

As I release the past, new and fresh and vital energy enters my mind, body and heart. I allow life to flow through me. I communicate with ease and joy. Life agrees with me. I assimilate new frequencies and vibrations every moment of everyday. All is getting well and I am now willing and ready to move forward in life, with joy and with ease. I bend and flow with ease and flexibility. Forgiveness, understanding, compassion and kindness flow through me and I am safe, secure and stable.