

## Rebirth breathing workshop series

Universal affirmations that you can finish your practice with:

Affirmation to elevate your daily life:

1. Every day of my life is filled with love and joy.
2. Every day in every way I'm feeling better and better.
3. My life is full of magic.
4. My life is full of great opportunities.
5. I'm grateful and excited about every second of my day.
6. I wake up happy and excited every single day.
7. I'm an inspiration for myself and others.

Affirmations to stay aligned with yourself:

1. I accept myself fully in every situation
2. I choose what's important to me.
3. Let all the changes happen in the right time, in the right and easiest way for me.
4. I observe my thoughts and my emotions and choose my response to it.
5. I choose the way I live.
6. I have enough time for what really matters to me.

Affirmations to go through difficult situations:

7. Every event in my life is a caring gift of the Universe.
8. Let this situation be resolved for the benefit of me, all the people involved and the whole Universe.
9. I find opportunities to be kind and caring everywhere I look.
10. I am bigger and better than this problem.
11. I'm not perfect but I am doing my best.
12. I trust that all is well and everything is working out for my highest and greatest good.
13. Whatever I am going through is guiding me to where I want to go.