

Affirmation



From Adeola Aderemi

**This affirmation is
dedicated to all
Black women. The
Black women in
the ancestral
realm, Black
women here in this
plane and the ones
in the hereafter.
To all little Black
girls, may you all
come fully into
your power.**

Ase

Introduction

These affirmation cards are a service of love to you, to me, and to the global community of healers, lovers, sisters, brothers, mothers, artists, activists, mediums, nomads, energy workers, community builders, and system disruptors. The motivation and inspiration behind creating these cards came to me while I was fighting panic attacks, anxiety disorder, and depression writing my Master's degree. The focus of the thesis was on the sociopolitical impact of intimate partner violence on African women. I was going through an overwhelming volume of qualitative data that is bleak and soul-wrenching. I knew the impact of the patriarchy, colonialism and white supremacy on Black women from my Black feminist circles and literature review but I have never had to face women who are survivors, warriors and lightworkers as they tell me their personal experiences with intimate partner violence from their lovers and what that does to the human psyche of these survivors can never be captured in any thesis.


I felt like I was not worthy of all the information shared in such honesty, transparency, and dignity. I was struggling to understand how intimacy can be such a dangerous space once patriarchy and other systems of oppression are involved in the social setting and hierarchy we all uphold through our daily socialisation. How the norms, cultures, and traditions we uphold and maintain could break billions of women globally. Moreover, how instead of addressing these issues, we bury them down under the guise of shame and respectability.

Through the feeling of unworthiness and my fear of the danger of intimate relations, I was overwhelmed with somatic pain that manifested from my rage for this cruel injustice. In those moments of fear, rage, despair, and death, I found my own words and those of my ancestors to be my saving grace. I was writing down everything I felt in my journal, talking to my support system as I went through the data analysis and reflection phase.

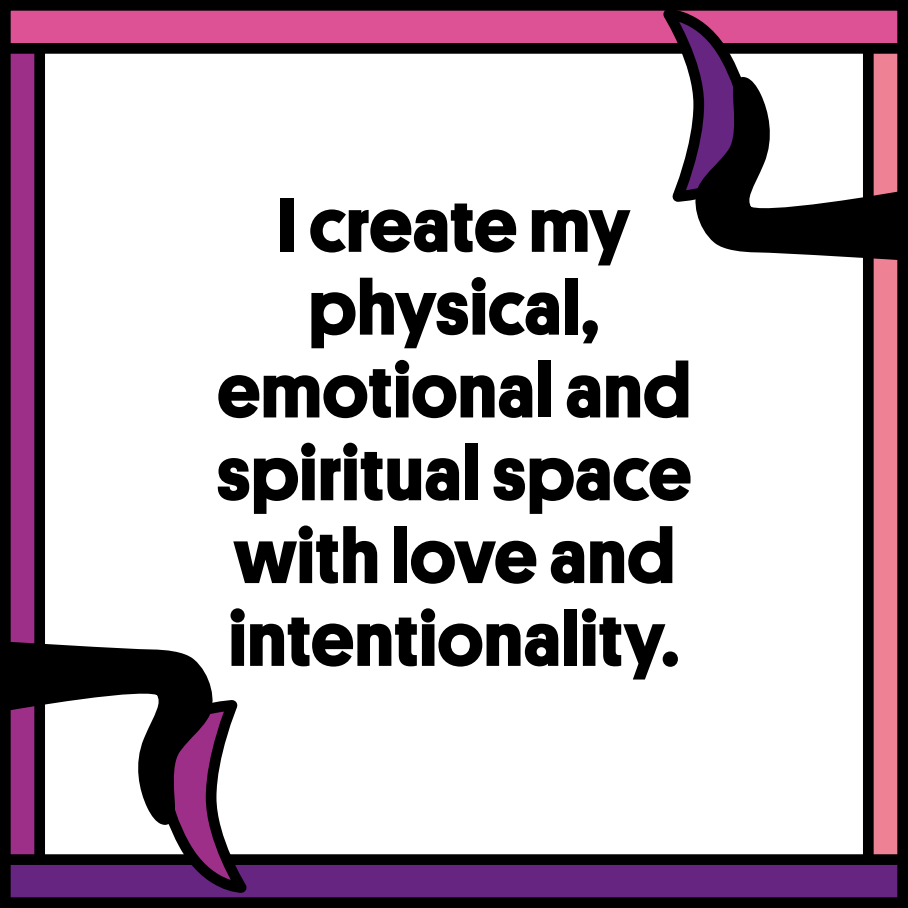
At those moments, I was called to write daily affirmations, to remind myself of my divine power. To acknowledge my rage and use that rage for good. I was called to find my focus and courage to do justice for these women by writing my thesis in the most deliberate and diligent way possible and that is what I did.

