

# 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*

**You shall love your neighbor as yourself. I am the Lord.**

*Leviticus 19:18*

**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**

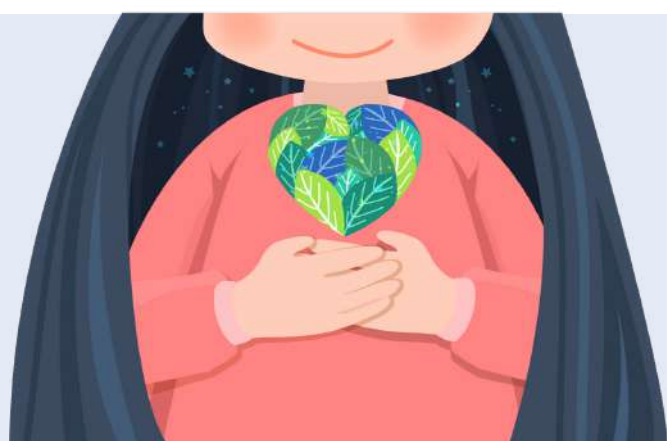
**Perseverance to perfection:**

"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)*

Lead with Love!

LOVE

Fear is Forgive Everyone and  
Rejoice

Love is forgiveness  
in action



All gifts are meant to be shared.

Be deaf to negative thoughts

We are all responsible  
for our health



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](http://drgeorgej.com) and follow and like us on Facebook & Instagram @drgeorgej.