

Pre-Cleanse Affirmations

What is an affirmation?

Affirmations are statements which you repeat often to create a change of thought or intention in your life. Affirmations must always be in the present tense as if the change has already occurred. For example instead of writing, 'I want to have more energy' you could write, 'I am filled with vibrant energy'.

By repeating it in the present tense it feels more real and you can start to believe it. Don't worry if it sounds silly at first, keep at it and feel the changes start to occur in your body and mind. You can write them on post-it notes and stick them on your fridge, mirror, computer and kettle. Write them, say them, memorise them...make them feel like part of you. Here are five examples for this pre-detox phase.

(Either use these or have a go at making your own. Share them with the community on the facebook forum if you feel comfortable to. It is more than likely that your words will resonate with all your fellow detoxers!)

Ideas for affirmations during your pre-cleanse:

1. "I prepare and fortify my body with nutritional love."
2. "I feel energized and excited about this healing detox."
3. "My body responds to this phase with hope and joy."
4. "I give my body the love and acceptance it deserves."
5. "Everyday, in every way, I am getting better and better."