



ORGANIC THERAPY NETWORK

MINDFUL MOMENT

Cultivating Empowerment and Healing



Begin by taking a few deep breaths, allowing yourself to become fully present in this moment.

Feel the ground beneath you, supporting you as you embark on this journey of healing.

Now, bring to mind a vision of yourself as empowered and whole, free from the weight of discrimination.

Visualize yourself standing tall, with a sense of confidence and self-assurance radiating from within.

As you hold this image in your mind, repeat after me:

"I am worthy of healing and liberation. I refuse to be defined by the limitations imposed upon me. I reclaim my power and agency over my own narrative. I am a force for change and justice in the world.

My voice matters, and I will speak my truth with courage, strength and dignity. I will reclaim my narrative, my story deserves to be heard."

Feel the empowerment coursing through your veins, igniting a sense of purpose and determination within you. Know that you have the strength and resilience to navigate the challenges ahead and emerge stronger on the other side.

Take a moment to thank yourself for showing up and engaging in this practice of self-care and empowerment. When you're ready, gently open your eyes and return to the present moment, carrying with you a renewed sense of strength and resilience.