



*My name is Amanda*  
*I surrender to the universe*  
*I trust in the universe*  
*I trust and believe in the universe*  
*I trust in mother earth and the universe*  
*I love mother earth and the universe*  
*I trust in all that I am*  
*I believe in all that I am*  
*I believe in all that is truth*  
*I speak my truth from my heart of true essence*  
*I allow my heart to expand to be free*  
*I love unconditionally*  
*I love myself and all that I am*  
*I trust in all that I am*  
*I trust in all that I receive*  
*I trust in the universe and all that I receive from the universe*  
*My heart beats to the rhythm of the universe*  
*I connect to the universe*  
*I connect to mother earth*  
*I connect to my heart to my mind*  
*I connect as one*  
*I breathe as one*  
*I am as one*  
*I am the breath*  
*I am the truth*  
*I am Amanda*  
*I am love*