

MAY

- + I allow myself to be happy no matter what.
- + I am a beautiful soul that radiates a vibrant and authentic form. All is well in my body and mind.
- + I am not alone. Love and support surrounds me.
- + I release all things from the past year that has caused any negative attachment. I welcome new opportunities to grow emotionally, mentally, and spiritually.
- + There is a peacefulness within me that cannot be disturbed.
- + I will continue to wake up feeling great each morning.

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