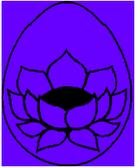


SOURCE

PROCESS & BREATHWORK

ARCHETYPAL AFFIRMATIONS

Fundamental thought forms that evoke specific life diminishing thoughts so that they can be acknowledged and released from mind and body.



I am Spirit manifest in beautiful form!

I am limitless, a receiver of light!
I am a gift from God to the Earth!
I am a high thought... I am love!



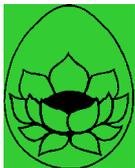
I am connected in love to all that lives and all that breathes!

I am connected to Divine Intelligence that knows my good!
My timing is perfect!
I am always in the right place at the right time, doing and saying the right thing!



I am an expression of love!

I have a right to be here!
It is safe to express myself!
I am listening!



I am the innocent child of a Gentle God... I deserve to experience all of my Love!

Everyone is safe with me!
Everyone is glad that I am here!
I am open to receive all the love that comes to me. I deserve it!



I am the One who chooses what to think and how to use my energy!

All my feelings are safe!
I am enough... I do enough... I have enough!
I am the power and authority in my life!



I am surrounded by love and support from all the Divine Beings in my life!

The entire physical universe exists to support me in physical form!
The more I let go/ release/ relax, the more I experience the support already provided for me!
I am here for me and everyone benefits!



My body is safe, no matter how I might be feeling!

The breath is safe, it supports the release of discomfort, no matter how long I have stored it!
Life only produces life!
I am the Earth... I am creativity!

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