

“I AM” Affirmations Meditation

I AM the most profound relaxation
I AM aware of each and every breath
I AM devoted to soul reflection
I AM deep peace and tranquility
I AM embracing my inner child
I AM crystal clear concentration
I AM deep thought, yet free of thought
I AM void of all thought
I AM completely open to receive miraculous inspiration
I AM slowing my heartbeat through conscious breath
I AM forever anchored deep within my heart and soul
I AM forever immersed inside the heartbeat
I AM love, the only eternal reality
I AM at peace with all Creation



I AM complete brain-cell regeneration
I AM divine health and longevity
I AM humbled and grateful for my life
I AM always making better decisions
I AM continuously manifesting greater outcomes
I AM constantly seeing visions of my future and Gaia's future
I AM visualization enhanced and magnified
I AM third-eye amplification and acceleration
I AM infinite imagination
I AM instant precipitation and spontaneous manifestation

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