

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND
MAGAZINE

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DAILY GUIDE *Daily Affirmations*

October 2025 Affirmations by Dr. Ernest Holmes

I now face living free of fear and filled with joy.

October 11, 2025 Daily Affirmation from Science of Mind Magazine
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I expect everything I do to prosper and new
and wonderful experiences to come to me.

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I rest secure in the knowledge that as changes occur
in my life, they are always changes for the better.

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I trust the guidance of love because
I believe it is the power of good in the universe.

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Today, I live in the quiet, joyous expectation of good.

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I now permit the Spirit within me to express Itself in freedom,
bringing increased joy and harmony into my experience.

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There is a transcendence coordinating, unifying, causing
all the experiences of my life to blend into its unity.

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I know that through the action of law, my word
transmutes every energy into constructive action.

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My world is re-created by my inner spiritual
awareness of the action of God in my life.

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I expect the unexpected to happen and believe
in a greater good than I have yet experienced.

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Letting go of that which is little, I now
enter into a larger concept of life.

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I now lay aside every doubt or fear and
gladly enter into a newness of life.

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There comes back to me today
everything that makes life worthwhile.

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Yesterday is not, tomorrow is not. But today,
bright with hope and filled with promise, is mine.

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I silence my turbulent thoughts and direct my
attention to Spirit's perfect action in my experience.

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I look forward to the future with joy, in peace and gladness,
and live in the present with an inner assurance of being one
with life.

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There is a new enthusiasm, a new zest for living.

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The divine Spirit is flowing through me in an individual
way, and I accept the genius of my own being.

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I now clear my mind of all doubt and
fear and turn toward the great Giver of life.

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Whatever I ought to know I shall know.
Whatever I ought to do I shall do.

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I now allow the divine wholeness to flow
through me in ever-widening circles of activity.

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I affirm there is nothing that can hinder me
from entering into the fullness and completeness
of my own self-expression.

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I rightly accomplish and prosper as I persistently
keep my desires in accord with God's nature.

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I declare that I not only know what to do
but am impelled to act, to move objectively.

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I am not disturbed by the passage of time,
of the variations of experience I go through.

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I know that nothing is too good to be true, and that
nothing is too much for the Power that can do anything.

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I now affirm there is nothing in me that can doubt this
Presence or limit the power of good in my life.

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I bless myself and others, for we are
all partakers of the same divine nature.

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I know I have been given freedom and liberty by my
Creator to become a co-creator in my personal affairs.

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I feel the Presence as perfection, love and goodness,
making my life whole and complete

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The Divine circulates through me automatically, freely.
Every atom of my being is animated by Its action.

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