

Suffering Is Optional

What is the Truth of me?

I am Spirit, eternal, unlimited.

I share the Mind with the Wisdom of God.

I am open to infinite Creativity.

My intuition continually offers divine guidance.

It’s not God and me…it’s God AS me

God is the Divine Life and vitality in every cell

My nature is perfect, whole & complete

I am not a victim to my circumstances

My thoughts, feelings & beliefs create my life experience

I am in charge of my thoughts, feelings and beliefs.

Being alone doesn't have to make me lonely.

I am one with the presence of Love.

When I seek love, I can be love.

Divine Love in me is a magnet for my good.

Failure isn't a lifelong story.

I am the author of the next page of my story.

Creative ideas come easily to me.

Divine Enthusiasm lights a fire in me.

Others' opinions have no power over me.

I am enough, because God is enough and God and I are one.



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I am willing
to see the gift
in every season
of my life.