

Week Seven:

TRUST AFFIRMATIONS

Limb 7 : Wisdom



MANTRA:

*I am rooted, but I flow.
I trust in my body and breath to be my guide.*

WEEKLY CHECK-IN

What has been your sunshine and cloud for the week?





TRUST AFFIRMATIONS

Here are some examples of trust affirmations (sample statements from A Window Between Worlds):

I am worthy of love from myself and others.

I deserve to be appreciated and valued.

I am gentle and nurturing towards myself.

You can brainstorm yourself or you can even look through the Louise Hay affirmation cards in the middle of the circle for inspiration. Make a list unique to you.

My trust affirmations are:



"Trust in your inhale and trust in your exhale.

Exhale deeply and completely.
Because you are already beautiful.
Because you are already enough. Inhale fully.
Because you are already powerful.

Because you are already genius.
Exhale deeply and completely.
Because you are already blazing.
Because you are already heaven.
Inhale fully.

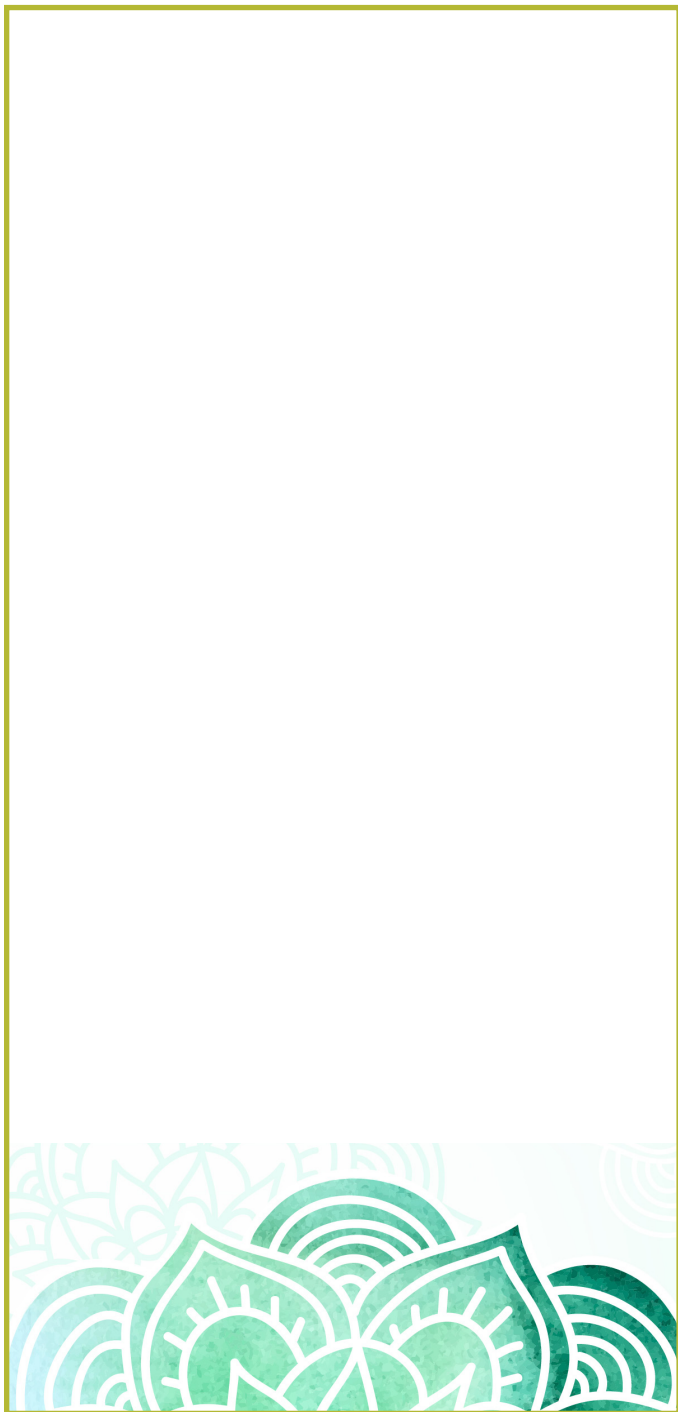
Because you are already holy.
Because you are already magic."

- Tanya Markul



TRUST AFFIRMATIONS (cont'ed)

My trust affirmations are:



*"I have come to accept the feeling
of having **trust** in just not
knowing where I am going.*

And I have learned to love it.

Because it is only when we are
suspended in mid-air- with no landing
in sight, that we force our wings to
unravel and begin our flight.

And as we fly, we still may not
know where we are going.

