

# GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND  
MAGAZINE

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# DAILY GUIDE

## Daily Affirmations

May 2024 Affirmations by Rev. Ryan Alexander

Today, I am open to what is possible.

May 11, 2024 Daily Affirmation from Science of Mind Magazine  
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Today, I create a little space to move beyond what has been and step into what is possible.

May 12, 2024 Daily Affirmation from Science of Mind Magazine  
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I am the essence of the Divine, manifesting  
Itself in time and space.

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I choose to love and honor the body I have now.

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I release comparison and step into  
a fuller expression of who I am.

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Today, I release old frameworks and step into  
a more expansive and adventurous way of operating.

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I am open to the inner urge and  
passion that live within me.

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I am enough. You are enough. We are enough.

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I embrace change as a natural  
and necessary part of life.

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I approach life with curiosity and a  
willingness to live in the mystery.

May 4, 2024 Daily Affirmation from Science of Mind Magazine  
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I am open to exploring the depths of myself and others  
in ways that support authenticity and connection.

May 1, 2024 Daily Affirmation from Science of Mind Magazine  
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I recognize the truth of wholeness, revealed  
through all of my experiences.

May 2, 2024 Daily Affirmation from Science of Mind Magazine  
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Centers for  
Spiritual Living™

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I recognize my interbeing with all of life.

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I let go and let in all life has to offer.

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I release my fear of fear, allowing it to highlight opportunities for transformation and evolution.

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I fully embrace my own authenticity and create space for others to do the same.

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I create a soft landing for the experiences of my life and the lives of those around me.

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I am the home of the Divine.

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I allow myself to see and be seen.

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I release my grip on things that no longer serve me and explore new and supportive beliefs and perspectives.

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I make friends with resistance, knowing that its presence is an invitation to step out in creative and adventurous ways.

May 15, 2024 Daily Affirmation from Science of Mind Magazine  
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I am an amazing vessel for creativity.

May 16, 2024 Daily Affirmation from Science of Mind Magazine  
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I allow sadness to reveal the tender moments of life.

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I approach life with curiosity and openness.

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I take responsibility for my impact, recognizing my connection to everything.

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I ask myself what makes me come alive, and then I step into the answer.

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I recognize there is more than enough for everyone.

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I bring my whole self to life and create space for others to do the same.

May 29, 2024 Daily Affirmation from Science of Mind Magazine  
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I am grounded by the awareness that I am an individualized expression of the Divine.

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I am open to the exploration of my authentic self and to creating space for others to do the same.

May 27, 2024 Daily Affirmation from Science of Mind Magazine  
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I celebrate home and all the ways it shows up in my life.

May 25, 2024 Daily Affirmation from Science of Mind Magazine  
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