



# LISA THOMAS

Energy Healing Expert



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

## AFFIRMATIONS

Change is difficult no matter the situation. It can be even more difficult when we have attachments to change that paralyze us. The good news is that we can clear those attachments to change that don't serve us.



### Healing Meditation Affirmations for Clearing Fear of Change

**I am moving forward**, doing life differently each day, allowing positive changes that serve my highest good into my life.

**I am no longer willing to hide behind my addiction to perfectionism**, it no longer serves my highest good to hold myself back with unrealistic expectations of always being perfect.

I am no longer under my parent's strong arm, I am no longer required to stay where they "put" me, **I am allowing my dreams to come to fruition.**

I no longer fear change, **I embrace change, I am courageous in all things, big or small.**

**I am 100% worthy of love, companionship and intimacy.**

**I can do hard things whether I believe it or not**, I am calm, inspired and fearless in learning new things and in moving forward.

**I am no longer addicted to the fear** and anxiety of speaking in public.

**Being a "People Pleaser" no longer serves my highest good.**

**I am moving forward**, I have all the confidence I need to know that I can do it. I can live present tense and I am motivated to do what makes me nervous!

**I choose to let go of any and all false beliefs**, fears and self-sabotaging patterns that keep me shackled to negative behavior and negative thoughts.

I am an intuitive being, I trust my intuition, I act on it with faith, I am easily inspired and self-motivated. I will only focus on positive empowering thoughts and **I will no longer tolerate giving my power away to negative thoughts.**

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.**