

# EMBRACE

## YOUR SUPERPOWERS



A BRIEF GUIDE TO

*Setting Intentions, Affirmations,  
and a Grateful Life*



Thank you for being here. As a photographer and life-long seeker, I am excited to share this life primer with you.

For the past 30 years I have been a people photographer and a passionate photo philanthropist. My new venture, fine art flower photography for seekers, offers inspired art and art that inspires. It evolved organically as I am a life-long learner.

As a result of COVID, my work needed to change. No longer could I travel, spend time in children's hospitals, nor work with the elderly and differently - abled. As a passionate photo philanthropist I want to stay true to my mission, therefore upon completion of each purchase, you will be able to pick a charity to which a portion of your purchase will be donated.

My wish is that you find this information useful. If you give it a try only once and your day is brighter, then it's been worth your time.

In Gratitude, Lisa

*All images that appear in the following pages are my dry erase artboards. They may be used for affirmations, intention setting, healing, prayer, vision, homeschooling, and anything else boards.*

*Additional images available in Fine Art Archival Prints and Metal and Acrylic Wall Art.  
[www.ourcollectivehumanity.com](http://www.ourcollectivehumanity.com)  
Copyright 2020 Lisa Nalven Photography*





Before we begin, it seems appropriate to insert this page as an introduction. Apparently John Lennon was on to something when he wrote, “All you need is love.”

Humans by nature are social creatures. We thrive when we have a sense of belonging. We need support from our friends, our family, and our community. Relationships and love are key to a more fulfilling life. This is not meant to infer to any “conventional” norms. I mean love in all forms.

Now more than ever it’s important that we tell the people we love how much they mean to us.

