

## AFFIRMATIONS

- ✿ I am centered, steadfast & aligned with God in all I think, say & do.
- ✿ I am a divine daughter of God, and my thoughts, words and actions reflect my divine identity.
- ✿ I release the need to control. I surrender to God's will & His timing.
- ✿ I release negative family patterns. I intentionally cultivate healthy patterns, thus changing generations to come.
- ✿ I am empowered with divine gifts and use those gifts to serve God & His children, according to His will.
- ✿ I take responsibility for what is mine & release those things that I am not responsible for.
- ✿ I release the need to emotionally disconnect. I intentionally connect with those who uplift me, inspire me & bring me closer to God
- ✿ I release the need for worldly accolades and achievements. I am humble & meek, ready to partner with God in all I do.
- ✿ I release all blocks, negativity & pride that hold me back from my truest, highest self. I am teachable, humble & willing to learn & progress in new ways & perspectives according to God's will.

## ESSENTIAL OIL BLEND

3 drops siberian fir  
1 drop wintergreen  
1 drop thyme  
1 drop rosemary  
1 drop geranium  
15 drops align  
10 drops cypress  
2 drops spearmint  
2 drops cistus  
20 drops birch  
add fancy jasper gemstone chips

Apply anywhere you like, 2 times per day.

