

## Harry's Daily Affirmation

I AM fortunate to be alive, I have a precious human life, I AM not going to waste it.  
I AM going to use all my energies to develop myself,  
to expand my heart out to others;  
to achieve enlightenment for the benefit of all beings.  
I AM going to have kind thoughts towards others,  
I AM not going to get angry or think badly about others.  
I AM going to benefit others as much as I can.  
—Daia Lama XIV

I AM in Divine Guidance  
I AM always at the right place at the right time  
Everything I do is orchestrated from a Higher Growth  
From a Higher Consciousness, from a Higher Evolution  
Frequency is what I know,  
Frequency is my own identity

It is my intention to experience a Harmonious lifestyle  
It is my intention to experience Health + Energy that leads me to creative adventures  
It is my intention that I be well provided for, that shelter & food, and all of the things that I need to  
experience life be given to me in great abundance, and that I pass this great abundance on, and  
share it with others  
It is my intention to have a better diet  
It is my intention to have a better sense of intuition  
It is my intention to evolve  
I intend to do more for others than anyone else does  
I intend to become more valuable  
I intend to give more, to be more, to serve more

SPIRIT, I acknowledge that I AM the object of your positive attention and I AM appreciating your  
continual gaze on behalf of my well being + today, no matter where I AM, no matter where I AM  
going, no matter what I AM doing, and no matter who I AM doing it with, I will be in conscious  
awareness that you too, are there with me, appreciating me, supporting me, assisting me,  
acknowledging me, inspiring me, guiding me, having fun with me, helping me, aware of me, loving  
me, showing me, and uplifting me!

Harry Duran