*Friends are kisses blown to us by angels.*

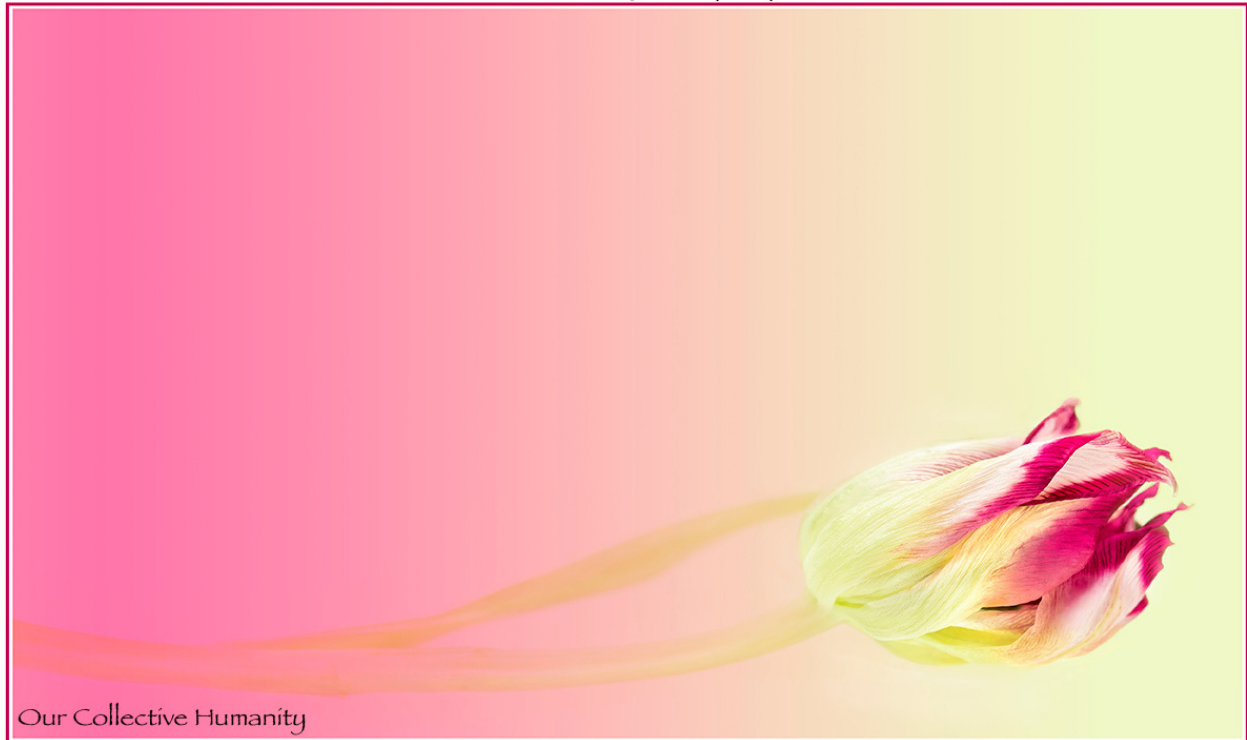


Our Collective Humanity

*“I would rather walk with a friend in the dark, than alone in the light.”* Helen Keller

# You are amazing...

*I Embrace My Superpowers*



*I Am Committed To My Success And A Joyful Life*

## Let's talk about your Superpowers.

You run a supercomputer that contains 100 billion microscopic cells that transmit chemical and electrical signals along neurons whenever you think, move, dream or laugh. Your motor and sensory neurons can transmit a message to your spinal cord between 150 and 200 miles per hour. Wow!

Now let's imagine you use your superpowers to uplift your life. With intention setting, a practice of using daily affirmations and gratitude, you can do just that.

Can I promise that it works all the time? Of course not. Along the way, you may need to "fake it till you make it." But what I can promise is by owning your own power you can make life easier. Life is messy. Life is challenging. It might be worth the try.



