

POSITRUTH

My soul is the expression of my body and spirit here on Earth.

*I choose my actions, and shape my soul according to its
beautiful nature.*

My soul is filled with kindness.

*I am the embodiment of the Golden Rule. When I look upon my
fellow sojourners here on Earth, I see them as souls of light,
body and spirit. My eyes of kindness see their potential.*

*I grant myself that same kindness, and see myself in my full
potential, always.*

*My words are uplifting and safe. My thoughts are patient. I am
sympathetic, understanding, helpful, and strong.*

AFFIRMATION NOTES:

The Bible differentiates between the body, spirit, and soul. In Greek, Spirit and Soul have two different but similar words.

For these affirmations, consider the soul as the manifestation of the duality of the body and spirit; in other words, the soul is the life that we live here on earth, our actions and our mortal existence.

Our souls are beautiful.

We all have wants and needs. To bring those things into our lives, we can use daily affirmations, which encourage our minds and souls to look toward the blessings of existence, and the opportunities of life. It is our hope that you will use the positive and energetic statements of truth on this website, including these affirmations, to unlock the power that is within your soul.