

Affirmations From the Tree of Life

“Hear this!”

1. “I am ... bone, flesh, blood, and energy ... alive! ... complete with all that I need, a vehicle of Life expression ... a Temple of God — beautiful in ways I do not yet know ... ”
2. “I am ... an ego creature, an image of a larger hidden reality and a servant of that reality ... the Foundation of this Life, the strength and will of action, thought and feeling in service of a far greater Self Who I am ... ”
3. “I am ... a reservoir of all the information I need for healthy life choices to be made in my life at this point in time ... ”
4. “I am ... a vibrant pool of life’s feelings — full, open, energized and desirous of healthy, complete expression ... ”
5. “I am ... a Divine Spark of God, a True Self, a Master of ego and thoughts, Observer of feelings, Governor of behaviors, an Inner Beauty now to be unveiled ... ”
6. “I am ... a fearless discerner of truth from falsehood, a gift of the soul for order, stability, and true healing ... ”
7. “I am ... deeply compassionate toward myself and others ... merciful and generous, a Lover of Self and Soul ... ”
8. “I am ... capable of understanding of all that has come into my life — from the deepest pain to the greatest joy. My life has a profound meaning, and I understand this ... ”
9. “I am ... open to moments of true Inspiration and Revelation. I am worthy of these Divine Gifts, open to their teachings, welcoming of their Light, and willing to act on these inspirations ... ”
10. “I am ... a being who is transformed ... I am a Holy Child of God, a spiritual being, a Spark of the Divine Light, residing in a Temple of God — I am nothing less than this ... nothing less ... ”

From:

Gerald Gillespie

The Kabbalah’s Twelve Step Spiritual Method To End Your Addiction

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