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Power sentences

Time required: 30 minutes per day

Summary



What to do?

- For the next module, say 12 "power sentences" to yourself every day (before falling asleep and in the morning when you wake up).



Why should I do this?

- Regular awareness of positive life principles results in their strengthening in our lives both on a conscious and unconscious level.
- They help us to reframe/change our experienced critical/destructive image, or beliefs about ourselves or our surroundings, to accept ourselves and our surroundings, to realize our value, uniqueness and meaning of our life.

When am I done? (criteria for evaluation)



- For 21 days, set aside 2 x 15 minutes every day (morning and evening) and say 12 power sentences to yourself.

Instructions



- Start by doing the Breathing Quest.
- Then slowly and calmly say the 12 power sentences below.
- Stay with each sentence and think about its meaning.
- 12 power sentences:

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1. I am who I am for a reason.
2. Everything flows without pressure, without clinging, without resistance.
3. I am essentially indestructible.
4. Past and future are illusions. There is only the present moment.
5. Everything happens at the right moment. I won't lose anything.
6. My life is only mine, no one can live it for me.
7. I have unconditional support.
8. I am the image of nature.
9. I always have exactly what I need.
10. I give and receive joy, love and compassion.
11. My life is a harmonious symphony.
12. I have a choice.

