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LIFE-CHANGING AFFIRMATIONS FOR THE
TAURUS WOMAN

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27 Life Changing Affirmations for the Taurus Woman

Contents

Few Things To Know Before You Start	5
How Affirmations Work (and Why You Should Start Using Them NOW)	6
What You Absolutely NEED to do to Make Your Affirmations Powerful	7
Why Taurus Women NEED these Affirmations.....	9
I am secure and grounded.	11
I create my own stability.....	12
I am anchored to a well of abundance.	13
I easily open my heart to giving and receiving love.....	14
I embrace my imperfections and extend empathy.....	15
I am free to forgive when I choose to.....	16
Abundance flows into my life.	17
My creativity helps me find solutions.....	18
I am nurtured and loved.	19
I trust myself and can trust others.....	20
My intuition guides me to love and healing.	21
I have faith in the process and can release control.	22
I am open to learning from others today.....	23
I embrace healing and new beginnings.	24
I can always change my mind if I want to.....	25
I recognize my beauty.....	26
I see and value my worth.....	27
I trust my instincts and can say “No,” when I need to.....	28
I am open to compliments and kindness.....	29
I share my abundance with others.	30
I uplift and empower others and this liberates me.	31
I carry my head high and command respect from others.	32
I can be gentle but firm with others, to make my feelings known.....	33
I trust in my spiritual path.....	34
I find the silver lining in every situation today.....	35
I recognize my talents and bring beauty to the world.....	36
I follow my heart today.....	37
Next Steps	38

Few Things To Know Before You Start

Perhaps you've heard of the power of repeating affirmations. From pop psychology proponents to spiritual gurus the world over, affirmations are one of the most popular tools.

It's no surprise at all. Think of affirmations as personal magic spells. When you speak, write or recite an affirmation, you are describing the world as you mean it to be.

We do this all the time without being conscious of it. That is to say, we frequently call out what we perceive the world to be, but in the most negative of ways.

Consider a woman who constantly repeats (mentally and out loud) the phrase *"I just can't trust people, they always let me down!"* and then repeatedly falls into a pattern of self-fulfilling prophecies when the negativity of this message attracts the exact type of relationship she wanted to avoid!

Affirmations work because they frame our perceptions. If we're looking for trouble, we'll find it. But if we're looking for positivity and empowerment, we'll find that as well.

Hence the power of affirmation. When you use affirmations, you're "programming" your mind to align with certain possibilities. Repeat an affirmation enough and it becomes your reality.

How Affirmations Work (and Why You Should Start Using Them NOW)

I'm actually super excited to offer this guide to you. I've been using affirmations for decades, discovering their power, fortunately, at a very young age. I've also been using affirmations with my clients in a very specific way. A way that is unique and not used in other forums.

There are plenty of generic affirmation lists floating around. But this guide specifically was designed with affirmations that SPEAK to the subconscious needs of a Taurus woman.

These affirmations are specially tailored to help you usher in the transformation Taurus women need to live up to your highest potential. I'll talk about that in more detail later.

What You Absolutely NEED to do to Make Your Affirmations Powerful

Now, before we get started, there are a few important keys you need to understand. Affirmations are not to be used carelessly. Simply reciting words robotically is almost useless.

I mean, there may be some level of subconscious connection occurring even if you don't mean what you say. But any affirmation will be more potent if it reflects how you truly feel.

So if you recite an affirmation just because I suggest it, but you don't BELIEVE in it, well, you would be better off slightly adjusting it so that it remains empowering yet is also believable. Affirmations rely on cooperation from your subconscious.

Your subconscious mind knows what you truly do and don't believe. You can't lie to your subconscious. So it's best to modify an affirmation slightly if you have to.

Now, you may be wondering, why affirmations for the Taurus woman?

Well, truth be told any woman (or man) can benefit from these affirmations. But I created these based on specific traits that Taurus women are known for.

On the one hand, you'll find specially tailored affirmations that address your key strengths and personality power. On the other hand, I have also included specific affirmations created to

address the biggest Taurus woman hang ups.

In this way, using these affirmations will both help you find greater transformation and empowerment but also to heal your deeper wounds and insecurities.

