

# Reality Statements Anchor and Expand Your TAG Session



## Writing Reality Statements

Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific.

Write a sentence using personal and present tense, i.e., "I now am...." You are choosing your next experience and in the process old patterns can be transformed. Describe your ideal world as if you are experiencing it now.

The Statement is declaring the outcome, the experience that you want in your life. It is your designed life, your North Star.

You may find it easier to write the 'problem' and add, "Up until now" before the problem, i.e. "Up until now, I have been with men who are aggressive" And then write the Statement, "Men in my life are clear, heart-focused, respectful, and I respond with those same qualities."

## Examples of Reality Statements

- My spiritual and professional teachers have qualities of wisdom, truth, highest good, compassion, insight, and I respect their input.
- All doors to my new possibility, intention, and realities open and draw me through.
- My understanding of the Law of Manifestation expands my capacity to identify those patterns that do not work to enrich my life and use tools remove, change, and transform them.
- At the first signal of outsider presence, I bring in the PTO and TAG healers to DEEP SIX them back to their Source/Home.
- My discernment is the power that brings me support, resources, communities, wellness, and safety for my life.
- I treat my physical body suit with the care it needs for the stable, healthy, loving home it is for my soul.
- I have multiple ways to interpret energy . My physical body is released from being my message giver as I listen to and act on the subtle messages that
- My life is safe because I set boundaries which are respected.
- I forgive myself for all hurts, real or imagined, that others have felt from me in this or any lifetime.
- I forgive.. (name or group) for all hurts, real or imagined, that I have felt from them/him/her in this or any lifetime.
- With generosity, I eliminate any "label" I had placed on ..... and call for the truth of Good to shine into life experiences.
- All doors and contracts no longer needed for limit and safety are fulfilled and dismantled. I love the life I am creating on this planet.
- I have taken ownership of my life and design a system that allows me time to experience all that the earth has to offer and I have to give.
- My movements through life are smooth, safe, and joy-filled.
- I let go of all that no longer serves me and walk through the new doors that expands my life of love, stability, and joy.

- I have built my life around generosity, honesty, compassion, healed thinking, and creative solutions.
- I am in a community of support and health
- I choose to know the strength, vision, magic, music, and joy of my ancestral mothers.
- I am seen as a competent, stable, steady person, partner, parent, and friend.
- I listen to my intuitive discernment and eliminate and heal what is, has, or would deceive and harm me and those I love. I am Safe.