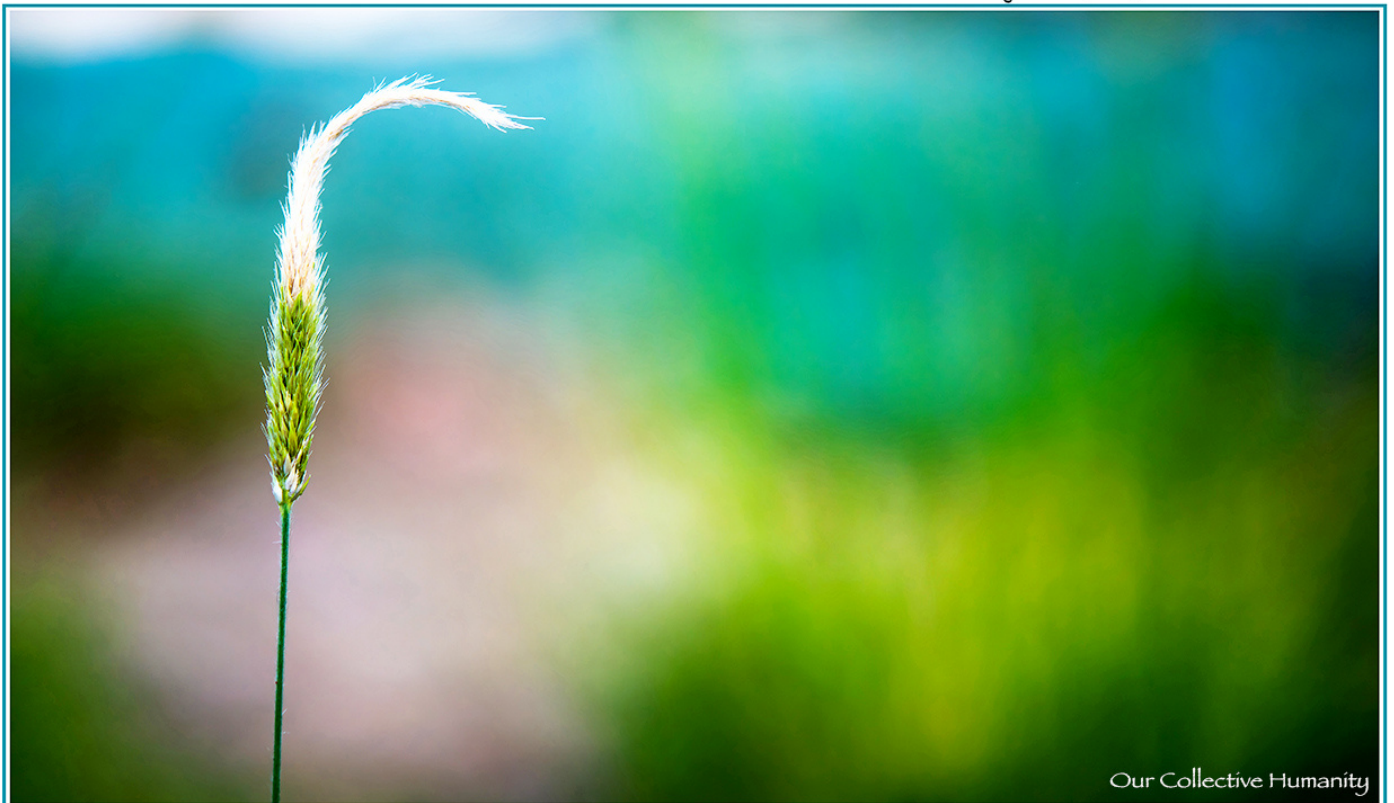
“

# Intention: something you want or plan to do

*Setting an intention starts with a desire to change. It's a process. The key is the desire to shed destructive habits. Self-reflection helps. When we can look at our strengths and flaws honestly, without judgment and fear, we open up a whole new world of possibilities.*

*Start by making a commitment to yourself, you are worth it. Why not create the best life now? If not now, when?*

*"Our Intention Creates Our Reality" Wayne Dyer*



Our Collective Humanity

*"I Will Not Let Anyone Walk Through My Mind With Their Dirty Feet." Gandhi*

# Affirmation: to state something as true



Intentions and affirmations support each other. An “affirmation” is a positive statement supporting one’s intentions. It’s declared in the present tense as if that goal is already a reality.

Belief in our potential can be elusive. There’s that crazy roommate in our head that is constantly reminding us what we can and cannot do. Or worse yet, how inadequate we are. And by the way, that roommate, that inner committee has been known to lie! With awareness, and intention, we CAN change our thoughts.

This is where the power of declarative affirmations comes in. So what if it doesn’t reflect today’s reality? It could certainly reflect tomorrow’s. It has been said, “thoughts become things.”

