

I Release, I Receive

Waiting = Faith Just because something doesn't happen right away, that doesn't mean that it's not going to ever happen. Healing is not a one-time-event but a process that unfolds over time. We do the work that is required for our restoration, then we let go of the timing, trusting that life will provide exactly what we need exactly when we need it.

- 1) Through spiritual **practices*** we consciously release a negative belief
- 2) We wait while life draws the poison from our bodies and from our hearts
- 3) We wait while life cleanses us, creating a fresh new space within us
- 4) We wait some more while life places in our path opportunities to attract divine abundance into our spirits and our lives

*Merely thinking that you want to stop thinking a specific thought is NOT a spiritual practice. For effective spiritual practices, see "How to Practice Affirmations" Support Sheet.

I am releasing...	I am receiving...
Which self-talk messages are you willing to release?	What is the most loving, compassionate message you can tell yourself?

I now choose to release ...

I now choose to receive...

The belief that I'm not good enough	The belief that I am enough
The belief that I am fat	The belief that I am the perfect size for my life right now
Self-criticism	Self-approval
Self-judgment	Self-acceptance
Self-hate	Self-love
Regret	Self-forgiveness
My past mistakes	Peace in this present moment
Shame	Dignity

Self-abandonment	The willingness to stay present with my feelings
The belief that I can change others	The willingness to change my own thinking
The belief that my life will always be a struggle	The belief that everything is working out for my highest good
The belief that I'm always in the dark	The belief that whatever I need to know is revealed to me
The belief that I will never have enough <ul style="list-style-type: none"> • Scarcity mindset 	The belief that whatever I need comes to me <ul style="list-style-type: none"> • A mindset of abundance
The belief that something is always wrong	The belief that all is well in my world
The belief that I need to put myself last on the list (if I'm on the list at all)	The belief that the healthiest place for me (and the others in my life) is at the top of my priority list
The belief that I don't matter	The belief that I am valuable
The illusion that happiness lies just a new toy, friend, job, or idea away.	The truth that I am whole right here, right now
The lie that I need to earn worthiness	The truth that I am worthy of all the goodness this world has to offer, right now as I am in this moment
The lie that I will never find love	The belief that with my Higher Power's help and the support of caring humans, I can uncover the love that's already in me and be fulfilled