

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND
MAGAZINE

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DAILY GUIDE *Daily Affirmations*

July 2025 Affirmations by Rev. Dr. Ron Fox

In this moment, I choose joy. I make the choice to live a life of wonder and excitement. I take responsibility for my life and live a life of spiritual harmony. I am at peace.

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There is no moment in which I cannot choose my response to any circumstance. With Spirit's love and guidance, there is nothing I cannot face and overcome.

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In this moment, I move within and remember I am responsible for the life I wish to live. I know as I open to the Spirit within that together we co-create a life of wonder and joy.

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Today, I resolve to open my heart to all people. I let go of labels and remember we all are doing the best we can.

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Today, I make a silent promise to make love and compassion part of my life. I reach out to those I love and tell them how thankful I am to have them in my life.

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In this moment, I can create heaven wherever I am. In every moment, I can choose love, peace and compassion. As I do, I create my own heaven on Earth.

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Today, I take responsibility for my life. I remember I am a powerful creator. I unite with the Presence within to create a life filled with all the wonders and beauty Spirit creates for each of us.

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In this moment, I take time to remember all the things I love to do, the simple joys of everyday living. I say a prayer of gratitude for all the wonders in God's amazing creation.

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Today, I take the time to go within and listen to that still small voice, calling me to make my life about love. I accept everyone as a unique child of God, and I rejoice that we are all brothers and sisters.

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Today, I take a moment to appreciate the beauty all around me. I know that everywhere I look I see the beauty of God manifesting in all Its majesty. I truly am blessed.

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Today, I move within and remember that with God all things are possible. I remember I am one with the power that created all that is, and I can use that power to create the life I want.

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I rejoice in knowing that the only limits in my life are self-imposed, and I can move beyond them by changing my thoughts and letting Spirit guide my journey.

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I know I am a spiritual powerhouse. I am responsible for my life. I think thoughts that bring to me my hopes and dreams. I leave victimhood behind and step into my power.

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I know when difficult times appear in my life, I am not alone. Spirit is always with me. I know my faith will see me through this.

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Today, I know whatever situation I face, Spirit is always with me. Anytime I go within, Divine guidance is available. Nothing I face is bigger than the God within. I move through fear and feel peace.

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I set the intention to live a life of purpose and love. I release all thoughts that are not in alignment with my heart's desire. I know as my consciousness deepens, so does what I experience in my life.

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In this moment, I move within and allow myself to feel the joy of being alive. I bask in the glow of knowing I have a unique gift to share.

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Today, I honor all people. I know that beyond all appearances, we are one. The only label that truly honors all of us is "child of God."

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In this moment, I open my heart to the world. I let go of any resentment I have been carrying for anyone who hurt me, and for anyone I might have hurt. I am at peace.

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Today, I know I am responsible for my life and all I experience. I set the intention to live with joy. I live every day feeling alive and with great gratitude for all the universe sends my way.

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Today, I put my trust in the Spirit within. In this moment, I open to the God within and know I am blessed beyond measure.

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In this moment, I accept that all of life is a gift. When I surrender to the present moment, I go with the flow of life. As I let go of all resistance, I experience the peace of Spirit.

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Today, I make the choice to move within and seek guidance from the Source that created all that is. I recognize that as I rely on Spirit, my life unfolds in peace and joy.

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In this moment, I move within and know my life stands for love. I live in such a way that those who know me see me as kind, caring and giving.

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Today, I set the intention to live a life of gratitude.
I recognize that my life is a gift, and I am surrounded
by Spirit's beauty. There is nothing I lack.
My life is whole and complete.

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As I look inward, my life unfolds smoothly. I look past
appearances and know that in Spirit there is no stress, no
tension, no distress. There is only peace and serenity. My
heart overflows with joy.

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Today, I recognize I am a divine being. I step forth to claim
my birthright. I know I deserve all the good the Universe
bestows on me, and I accept it with gratitude and humility.

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Today, I set the intention to live my life as a prayer.
I see God all around me, and I give thanks for the gift
of life and for the beauty that manifests everywhere I look.
I am blessed.

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Today, I turn within and listen for that still small voice.
I recognize that the source of all my good is within me.
As I heed Its call, I find peace and comfort. I am blessed.

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Today, I let go of any guilt and remorse. I surrender
and forgive myself for any past misdeeds. I ask Spirit to help
me lead a life of kindness, love, compassion and service.

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In this moment, I rejoice for all of life. I know anything I
experience has God is in the middle. There is no place that
God is not.

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