

# 30 Healing Affirmations For Inner Peace

1. I give myself permission to heal.
2. I am healing with every breath I take.
3. I have the power to heal myself.
4. I forgive myself.
5. I release any pain I am carrying.
6. I accept the past and look forward to the future.
7. I am kind to myself and others.
8. I live a life of compassion and wellness.
9. I accept the life lesson offered to me.
10. I create loving and healthy relationships.
11. I am empowered by my relationships.
12. I allow healthy love into my life.
13. I release the past and trust that everything is happening for my greatest good.
14. I take responsibility for myself and the choices I make.
15. I take responsibility for my relationships.
16. I take responsibility for my health.
17. I take responsibility for my life.
18. I am ready to heal.
19. I show myself compassion and unconditional love.
20. I treat the people in my life with compassion.
21. I show gratitude for all my many blessings.
22. I trust that everything in my life is unfolding perfectly.
23. I bless the past and release the hold it had on me.
24. I am willing to grow as a person.
25. I seek self knowledge.
26. I treat myself kindly.
27. I respect myself.
28. I respect and validate my feelings.
29. I respect and validate the feelings of others.
30. I am a being of light.