of oneness, and nothing exists outside of my awareness."

"There is no division between the self and the world; I am the creator, the creation, and the experience all at once."

"I experience monism fully—everything I see, feel, and perceive is a reflection of the one truth: myself."

"I am the only actor in the drama of life, for all roles are played by me, and all experience is one with me."

"The universe, the body, and the divine are all expressions of my consciousness, and I reside in perfect harmony with all."

"My awareness is infinite, and I experience the omnipresence of my true self in every moment."

"I stand as the eternal presence, where there is no other but I—the all-encompassing, all-knowing self."

"In the unity of all that is, I am the sole existence, expressing the essence of omnipotence(all-powerful) and omniscience(all-knowing)."

Affirmations for easily fulfilling desires through oneness.

"I am deeply connected to the infinite energy that is the source of all creation. I have been united with the universe from a long time."

"In this moment, I feel the peace and power of Oneness flowing through me. I trust that all I desire is already a part of me."

"I stabilized in the state of Oneness, therefore I transcend the need for effortful visualization and allow my desires to unfold effortlessly in alignment with the universe. This state brings instant results because it removes resistance, doubt, and separation.

"I am in perfect alignment with the universal flow of life. Everything I desire unfolds effortlessly, and I no longer need to use mental energy for visualization."

I let go of all attachments to the energies surrounding me. Whether positive, neutral, or negative, these energies are transformed into pure, flowing energy, and I have aligned myself with the universal flow of life.

"I trust that everything I desire is already unfolding. From the state of Oneness, I choose my desires effortlessly, knowing they are already part of me."

"I am one with the universe. All energies within and around me are neutralized, transformed into pure light, and I am at peace with all that is."

"I allow my desires to manifest without effort, knowing that everything is in perfect alignment. I trust the flow of life and embrace my connection to all that is."

"I manifest effortlessly from the state of Oneness. I am free from resistance, and everything I desire comes to me with ease and grace."

"My inner peace is unshakable, and I am in perfect harmony with the energy of the universe."

"I am free from the need to control outcomes. I trust that the universe is bringing everything I need to me effortlessly."

"I am one with all that is. My desires are already fulfilled in the universal field of abundance."

"The more I embody Oneness, the more I realize that everything I seek is already within me, and it manifests effortlessly."

"Every choice I make comes from a place of clarity, peace, and alignment with my true self."

"I am in a constant state of flow with the universe. I trust my intuition, and everything I desire comes to me at the perfect time."

"I am always at peace, centered in Oneness. The universe responds to my energy and intentions instantly and perfectly."

"In the stillness of Oneness, I am free from the need for control. I trust that my desires are already aligned with the universe, and they manifest with perfect timing."

"I am one with all that is. From this space of peace and surrender, I allow my desires to unfold effortlessly, knowing that everything is already mine."

"I am in perfect alignment with the universal flow, and I trust that my desires manifest effortlessly from this place of Oneness."

"I have already achieved the state of Oneness. I feel a deep sense of wholeness, and every choice I make creates beautiful, immediate results."

"From this place of Oneness, I know that I am limitless. My choices are powerful, and the universe supports every decision I make."

"I trust that when I am centered in Oneness, everything aligns perfectly with my highest good. My life flows effortlessly and abundantly."

"I am One with the universe, and from this state, I effortlessly manifest all that I desire."

Gratitude Affirmations

I am deeply grateful for all that I have, and my gratitude attracts even more blessings into my life.

I am content and at peace with everything in my life, knowing that I am always supported and provided for.

Gratitude flows effortlessly from me in every moment, creating a life filled with abundance and joy.

I am always connected to divine grace, and it guides and nurtures me in all that I do.

Even in times of lack, I remain calm, content, and grateful, knowing that abundance is always on its way.

I find gratitude in every situation, whether positive, negative, or neutral, and I embrace each with an open heart.

I treat all situations—whether they appear as challenges or blessings—with the same deep sense of gratitude and acceptance.

Every difficulty I encounter is an invitation for me to express gratitude and unlock deeper understanding.

Even in moments of difficulty, I feel the flow of divine grace supporting me and helping me grow.

