

AFFIRMATIONS AND DIRECTIONS

(Face the direction specified and then repeat its affirmation.)

I ask the
NORTH WEST
Direction
to HEAL my mental
and emotional
stability.

I ask the
NORTH
Direction
to HEAL the
Steadiness of
My Faith.

I ask the
NORTH EAST
Direction
to HEAL my intellect
and destiny.

I ask the
WEST
Direction
to HEAL the
Fixity of My Life
Purpose.

I ask the
SOURCE
to HEAL the potency
and the power
of perception of
my life.

I ask the
EAST
Direction
to HEAL the
Definiteness of
My Vision.

I ask the
SOUTH WEST
Direction
to HEAL my safety,
security and stability.

I ask the
SOUTH
Direction
to HEAL the
Depth of My
Gratitude.

I ask the
SOUTH EAST
Direction
to HEAL my overall
happiness and
karmic cycle.