I pray for the infinite power of my elevated, bestowed, and celebrated ancestors, the divine power of God, the infinite goodness of all creation will guide you to find all the answers within you as you turn to these cards to affirm your own power and existence. I pray you also find your path in every moment you turn to this deck.

Ase

A stylized sun with a yellow face and pink rays on a blue background. The sun's face is a large yellow circle with a black outline, containing the text. The sun has several vertical black lines for eyes and two sets of pink, wavy lines for rays extending from the top and bottom. The background is a solid blue color.

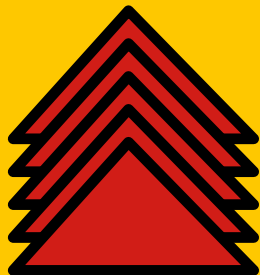
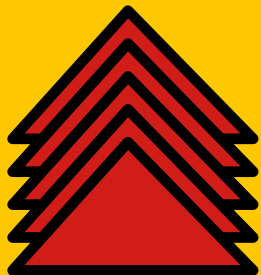
**I am worthy
of my own love,
I show myself
how deeply
I love myself.**

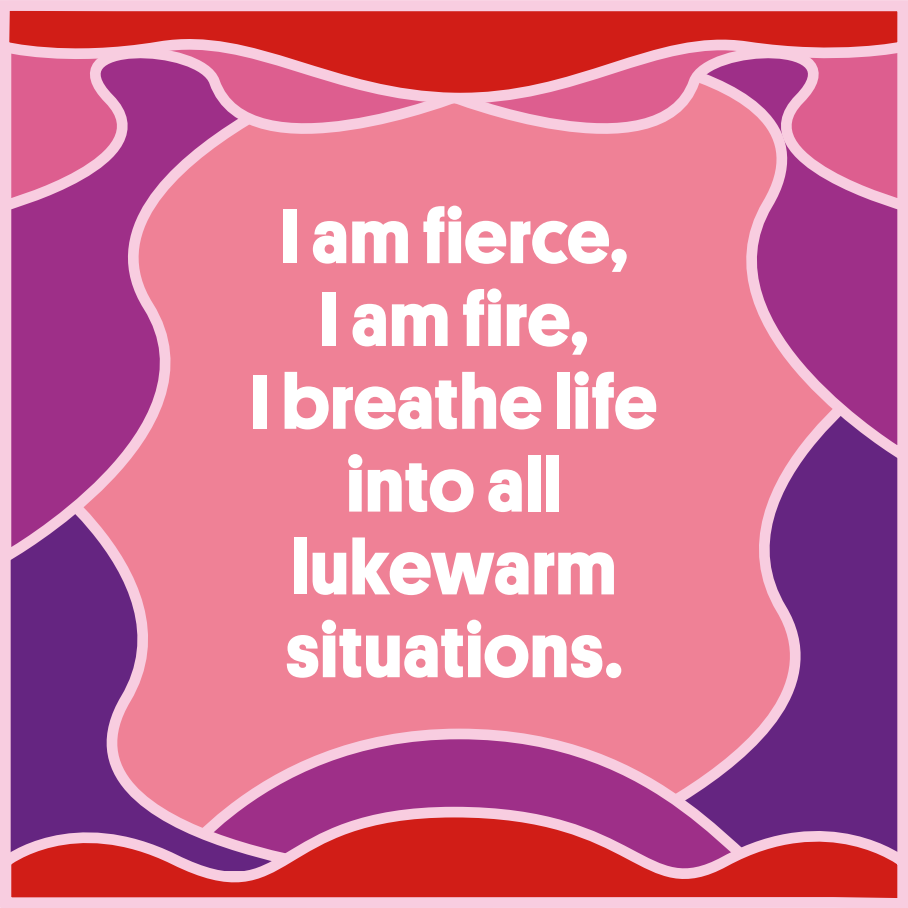


**I create my
physical,
emotional and
spiritual space
with love and
intentionality.**



**Everything
is always
working out
for me!**

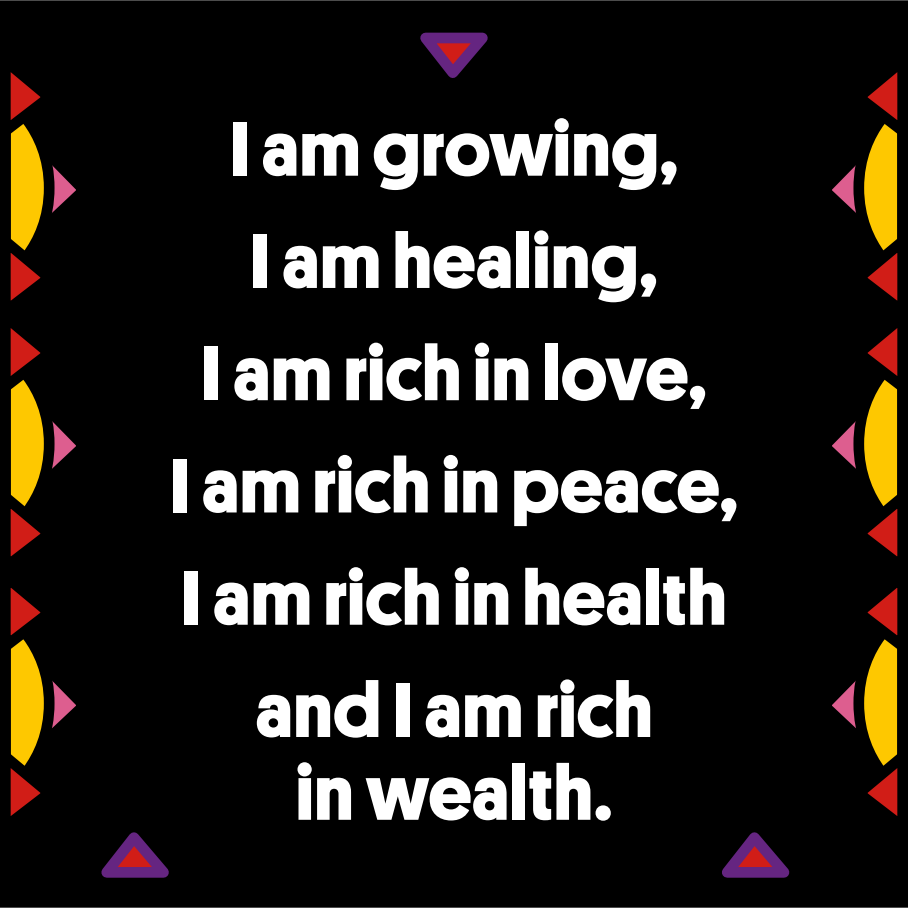




**I am fierce,
I am fire,
I breathe life
into all
lukewarm
situations.**



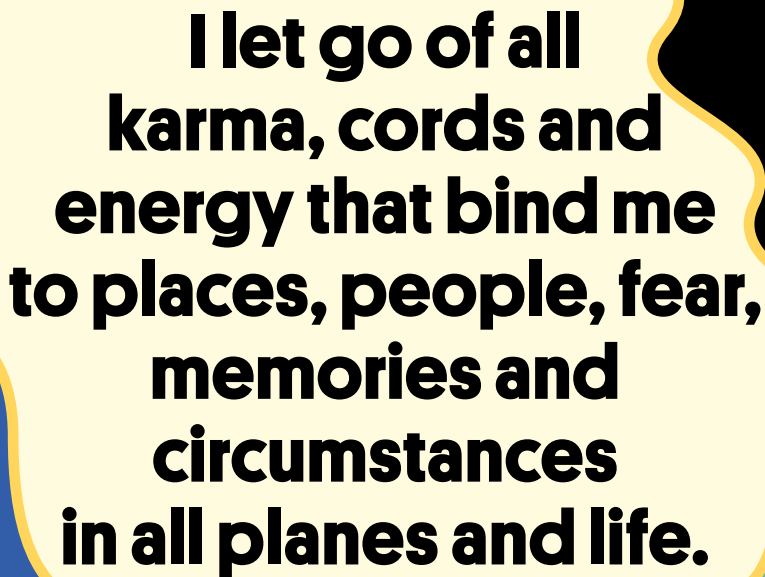
**Love is
the force
that
drives
my day
and all
of my
intentions.**



