

Affirmations

- I love and accept myself unconditionally.
- I approve of myself and feel great about myself.
- I radiate love and respect and in return I get love and respect.
- I am a well-loved and well respected person.
- I am a cultured and wise and yet, a humble person.
- My high self-esteem enables me to respect others and beget respect in turn.
- I am free to make my own choices and decisions.
- I am a unique and a very special person and worthy of respect from others.
- My high self-esteem allows me to accept compliments easily and also freely compliment others.
- I accept others as they are and they in turn accept me as I am.
- It matters little what others say. What matters is how I react and what I believe.
- All is well in my world and I trade love and acceptance with the world.
- I have high self-esteem as I respect myself.
- I deserve all that is good. I release any need for misery and suffering.



SacredSpace
of Wilmington

“No one can make you feel inferior
without your consent.”

- Eleanor Roosevelt

Welcome To
Sacred Space Of Wilmington
March 30, 2015

Schedule

Enlightenment Services 7:00pm

Music "I am" by Hilary Duff

I'm an angel, I'm a devil
I am sometimes in between
I'm as bad as it can get
And good as it can be
Sometimes I'm a million colors
Sometimes I'm black and white
I am all extremes
Try to figure me out, you never can
There's so many things, I am

I am special
I am beautiful
I am wonderful
And powerful
Unstoppable
Sometimes I'm miserable
Sometimes I'm pitiful
But that's so typical of all the things, I am

I'm someone filled with self-belief
I'm haunted by self-doubt
I've got all the answers
I've got nothing figured out
I like to be by myself
I hate to be alone
I'm up and I am down
But that's part of the thrill, part of the plan
Part of all of the things, I am

I am special
I am beautiful
I am wonderful
And powerful
Unstoppable
Sometimes I'm miserable
Sometimes I'm pitiful
But that's so typical of all the things, I am

I'm a million contradictions
Sometimes I make no sense
Sometimes I'm perfect
Sometimes I'm a mess
Sometimes I'm not sure
who I am?

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Of all the things, I am

Greetings and Announcements 7:15pm

- Where Sacred Space is and going
- What you can do to help (Letters)
- Sacred Ceremonies
- Prayer Requests Book

❖ **Meditation 7:30pm – 7:45pm**

❖ **Spiritual Talk on Judgement and Self-Acceptance 7:45pm**

❖ **Compassion Affirmations
(See back of program)**

❖ **Meditation to love ourselves**

❖ **Gathering with Question & Answer 8:30pm**

Notes
