

16 Affirmations for Surrender and Trust *by Shannon Kaiser*

1. I let go of what I can't change.

I release my control of things I cannot change. Instead of trying to force things to go a certain way, I trust the universe is working on my behalf. I see everything in life has its own time and place, and I allow all to be as it is. I let go.

2. Out of difficulties grow new beginnings. I trust the process.

I step forward with confidence and trust my new beginning is appropriate for my big picture. My life is important and I allow myself to be fully in the process. It is safe to release all troubling situations.

3. Regardless of the outcome, I am taken care of.

All of my needs are met. I am full of love and my attention is on the present moment. No matter what the outcome, I know it will be for my greater good.

4. I am open and willing to live my life in new ways.

Setbacks in life can be surprising opportunities for growth. Although this time of my life may be uncertain, I trust my future self is guiding me. I am willing to see the silver lining and am open to living my life in refreshing new ways.

5. The universe has a plan greater than mine.

I don't always get what I want, but I know I will always get what I truly need. I may feel stuck and at a standstill at times. But when I turn inward, I know all is in order. I know I am being guided.

6. Anything I give my attention to will flourish and grow.

I am responsible for all I experience. I always align with my loving light and focus on what I want with joy and ease. I release all worry and spend my time creating my joy-filled reality. When I focus on what I want, it flourishes and comes to me.

7. Difficult situations lead to divine solutions.

I am in the journey of my life and I embrace each moment fully. Each difficult experience is a pathway to greatness within me. All setbacks are really growth and part of my overarching life plan.

8. I surrender all expectations.

I am connected to my true self and know all is in perfect order. I have goals and deep desires, but they will be manifested in their own right time and place. I release my need to have things when and how I want, and I turn my trust to the universe. I always get what I need, when I need it. I surrender.

16 Affirmations for Surrender and Trust *by Shannon Kaiser*

9. I learn the way on the way.

I accept my path and grow through all challenges with a determination to succeed. The universe is supporting me and I will soar. My path becomes clear as I take more steps forward. I am confident and sure of myself.

10. My emotional pain shows me what needs to change.

I am connected to my emotions and I feel them fully. Any area of my life that feels painful is an opportunity for me to go inward. I reflect on my pain and see what needs to be changed.

11. My life is in perfect balance when I listen to my heart.

My life is in perfect balance because I take care of myself and follow my heart. I honor my needs. I allow myself to be recognized and I embrace the power of the pause.

12. I am calm in the chaos.

What once bothered me no longer affects me, for I am peace and harmony. I can be calm in the chaos because I am a beacon of love and light.

13. I stay hopeful and optimistic in difficult situations.

I am hopeful in all areas of my life. I am aligned with my truth, which is love. I turn my fears over to the universe. Love will guide me home.

14. Setbacks do not define me. They nudge me into a new awareness.

I am not attached to the outcome of situations in my life. I feel connected to my purposes and see how everything works together. I see there is no such thing as a setback. I am always being nudged into a new awareness of self and I am connected to my life and I focus forward with love.

15. Situations don't hurt. Expectations do.

I release all expectations and allow myself to be in the flow of life. I embrace the journey and let things unfold naturally. The situations I am in are part of my life plan. I accept them as though I had chosen them myself. I release all expectations and trust things are as they should be.

16. What I do today has the potential to improve all my tomorrows.

Starting now, I focus forward. I align my energy with love and support. I let go of my past, for today is the only day that matters. What I do today has the potential to improve all my tomorrows.

Center for Spiritual Life

www.csl-delta.org