

**I give myself room to grow and heal from past wounds.**

I validate my feelings about previous injuries, but I allow myself to move beyond the memories.

I understand it takes time to heal from injustices. I accept that my past wounds are a part of my being, but also that they are from events in the past. I can avoid letting them affect my present and future.

***I clear my mind of negative emotions left over from past events.*** I forgive past injustices and those who hurt me. I meditate, pray, and even exercise to rid my body and mind of any stress.

***My spirit remains strong despite the past.***

I am integrated with the ebb and flow of the universe. I accept that life brings both positive and negative experiences. This acceptance enables me to grow.

Whether I am enjoying good times or life is less than ecstatic, I find the benefit from each experience. I make cherished memories in the good times. I learn life lessons and gain wisdom in both pleasant and troubling times.

***Today, I am safe and whole.*** I have inner balance. I recognize my ability to overcome the past and look forward to a bright future.

### **Self-Reflection Questions:**

1. How can I overcome my past wounds?
2. What can I do to avoid emotional triggers that set off memories of unpleasant times?
3. How can I find fulfillment through overcoming the past?