

7 Affirmations for Spiritual growth:

- **I acknowledge the vastness of my Spirit.**
- **I acknowledge and recognize " The Spirit" in me.**
- **I let go off the need to play small.**
- **I meditate with total ease and each experience is unique and expansive to my growth.**
- **I am the Being of Light.**
- **I am the Shiva Consciousness.**
- **I acknowledge each experience and honor the Universe for guiding me every moment in my journey.**

By #SAHAR GHARACHORLOU #LIFECOACH