Repeat these in meditation, especially aloud. Read a new one on a daily basis or choose specifically the best affirmation for your particular situation on a given day. You can also write the affirmations in your journal or write them numerous times. Repetition is key.

Saying or writing an affirmation only once doesn't yield much effect. You are using them in a transformational and creative process. Repetition helps "seal" them into your subconscious. Recite them in the morning or before bed. Type them out on your laptop or write them by hand. Experiment with the style of recitation that works best for you.

Why Taurus Women NEED these Affirmations

Since Taurus is the sign of beauty, love, stability and security, many of these affirmations deal with this specific process. You'll also find affirmations for love, attraction, manifestation and abundance.

They have been specially designed to speak to the soul and subconscious of a Taurus woman. Each sign has a purpose and mission. The stars imbue us each with the power we need to fulfill our special mission.

But...

With each gift comes unique types of healing. With each type of power and skill comes a responsibility to use it wisely. The Universe gives us the special talents we need, but then we are born into a less-than-perfect world. This imperfect world wounds us.

How we are wounded and how these wounds shape us can be influenced by the priorities and desires given to us within our Astrological makeup. But suffice it to say, the core wounds, insecurities and obstacles faced by Taurus women is very different than the wounds and obstacles others face.

The strengths of a Taurus woman are also unique. By knowing how to channel the raw power of instigating change, initiating new things, protecting those you love and aspiring to your

ambitions, can be enhanced and expanded with the use of these affirmations as well.

You can rise to your highest potential, release the baggage and wounds unique to a Taurus woman, and further empower yourself with the help of these affirmations specially designed to unleash your deeper, powerful nature.

I am secure and grounded.

Everyone who knows you would describe you as having it all and having it all together, Taurus woman. Yet deep inside, you're often compelled by a sense of insecurity that pushes you ever onward. You may feel propelled forward, trying to stay a step ahead of the next challenge or crisis.

While it helps you to be prepared, this mindset prevents you from ever totally feeling secure and grounded. As patient and Earthy as you are, you may often feel like you're running in a hamster wheel. Robbed of the enjoyment of the moment, your instinct is to always stay a step ahead.

Use this affirmation to remind yourself that you are actually in better shape than you give yourself credit for. You may feel like you're a step away from disaster, but this affirmation can remind you that you actually are more secure and better situated than you realize.

If you still aren't convinced, use a journal as a tool to keep track of all the resources, including skills and personal connections, knowledge, practices and assets like money, a car, a home and so forth, to remind yourself that you have quite a few tools in your toolkit to help you even when life gets challenging.

I create my own stability.

Do you find yourself ruminating on the thought that life will “get better” or you’ll be “happier” as soon as certain conditions are met? When you finally have the love you want, when you get a promotion, pay off a debt, buy the house, get the new car....

If you’re always chasing stability and security in conditions outside of yourself, you continually miss the mark.

You may feel better for a few moments or even a few weeks, but when you continually chase the rainbows you’re convinced will “fix” what doesn’t feel good in your life, you’re not going to actually feel the security of the roots you already have.

Stability and security are major concerns of yours, Taurus woman. That is why this is an important affirmation for you to use today and actually, most days.

Your superpower, or at least one of your major talents, is your ability to stabilize turbulent situations. You’ve got tremendous grace under fire. You don’t lose control when emotions run high.

Yet this doesn’t mean you truly feel secure inside yourself. Your still waters can run deep. Use this affirmation to help you still those waters so you can anchor yourself and create stability to weather any storm going on around you.

I am anchored to a well of abundance.

Yours is the sign of abundance and yet you may feel the changes to your financial cushion quite intensely. Use this affirmation to reassure yourself that you are actually aligned with abundance.

This may not mean you were destined to become a millionaire. It may not mean you're meant to win the lottery. Yet it can mean you know how to find your footing- including financially- no matter what situation you are thrust into.

If you use this affirmation, you may also visualize a literal well from which you are drawing bucket after bucket of healing, cleansing waters that allow the energy of abundance to flow through you.