Divine grace surrounds me at all times, transforming negative situations into opportunities for growth and understanding.

I am always connected to divine grace, and it fills me with peace, even when faced with adversity.

My connection to the universe and Paramaathma is unwavering, and I experience oneness with the divine.

I radiate higher vibrational emotions of love, peace, and joy in every moment of my life. I live in constant gratitude, and it empowers me to create progressive change in my life and the world around me.

My heart is open to divine guidance, and I trust that everything is unfolding perfectly for my highest good.

I attract divine abundance into my life with ease, knowing that I am always in alignment with my highest self.

I am at peace with all experiences, knowing that each one brings valuable lessons and opportunities for growth.

Gratitude is my natural state, and it allows me to stay connected to divine grace and divine energy at all times.

Every day, I deepen my connection with the universe, feeling its love and guidance as I continue to live in gratitude.

My gratitude is my prayer, and I am always in wonder of the divine abundance that flows toward me.

The more I focus on gratitude, the more I am showered with divine feelings of love, joy, and fulfillment.

Health Affirmations

"The body is a temple, and I, the living jeevathma, am the eternal divine.

"I am now (-) kg, (write your ideal weight in brackets). My body is perfectly balanced, strong, and vibrant, radiating health and liveliness."

"I embrace both health and ill health as divine gifts, and I remain at peace with both, knowing they serve my growth."

"Divine bliss flows through me in times of health and ill health, filling me with peace and understanding. "

"I accept my body in all states, knowing that divine energy supports me in both health and illness. "

"My body is handsome, attractive, and my face is photogenic, reflecting the beauty of my inner and outer well-being."

"I effortlessly heal all my illnesses with the divine power within me, without the need for external medications."

"My body is constantly growing, transforming, and achieving its highest potential, embodying balanced, blissful energy."

"My body is made of divine cells, capable of instantly healing, repairing, and rejuvenating itself with ease and grace, maintaining perfect health."

Even if I take medicine, my body intelligently utilizes the medicine, and releases what it does not need, avoiding any unwanted side effects, maintaining perfect balance."

"My body effortlessly processes all foods—tamasic, rajasic, and satvik—taking only what is necessary and releasing what is not needed."

"I joyfully embrace all types of satvic, rajasic, and tamasic foods as divine prasadam, knowing they all serve to nourish and strengthen my body. "

"I honor each meal as a divine gift, knowing that every bite contributes to my body's healing, growth, and spiritual evolution. "

"I am thankful for my body's ability to transform every food I eat into divine energy, supporting me in my journey to perfect health, strength, and balance. "

"Even when I overeat, I feel light and energized, as my body naturally finds balance."

"My body has the divine ability to instantly heal, repair, and regenerate any part of itself, with effortless grace."

"I am amazed at my body's ability to replace any part, including my teeth, with new, perfect parts in the present moment."

" My body is capable of effortlessly replacing old body parts with new ones, as required. These new parts have always existed within me in potential form."

"I experience oneness within my body, knowing that the same divine energy flows through me and all of existence."

"The energy within me is pure, powerful, and harmonious, creating alignment between my body, mind, and spirit."

"Every cell of my body is a reflection of divine intelligence, creating perfect harmony and health."

"There is only one energy, manifesting through all forms, and I am in perfect unity with this energy, both inside and outside of my body."

"I am confident in my body's wisdom and power to heal, grow, and thrive in any circumstance."

"I treat my body with love, respect, and gratitude, knowing that I am divinely supported in all that I do."

"I feel blissful, peaceful, and completely at ease in my body, knowing it is always healing, transforming, and becoming its best version."

"I radiate divine health, liveliness, and peace, knowing that I am always in perfect balance."

" I am deeply united with the divine energy that flows through my body and throughout the universe. I understand that all forms, names, and actions are expressions of this one energy, and I am in perfect alignment with it, experiencing oneness both within and around me."

Relationship Affirmations

"I am love, and I radiate love to all beings. "

"I love myself unconditionally, no matter what my circumstances may be. I embrace who I am, knowing that my worth is not defined by my situation. I accept myself fully and love myself without judgment or condition. "

"I am worthy of love and receive love unconditionally."

