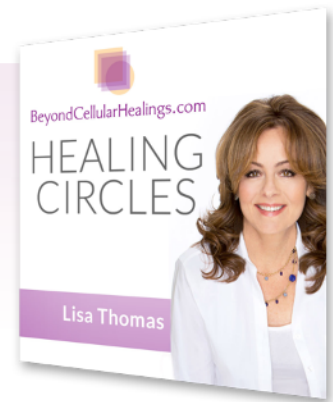




beyond cellular healings
with Lisa Thomas



Affirmations

Negative thoughts can be self-fulfilling prophesies. Repeating affirmations can help you replace negative thoughts with positive, specific statements to help you visualize, believe in, and manifest what you're affirming – to make positive shifts in your life.

Here are selected affirmations from our recent Healing Circle Call,
Healing a Negative Mindset:

I am safe being seen, I am safe speaking up for myself, it is in my divine right to be spiritual and prosperous.

I am 100% worthy and I'm 100% allowing myself to think and believe 100% positive thoughts about myself.

I now and always choose thoughts that heal, cleanse, and empower me. I will no longer allow negative thoughts to take away my power.

What I think about I bring about, I am positive, I am empowered to create the life I desire. I am worthy of all of it.

I am no longer addicted to over analyzing for my safety or self- improvement, it no longer serves my highest good to over analyze.