



Support Group Affirmation

Let's open ourselves to new meanings as we heal & grow together as a community!

Let's create a place where we can get to know ourselves fully
and curiously embrace
all that we find
without shame, guilt or judgment.

*Taken from the Hawaiian Ho'Oponopono tradition (and lovingly added to)
Here is an affirmation and commitment to yourself for your healing journey.*

Welcome to Vashti Initiative Support Group!

Opening Affirmation

I love myself unconditionally.

I embrace my new thoughts and beliefs.

I believe in myself and my strength.

I accept myself as I am.

I invite questions and doubt as perfect curiosity and part of my divine intuition.

I honor my path, no matter the past, looking forward to the future.

I'm sorry that I may have hurt myself or been harmed by others.

I forgive myself for any hurt I have caused myself or others.

I thank myself for allowing space to grow and blossom as I invite a new brighter outlook,
free of shame, guilt or judgment.

And so it is.