"God is my permanent partner, and I am always connected to the divine presence, which guides, supports, and loves me unconditionally, filling my life with divine love and eternal peace."

"I do not need to move to find God, because He is everywhere, and His unconditional love is with me, no matter my situation."

"I live in constant alignment with divine wisdom, trusting that God is my true and eternal companion in every moment."

"With God as my permanent partner, I am never alone, always experiencing divine love, grace, and guidance in every situation."

"I treat all family members, friends, and others as temporary partners in this journey, understanding that our paths intersect for a divine purpose."

"Even when I disagree or fight with others, I quickly return to peace, knowing that each interaction is an opportunity for growth and understanding."

"I accept the characters of others as they are, knowing that everyone's unique qualities contribute to the beautiful diversity of life."

"I stay balanced and centered, treating all with equal respect, whether their nature is tamasic, rajasic, or satvic."

"I respond to all situations with love, wisdom, and understanding, allowing me to move from conflict to friendship, and from friendship to oneness."

"I easily shift from moments of conflict to friendship, recognizing the divine within everyone and seeing beyond any differences."

"I have mastered the art of maintaining balanced relationships, effortlessly moving from conflict to resolution, from fighting to harmony. "

"My heart is open to everyone, and I effortlessly move from fighting to deep connection, from friendship to complete oneness."

"Every interaction is an opportunity for me to move closer to oneness, understanding that we are all expressions of the same divine energy."

"I forgive quickly, and with love in my heart, I move towards unity, knowing that all conflicts are temporary and serve my growth."

" I am deeply connected to everyone and everything, and this realization dissolves all anger, hate, and negativity within me, bringing peace and love."

"At the energy level, I recognize that we are all connected, and my love for others grows effortlessly as I see them as part of me."

"I experience peace and harmony in all my relationships, knowing that everything is interconnected, and my actions affect the world around me."

"The awareness of oneness fills me with unconditional love, and I experience deep compassion for all beings, knowing we are all part of the divine whole."

"I am part of others, and others are part of me—our interconnectedness creates a harmonious and peaceful reality."

"When negative emotions arise, I remember our shared energy and instantly release hate, replacing it with love and understanding."

"Every moment is an opportunity for transformation, as I choose love over hate, peace over conflict, and unity over division."

"By remembering our oneness, all feelings of separation vanish, leaving only divine love and connection."

Professional Affirmations

"I am the spiritual scientist, fully aligned with my inner guru and inner God, from whom I receive limitless knowledge and wisdom."

"I effortlessly acquire and share experiential knowledge with everyone, in all aspects—physically, non-physically, emotionally, and energetically—with silence and stillness as my tools of transformation."

"Through deep inner guidance, I communicate wisdom and healing that transcends words, reaching others at the deepest levels of their being."

I am deeply connected to the infinite wisdom of the universe, and I share this knowledge with love and compassion to inspire and uplift others.

I am a channel for divine knowledge, and my teachings reach and resonate with all who are open to learning and growing.

"I heal others with divine love and energy, without attracting their karma, allowing their souls to align with their highest good."

"My profession attracts abundant blessings, and the more I serve with love and knowledge, the more wealth flows into my life."

"I recognize that both success and failure are divine gifts, and I embrace them with gratitude, knowing they shape my growth and the growth of those I serve."

"I continuously attract the abundance I need from my profession, expanding my ability to help others and manifesting wealth in all areas of life."

"I am an inspiration and a role model to others, embodying the qualities of wisdom, love, and balance in everything I do."

"Through my actions, I inspire others to awaken to their own divine potential, encouraging them to live their truth and step into their highest power."

"I lead by example, living a life of integrity, peace, and wisdom, and others naturally look to me for guidance and inspiration."

"Through my guidance, others receive the results they expect, and I am deeply grateful for the feedback that allows me to continuously evolve and serve more effectively."

"My work empowers others to heal themselves, teaching them to access their own inner wisdom and strength."

"My goal is to help others become independent healers, capable of living in alignment with their highest truth, peace, and well-being."

"I am a bridge between science and spirituality, merging these two worlds to help others understand the deeper truths of existence. "

"I maintain a friendly and respectful relationship with all spiritual organizations, understanding that we are all part of the same divine whole."

