
Shower Talk

Release~~Replace~~Renew ☺

Speak to pain:

I cancel (insert) I no longer believe in that (insert).

I am no longer affected by that. It is the result of a believe system, and I have the power to cancel it.

I don't have to accept that. I have the power to sledgehammer and burn that belief.

I mean, this is ridiculous. I am an infinite being and I love myself unconditionally.

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