

Seeds of Self-Love

56 Positive Affirmations to Accompany the Album
“Healing Songs for the Feminine Soul”



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Legal Disclaimer: This guide is intended as a complementary self-help resource and does not replace medical care, clinical assessment, or psychological support from qualified professionals.

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Positive Affirmations for the Feminine Soul

An Integration Guide

These affirmations were created as a linguistic balm to accompany each track of the album **Healing Songs for the Feminine Soul**.

They are seeds of peace you can speak aloud, whisper to the mirror, journal down, or simply hold close to your heart and soul.


Each phrase was carefully crafted to help you gently integrate the emotions and memories awakened by the songs—supporting your self-love, body reconnection, healing of old wounds, and celebration of your feminine being.

When to Use These Affirmations

- After listening to each track, to crystalize your inner experience;
- Throughout the day, as anchors of empowerment and emotional nourishment;
- In therapy sessions, women’s circles, or personal rituals;
- As a self-care practice—one per day, for seven weeks.

May each phrase become a living bridge between who you were, who you are... and who you are becoming.

May every word reconnect you to your essence, restore your courage to bloom, and remind you that the world needs your authentic presence.

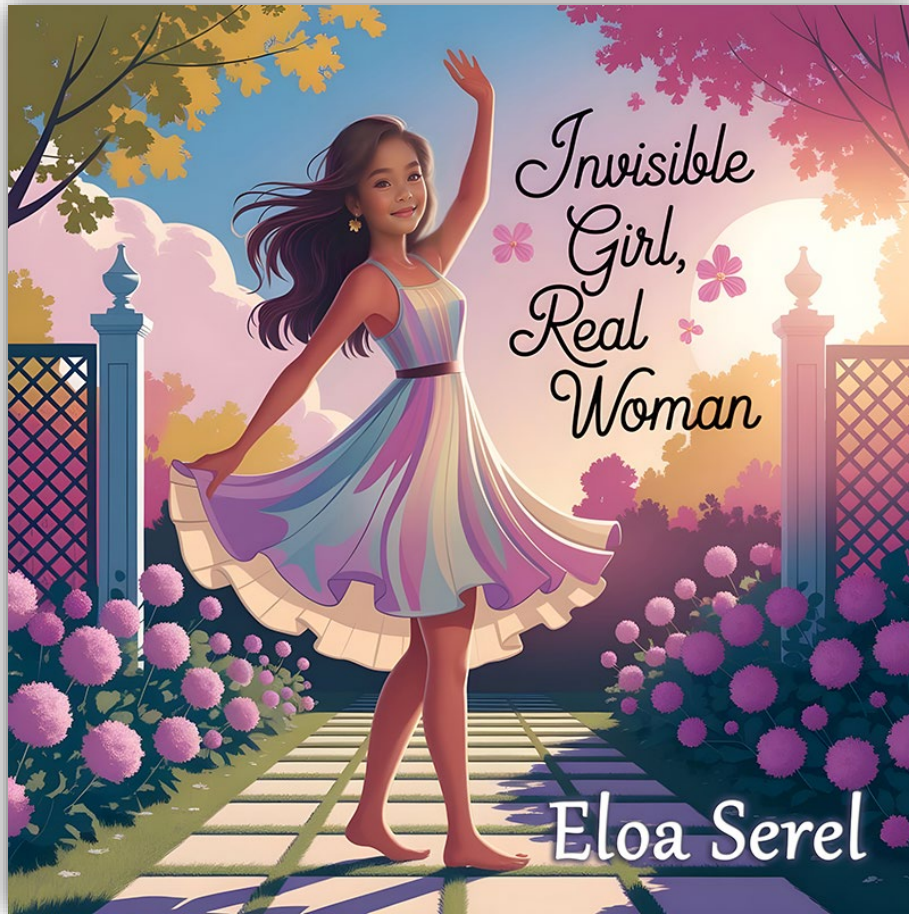
 This is your time. This is your true place.

You are welcome. With everything you are. With everything you feel. With everything you heal and celebrate.

With universal love,

Sandra Ramos & Jorge A. Ramos

Track 1: Invisible Girl, Real Woman



Use after listening to this track, which invites a reconnection between the woman you are and the girl you once were — the one who may have learned to disappear in order to feel accepted.

1. Even if I wasn't what my parents imagined, I am exactly who I was meant to be.
2. I have the right to exist — whole, visible, and as a real woman.
3. I release the unconscious mission to compensate for my parents' frustration.
4. The girl I was deserves love, just as she was born — with nothing to prove.
5. I do not need to reject my femininity to be accepted or loved.
6. My identity is not a debt — it is a miracle.
7. Today, I embrace my place as a real woman — with pride, dignity, and love.