

Heartfulness Affirmations



By stating an affirmation heartfully, we tune the chaos of the mind into the stillness of the heart, deepening our internal connection and strengthening the positive traits of the heart, such as compassion, empathy, and love.

These affirmations help us to center, relax, and be open. When we connect internally, we are better able to connect externally to everyone and everything around us.

I am happy, joyful, and grateful for all my life experiences.

I am clear, calm, and confident with my words and actions.

I am balanced. I am centered. I am relaxed. I am connected within my heart.

I am becoming more empathetic, compassionate, and loving.

I am genuine in my thinking. I am developing correct thinking, clear understanding, and an honest approach to life.

I feel connected to everyone and everything around me.