**I am growing,
I am healing,
I am rich in love,
I am rich in peace,
I am rich in health
and I am rich
in wealth.**



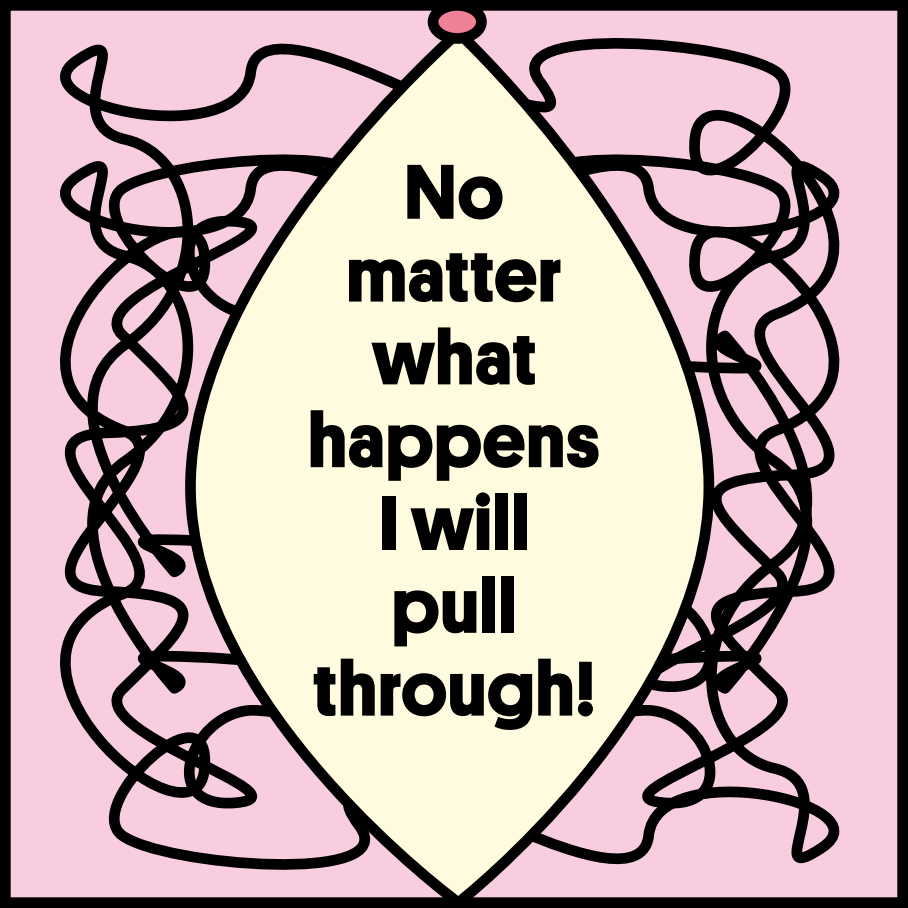
**I am capable.
I am made
whole and
complete.**



**I let go of all
karma, cords and
energy that bind me
to places, people, fear,
memories and
circumstances
in all planes and life.**



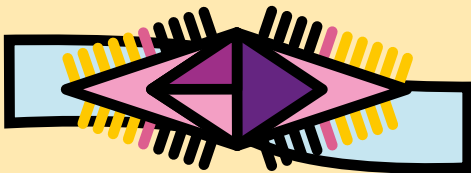
**My soul
knows
the way,
so I listen
and follow
my soul's guidance.**