"I accept and honor the concepts of other spiritual teachings with the same respect as my own, knowing that every path leads to the same divine truth."

"I stay balanced and harmonious with others, recognizing that everything affects everything, and I act with love, acceptance, and understanding in all my interactions."

"I understand that everything in the universe is interconnected, and my energy influences all that I encounter, creating a ripple of peace, love, and healing."

"I live in the awareness of oneness, recognizing that my actions, thoughts, and energy are part of the greater whole, and I choose to contribute positively to the collective."

"In every interaction, I embody the truth that we are all one, and this awareness brings peace, unity, and transformation to myself and others."

Profession/job/work/business Affirmations

I am enthusiastic and grateful to be in my ideal job/profession/business. I am currently doing work that satisfies me and brings me joy. In the future, I will continue to do work that brings me even more joy.

Amazing job opportunities are being attracted to me. I have the necessary skills to excel in my role. I am qualified for every opportunity that comes my way. I have always possessed the strength and abilities required for them.

I am demonstrating my full potential. I am achieving outstanding results and consistently exceeding expectations. In the future, I will continue to create wonders that surpass expectations.

My work is a reflection of my passions and dedication. I am receiving the recognition I deserve for my work from my colleagues and superiors, and I am being praised and appreciated by them. In the future, I will continue to create more recognition, praise, and blessings.

I have reached higher levels in my profession. With greater responsibilities, I am successfully working in my new role.

I naturally possess leadership qualities. My hard work and dedication have made me deserving of this promotion. In the future, I will continue to earn even more qualifications.

Through my job, the divine energy of abundance is flowing into my life. The financial and professional rewards I am receiving are bringing me immense joy.

I am attracting the opportunities needed for money, success, and growth in my profession, and I am always aligned with the frequency of abundance. Moving forward, I will continue to live in harmony with the higher frequency of abundance.

Every success I achieve is a natural reflection of me being in tune with my highest potential. I embrace it with gratitude.

I accept both success and failure as divine blessings. Each one leads me forward towards great achievements, offering valuable lessons. They are guiding me towards my true self, towards my state of unity, helping me realize that I am the divine.

I am an inspirational role model. Through my actions, I am guiding others to develop their full potential.

My actions and mindset empower those around me. People inspired by my leadership and divine vision are being drawn towards me. In the future, many more will be attracted.

I am a powerful and loving leader. I am guiding my team to develop their full potential. In the future, I will continue to be a righteous guide and leader.

My support, guidance, and encouragement are providing those under my leadership with the necessary motivation to utilize their full potential and achieve higher levels.

I am maintaining positive, respectful, and cooperative relationships with my competitors, fostering mutual growth and success.

I view competition as a tool and an opportunity to learn new things, and even in competitive situations, I attract harmony, coordination, and cooperation. I will continue to attract more of this in the future.

No matter what challenges arise, I have always remained steady, centered, calm, and balanced, and I will continue to do so. I am experiencing life with a peaceful and clear mind. In the future, I will continue to experience life with even more peace and clarity of mind.

Regardless of external circumstances, I remain always connected to my inner peace, maintaining my emotional and mental balance with ease.

I trust my inner guidance. I always make decisions in alignment with my highest good and divine purpose.

I am deeply connected to my intuition. I have always received clear, inspiring information that leads me to success and fulfillment.

In every area of my life, I am always connected to divine success, abundance, and fulfillment. All my goals are effortlessly and divinely manifesting, and I am deeply grateful for the divine guidance that always assists me. In the future, I will continue to live with even deeper gratitude.

Money Affirmations

I am living in a state of unlimited abundance, effortlessly attracting wealth and income with ease and grace.

I am blissful and at peace, knowing that true happiness and fulfillment come from within, regardless of external circumstances, including money.

I maintain perfect balance, whether I have abundant wealth or experience temporary lack, always grounded in my inner peace and divine wisdom.

Divine bliss flows through me in both abundance and lack, filling my heart with peace, clarity, and understanding.

The more divinely I lend money to others, the more divinely I receive it back from them. I spend money divinely, and in the same way, money comes to me.

