

## **NEGATIVE AND POSITIVE AFFIRMATIONS.**

By Richard Webster

"I ask (God, Universal Life force, Divine Spirit etc.) to release any negativity that is adversely affecting me in any way.

Please release all the negativity in my body, mind and spirit.

Please release any negativity in all the environments I find myself within today.

Please also release any negativity that might be trapped inside the bodies, minds and hearts of all the people I love.

Please allow any negativity I encounter today to totally dissolve and lose any power to harm me, or anyone else, in any way.

Please (Universal Life Force, Divine Spirit, God etc.) replace all the negativity with peace, harmony and divine love."

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" I ask for peace of mind, happiness, joy and love in everything I do today. Help me spread joy and happiness everywhere I go, so that everyone I encounter will feel better as a result of my presence. Please help me be courteous, patient, kind and understanding, even in difficult situations. Please help me make a positive difference to everyone I encounter today.

Please strengthen my aura, so I can deflect any anxiety, stress, fear and any other form of negativity I might encounter, yet remain open to everything that's positive and good. Please help me to see the good in everyone I meet.

Please bless any food and drink I consume, and allow it to nurture my body, mind and spirit. Please eliminate any dis-ease from my physical body, so I can enjoy radiant health and vitality. Please help me become the person I want to be.

Thank you. Thank you. Thank you."