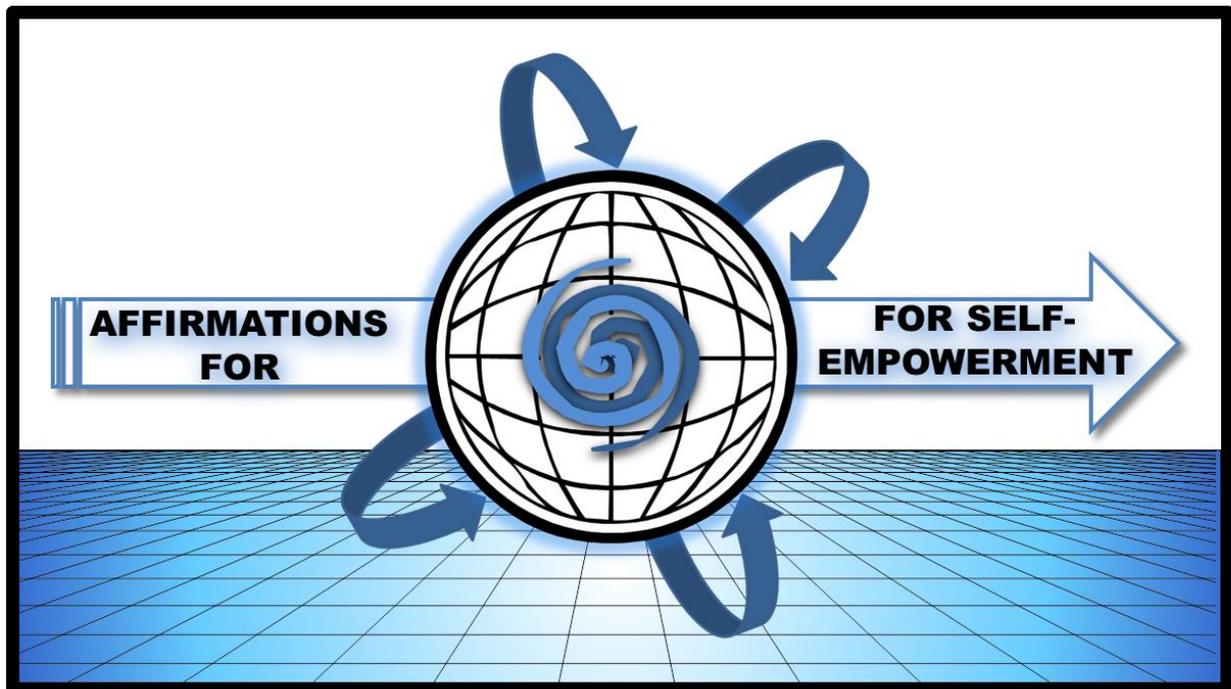


SOUL SEX: Affirmations for Self-Empowerment

Excerpt from Soul Sex: The Alchemy of Gender and Sexuality

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HOW TO CREATE AFFIRMATIONS

Affirmations are positive statements of acceptance and manifestation. Affirmations can be considered a form of prayer. By repeatedly vocalizing them, affirmation statements can shift the beliefs of the conscious and unconscious mind. These statements are released to the Universe to be fulfilled.

Affirmations work because Thoughts Become Things. Scientists have observed these phenomena in working with quantum physics. Everything in the universe, including our thoughts, is energy. We can influence energy by our observations. If our observations come from an open, loving heart then they are positive and will have a positive influence on our world.

Each time you hear that voice in your head sounding negative, doubtful, or questioning, gently veer it back on course by saying an affirmation. Over time you will banish the negative thinking all together.

Here are some tips on how to write good affirmations:

1. Always use the present tense and the first person.
2. Never use negatives in affirmations.
3. Keep them short but very specific because you are going to get what you ask for.
4. Believe. The more you believe, the stronger the affirmation.
5. Be repetitive and persistent.

How to implement affirmations:

1. Speak or sing your affirmations each day. Say your affirmations in the first, second, and third person.
2. Record your affirmations and play them back while awake or sleeping.
3. Write your affirmations down. Review them regularly. Post them in prominent places.
4. Journal your affirmations and experiences. Record affirmation successes.
5. Visualize your affirmations as living pictures. Visualize your affirmations as if they are true now.
6. Create a vision board by pasting pictures of what you are affirming on a board.
7. Take actions toward receiving your affirmation.
8. Give gratitude for all the blessings that have arrived and all the blessings still on their way to you.
9. Act as if your affirmation is already working in your life.

LIST OF AFFIRMATIONS

Here is a list of affirmations that you can adopt or adapt for your personal use:

FOR HEALTH & HEALING

As I forgive myself, I leave behind all feelings of not being good enough and I am free to love myself.

I am healthy in all aspects of my being.

I can heal myself on all levels.