Using affirmations in conjunction with visualization can be a powerful tool to help you draw you to the resources you need. Often, this works by putting you in the mindset of that which you are trying to attract.

I easily open my heart to giving and receiving love.

You can be one of the most loving, kind and generous of all the signs, yet when it comes to the reciprocity of love, you could often use a boost, Taurus woman.

You know of course that sometimes this is because you are generous in extending yourself to those who aren't ready to receive your love.

Yet while you can't make someone love you, you can recognize the things embedded in your psyche that sometimes prevent the love others WANT to share from fully entering your life.

Dig deep, Taurus woman, because you know there are times that love is knocking at the door and you are reluctant to let it in. Because you'd have to give up control. Because you'd have to collaborate. Because you'd be (gasp) vulnerable.

But today, you can use this affirmation to remind yourself to let love in. Try to catch yourself "blocking" the energy of love. Do you dismiss compliments or tell others you're fine when you're not? Shift to a place of receptivity rather than trying to have it all under control.

I embrace my imperfections and extend empathy to myself and others.

You don't have to be perfect. Yet your desire to have everything just as you think it needs to be can lead you to procrastinate.

Taurus woman, if you wait until a project, relationship or even your self-image, conform to some standard of perfection, you may never get off the ground. Even when you ARE ready, you'll convince yourself you're not good enough.

A project, job, class, relationship or dream may never be just right enough for your approval. This is why this affirmation is so important.

Now, maybe you worry that you'll become careless and that you'll lower your standards if you let go of your perfectionism. But honestly, Taurus woman, we both know you would have to actually WORK to be that careless.

Use this affirmation to help yourself lighten up today.

I am free to forgive when I choose to.

Forgiveness is a touchy subject. Some “Lightworkers” try to force the idea of forgiveness, as if it is something that one could possibly command another to do, let alone do on demand.

Forgiveness is a process. And it is most certainly a choice.

Whether it has its benefits or not, Taurus woman, the bottom line is, no one forgives until they are ready, if that day ever comes. In the meantime, this affirmation serves but one purpose.

To help you remember that this choice is yours. That when or if the time arrives when you are ready to forgive others, yourself, the past, you will have the ability. You will have the choice.

Abundance flows into my life.

You may be so used to landing on your feet and aligning with abundance and stability, that you lose awareness of it. Just as a Fish doesn't know he's feeling wet as he swims through water.

Yet this affirmation can remind you that abundance, like water or air, moves. This is something you may forget at times, Taurus woman because yours is an Earth sign and so you tend to focus on how things feel NOW not where the currents and trends are headed or where you've been.

Yet when you use this affirmation, you can remind yourself that you have a direct channel into the flow of abundance. You have an amazing capacity to align with the flow of abundance energy and may not always recognize it.

By intentionally looking for examples of this alignment, you can much more easily allow for this flow to be enhanced, bringing in greater security and stability.

My creativity helps me find solutions.

You are so much more creative than you give yourself credit for. Even in the most literal sense of creativity as related to abundance rather than artistry. Yet your ruling planet is Venus, the Goddess of love and also beauty and art.

So even though you are quite a creative maven, you don't always give yourself credit for just how far your creative instincts can go. This affirmation is designed to help you remember your creative instincts.

Not just for the sake of painting, but also because your creative instincts actually help you find the solutions to problems that you may initially feel you've become "stuck" in.

When you're in a rut and can't seem to see your way out of the tunnel, this affirmation helps you to remember that you don't have to do the same thing again and again if it is not working. You can take a different path and your creativity can help you to envision this.

I am nurtured and loved.

You are so nurturing and caring toward others, Taurus woman, yet you don't always open your arms wide to accept and embrace the love you deserve in return. Sometimes you struggle to digest just how loved you are.

Use this affirmation today to remind yourself that you are in fact loved, cared for and nurtured. Repeat this affirmation as you visualize harmonious light green rays encircling you and embracing you.

You may even bring attention to your Heart Chakra in the center of your chest to feel the sensations that change as you raise your awareness of just how loved and cared for you are by others.

I trust myself and can trust others.

Imagine all you could accomplish, Taurus woman, if you could truly trust in others and also trust in yourself to leverage your boundaries when you need to.

