



Belinda Anderson

AWAKEN YOUR MIND, BODY AND SOUL

When I dived in deep and became honest with myself, I understood what was happening within. **WHEN I SHED THE LAYERS THAT DIDN'T SERVE ME, I RELEASED THE FEAR AND LET GO OF WHAT WAS HOLDING ME BACK.** When I treated the cause, not the symptoms, I healed from the inside out. **WHEN I FOUND PEACE WITHIN MYSELF, I DISCOVERED MY TRUE SELF.** When I stepped out on a limb and trusted, the Universe took care of me. **WHEN I DETACHED FROM THE OUTCOME, LIFE PRESENTED ME WITH MIRACLES.** When I let go of self-limiting beliefs, I shifted on a conscious level. **WHEN I BELIEVED IN MYSELF, OTHERS DID TOO.** When I stopped playing small, I showed up. **WHEN I CREATED A VISION, THAT VISION BECAME MY REALITY.** When I believed, I manifested. **WHEN I BECAME EMPOWERED, I INSPIRED OTHERS.** When I discovered ME, I was able to share my love and light.