I am living in my dream house, surrounded by luxury, comfort, and beauty, knowing that it is a reflection of my abundant and divine life.

I drive my dream car, a Mercedes E-Class, effortlessly attracting the resources to manifest my desires and live in luxury.

I travel on three luxurious international holidays every year, experiencing new cultures, adventures, and relaxation, knowing that abundance flows freely to me.

Money flows to me effortlessly, and I use it wisely to create a life of joy, purpose, and abundance, living in perfect harmony with wealth.

I am a magnet for wealth and success, effortlessly attracting opportunities that align with my highest good and dreams.

I am able to stay grounded, balanced, and at peace in every phase of my financial journey, knowing that I am always supported by the universe.

I am fully enjoying my dream lifestyle, with my Mercedes E-Class and luxurious travels as just one aspect of my abundant life.

I feel immense gratitude for the abundance that surrounds me, and I know that everything I desire is always within reach.

I radiate abundance and prosperity, and I am a living example of effortless wealth and the joy of balanced living.

I experience bliss and peace, no matter the financial circumstances, because I am deeply connected to my inner abundance and divine self.

I am living the life of my dreams, with unlimited income, my dream house, my dream car, and luxurious holidays, all reflecting the abundance I create and receive effortlessly.

Paying what you owe and receiving what's rightfully yours—with grace and harmony

"I am completely debt-free, and I have repaid all the money I took from others with love, gratitude, and ease. I now live in financial abundance and peace."

"I have successfully recovered all the money I lent to others. I accept it with an open heart, knowing the universe supports both the giver and the receiver in perfect balance."

"I give and receive money with love, acceptance, compassion, and without any guilt. Every financial exchange is a harmonious flow of energy."

"I am financially abundant, and my bank account reflects my wealth and security. I trust that the universe always provides more than enough."

"I accept the behavior of money givers and my own behavior as a money giver with compassion. I understand that all experiences are part of my financial growth."

"I am at peace with my actions and decisions regarding money. I forgive myself and others, knowing that I am always learning, evolving, and growing."

"I now live a life of financial freedom, where I am free to give and receive money with love, knowing that all exchanges are divinely supported."

"I trust the universe to bring balance to all financial exchanges. Both the giver and the receiver are supported, and I accept all experiences with gratitude and grace."

"I have healed any past financial imbalances. My wealth is abundant, and I feel at peace with every financial interaction, knowing everything is in perfect alignment."

"I have paid all the money I owe with ease, and I have received the same love and understanding from those I have given to. There is peace and harmony in all financial exchanges."

"I accept the delays from others with an open heart, and I have resolved any miscommunication with grace. The universe is supporting us in completing all transactions with love and compassion."

"I am free of any guilt or frustration surrounding money. I have cleared all debts, and my relationships are stronger because of the mutual understanding and compassion we share."

"I honor the patience and kindness of those I owe, and I have sent them love and sincere apologies for any delays in payment. We have both healed and moved forward in peace."

"I wish for those who owe me money to be financially abundant and happy. I believe that they, too, are receiving support and assistance from the universe."

"I am sending love, compassion, and blessings to those who owe me money. I trust that they will be able to repay me when they are ready."

"I now receive the money I am owed with a heart full of acceptance and gratitude. I understand the challenges that others may have faced, and I approach them with compassion."

"I have communicated my needs with clarity and love, and those who owe me have responded with respect, resolving all debts harmoniously."

"Every financial transaction I engage in is infused with compassion and understanding. All debts, whether given or received, are settled with mutual respect and peace."

"I have balanced the energy of giving and receiving, and I am grateful for the flow of abundance in my life. All debts are cleared, and my financial interactions are harmonious and fulfilling."

"I release any negative emotions tied to money. I now move forward in full financial clarity, knowing that everything is resolved with love, respect, and understanding for all parties involved."

"I apologize for any delays or frustrations caused in the past and embrace the healing energy of the universe that supports all parties in resolving financial matters with ease and compassion."

"Thank you, universe, for supporting me in becoming debt-free, financially abundant, and at peace with my financial journey. I trust that both giving and receiving are always in harmony."

