

Infant Affirmations

Now that you've reclaimed your infant self, spend several days repeating the affirmations to him/her. Imagine cuddling your infant self and saying out loud:

Welcome to the world, I've been waiting for you.

I'm so glad you're here.

I've prepared a special place for you to live.

I love you just the way you are.

I will not leave you, no matter what.

Your needs are okay with me.

I'll give you all the time you need to get your needs met.

I'm so glad you're a [boy / girl]

I want to take care of you, and I'm prepared to do that.

I like feeding you, bathing you, changing you, and spending time with you.

In all the world, there has never been another like you.

God smiled when you were born.

You belong here! There has never been another you. You are unrepeatable, one of a kind

I love you so much

Add the affirmations that triggered the most emotion-they're the ones you most need to hear

Go sit in a park and look at the grass, flowers, birds, trees, and animals. They all belong to the universe. They are a necessary part of creation. And you also belong. You are just as necessary as the birds and bees and trees and flowers. You belong on this earth. Welcome!