The truth is, Taurus woman, you can manage your boundaries and your own instincts and intelligence can help you decide when to open the door and how far. When you know for certain that you can trust yourself, the burden of proof doesn't need to be put onto others.

In other words, you don't need to look to others to "prove" they are trust worthy if you can trust in yourself. Instead, you'll understand that it is your own "antenna" that determines that you can tell when to move forward and when to step back.

Use this affirmation as a reminder that you can in fact place your trust in others because you first trust in your own instincts.

My intuition guides me to love and healing.

You are more intuitive than you realize, Taurus woman. Yet when your rational mind challenges your instincts, you can become stuck in a power struggle. To shift away from this and build confidence in your keen instincts, use this affirmation.

Trust that instinctive wisdom comes from a variety of sources, including but not limited to your sensible intellect. When you receive wisdom from your "gut sense" you can trust this wisdom and open up to hearing the messages your intuition is giving you.

You may be looking for love, healing or growth and that's fine. But remember, sometimes trying too hard to "find" something can take you farther from it. Especially if your seeking takes you away from intuition and into overanalyzing.

Do remind yourself that your intuition is guiding you to opportunities you could never have imagined.

I have faith in the process and can release control.

It's not really a secret, Taurus woman, but you do have a thing for control. Your desire for security and stability can lead you to try to micromanage every area of your life.

At best, you may not fully trust situations that you can't manage or direct. Yet the grey area, the unknowns and the larger process are where the magic happens. When you give yourself credit for your creativity, intuition and wisdom, you can release control and lean into faith.

Faith, that no matter what happens, you that you will not only be ok but will also thrive wherever you are planted. You don't have to know exactly how each situation will resolve. It's not up to you to manage that.

Use this affirmation to continue to help you focus on having faith and patience as you are going through a process of change, transformation or transition. When things aren't clear or when you're faced with unknowns, this is an important time to use this affirmation to remind you that you can navigate through any situation and will need to have faith.

I am open to learning from others today.

You have strong opinions, Taurus woman. You know what you like and you know what you want. Yet it is not always easy for you to take input from other people. Like any of us, you don't know what you don't know, yet your desire to be self-sufficient can drive you to seal yourself off to feedback.

Use this affirmation today to reinforce flexible boundaries. You can be open to input and feedback from those around you without compromising your own ideals and beliefs. All it takes is a reminder to be open.

You can still stand firm and keep your feet planted when you need to, but use this affirmation to remain open minded to the views and perspectives of others. Notice where you sense resistance in your body. Let the new ideas percolate before deciding whether to act on these ideas and opinions.

I embrace healing and new beginnings.

Perhaps your least favorite thing, Taurus woman, is having to make a change in your life. You are steadfast and reliable yet you also resist change until it becomes abundantly clear that you have absolutely no other choice but to throw in the towel and accept that things can't continue as they are.

When you are ready to accept new possibilities, you can use this affirmation to embrace new options. Though you may still associate change with trepidation, this affirmation can soften your defenses and help you prepare for opportunities you weren't expecting.

Remember, you may have a solid grasp on what is going on around you now, but your scope may be limited based on what you've experienced in the past. It's easy for you to lose sight of the fact that the future is wide open.

Use this affirmation when you need help embracing new opportunities and being open to change without fear of the future. When you need help navigating the unknown and don't want to let insecurities and anxieties to hold you back, use this affirmation.

I can always change my mind if I want to.

As a fixed, Earth Sign, Taurus woman, you easily feel cemented to whatever ideas you're passionate about in the moment. Yet your steadfastness has a flipside. You can become engrossed in the idea that things have to happen in one particular way.

Use this affirmation to remember that you can in fact change your mind. I know it's simple, and I know you know this. But you forget it. Or rather, things distract you from this realization.

Simple can be best, Taurus woman. Use this affirmation to remind yourself that you have the ability to pivot. Sometimes when you give your word, you feel the heaviness of an oath as a promise and vow. Yet others won't hold it against you if you choose to be flexible.

You always have a choice, Taurus woman. You can act in accordance with plans you set in motion months or years ago, or you can also choose to see new opportunities and circumstances as a reason to change your ideas and strategies.

