

## ***Teachable Course - Your Higher-Self Connection***

Higher Consciousness Positive Affirmations --Listen To For 21+ Days

### ***::TRANSCRIPT::***

I invite you now to take three deep conscious breaths.

Breathe in love

Breathe out everything else

Breathe in light

Breathe out everything else

Breathe in peace

Breathe out everything else

Follow along

Every day, in every way,

I feel better, stronger.

I am healthier, wiser, lighter, and happier.

I am that I AM

I am ready and willing to transform my old limiting beliefs.

I let go of the limiting stories of my past.

I let go of my old excuses

.. as I don't need to use them anymore.

I replaced my old behavior

.. with what is now aligned with my highest goals and potentials.

I choose to fully let go of all stories, false perceptions,  
and attachments, to who I was led to believe I was;  
who I seem to be now,  
and who I would become if I didn't let go of the old paradigm

I embrace a full transformation,  
and continued upgrades of my DNA structures and my body systems.

I align fully with the new light codes,  
and high frequencies of unlimited love and light  
that are present on the earth now

I realize that it is possible for me now to let go of the old identities of mine  
and energies of my past.

I am free

I keep the wisdom and full understanding of my past experiences.  
They are my treasures, my tools that I can use whenever I desire

I allow for a complete rewiring of my mind's neural pathways.  
So they now align fully with the unlimited being I AM  
Connected to the higher wisdom, I AM

I let the high-vibration energies present here and now  
to stimulate and balance my left and right brain hemispheres  
and maintain them in harmony with my highest potential

I switch from left-brain analytical mode to my right-brain higher wisdom mode  
with ease and often.

I no longer see separation inside or out  
.. as I acknowledge that I am one with all that is  
.. I understand all that is

I only see unity all beings share.  
I opened myself up to all that my human mind is yet to comprehend

I trust that it is safe for me to let go of the idea of there being any energy blocks,  
barriers, or ways that may have served me in the past

I remember now that I am free already.  
I am now ready to make new choices that are aligned with my soul's loving presence.

I am safe; I am divinely guided and supported  
I am free

I lovingly pair my inner child when it needs my attention.

I let the wisdom of my higher self speak and explain to my protective ego self  
that it is safe for me to have faith and trust the flow of my life

I ride the high vibes with ease.  
I celebrate that I am free to be the best version of myself.

I am high; I am light.  
It is my time to shine; and  
I am ready to take the next step

I welcome the crystalline light energy present here and now  
and let it transform my body on all levels

I trust and surrender to the wisdom of my body  
I feel it changing  
I know it is improving on all levels

I honor the wisdom of my physical body.  
I support the purification and re-calibration process that is taking place in me now.

I joyfully receive the new light codes presence here and now  
and let them activate more strands in my DNA

I am ready to remember my galactic aspects.  
I am happily becoming the new earth galactic-human

I enjoy the new gifts that come with the upgrades  
and activation of my DNA structures

I'm open to fully remember how to tune in to the universal wisdom that is available to me now.

I let more of my soul wisdom to govern my life.

I trust the wisdom of my infinite heart.  
I feel more of myself in my heart.  
I breathe in the universal nourishing energy through my heart.

I love expanding my consciousness way beyond my physical body  
and I do it often

I am so much more than this physical body.  
The expansion of my consciousness has no limits.  
I am free.

I learn to better understand the language of my heart  
and I act on it.

I welcome all emotions without judgment.

I know they are here to serve me.

I know my emotions are messengers that my soul speaks to me through

Low-vibe emotions mean that whatever I perceive is out of alignment with my highest good

My high-vibe emotions mean that I am aligned with my highest good.

I trust my inner GPS.

I understand the signs, and I honor the guidance of my heart.

With the power of my heart,

and with pure intention,

I remember to bless every food and beverages

that I wisely select to nourish myself and others.

I honor and love nature, of the endless gifts available to us here and now.

I welcome the opportunity to merge with my higher soul aspects,

with Gaia, the universe, and all light beings as one

I am one with unlimited love and light

I am that I AM

I choose transparency and see the truth in this life where nothing can hide.

I am awake, I am aware.

I am a peaceful observer of life

joyfully experiencing a continuous expansion of my consciousness.

I am in a blissful alignment with the daily miracles of this life.

My life keeps getting better and better.

I allow myself to experience this life in harmony with Divine Love,  
Light, truth, prosperity, wisdom, and strength.

I gratefully accept and act on my highest soul mission.

I proudly bring lights and unconditional love to this part of the universe.  
I'm happy to lead by example.

I lovingly support my soul brothers and sisters.  
I respect and honor myself and others.  
I joyfully share love, truth, and the countless blessings of life, on this amazing earth.

I choose my words wisely.  
I am impeccable with my word.

I take positive, meaningful action with ease every day.

I trust and follow the wisdom of my heart.

I feel empowered to live my life, free to be me.

I am worthy  
I am a blessing to this world  
I allow many blessings to come to me

I am attracting heart-centered people.  
I recognize my soul sisters and brothers.

I am connected to beautiful high vibration places  
I am home everywhere I am

I am enjoying amazing events in my life.

My life is magical.

I am prosperous.

I am rich in endless ways.

I invite all members of my spiritual support team to ensure that all these affirmations and upgrades take place in a manner that is supporting my optimal physical, emotional, mental, and spiritual comfort.

With great love and appreciation, I welcome Divine Light to surround all that I am at all times.

I thank my peacekeeping angelic team for assisting me on my journey of enlightenment.

In the highest good of all the things,

I entrust my intentions are carried out in joy,

now and in all aspects of my existence.

From the god presence, I am,

from the goddess presence, I am,

I know myself is fully healed

I am completely free

I am empowered

I am aligned with Divine Love, Strength, and wisdom.

Thank you.

Thank you.

Thank you.