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Suggestions/Affirmations - Eliminate Insomnia - Fast Sleep

I love and approve of myself and I trust the life process. I'm safe.

I have always wholeheartedly loved and accepted myself, placing my trust in the unfolding of life. I am safe and secure.

I have always embraced self-love and self-acceptance, I've always had faith in the journey of life. I am safe and secure.

With unconditional love and approval for myself, I have confidence in my path in life. I feel protected, safe and loved.

I have always loved myself, fully and completely. I trust in the flow of life and that it always works out for the best. I am calm and at peace.

For as long as I can remember, I have always loved and accepted who I am.

I've trusted that life unfolds perfectly, in every way.

I am safe, secure and I've always known that.

For as long as I can remember, I have always maintained an inner calm and tranquil demeanor, regardless of external circumstances.

I am now, and I have always been, centered and grounded in the present moment, finding peace and joy within myself.

I am now, and I have always have trusted the process of life and that in every moment, all is well.

I have always been resilient, releasing fears, concerns, and worries effortlessly, should they arise.

As far back as I can recall, I have always embraced challenges with a serene confidence, knowing that I am capable of overcoming any obstacle.

I have always found solace in stillness, allowing myself to let go of any tension or



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anxiety, with each breath I take.

I am today, have always been, a beacon of tranquility, radiating inner and outer calmness.

I have always maintained a peaceful and serene state of mind, unaffected by anyone or any thing.

For as long as I can remember, I have always tapped into my inner peace, knowing and trusting that all is well.

I have always trusted the process of life, knowing that everything unfolds in perfect harmony.

I am safe, in this knowledge, to let go and be free to live in joy, peace and tranquility. I am love.

I am powerful.

I am source.

I am filled with radiant light and vital energy.