

MY LUNGS

Even though many feelings are held in the lungs, I can love and accept myself

Even though I've held certain feelings in my lungs, I can still love and forgive myself

Even though I've been holding onto feelings within my lungs, I can choose to love and forgive myself

These feelings I've been holding onto in my lungs

Fears and anxieties in my lungs

Grief in my lungs

Unresolved feelings in my lungs

Anxiety and restlessness in my lungs

All of these feelings I've held onto in my lungs

These feelings associated with my lungs

Uncertainty

Sorrow

I want to be over all these feelings in my lungs

I carry certain emotions in my lungs

Feelings in my lungs

Sadness

Sorrow

Suppressed feelings in my lungs

Feelings I've held onto

Feelings left unexpressed

All of these feelings in my lungs

Feelings I didn't know how to let go of

I want to be completely, 100% over all these feelings in my lungs

Feelings associated with my lungs

Feelings that I've tried to suppress

Feelings that I can now let go of

All of these feelings in my lungs

Sorrow and grief in my lungs

Anxiety and nervousness in my lungs

So many unresolved feelings

So many uncertainties and fears

Childhood feelings I've carried in my lungs

Somehow I will be completely, 100% over all these feelings in my lungs

My lungs have been carrying unresolved emotions

My lungs have been carrying suppressed feelings

Feelings that I didn't know how to express, couldn't let out

I can breathe

My lungs can breathe

All of these unexpressed emotions

I can breathe

All of these unresolved emotions

I can breathe

I choose now to breathe out all of these emotions that have been carried in my lungs