

2024 Harnessing the Power of Words Course
with Betsey Downing, Ph.D.

AFFIRMATIONAL HAVENING TECHNIQUE
With Dr. Eva Detko

From the video materials that accompany Dr. Eva's book,
Sovereign Health Solutions.

Say the affirmations while doing the Havening Technique, stroking from your shoulders down to your elbows, "washing your hands", or stroking your face from the forehead around both cheeks down to the chin.

AFFIRMATIONS:

- I am constantly growing and developing as a person.
- I am becoming aware of strengths and abilities that are constantly developing in me.
- I feel a sense of confidence in my ability to achieve my goals and dreams.
- I am making contact with the wisdom and power within me.
- I choose to live life more fully now, moment my moment.
- I enjoy being alive in each moment.
- I am now beginning to let go of the past.
- I am now relaxed about the future.
- I love being aware of infinite possibilities.
- I love creating a fulfilling life.
- I love feeling calm.
- I love choosing to slow down my thoughts.
- I love allowing my muscles to soften and ease into relaxation.
- I love noticing my breathing being calm and slow.
- I love having healthy responses to both praise and criticism.
- I love knowing I deserve good things in life.
- I choose showing respect to myself and others.
- I choose expressing gratitude for things big and small.
- I choose to notice beauty and love wherever I go.
- I love choosing to nurture myself.
- I love saying yes to what is good for me.
- I love giving myself time and space to be me.
- I love nourishing my body, mind, and soul.
- I choose learning to understand myself as I grow.
- I choose being truly present anywhere.
- I love researching health priorities and acting on them.
- I love relaxing into peace and stillness.
- I love having a balanced outlook on life.
- I love paying attention to the clear voice of my inner wisdom.
- I love choosing to become my best self.
- I love knowing my body and mind have the power to heal.
- I love supporting my body and mind in the process of healing.
- I love making healthy choices for myself.

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- I love trusting my body, and its innate wisdom.
- I love learning from every experience life brings me.
- I love turning difficulties into opportunities.
- I love giving my mind, body, and soul the nurturing they deserve.
- I love creating physical and emotional balance.
- I love choosing to give myself the care and love I deserve.
- I love using my mind to create better health and love.
- I love feeling relaxed as I breath slowly and deeply.
- I love creating a great relationship with myself.
- I am choosing to work in harmony with both my body and mind.
- I now choose to forgive anyone who has every harmed me in any way.
- I understand that forgiveness is the key to my freedom.