



# LISA THOMAS

Energy Healing Expert



Helping you release negative energy patterns  
that keep you from living the life you love.

## AFFIRMATIONS

Loving ourselves isn't easy. Learning how to appreciate who we are and the body we have is critical to help us release our attachments to food and self-defeating behaviors

But, you can do it. We all can.

### Healing Meditation Affirmations for Body Image



**It is 100% safe for me to love myself,**  
I am 100% deserving to be appreciated in my life.

**I love my body and I treat it with respect,** by eating healthy, well balanced meals in a timely manner and taking care, taking time each day to replenish my soul without guilt.

**Nothing tastes as good as feeling good feels.**

I know and always see with clarity and insight,  
**I see with love all that I create.**

**I am no longer attached to the negative addiction of how I view my body,**  
I am moving forward and see myself for who I really am.

**I stand in my power, I own it,** I am allowing my authentic self to manifest in my life and others.

**I have a vision of who I am,** I am inspired,  
I am empowered and I am moving forward.

I now release my physical need to be invisible, I am safe being visible,  
**I 100% deserve to be seen, to be heard and to be known, now and always.**

**I love life** and I choose to work through all of my emotions rather than storing them as additional weight for protection.

I am no longer addicted to the negativity of my thoughts,  
**I am no longer addicted to self-abuse.**

**I am choosing to let go of any and all negative chatter,** fear, false beliefs and body sabotages that keep me shackled to negative behavior and negative thoughts.