

yin-care®

Womb Empowerments

**I AM WHOLE
& COMPLETE.**

*I know that I am held
& loved & connected
to Womb Wisdom
EVERYWHERE.*

**I AM BEAUTIFUL
AND WONDERFUL
AND PERFECT.**

*My body, mind, and
spirit are sacred.*

I recognize that my
LIFE CHALLENGES
are *a sign* of the
BEGINNING
OF MY COMING INTO MY OWN
true self.

*I am a being of light shining
bright inside human form.*

**I COMMIT TO A DAILY PRACTICE OF QUIET REFLECTION,
EVEN IF IT IS FOR 5 MINUTES IN THE CAR OR SHOWER.**



I am filled with
**LOVE, LIGHT, JOY,
WISDOM, COMPASSION,
RADIANT LOVING ENERGY,
COURAGE, PEACE,
FORTITUDE, GRACE,
BRAVERY AND HUMILITY**

*I welcome humor to join
me along my journey as
I rise, so that laughter is
the backdrop of my deeper,
wider, MORE NOURISHING
breaths that breathe me
along this path.*

**I HONOR MYSELF.
I CELEBRATE
MY STRENGTHS.
I EMPOWER MY
TRANSFORMATION.**

**I AM WOMB
WISDOM**