

# GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND  
MAGAZINE

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# DAILY GUIDE

## Daily Affirmations

December 2024 Affirmations by Rev. Kris Alexander

My own values guide my journey,  
and my self-approval is the compass  
that leads me on my true path.

December 11, 2024 Daily Affirmation from Science of Mind Magazine  
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Through intentional stillness, I connect with  
the magic of the ordinary, discovering  
the profound in the everyday.

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I consistently choose to love my incredible body  
unconditionally, embracing its changes with  
compassion as I move through the phases of my life.

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I cherish the dance of trust between my body and me,  
allowing us to move together in divine timing.

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I am a spiritual superhero wielding curiosity  
to open my mind and heart, allowing me to learn,  
grow and innovate.

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I continually seek knowledge and understanding,  
slowing down to experience the amazing world  
around me.

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The whispers of nature remind me that I am  
an integral part of this planet, a living testament  
to the unity of the physical and spiritual.

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In releasing my attachment to personal comfort,  
I open the door to deeper compassion and  
a more harmonious existence with all beings.

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I honor my need for rest and choose intention,  
care and gentleness over endless obligations.

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I explore the vast landscape of my inner world,  
uncovering and integrating the infinite layers  
of my existence with delight and wonder.

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Creativity flows through me like a vibrant river, turning  
everyday moments into extraordinary works of art.

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I listen to fear's whispers and uncover  
its secret gifts and lessons.

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December 2024 Affirmations by Rev. Kris Alexander

I invite playfulness into my life, knowing that laughter and joy are divine expressions of Spirit.

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I embrace the shared humanity in everyone I encounter, allowing each relationship to deepen my growth and vulnerability. I open myself to being transformed by every connection I make.

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I honor the wholeness of my being, recognizing that I encompass both light and dark, joy and pain.

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I allow God's Positioning System to guide me on my journey, trusting that every twist, turn and bump is for my highest good.

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I expand my consciousness, allowing this broader perspective to guide me in benefiting the planet and all life. I feel at home in the universe and in this body.

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Within my body, the echoes of history and the whispers of ancestors weave a powerful tapestry of strength and grace.

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I flow with life as it comes, embracing its rhythms and dancing with the ebb and flow.

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I stay present to my emotions, allowing them to move through me without attachment as I listen and respond to their messages.

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Rest is my personal reset button, helping me approach challenges with a fresh outlook and optimism.

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I release the myth that loving life means I must be tireless. Instead, I honor my need for self-care and renewal.

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When life is hard, I lean into the mess and challenges, while staying grounded in spiritual truth.

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I choose to bring my whole heart to every situation, knowing that vulnerability fosters brave and safe spaces for others to be authentic.

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I cherish the importance of every relationship, knowing my kindness and presence ripple through all my connections.

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Each day, I settle more deeply into being unapologetically me, embracing my authentic self with love and acceptance.

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Just as a garden flourishes through both its blooms and its withered leaves, I embrace both my successes and failures as vital parts of my growth.

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I extend my roots of care and compassion to those around me, fostering a web of love and mutual support so we can grow together.

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I honor the quiet, ordinary moments as deeply as the extraordinary ones, knowing they contribute to my life's richness.

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I transform my gratitude into purposeful action, enriching my life and the lives of others.

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I honor the pause as a powerful tool, allowing myself the space to breathe, reflect and respond with intention.

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