

Hi Lovely

Did you know that relationships are here to learn something about ourselves!

Hmmm well, I think I've learnt enough you say!

This is true though!

I used to regularly have coffee with my kinesiology friend 'debriefing' about situations in my life. And she would say, well you're attracting it! And I would say, Oh! - So it's my fault!?

And she would say, well yes!

(Don't get me wrong physical and emotional abuse is not your fault and get out now to stay safe.)

At the same time question and make a decision to change what your beliefs are about yourself and about what you want.

So since then it got me thinking. Why am I attracting stuff?
What am I thinking, believing, feeling and saying that I would be attracting things I don't want?

You see when you have beliefs like 'I don't have a right to be supported' or 'maybe I'm not enough' or 'I don't have a right to have what I want', you are ACTUALLY attracting more of those experiences to you.

Beliefs are shocking! We need to notice what we are saying to ourselves and then CHANGE our internal belief. (Which is not always easy at the start!)

So this list of affirmations can kick start you to changing your beliefs!

These goals and affirmations are how we would ULTIMATELY like to feel!

Say them every night for 3 weeks. Ideally it would be great if you accompany saying affirmations with some energy clearing work like meditation, kinesiology, reiki, tai chi, yoga, chi gong.

We all need to shift and change our energy to attract what we want.

Let me know how you go!

Cheers
Denise

Relationship goals and affirmations

I am enough

I am loved

I feel loved

I feel safe

I belong

I am supported

I have the right to be supported

I have the right to feel how I feel

I have the right to have what I want

I am accepted

I have the right to be an individual

I am loved for being me

I attract meaningful and supportive relationships

I attract a partner who cares about what I feel, think and say

I know what is right for me

I am safe letting my light shine in my relationship

I only attract kind and loving people into my life