



Affirmations

Negative thoughts can be self-fulfilling prophecies. 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,
Victim - Clearing the Pattern of Blaming and Expecting the Worst:


I have one life to live, I am no longer holding myself back by staying in bad work environments or difficult relationships, I am choosing to live life to my fullest potential, now and always.


I release all my fears and addictions to living in blame, I stand tall and confident that I am worthy to feel inner peace and worthy to have money flow to me with ease.


I lovingly set healthy boundaries with all my family relationships and others, I have all the vital energy needed to participate in gatherings.


I am courageous to step up, step forward and embrace all that I am with ease, confidence and to own the power within me.


I am allowing all the new awareness's and positive shifts to stay, I am embracing positive transformation now and always.