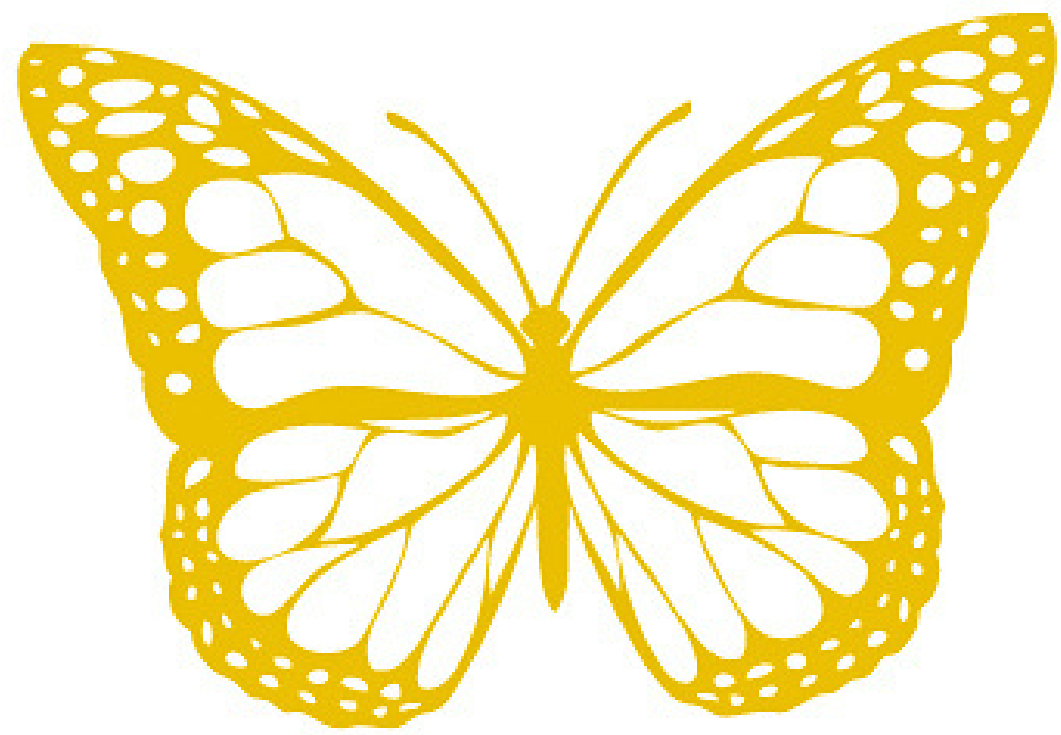


Heal Yourself

**10 AFFIRMATIONS &
HOW TO BEAT
RESISTANCE**

Heal Yourself



Heal Yourself

HOW TO USE THESE AFFIRMATIONS

For the next 10 weeks, you can begin to heal yourself and your relationship with affirmations.

A simple way to get affirmations to stick is to pick 1 or 2 for a few days or weeks and repeat them religiously.

For the purpose of this particular teaching, we will pick 1 affirmation a week. This is to show that with consistent practice, something inside you will change and ultimately things around you will change too.

We truly are what we think about.

So pick an affirmation that speaks to you from the list below and the resistance statement that goes along with it.

Write it out 10 times in the morning and write out the resistance statement every time you feel resistance.

And then recite this affirmation in front of the mirror. Mirror work is magic and tells you immediately when you are in resistance.

Make a small card with your affirmation on it and carry it with you everywhere.

Work with your chosen affirmation for a week and then pick another one. In ten weeks something will be different in you and or the world around you, I promise.



Heal Yourself

1. I love myself as I am today

Beat resistance statement: I am now WILLING to love myself as I am today.

2. I am loving

Beat resistance statement: I am now WILLING to be loving.

3. I am wealth and money flows to me constantly.

Beat resistance statement: I am now WILLING to be wealth and money flow to me constantly.

4. I am abundance and only good flows to me.

Beat resistance statement: I am now WILLING to be abundant and have good things flow to me.

5. I am so happy and grateful, my life keeps getting better and better.

Beat resistance statement: I am now WILLING to be happy and grateful, now that my life keeps getting better and better.

6. I am an amazing mother

Beat resistance statement: I am now WILLING to be an amazing mother.

7. I am divine energy.

Beat resistance statement: I am now WILLING to be divine energy.

8. I am creative and my creativity is forever flowing.

Beat resistance statement: I am now WILLING to be creative and creativity that forever flows.

9. I am full of joy each and every day.

Beat resistance statement: I am now WILLING to be full of joy each and every day.

10. I am consistent and always get what I want or the Universe brings me something better.

Beat resistance statement: I am now WILLING to be consistent and always get what I want. Right now the Universe brings me something better.



Heal Yourself

I would love to connect with you. Sometimes healing needs a tight tag team and I am always seeking teammates. If you find that you are too please reach out and share your own journey. The goal, always, is to learn from one another and grow into the beings we envision ourselves to be.

You can connect with me on the following platforms:



Love: Mandi