But the miracle is in the unfolding of
the wings.

You may not know where you're going,
but you know that so long as you
spread your wings, the winds will carry
you."

- Joy C Bell



EMBODY WHO YOU ARE
INTO YOUR PHYSICAL PRACTICE



Week 7

THEME: Trust

MANTRA: I am rooted, but I flow.
I trust in my body and breath to
be my guide.

HIGHLIGHT POSTURE:
Arm Circles or Tree Pose

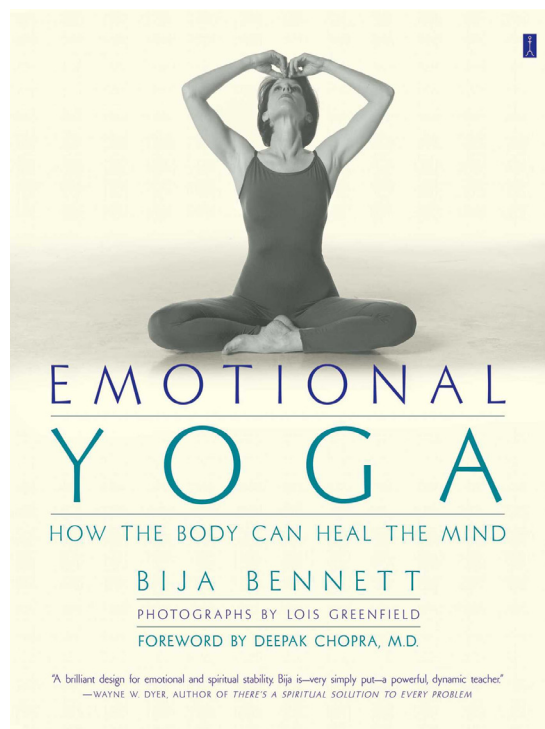


FOR NEXT WEEK...



Optional Reading
for Week 8:

CHAPTER 8:



OPTIONAL HOMEWORK:

Continue to work on your trust affirmations and touchstones.

Place your touchstones in areas where you need reminders most. Perhaps put them in your backpack, on your dresser, by your toothbrush, or maybe somewhere more unexpected.

Week 8

WEEKLY SELF-CARE CHECK-IN:

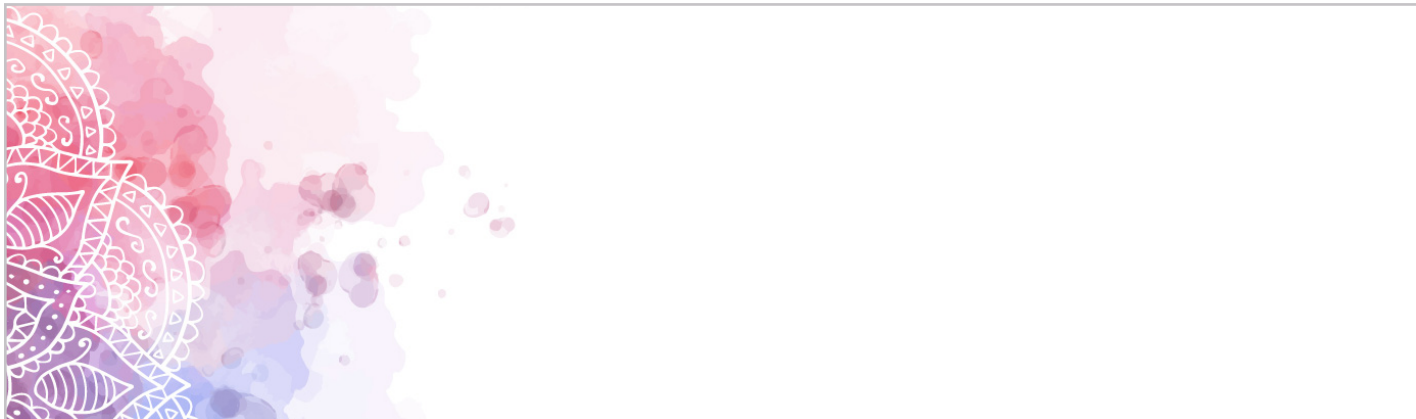


*"Healing is not a competition.
I tend the garden of my well-
being with care, trusting that
I will blossom when I'm ready."*

-Durgadas

Take time after each week just to check-in with you.

How is your body? How is your breath? How is your heart?



I invite you to take a deep full inhale and an open mouth exhale. Maybe notice both of your feet on the ground. Notice what is going on both physically and emotionally.

Know that you don't need to change anything about yourself.

You are enough exactly as you are.