

Mindfulness Positive Affirmations

Each morning, start the day with gratitude and affirmations to keep a positive mindset.

The prayer of a righteous person is powerful and effective.

James 5:16



Perfect Love has no fear.

1 John 4:18

Do everything in Love.

1 Corinthians 16:14



All things work for good for those who love God.

Romans 8:28

Grieve with God: God comforts all who mourn.



God is the greatest physician and prayer is the best medicine.

God will never leave or forsake you

Perseverance to perfection:

"Consider it all joy" when we encounter trials because these trials give us the ability to persevere.

Rejoice in the Love and Mercy of Jesus



Unite all in Love for God is Love



Quietness is the classroom where we hear the word of God.

**Our first teacher is
our own heart.**

Cheyenne



**When we feel deep in our heart,
we will know, love and serve the
Great Spirit.**

Oglala Sioux

**Silence is the absolute poise or
balance of mind, body, and
spirit.**

Ohiyesa

**Don't be afraid to cry. It will
free your mind of sorrowful
thoughts.**

Hopi



**I see a time of Seven
Generations when all
the colors of mankind
will gather under the
Sacred Tree of Life
and the whole Earth
will become one
circle again.**

Crazy Horse



**It does not require many words
to speak the truth.**

Nez Perce

**You already possess
everything necessary
to become great.**

Crow



**One with the Creator, ourselves,
and others; drug and alcohol free**

Red Road (Sacred Path)

**Fear is Forgive Everyone and
Rejoice**

Lead with Love!



**Love is forgiveness
in action**



All gifts are meant to be shared.

**We are all responsible
for our health**



Be deaf to negative thoughts

Never give up!



Many blessings as we lead with Love!

For more wellness information and free downloadable handouts to live fully alive in mind, body and Spirit, visit drgeorgej.com and follow and like us on Facebook & Instagram [@drgeorgej](https://www.instagram.com/drgeorgej).