

Affirmation Audio for Inner Peace

These affirmations are very general, positive statements designed to soothe and inspire you to a better state of mind. Simply read or listen to the audio and repeat each affirmation after me.

I am willing to feel calm, centered and peaceful.
I breathe deeply and begin to relax.
I release all troubled thoughts now.
I welcome a deeper sense of inner peace.
I relax into peace and well-being.
I embrace the stillness within me.
I feel my body becoming more relaxed.
I feel my mind becoming still and quiet.
I feel my center filling with serenity.
I am at peace.
I choose to be at peace right now.
I choose to turn my attention inward.
I let go of worry, doubt and tension.
I allow the essence of peace to flow through me.
I allow myself to be filled with loving light.
My energy is stable and grounded.
I feel calm and centered.
I allow myself to feel completely at ease.
I choose to feel completely peaceful right now.
No matter what happens around me, I am okay.
I choose to be okay, no matter what.
I am strong, balanced and centered.
My inner self is expanding within me.
Filling me with peace and love.
I am at peace.