

Found at mom's, in a can labeled **MOMENT TO MOMENT LOVE**

- Today I live in the flow of life. I move easily into ways of peace and well-being.
- Truth lives forever at the center of my being.
- The power which creates and sustains everything is now creating all that is necessary to my happiness.
- When I am alone, I cast my burdens away lightly and enjoy my solitude. After all, we are all one.
- I now accept God's love as the law of all my relationships with other people.
- My needs and wants are both legitimate because they are mine. I focus my life's energy into both, and I delight in manifesting my life.
- God shall perfect all that concerns me.
- God is my fountainhead (source) and I rise from this knowing into fullness, beauty, and grace.
- Where I resist is probably where the greatest gifts lie for me right now. I cease resisting. I open my arms wide to the bounty waiting, for am I blessed.
- I know how to show my appreciation of the value for personal attention devoted to me.

- The living spirit almighty is within me now.
- Today I know that perfect spirit, perfectly present, is my fulfillment.
- Change comes easily to me, and I adapt well to all kinds of change. Small changes lead to the large ones I'm choosing for my life.
- Truly, a Divine Spark animates my very being. Starting right now, I take all my cues for behavior from the Spark, and I act with trust in myself.
- God's faith is mine NOW!
- Today, I expect prosperity, happiness, peace, and harmony. I walk in the joy of ever increasing good!
- Today, I choose only those experiences that enrich my life and my relationships.
- The action of God is now flowing through me in a pattern of success.
- The spirit within me makes all things new. I am aware of my union with good.
- God's grace is my sufficiency in all things.