

## List of the Affirmations on:

### HEART NOURISHMENT: MEDITATIVE MESSAGES FOR WELL-BEING

By Mindy Benowitz, Ph.D., L.P.

(Audio recording. Length: 13:34)

**An inspiring selection of affirmations  
narrated by Mindy Benowitz, PhD, LP  
with beautiful harp music by Terri Tacheny.**

Soak up **spoken** messages from *Watering the Heart-Root* chants while the musical ones are in production! Meditating on them lays down confidence-boosting brain pathways. Works great on its own and makes the musical versions even more effective later!

**Deepen your emotional and spiritual well-being now!**

**Cost: \$0 to \$20 Suggested price is \$7.00; more if you can, less if you can't.**

**Designed to deepen our ability to:**

- Feel compassion for ourselves
- Connect with joy, creativity, and innate worthiness
- Open to positive possibilities & gratitude
- Appreciate our bodies
- Be more fully present
- And align with energies of love, wisdom & guidance

### THE LIST:

**Choose the version that fits best for you!**

Version A: the spiritual well-being affirmations use general terms and not the word "God".

Version B: 4 spiritual well-being messages use the word "God".

- **I am.**
- **My whole self is supported by the earth.**
- **I am filled with peace.**
- **A: I align with the Spirit of Nature. B: I align with God in me.**
- **A spring of creativity continually flows through me and out into the world.**
- **Love is all around me; I fully let it in.**
- **Love is full within me; I freely let it flow.**
- **I am open to receiving all the blessings of this abundant Universe.**
- **I am gratefully receiving all the blessings of this abundant Universe.**

- I am enough.
- I have enough.
- I belong in the Universe just the way I am.
- I feel the joy in everything I do.
- I am a beautiful person and I deserve to have my needs met.
- All things are working together for good in my life.
- My body has the wisdom of the Universe in every cell.
- I deserve to love my body.
- A: I allow the Source of Life to heal me. B: I allow the power of God to heal me.
- I love and appreciate my beautiful body.
- A: I'm held by the Universe and totally loved.  
B: I'm held in the hands of God and totally loved.
- I know that my soul is good.
- A: I pray to know the highest will for me and for the power to carry it out.  
B: I pray to know God's will for me and for the power to carry it out.
- I am filled with love.

**Download It Now!** (Return to [www.mindybenowitz.com/heartnourishment/](http://www.mindybenowitz.com/heartnourishment/) to download it.)

***Heart Nourishment: Meditative Messages for Well-Being***

**By Mindy Benowitz, Ph.D., L.P.**

For sale: \$0 to \$20 Suggested price is \$7.00; more if you can, less if you can't.

You'll receive the emotional nourishment, and also help the songs & chants get recorded! Proceeds go toward the recording the full set of songs & chants from *Watering the Heart-Root: Songs & Chants for Emotional & Spiritual Well-Being*.

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**Also, recommended before your first time listening**

to this or any other affirmation recordings:

***Essential Tips for Using Affirmations***. by Mindy Benowitz, PhD, LP.

(FREE audio Download) or pdf text page—at [www.mindybenowitz.com/heartnourishment/](http://www.mindybenowitz.com/heartnourishment/))



# Watering the Heart-Root

WORKSHOPS, SONGS AND CHANTS FOR EMOTIONAL AND SPIRITUAL WELL-BEING

Mindy Benowitz, Ph.D.

LICENSED PSYCHOLOGIST

All Voices Welcome

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**Watering the Heart-Root** is a set of healing tools designed to help us grow into our fullest, happiest, and most authentic selves. Created with 30 years of psychology experience, the project includes original songs & chants for singing and meditation, as well as workshops to learn how to deepen well-being.

### \* A Note on Spiritual Terms

I support people exploring and defining what spirituality means for them. Personally, I use the word “God” as a convenient, brief word to mean:

An energy of love, wisdom, and creativity that is in all things and all people and is available for everyone.

- that is the basis or essence of our being.
- that connects everyone and everything.
- that is far beyond the limitations of our human comprehension.
- that we can experience and be supported by in many different ways.

An intelligence-power and wisdom-brilliance that created billions of expanding galaxies with the utmost precision.

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### Credits:

Affirmations/Lyrics by Mindy Benowitz except for:

“A spring of creativity continually flows through me and out into the world.” From Practical Meditation for Busy Souls. Margo Adair and Willian Aal. (2008). Sourcebooks. Used with permission.

“All things are working together for good in my life.” and “I am open to receiving all the blessings of this abundant Universe”. Both from Creative Visualization. Shakti Gawain. (1978, 1995, 2002) Nataraj Publishing, New World Library, 14 Pamaron Way, Novato, CA 94949. Used with permission.

Music composed, performed & copywritten by Terri Tacheny. Song: “Light Through the Forest” on album *Space Between Notes*, 2010.

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Mindy Benowitz, Ph.D., L.P. is a psychologist in private practice in Minneapolis, Minnesota, and creator of *Watering the Heart-Root: Songs, Chants, & Workshops for Emotional & Spiritual Well-Being*.

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