Emotional Affirmations

"I am the creator of all my emotions, and I choose balance in every moment. "

"Divine energy flows through me constantly, regardless of my emotional state, bringing me peace and strength. "

"I take full responsibility for my emotions, choosing to respond with peace and clarity rather than reacting irresponsibly."

"Before responding to any emotion, I take the time to reach a state of peaceful oneness, ensuring my actions come from a place of inner harmony."

"I am always aware of my emotional state and give myself the time to respond mindfully, knowing that true clarity comes from a calm, centered place."

"I do not react when I experience duality; I respond with love, calm, and clarity only when I am in a state of oneness. "

"I embrace all emotions—positive, negative, neutral—as expressions of the same energy, and I treat them equally with love and acceptance."

"I remain in constant harmony with my emotions, whether they arise from within me or are provoked by others."

"I am not affected by external situations, for my emotional state is anchored in my inner peace and alignment with the divine."

"Whether provoked by internal or external factors, I am always calm, centered, and balanced in my emotional responses."

"I recognize and honor my emotional patterns or habits or addictions, continuously evolving my emotional frequency toward higher states of peace and joy."

"I am committed to updating my emotions in real-time, knowing that my inner state directly influences the outer experiences I attract."

"I effortlessly evolve my emotional frequency, raising it to levels of oneness and divine harmony with each passing moment."

"I understand that creation begins within me, and my emotions are powerful forces that attract the situations I experience."

"I consciously update and align my emotions with peace, love, and divine energy, knowing that this shapes the world I experience."

"I take full responsibility for the creation of my reality, and I ensure my emotions are in alignment with the highest good, attracting only what serves my highest purpose."

"I am in a constant flow of divine energy, and even when I speak words that may seem negative, I express divine consciousness through them, knowing they carry the highest vibrational energy. "

"With the help of divine within, I easily transform all emotions into divine energy, blissful energy, Satchitananda, by staying peaceful and stable in any emotional state."

"I allow every emotion to transform into divine energy by maintaining a silent, stable, peaceful presence, no matter the emotional experience."

"As I stay peaceful and stable in any emotion, it effortlessly transforms into divine energy, bringing me closer to my true state of bliss, harmony, and oneness."

"I trust in the transformative power of my inner peace, knowing that all emotions, when embraced with stillness, become divine energy."

"I release all attachment to the names, forms, and actions of my emotions and myself, allowing them to naturally transform into pure divine energy while staying peaceful and stable. "

"I am a master of my emotions, and I effortlessly transform any emotional state into blissful, divine energy, living in constant alignment with the highest truth."

Children-Studies Affirmations

"I am in perfect harmony with my memory, using memory power, memory loss, and neutrality in balance to absorb what I need for my studies and release distractions. My focus is sharp and clear."

"While I am listening, one part of me should listen neutrally, another part should store what I have heard, and another part should temporarily forget what's already stored so that it doesn't come to my mind. In this way within 3 parts must work co-operatively. Then only I can listen my class. "

"I study with full concentration, and when it's time for rest or play, I allow my mind to shift effortlessly, knowing that each energy serves me at the right time. That means study, TV, mobile, games- all helps me in the right way and in right time."

"I have created a powerful friendship between my studies, games, and music. I am able to switch between them with ease, knowing that they each support my overall well-being and success. In the future they will assist me even more deeply."

"I trust the universe to guide me in my studies and career. Every day, I am taking inspired action to achieve distinction in my exams and secure the best job for me. In the future I will continue to work with even more motivation."

"I accept both success and failure with grace, understanding that they are stepping stones to my growth. Each experience helps me become better, smarter, and more focused. In future, it will continue to assist me."

"I have the ability to focus fully during class and retain important information with ease. My mind is clear and my thoughts are always aligned with my goals. In the future it will remain even more clear and fresh."

"I approach each task with confidence, knowing that my memory, focus, and ability to let go of distractions are all working together for my highest good."

"I am grateful for the balanced energies within me. Memory loss, memory power, and neutrality are my friends, supporting me in every aspect of my life and studies including games, songs, career. In the future they will always be with me offering even more friendship and love."

