

I am calm.
I am serenity.
I am the witness.
I am the silent observer.

I am that which allows my thoughts and emotions to arise.
My thoughts and emotions are only a small part of who I truly am.

I observe my emotional reactions to the events in my life.
They rise and fall like waves in the ocean.
I acknowledge them and let them pass by.

I inhale slowly, deeply, and fully.
I release anger, negativity, and bitterness with each exhale.
I replace them with love and compassion.

When anger begins to rise within me, I take notice.
Rather than act on my anger, I release it.

I am calm.
I am serenity.
I am the witness.
I am the silent observer.

I am the present moment.
I slow down to observe and appreciate every moment of my life.
I observe the chatter in my mind.
I release negative thoughts which hinder my growth.
I replace them with thoughts which promote love and compassion.

I am calm.
I am serenity.
I am the witness.
I am the silent observer.

I am pure consciousness.

I am calm.
I am serenity.
I am the witness.
I am the silent observer.

I am pure consciousness.