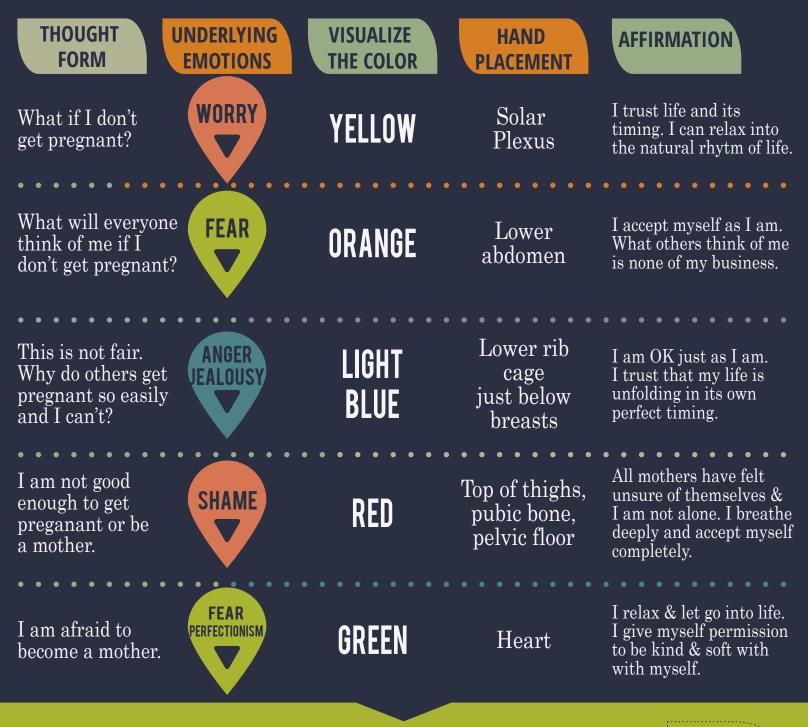
INFERTILITY AFFIRMATIONS CHART

Going through the process of infertility can feel like an emotional roller coaster. In my years doing psychic readings for those going through infertility, these are some of the common thought forms that I saw. It's important to remember that all emotions come from thought forms. It is also helpful to remember that thought forms are not real and we can choose to not pay attention to them...kind of like shooing flies away.



Here is my recommendation for using this chart. Lie down in a comfortable position. Bring your awareness to your breath. Check in with your body in its relationship to infertility. Pay attention to any thoughts or emotions that arise. Just let them be there. Acknowledge them. And then bring your awareness back to your breath. If your thoughts match any of the thought forms below, or are close to them, place your hands on your body in the appropriate place, visualize the corresponding color, and say the affirmation. I recommend that you play with this and use it any way that feels right to you. You can say these affirmations without placing your hands or visualizing a color. You can say these affirmations while driving in the car or while taking a break at work. Do what feels right to you and your body.

Visit Holly Scalmanini at bit.ly/MedicalIntuitive