I recognize my beauty.

With Venus as your ruling planet, you embody beauty, grace and romance. But do you know this? Do you truly believe it and feel it deep in your heart?

Use this affirmation to assert that you see and acknowledge your beauty both physically and deep in your heart and soul. You have many strengths and your beauty is one of them.

Use this affirmation to remind yourself that not only is beauty more than appearance but it is also an energy that you radiate, Taurus woman. This is a part of your charm and attraction power.

I see and value my worth.

Taurus woman, yours is the sign of value and security. You have a good eye for investments and you know when something material is high quality and worth investing in. You also tend to have this same great discernment when it comes to evaluating others.

But sometimes your insecurities and perfectionist nature can lead you to misjudge yourself. Are you recognizing your own worth?

Use this affirmation to remind yourself that you are a woman of value and that others are fortunate to be among your inner circle. A privilege you don't extend to just anyone.

Remember your worth and don't let your desire for love and success lead you to sacrifice your own personal value. Use this affirmation to remind yourself of your value and strength as a powerful woman.

I trust my instincts and can say "No," when I need to.

You have great instincts, Taurus woman. Yet you sometimes talk yourself out of trusting them. Your style of dealing with boundaries tends to be zero to one hundred. By this, I mean that you can either be incredibly generous, or slam the door shut. Middle ground doesn't come easily to you.

That is why this affirmation is so important to you. You need to remember that you have the power to discern and to say "no," but this doesn't mean you have to adopt a blanket policy to apply in every situation.

Weigh the energy of different opportunities. Give yourself a chance to try new things and decide whether or not this works for you before coming to a conclusion. Use this affirmation to remind yourself that you have the option to move forward, to step back or to wait and do nothing at all.

You control the filter in terms of who comes into your life and how much you extend your generosity. Be open to the new beginnings on the horizon, remember you can follow your instincts and change your mind.

I am open to compliments and kindness.

Speaking of remaining open, Taurus woman, today's affirmation is all about remaining receptive to the compliments and generosity of others. Be open to receiving what others are really telling you.

You may think others are "just being nice" yet when you are given compliments or praise, are you taking a moment to let it sink in? Or do you brush aside the positive statements and try to remain modest?

It's great to be humble, yet when you come to see a compliment or kindness from others as a gift, you may be better able to receive it rather than pushing it aside. Use this affirmation to help you remain in the mindset of receptivity and attraction now.

I share my abundance with others.

Yours is the sign of abundance, attraction and wealth. You have a knack for creating and generating abundance and you love to share the many fruits of your labor with others.

Sometimes insecurities can lead us to focus on what we don't have and we come to emphasize scarcity. Yet you can redirect your focus to recognize just how fortunate and abundant your life has been.

Even when you feel there is room to grow, there is also always room to see how prosperity and abundance are blossoming in your life. Use this affirmation to remind yourself that you easily attract abundance and share it with others.

I uplift and empower others and this liberates me.

When you are getting caught up in your routines and focusing on the practical matters that you need to manage on a daily basis, the grind of work, family and routine matters can start to stifle you. After a while, you may lose your focus.

You may forget, or become distracted from, your higher mission. You are an anchor that helps to stabilize and ground others. Yet you don't exist just to anchor those around you. You also bring yourself empowerment in this manner.

Use this affirmation when you need a reminder that the more you elevate and empower others, the more liberated you become. Insecurities can make you fearful that there won't be "enough" of whatever you seek. Yet competition can get in the way of your higher mission.

Rather than seeing others as adversaries competing for important resources, shift your energy toward empowering and uplifting others so that you can find liberation and freedom.

I carry my head high and command respect from others.

Today's affirmation helps you remember your worth and value. You carry an authority and sense of power that doesn't require you to dominate others.

You don't need to raise your voice, you're adept at giving a look that tells others when they've stepped over a line.

Though direct communication is always best, remember that your body language is also a form of communication and carries an important energy. You help people understand how to treat you through what you do and what you tolerate.

This affirmation is a reminder to hold yourself to a standard that demonstrates how you want to be treated. Don't accept less than the best and show the world that you know what you value.

