



Breathing Affirmation I

**In breathing, I surrender the suffering caused by believing
that I need to have all the pieces of my life in order,
in order for me to be WHOLE and for me to experience WHOLENESS**

**In breathing, I surrender the suffering caused by believing
that I need to be SEEN and VALUED by others
in order for me to MATTER to myself**

**In breathing, I surrender the suffering caused by believing
that I need to have QUIETNESS surrounding me
in order for me to be STILL and for me to experience STILLNESS**

**In breathing, I surrender the suffering caused by believing
that my experiences have to be HARD & DIFFICULT,
for it to be MEANINGFUL and to have VALUE to myself & others**

**In breathing, I surrender the suffering caused by believing
that the PAST should have unfolded differently than it did,
in order for me to DIFFERENT than I am today**

**In breathing, I surrender the suffering caused by believing
that I need to be FED LOVE & ATTENTION by others,
in order for me to know that I am truly LOVED just as I AM**

**In breathing, I surrender the suffering caused by believing
that my THOUGHTS about myself shall bring to me
the TRUTHS about myself**

**In breathing, I surrender the suffering caused by believing
that TIME itself should move differently
in order for me to feel differently about myself.**