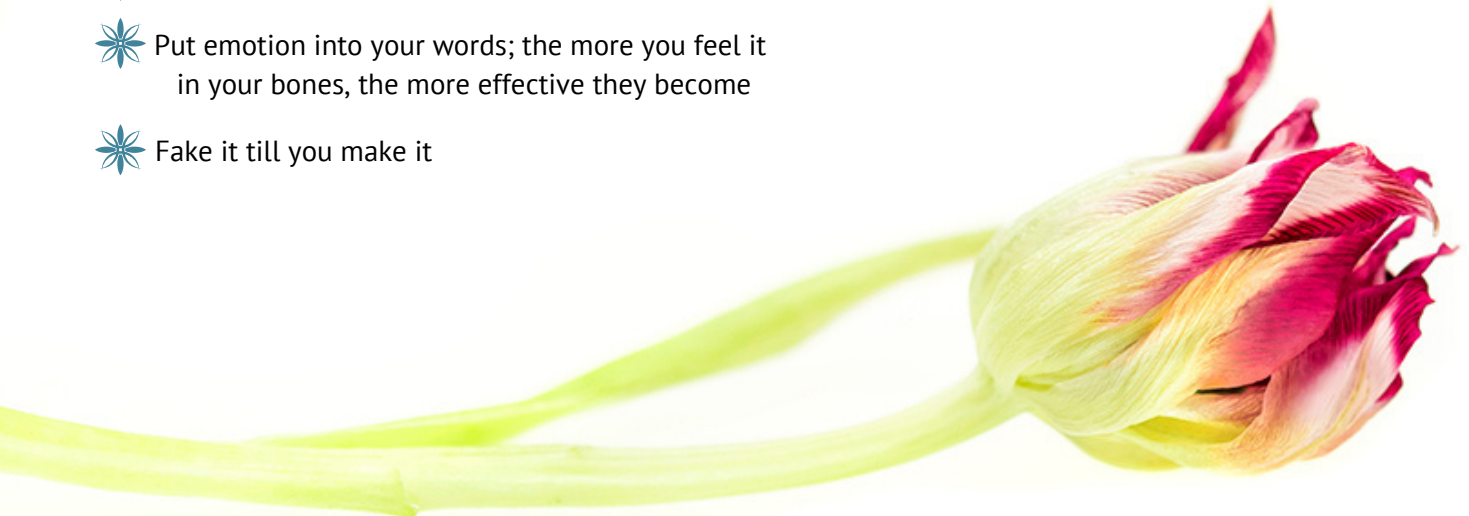


# How to get the Most out of Setting Intentions and Affirmations

Remember. you must WANT to feel better enough to create a PRACTICE. A certain amount of discipline is required to effect any real change. Much has been written lately about habits. Yes, you must make your well-being a priority and you must be willing to stick with a program. But don't be too hard on yourself. Some days, it's just not going to happen, and that's okay. Start again the next day and remind yourself, "progress, not perfection."

## May I suggest the following:

- \* Try some simple breathing exercises to become centered and present before you start. Inhale 5 and exhale 5, through the nose if possible
- \* Be straightforward and simple with your words
- \* Write your words in the present tense, and as many times as you can
- \* Affirm what is, not what isn't
- \* Repetition is key. Repeat them several times a day
- \* Put emotion into your words; the more you feel it in your bones, the more effective they become
- \* Fake it till you make it
- \* Don't give up
- \* If you waiver and miss a few days, no biggie! Be patient with yourself; don't judge yourself. Simply start again
- \* Remember: I can, I will. End of story!







## Resetting your Buttons

Sometimes we unintentionally work against our own best interests. The buttons installed by our parents, our culture, or our life's experience may need resetting in order to create a more authentic and joyful life. Remember a lifetime of programming won't change overnight.

Written by hand and spoken aloud we are addressing the unconscious mind, helping to reset those "buttons" and our habitual behaviors. Kind of like an emotional re-boot. On the previous page I made some suggestions, but please trust yourself and figure out what works for you. In a quiet moment ask yourself what you need to make this work. Why not take a leap of faith and fake it until you make it. Feel it in your bones and your brain will believe you. That's just how it works.

Setting intentions and using affirmations can be valuable tools. Give it a whirl. Life is challenging, especially considering what we are all experiencing now.

# How to use your Dry Erase Artboard

“

*What if you woke up everyday and made YOU a priority?*

*It may be hard to **find** the time, but you could **make** the time. In even 5 to 10 minutes a day, whether using a piece of paper or Our Collective Humanity's new Dry Erase Artboards, you can jumpstart a more successful, joyful, and grateful day.*

”

## Dry Erase Artboards work for:

- **Setting and Writing Affirmations and Intentions:** Hang in the kitchen, bedroom, living room, office, or bathroom. Affirm your Superpowers.
- **At your desk:** Use to continue to reinforce your goals, or as a place for reminders throughout the day.
- **Share with children:** Teach gratitude, acceptance, and healthy self-esteem while instilling kindness and compassion. Use for homeschooling.
- **Reminder Board:** Use as an anything board.
- **Gratitude Board:** Write 3 things you're grateful for before bed.
- **Collective Gratefulness:** Hang in the living room. Invite family to share their thoughts of thankfulness.
- **Gift:** Share as a gift with meaning, spread the love.
- **A Way to Give:** With each purchase, 5% of the gross sales price will be donated to one of six charities of your choosing.