I love and care for my body and it cares for me.

I rejoice in my sexuality and in my own body. My body is perfect for me in this lifetime.

I now embrace my ability to heal the past. I move forward with love in my heart.

My healing is already in progress. I know I am worth healing.

My mind is a powerful healing tool.

FOR FINANCIAL SECURITY & PROSPERITY

A constant abundance of prosperity is mine.

Everything I need is coming to me easily and effortlessly.

I am a magnet for divine abundance in the form of money, health and happiness

I am a magnet for positive, loving experiences.

I am now joyful, happy and serene. All my dreams are now made manifest.

I am ready now to accept all the joy and prosperity life has to offer me.

I am the embodiment of abundance, which always manifests in my life as perfect health, plenty of wealth and constant happiness.

I choose to believe that everything that I require in life is always right there in front of me.

I deserve to be happy, healthy, and prosperous.

I now have enough time, energy, wisdom, and money to accomplish all my desires.

Life supports me. I open new doors to life.

My future is glorious. I now live in limitless love, light, and joy. All is well in my world.

My life is abundant with joy. Peace, happiness and love are mine.

The universe always provides. I am open to receiving all the blessings of this abundant universe.

FOR SOCIAL ACCEPTANCE

By practicing unconditional acceptance of myself, I am now able to accept all others as they are.

Good people are attracted to me every day. They want to meet me.

I am a valuable and important person, I am worthy of the respect of others.

I am at peace with all those around me and with myself. I believe in myself.

I am attractive, desirable and lovable.

I am surrounded with loving, caring people in my life.

I am lovable.

I am worth loving.

I can forgive others even if they have hurt me.

I deserve to be loved.

I do not judge others and I do not let others judge me.

I fill myself with love and my love overflows to others.

I free myself and everyone in my life from old past hurts. They are free and I am free to move into new glorious experiences.

I love and accept myself and others.

I radiate acceptance and I am deeply loved by others.

I release all old hurts and forgive everyone, including myself.

I release the need to blame anyone, including myself. We are all doing the best we can.

I willingly forgive. I breathe love into my vision and I see with compassion and understanding.

The more I love, the more that love is returned to me.

The more I show of myself, the more there is of me to love.

FOR SELF-EMPOWERMENT

All is well in my world. Everything is working out for my highest good.

By being true to myself, my self-esteem grows.

Deep within me is a solid core of calm and peace.

Each day my life is filled with wonders and magic.

Everything I need comes to me at the perfect time. I tell life what I want, and then I allow it to happen.

Happiness and joy flow from deep within me. Contentment comes from within.

I am actively in charge of my life.

I am always in my truth.

I am creating a great life for myself.

I am fine the way I am. It's okay to be me.

I am free to be myself.

I am glad I was born and I love being alive.

I am moving forward with a joyful sense of adventure.

I am my own unique self.

I am now free to be the greatest expression of myself that I can be.

I am perfect exactly as I am.

I am safe at all times as I experience new things.

I am safe in the Universe and all life loves and supports me.

I am true to myself.

I celebrate each and every day.

I accept all the parts of myself. I look in the mirror and say I love and accept myself exactly as I am.

I accept myself as I am now, always and in all ways.

I choose to honor and love my body and my life, this day and every day.

I choose to live my life honestly, lovingly and creatively.

I choose to walk my talk and to know myself.

I claim my own power and I lovingly create my own reality.

I crafted this life experience so I am strong enough to face any challenge.

I cross all bridges with joy and ease. The old unfolds into wonderful new experiences.

I express my true being today.

I forgive myself unconditionally.

I freely express who I am. It is my birthright to express myself just as I am.

I grow more and more attractive every day.

I handle change with ease.

I love and accept my own personal power.

I love and accept myself right now. I am in the process of becoming my own best friend.

I love and approve of myself. I am good enough just as I am. I claim my power.

I love and respect my ability to continue on my path with strength and courage. My dreams are now being fulfilled.

I love and respect my right to express myself.

I love being me. I deserve only good in my life.

I make my dreams come true by believing and trusting in myself.

I now choose to invite joy, laughter, peace and love into my life.

I now embrace myself as I am. I am free to be me.

I now move forward with confidence and grace. I see my way clearly.

I nurture my inner child, love her/him and have allowed her/him to heal.

I treat myself with unconditional love. I feel my heart opening.

I'm finding the joy in my journey.

My power is my inner treasures.

With my special body comes special gifts, abilities, & opportunities.

FOR SPIRITUAL ASSISTANCE

All my bodies – physical, mental, emotional, and spiritual - are perfectly aligned.

I am certain that my path is always perfect for me.

I am filled with the healing energy of the Light.

I love, honor and accept the perfection of Spirit within myself and within all things.

I now see my path clearly and embrace my journey whole-heartedly.

I now follow my own inner guidance. My path is clear to me.