**No
matter
what
happens
I will
pull
through!**



**I do
what
my soul
compels
me to do,
my soul
knows
the way.**



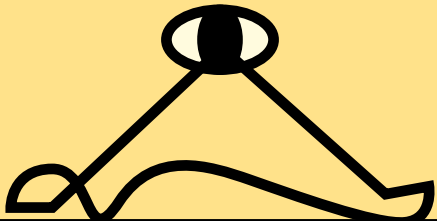
**I trust
the
answers
I find
within
me.**

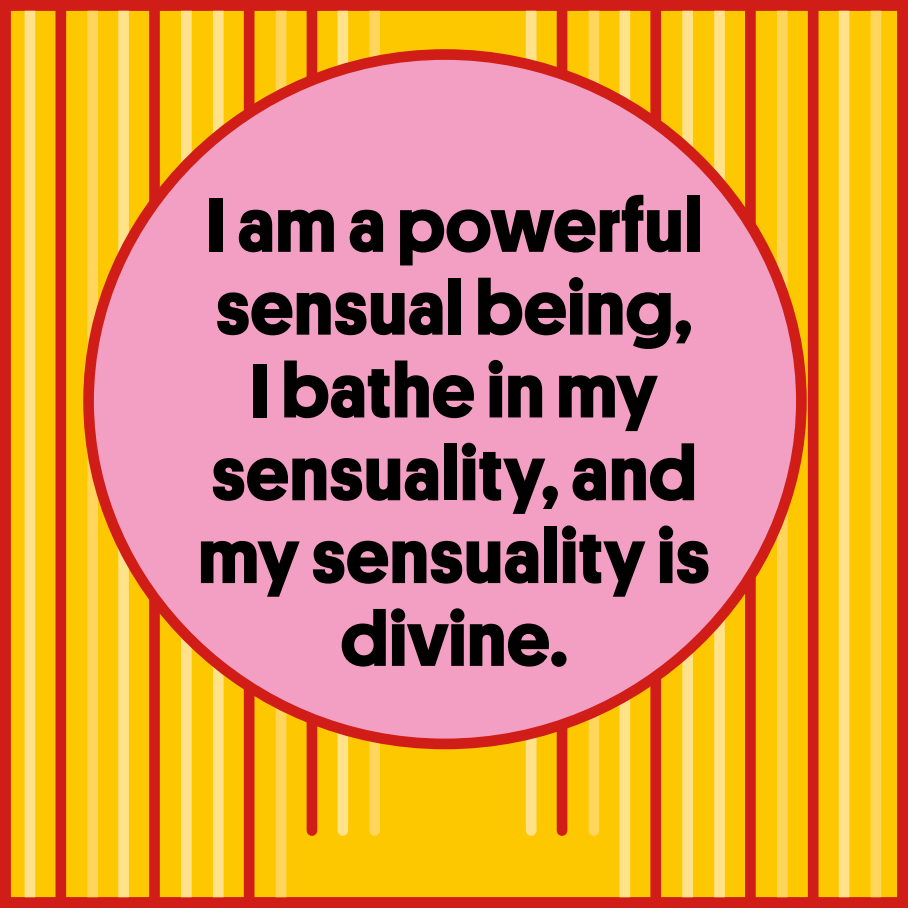


**I am
the
reality
I create,
I am
excellence.**



**I am
a spiritual being
that has spectacular
gifts that is amplified by
the millisecond.**



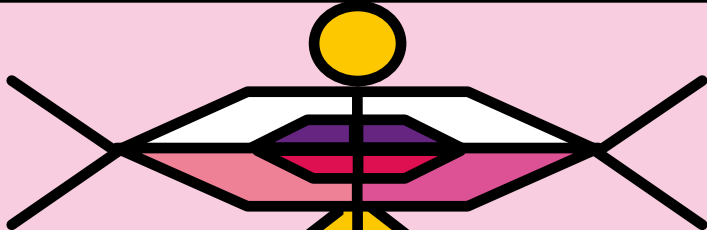


**I am a powerful
sensual being,
I bathe in my
sensuality, and
my sensuality is
divine.**



**I am forgiving;
I forgive
myself and
heal for
my community.**



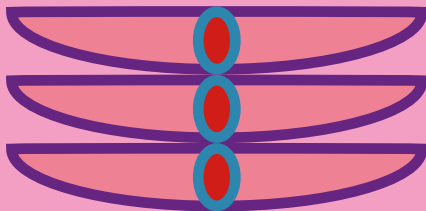


**I love myself,
my soul and
my desires.**



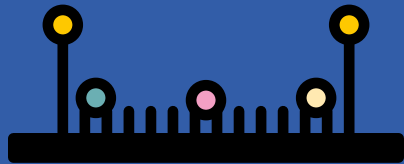
**My
desires
have
creative
power.**

**The life force
is within me
so I am thriving
like a rose
in the midst
of thorns.**





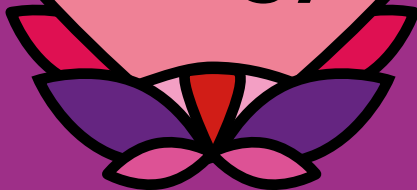
**My pain is
my teacher,
I have learned
and
I am growing
from it.**





**My mind is
clear
and
my way is
clear.**

**I am
not afraid
of my
sexual
power and
energy.**





Spiritual

Bath

We need to clean our energetic body the same way we clean our physical body.

It is essential to cleanse your auras at least twice a month with the intentions of either releasing the things, people, situations or energies that do not serve you, to manifest something that you are seeking within you. The benefits of taking luxurious baths are numerous; now imagine a bath with a spiritual purpose and strong intention?

Before taking into spiritual baths you need to understand the essence of it and the intentions you want to set as you prepare and bless your water. All ancient African cultures have used water and salt to cleanse people from dark energy or what some people call bad energy.

Performing a spiritual ritual bath has the purpose to cleanse and protect a person spiritually, thus its significant difference than a normal bath you might take daily. There are very specific guidelines to follow in order to maximise the benefit of this ritual. A core one is not using any soap, shampoo, or bath oil, and treats this experience with the utmost respect as it is a spiritual experience once you step into the water.

I will be sharing my version that I use for my clients for lunar new or full moon release but I am sure you can tweak this as it works for you and how spirit directs you.

If you would like a deck of personalised baths for your spiritual needs and affirmation, I am one email away with financial compensation of course because trauma healers also got pay bills and eat.

