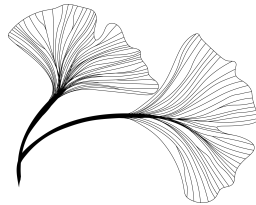


AFFIRMATIONS FOR INNER PEACE



I am calm, centred and at peace.

I release all tension from my body and mind.

I choose to focus on the present moment, finding peace in the now.

I am grateful for the peace that surrounds me and resides within me.

I trust in the natural flow of life and let go of resistance.

I let go of the need to control everything and instead surrender to peace.

I am worthy of experiencing deep and lasting peace.

I carry peace within me wherever I go.

I release all worries and embrace a sense of serenity.

My mind is peaceful and my heart is full of joy.