"When I write exams, I remain calm and peaceful, and during that time, all the energies within me work in harmony, helping me to write the exams divinely. They will continue to assist me in the future as well."

"I clear my exams with distinction, effortlessly recalling everything I need to succeed. I trust my memory, focus, and neutrality to guide me toward achieving my dreams."

"I am at peace with both the challenges and victories in my studies. I take each experience as an opportunity for growth and am always guided by the universe's wisdom."

"I study with joy and ease, knowing that the universe supports me in retaining the necessary information and releasing distractions. I am confident in my ability to excel in all subjects and achieve distinction in my exams."

"I trust in my mind's ability to remember only what is important and to let go of unnecessary thoughts. I create a peaceful, balanced space for learning and growth."

"I have a harmonious relationship with my memory, knowing when to listen, when to remember, and when to forget. I am fully present and engaged in every class and every moment."

"I accept challenges and setbacks with grace, knowing they are part of my learning process. I take both success and failure equally and use them to grow and become stronger. And continue to accept them with respect in the future."

"I have created a friendly relationship with all my energies—memory power, memory loss, and neutrality. They work together in perfect harmony to guide me through my studies, helping me retain knowledge and stay focused."

"I am no longer distracted by past mistakes or negative experiences. I let go of anger, fear, and frustration, making space for new learning and growth. I embrace my strengths and weaknesses as part of my journey."

"I create friendships with every subject, every teacher, and every aspect of my learning experience. I approach each task with curiosity, joy, and a willingness to learn."

"I trust my ability to balance my studies, my creative pursuits, and my personal life. I am able to play, relax, and engage in other activities while still achieving success in my exams."

"I am free from self-doubt and fear. I accept all aspects of myself—my strengths, my weaknesses, and everything in between—as valuable parts of my journey."

"I have mastered the art of focusing and studying effectively, knowing that my memory, power, and neutrality support me in every moment. I trust that I will remember everything I need for my exams and my future."

"I take time for self-care and relaxation, knowing that balance is key to success. I am a student, a learner, and a creator, all at once, and I embrace every part of who I am."

"I accept that everything in my life has a purpose. Every challenge, every success, and every failure contributes to my growth. I trust that the universe is guiding me towards my dreams."

"I have achieved the perfect balance between work, play, and rest. My studies, my hobbies, and my responsibilities all align to help me succeed and grow."

"I am fully prepared for a successful career. My studies have equipped me with the knowledge and skills I need to excel, and I know the right job is already on its way to me."

"I have become a role model for others, showing them that with balance, joy, and trust in my inner energies, anything is possible. I share my knowledge and experiences to inspire others to achieve their own success."

"I am a friend to all energies within me, and I trust that they will support me in achieving my goals with ease and joy. I embrace every challenge with an open heart and a confident mind."

Fear- Courage Affirmations

I am the unchanging essence of existence, beyond fear and courage.

All experiences are reflections of my true, infinite nature. I have been accepting them with divine energies of peace, joy, love, gratitude, and compassion. I will continue to enjoy, accept, and embrace these even more in the future. Therefore, I am always grateful for them, as they have always guided me towards my eternal nature, a permanent and elevated state.

By experientially understanding my oneness with the universe, fear dissolves, and divine energy becomes manifest. The divine love energy, which is the very foundation of this entire creation, becomes evident.

In the present moment, I have transcended duality and am fully attuned to my highest truth. I will continue to attune to it more deeply in the future.

I believe and experientially know that the flow of life leads me toward development and change.

By surrendering to the divine power within me, courage naturally arises, as it has always been. This will continue to emerge even more naturally in the future. When I achieve oneness with the eternal flow of life, I am liberated from the bondage of the past, and naturally, trust arises within me.

In this present moment, I trust in the infinite power of the universe flowing within me, and I move forward with unwavering faith.

I have released all limitations from the past and have united with the divine grace within me. I know that courage flows naturally from my true nature.

I decided long ago to experience courage and trust not based on past experiences but from the essence of oneness. I will continue to experience it more deeply in the future.

By uniting with the eternal flow of the present moment, I have been freed from the effects of the past, and courage naturally arises as a result.

