



InnerMindScape.com

A Functional Medicine Energy Center Resource

Who I Am Meditation

I am aware of my thoughts and emotions.

I am light.

I am love.

I am the energy of creation.

I am open to change.

I am transforming my life.

I am grateful.

I am happy and blissful.

I am free.

I am kind to myself and others.

I am living my best life now.

I practice awareness.

I practice gratitude.

I practice patience.

I practice conscious breathing.

I practice forgiveness.

I release outdated behavior that keeps me stuck.

I release judgement.

I release fear and anxiety.

I release the need to control.

I release old beliefs that no longer serve me.

I let go of resistance.

I choose to be a co-creator in my life.

I choose to think positive thoughts.

I choose wholeness.

I choose freedom.

I choose abundance in all areas of my life.

I have compassion for myself.

I open my heart to receive.

I live to be in service for the good of myself and others.

I nurture my inner child.

I align with my highest truth.

I am grateful for my journey.