I can be gentle but firm with others, to make my feelings known.

The theme for today's affirmation is leverage. You can leverage the energy you need to make your point without going overboard. This affirmation reminds you that you have great power in your sensitivity and gentleness and also in your overt and assertive side.

This affirmation puts you in the mindset of diplomacy. You can be abrupt when angry and though you try to stifle your anger, Taurus woman, often you go to extremes to avoid staying in the nuances and dealing with the grey area of a situation.

Yet you don't have to hide your feelings or go to the other extreme of building up resentments. You can find the middle ground and trust yourself to assert your message in ways that are both gentle and nurturing or more abrupt when need be.

I trust in my spiritual path.

Your spiritual path is often marked by tangible reminders of your ideals and beliefs. This is because, as an Earth Sign, it is easier for you to deal with practical, material and tangible things than to think or speak in abstract terms.

Yet the invisible aspects of your spiritual path, the part that requires you to truly have faith in what you may feel on some level but can't overtly see, present a bit of a challenge for you at times, Taurus woman.

This affirmation is designed to keep you grounded and focused on your faith in things beyond your physical senses.

Spiritual wisdom involves more than you can see or perceive with your senses, though your senses can help you attune to your higher wisdom.

This is an important yet challenging aspect of your spiritual growth. Use this affirmation when you need a reminder that you can have faith in the process of following your path even if you don't always have "proof" of what lies ahead.

I find the silver lining in every situation today.

You are realistic and practical and these are great strengths to have. Yet sometimes, this perspective can lead you to lean toward the cynical or to take life too seriously. Use this affirmation to balance your perceptions and keep a healthy perspective.

When you use this affirmation, you are giving yourself permission to look for the good. This can seem threatening to you sometimes. You are prone to thinking that if you aren't looking for problems, you'll miss something and be caught unprepared.

Yet by giving yourself permission to look for the positive, you'll be surprised to find they do exist. And the optimistic developments in your life don't have to blind you to the need to prepare for things that are in fact difficult. Give yourself a cushion of positivity by using this affirmation to help you seek out opportunities.

I recognize my talents and bring beauty to the world.

Even if your boss, your family or your neighbors don't always recognize just how brilliant, beautiful, confident and strong you are, Taurus woman, you have to know this for yourself first. When you understand the value of your unique beauty and talents, you will better understand the gifts you bring to the world around you.

Use this affirmation to help you consciously align with the view that you are on a mission to contribute something special and beautiful to the world. With this in mind, you can better discern how you spend your time and energy.

When you're not using your talents to the highest of your abilities or for the greatest benefit of others, this affirmation will remind you that you don't need to run in circles trying to please others or in response to insecurities about money.

Instead of chasing these minor instant gratification goals, let this affirmation help you remember you have great value and are here to contribute something special to the world on a broader scale.

I follow my heart today.

There may be many decisions weighing heavily on you today, Taurus woman. You may be considering what your family wants for you, what your loved ones want for you, what your colleagues, boss, peers and supervisors want for you.

And with all those competing messages about who you should be and what you should do, Taurus woman, it can be easy to forget what you want or need. Take some time to clear out the influence of others. Give social media a break if you can.

Try to meditate on what you actually need for yourself. Make a commitment to follow your heart today. By using this affirmation, you'll be better able to keep your focus and stay on track, rather than becoming distracted by pleasing others.

Let this affirmation help you realign with what is truly most important to you.

Next Steps

Now that you have a toolbox filled with powerful statements that can help you center yourself and focus your mind.

Be sure to use these Affirmations on a daily basis. As you grow more confident you can modify the affirmations or even switch to statements that better reflect your growth and progress.

Remember, these affirmations are intended to complement your strengths by encouraging balance.

You can become stuck and inflexible at times, and your desire for security can bring you into competition, distractions and confusion.

Choose affirmations that provide grounding and encourage reflection, patience and relaxation to harmonize this energy.

I hope you feel empowered, more grounded and feel the joy of life when you use these affirmations.

Love,

Your Sister and Relationship Astrologer,
Anna Kovach