
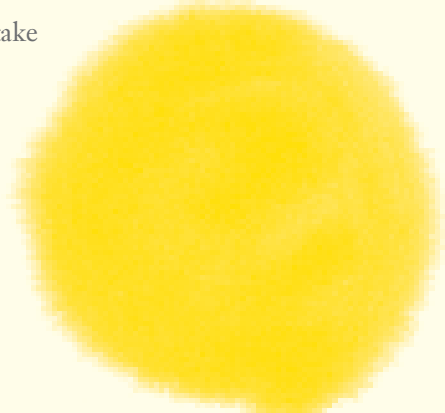
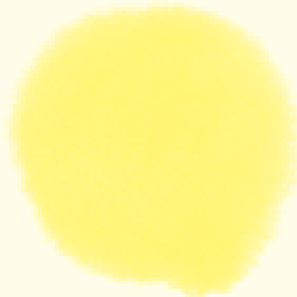


affirmations

I begin this book by paying homage to positive affirmations – the gift of being able to turn negative situations and thoughts into things of beauty and inspiration that we can treasure and learn from. Mystics believe that the mind is the cause of all one's joys and sufferings.

Affirmations allow us to stand in our discomfort or fear and say, I can do it, I am beautiful, I am loved, I have grown and benefited from this painful experience.

It is the blessing of being able to take lemons and make lemonade.



*We are powerful creators of our own Destiny.
We manifest what we most believe.
We recreate in the outside world that
which is true in our inner reality,
as Life becomes a self-fulfilling prophecy.*

'Be realistic! Trust that magic happens.'

– Sign on toilet door