



ORGANIC THERAPY NETWORK

MINDFUL MOMENT

Affirmation and Self-Compassion



Begin by finding a comfortable position, whether sitting or lying down. Take a few deep breaths, allowing yourself to settle into the present moment. As you inhale, feel your chest rise, and as you exhale, feel the tension leaving your body.

Now, bring to mind a challenging experience you've faced due to discrimination or prejudice. Recognize that your feelings are valid and understandable. Take a moment to acknowledge any emotions that arise without judgment.

Now, repeat after me: "I am worthy of love and respect, just as I am. The pain I feel is real, but it does not define me. I am stronger than the challenges I face. I honor my ancestors who paved the way for me. I am resilient, and I will continue to thrive."

Allow these affirmations to sink in, feeling the warmth and compassion they bring to your heart. Know that you are not alone in your journey toward healing

