

<p><i>JANUARY 1st</i></p> <p><i>I embrace all that the New Year has to offer</i></p>	<p><i>JANUARY 2nd</i></p> <p><i>I lovingly listen to my inner guidance</i></p>	<p><i>JANUARY 3rd</i></p> <p><i>I am grateful for all the beauty and goodness in my life</i></p>	<p><i>JANUARY 4th</i></p> <p><i>I make conscious positive changes in my life</i></p>
<p><i>JANUARY 5th</i></p> <p><i>I spend time with people who lovingly support me</i></p>	<p><i>JANUARY 6th</i></p> <p><i>I love my body and I move freely</i></p>	<p><i>JANUARY 7th</i></p> <p><i>I use the aroma of essential oils to boost my mental and emotional wellbeing</i></p>	<p><i>JANUARY 8th</i></p> <p><i>I use all the colours of the rainbow to boost my vibration</i></p>
<p><i>JANUARY 9th</i></p> <p><i>I continue to adopt an attitude of gratitude</i></p>	<p><i>JANUARY 10th</i></p> <p><i>I use the power of water to cleanse my energy</i></p>	<p><i>JANUARY 11th</i></p> <p><i>I practice acts of random kindness</i></p>	<p><i>JANUARY 12th</i></p> <p><i>I smile and laugh to raise my vibration and of those around me</i></p>
<p><i>JANUARY 13th</i></p> <p><i>I dedicate my day to positivity and joy</i></p>	<p><i>JANUARY 14th</i></p> <p><i>I accept myself as I am right now All is well</i></p>	<p><i>JANUARY 15th</i></p> <p><i>I allow the positive vibration of music to fill my Soul</i></p>	<p><i>JANUARY 16th</i></p> <p><i>I am enough I am love I am light I am joy</i></p>
<p><i>JANUARY 17th</i></p> <p><i>I honour my emotions I trust my inner guidance</i></p>	<p><i>JANUARY 18th</i></p> <p><i>I attract loving positive people and experiences into my life</i></p>	<p><i>JANUARY 19th</i></p> <p><i>I trust in Divine timing</i></p>	<p><i>JANUARY 20th</i></p> <p><i>I actively produce harmony and union in my life</i></p>
<p><i>JANUARY 21st</i></p> <p><i>I forgive myself and others for any cause of hurt</i></p>	<p><i>JANUARY 22th</i></p> <p><i>I eat high vibration foods and drink I honour and respect my body</i></p>	<p><i>JANUARY 23th</i></p> <p><i>I respect all of nature and its animals I see my pets as loving Souls here to guide me</i></p>	<p><i>JANUARY 24th</i></p> <p><i>I respect the environment I live in I do my bit to recycle</i></p>
<p><i>JANUARY 25th</i></p> <p><i>I consciously see The Divine in everyone I meet</i></p>	<p><i>JANUARY 26th</i></p> <p><i>I open my heart to love</i></p>	<p><i>JANUARY 27th</i></p> <p><i>I leave love and joy wherever I go</i></p>	<p><i>JANUARY 28th</i></p> <p><i>I listen I really hear the needs of others and myself</i></p>
<p><i>JANUARY 29th</i></p> <p><i>I am dedicated to my spiritual development and awareness</i></p>	<p><i>JANUARY 30th</i></p> <p><i>I play I create I enjoy</i></p>	<p><i>JANUARY 31st</i></p> <p><i>I am grounded fully in my body I am safe</i></p>	<p><i>ANGELHUGS XXX</i></p>



AFFIRMATION & DAILY PRAYER

*Every day is a chance to blossom and bloom into the beautiful being I AM
I continue to see the beauty and love within myself
And no matter what difficulties I go through
I will continue to love and respect myself
I am perfect as I am right now,
I am willing to release my fears and struggles
I know in this moment I am deeply loved and cherished
Everything about me is enough
I surround myself in warm loving thoughts and attitudes
I am kind to myself in times of trouble
I connect to The Divine Wisdom within me
I call upon my Angels, guides and The Divine to lovingly guide me
I am safe and at peace with myself
I will continue to do my best, and I will honour my feelings
I am grateful to my body and the wellness I create
I love myself and let go of all judgements.
I TRUST THE PROCESS OF MY LIFE*

AngelHugs Trish January 2017



Rainbow Wisdom
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