

AFFIRMATION WEAVINGS

WEAVING HAS A LONG HISTORY, IT'S ONE OF THE OLDEST SURVIVING CRAFTS IN THE WORLD! IT DATES ALL THE WAY BACK TO NEOLITHIC TIMES.

EVEN BEFORE PEOPLE WERE WEAVING TEXTILES, THEY WERE WEAVING TOGETHER BRANCHES AND GRASSES TO MAKE BASKETS, FENCES, AND SHELTERS.

WEAVING IS AN OLD TRADITION THAT IS STILL PRACTICED TODAY. EVER SINCE THE FIRST TEXTILES WERE MADE, THERE HAVE BEEN STORIES WOVEN INTO FABRIC. THE PEOPLE OF PERU HAVE BEEN USING WEAVINGS FOR CENTURIES TO PRESERVE THEIR CULTURAL HISTORY. THE NAVAJO USED WEAVINGS TO PASS DOWN THEIR HISTORY THROUGH THE GENERATIONS. IN MEDIEVAL TIMES, CHURCHES USED TAPESTRIES TO ILLUSTRATE BIBLE STORIES. THESE WEAVINGS RECORD HISTORY FROM BATTLEFIELDS TO MYTHS. THEY RECORD MOMENTS. **THEY HOLD MEANING.**

AFFIRMATIONS ARE PHRASES THAT WE CAN REPEAT TO OURSELVES TO CHANGE OUR SUBCONSCIOUS THOUGHTS. THE IDEA IS THAT OVER TIME, THESE AFFIRMATIONS REPLACE ANY NEGATIVE BELIEFS OR THOUGHTS WITH POSITIVE THOUGHTS. THEY ENCOURAGE US TO VISUALIZE AND BELIEVE A STATEMENT TO MAKE POSITIVE CHANGES IN OUR LIVES. IT'S CHANGING OUR FOCUS, CHANGING OUR MINDSET.

AFFIRMATION EXAMPLES:

I AM LOVED
I AM ENOUGH
I AM STRONG AND CAPABLE
I AM WORTHY OF LOVE
I AM CREATIVE
I WILL PRACTICE GRATITUDE
I AM PEACEFUL
I AM TREASURED
I HAVE VALUE
TODAY IS FULL OF POSSIBILITIES
I DESERVE HAPPINESS