Preparation

Take a bath to clean your physical body, clean up your space and then light a palo santo to cleanse the space of all negative energy and invite in all the good energy the universe has in store for you. Set your intention as you prepare your water. Prepare your herbs in hot water and allow the loose herbs to steep in hot water.

Ingredient

500mg Himalaya salt / Dead sea salt or Epsom salt
Rose petals preferably red, white and pink.
Any crystal of your choice, I use Rose Quartz and a clear Quartz
Lavender essential oil or herbs
Rosemary herbs or essential oil.

Guidelines

Run a warm or lukewarm water bath & add all the ingredients as you meditate on your intentions.

,I release and let go of all that do not serve me and my highest self, with this [new moon, moment in time or full moon] and I am releasing them all. I am open to love, I am loving towards myself and others, I attract the abundance of love in the universe and I reflect it back to those who need it most. I receive and give divine love to those I share space, time and energy with. I am deserving of love in all of its abundance, Ase'

Light some candles or incense, or your palo santo.

Put on some slow or meditative music if you wish it so. I personally love this type of ancestral music

If you have a list of things you want to release written down, then read them out loud into the universe.

If you have a list of things you want to attract too, please do the same as above.

Get into the bath and submerge yourself entirely starting from your head.

Lift your head and rest in the water with your whole body submerged for a minimum of 30 minutes as you meditate on your intentions.

Please do make sure you will not be disturbed by anything external to you during this time.

When you are ready to come out, share your gratitude to the Divine and the universe.

Do not use a towel to dry your body; instead let your body and hair air dry.

Do not a shower or bath for the next 24 hours.

Perform this ritual only within the three days windows to the full moon.

A day before the full moon, on the day, or the two days after the full moon,
new moon or seriously when you feel like you are energetically exhausted.

Take the list you have written and burn it up in the best way safe for your environment
and use the water to flush the ashes away.

May your intentions be heard by the universe.

Ase