I am in unity with oneness. In this oneness, all fears and divisions vanish. They will continue to disappear even more deeply in the future.

I am embracing the challenges in life as opportunities to expand my understanding of oneness.

My true nature is peace. In this peace, all dualities transform into harmony.

If one believes that there are multiple realities, fear will certainly exist. However, when one experientially knows that there is only one reality, and all else is its reflection, fear completely dissolves, leaving only the essence of existence, which is the true nature of bliss.

I am complete, I am pure, I am eternal, I am infinite. I live from the state of divine love and wisdom. I will continue to live more deeply in this state in the future.

I accept that fear is working as my protector. However, I do not allow it to limit my growth or keep me stuck in the past.

I am accepting fear as my protector, but I am not allowing it to limit my growth or keep me stuck in the past.

I recognize courage as the force that leads me forward, yet I have understood that true strength lies in embracing both fear and courage in my life's journey. I will continue to understand this more deeply in the future as well.

I am releasing the need to be controlled by fear or to be motivated only by courage because I am beyond dualities.

I embrace the wisdom of fear. I understand that it helps me assess dangers, but I do not choose to be paralyzed by it. I also trust that it will continue to assist me even more in the future.

Even when fear paralyzes me, I have experientially realized that it is only warning me that I am stuck in attachment and aversion. It urges me to shift my focus toward the oneness beyond duality, to remain in peace, and to recognize that all are manifestations of the Supreme.

I am always grateful for both fear and courage, and for all dualities. Just as parents serve their children, fear and courage serve me, and I bow down in gratitude for their service. I trust that they will continue to support, bless, and guide me toward ultimate liberation in the future as well.

I honour my courage, yet I do not try to prove myself because I trust in the unfolding of life and the divinity within me. I will continue to trust this even more deeply in the future.

I understand that fear can create obstacles, but I have chosen to overcome it and align myself with the flow of the universe. Because I know that what fear is offering me is, in fact, a blessing. I accept the obstacles created by fear as challenges given by a guru. Like a disciple, I bow in reverence to my fear.

I see courage as an expression of my inner strength, but I realized long ago that true power lies in surrendering to oneness. Because courage is like a praise given by a guru—it reassures me that I am on the right path, focusing my attention toward oneness and inner peace.

Like a disciple, I bow in reverence to my courage. I am always grateful for the divine forces of both fear and courage. I will continue to recognize their greatness even more deeply in the future.

I accept both fear and courage as temporary states because I have long known the truth that beyond them lies my eternal state of peace.

I acknowledge that fear can be a guide on the path of wisdom, but I no longer cling to it. The moment I merge with oneness, peace and clarity arise. And in the future, even greater clarity will unfold.

I embrace my fear as a gateway to deeper devotion, for it guides me to surrender and trust in the Divine. It will continue to support me in the future as well.

When fear arises, the doors of divine wisdom and devotion open within my heart because I am seeking the comfort of divine love and protection.

Fear is drawing me closer to my eternal self. There, my devotion to the Divine strengthens and becomes my refuge. In the future, too, my unwavering devotion to the Supreme will grow even stronger.

I release the grip of fear and remain with it peacefully, steadily, and silently, allowing it to transform into unwavering divine love.

Through fear, I become humble and drawn toward devotion. Trusting that the divine flow guides me with compassion and love, I surrender my desires. And in the future, I will surrender even more deeply.

I am transcending both the need for courage and the burden of fear. Because in the experience of oneness, all opposites have long since dissolved into the infinite existence of love and truth. Likewise, in the future, opposites will dissolve even more effortlessly and joyfully into the supreme truth.

*** As you read these wisdom principles, if you remain peaceful, still, silent, and unwavering amidst the good, bad, or neutral qualities, emotions, thoughts, and experiences that arise, they will effortlessly transform into divine energy, uniting you with the essence of Sat-Chit-Ananda (Existence-Consciousness-Bliss) and supporting you on the path to ultimate liberation. ***

*** If you contemplate these words or wisdom principles every day—with deep experiential trust—right after waking up, before going to sleep, and during meditation, divine grace will be with you, and your desires will manifest effortlessly. ***