



AcuBalance

Acupuncture & Integrative Medicine



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Affirmations

- ❖ I AM the master of my thoughts and emotions; I am responsible for my health & well-being
- ❖ I AM free to choose to live as I wish and am capable of anything
- ❖ I AM comfortable with my body, within and without, I am the eternal self and I know who I am
- ❖ I AM integrated, whole, and balanced, releasing the old and embracing the new
- ❖ I AM in Flow with Life and in congruence with my spirit and divine purpose, my intentions create my reality
- ❖ I AM a perfect expression of divinity, I express myself with ease and clarity
- ❖ I AM worthy to love and to receive love, health, joy, and abundance every day in every way
- ❖ I AM blessed and content with my life, I am living my highest purpose
- ❖ I AM a success, I allow myself to feel and experience my success
- ❖ I AM filled with appreciation and gratitude for all things in my life
- ❖ I AM committed to the expansion of consciousness of myself and the planet
- ❖ I AM divinely guided, accepted, and loved, and I am safe, protected, and supported in every area of my life
- ❖ I AM unique and honor my special skills and abilities to serve others
- ❖ I AM a valuable person, I value my time and energy, as my path is important
- ❖ I AM innocent, I am worthy of my imperfections and I forgive myself totally and completely
- ❖ I AM willing to see the truth and go beyond the shadow of fear
- ❖ I AM integrity, I speak the truth in the integrity of the light, I trust in myself
- ❖ I AM congruent, consistent, centered, and responsible in all aspects of my life
- ❖ I AM clarity, I am making evolutionary choices that being the highest expression to all
- ❖ I Make healthy choices, and release unhealthy habits to heal a bit more each day and find balance in my life
- ❖ I See change as a blessing & a challenge to grow, but accept what I cannot change or am not ready to change today.
- ❖ I Let go of my guilt, fear, thought patterns or belief systems that are not in service of my highest good
- ❖ I AM creating harmonious relationships and extend love, forgiveness and gratitude towards other
- ❖ I deserve to take time for myself, I love and nourish my mind, body, and soul
- ❖ Every cell in my body vibrates with energy & health, my body is healing quickly and easily

- Say this verbal Affirmation 3x at several intervals during your day, and set the intention for integration at bedtime.
- Write the affirmation on paper and post it in your daily living area, work space or mirror. Look at it often.