



Ethical Affirmations Module 3

Essential Message arising from your Emotional Aspect who you are getting to know pretty well.

Now follow these simple steps for an effective experience:

1. Relax into your open heart. Allow love for all creation to flow through you.
2. Focus on that spaciousness while you feel yourself grounded in your body. Drop down into your pelvis.
3. Feel the energy of your affirmation as it rises up from within your grounded body.
4. Speak your affirmation aloud feeling your body, mind and spirit as one.

Follow these steps and apply them whenever you want to affirm and access the beauty and power of the cosmic forces working in your life.

Write down the message from your inner voice or use this- a suggestion-

Emotional Aspect Affirmation:

“I trust my emotional intelligence to use my feelings for the highest good. My emotions lead me to understanding and grace.”