[BUY NOW](#)

## Art to inspire and assist you on your Journey

"Try something different.  
Surrender."

Rumi

Our Collective Humanity

No Learning Curve  
Could Ever Bend  
Us Too Far Out  
Of Shape

Our Collective Humanity

"When you arise in  
the morning,  
think of what a precious  
privilege it is to  
be alive, to breathe,  
to think, to enjoy,  
to love."

Marcus Aurelius

Our Collective Humanity

[EXPLORE SHOP](#)

# Here's to Your Health

*Every cell in my body radiates health and vitality.*



*I inhale calm and exhale anxiety.*

We know that our emotions affect our health. This is no longer up for debate. Stress and anxiety is bad for our health. Conversely, a positive outlook and a calm demeanor have been shown to enhance our body's immune response.

The placebo effect is a concrete example of the power of our minds. Through suggestion, a “fake” drug often has the desired effect as the real one. In double blind studies “the gold standard of testing”, all participants must be told about the possible negative side effects. It’s been reported that many of those taking the placebo actually experienced those negative effects. Our mind is crazy powerful, why not use it to our advantage.

A daily practice of affirming one's own health can work wonders.



There is a powerful guided imagery exercise developed by Dr. James Gordon, founder of the Center for Mind Body Medicine, called the

## Lemon Imagery.

This exercise (guided mediation) invites you to imagine the entire experience of eating a lemon, imagining the texture, the scent, and the whole process as you cut into the fruit and experience the pucker-inducing juice and pulp.

The centers in the brain that allow us to imagine are intimately connected to our bodies. Try this exercise for yourself and experience your superpower. Feel your innate ability to affect change in your body.

Now try those affirmations again knowing that you are more powerful than you think.

*The Body Achieves What The Mind Believes.*



Our Collective Humanity

*If It Rains On Your Parade, Dance In It.*

“

What you think, you  
become. What you  
feel, you attract.

What you imagine,  
you create. - Buddha

”

Obviously this quote predates Norman Vincent Peale and his book called *The Power Of Positive Thinking*. There are countless programs that exist today to attract your perfect mate, your dream job, and how to become a money magnet.

In order to be abundant you must feel abundant. In order to attract money you must feel rich. In order to be attractive, you must feel attractive.

Now is the time to affirm.  
Now is the time to take the lead.  
Now is the time to create your best life.  
If not now, when? Go for it!





“Gratitude turns what we have into enough.”

Aesop

It's questionable if Aesop truly existed but it's assumed that he died in 564 BC.  
Nonetheless, this quote is golden.

“Gratitude unlocks the fullness of life. It turns  
what we have into enough, and more. It turns  
denial into acceptance, chaos to order, confusion  
to clarity. It can turn a meal into a feast, a house  
into a home, and a stranger into a friend.”

Melody Beattie.

And then there's Piglet whose small heart is full.

*"Piglet noticed that even though he had a  
very small heart, it could hold a rather large  
amount of Gratitude."*  
A. A. Milne

Our Collective Humanity





We humans have this amazing body and a very powerful mind. Let's not underestimate ourselves one day longer.

What I've shared with you is nothing new. There are countless books, magazines, and courses that teach this content in full detail. There is a saying: When the student is ready, the teacher appears. We are all teachers and we are all students.

I am a photographer who is thrilled to share with you my new work because it excites me! My hope is that it moves you too.

There is a saying: yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the "present."

Let's strive to be present and use our gift of life.

On a serious note, what I'm suggesting, although simple, can seem impossible. Feelings need to be felt and not suppressed. We may not be able to summon up the willpower to be grateful or take action. Sometimes we need to ask for help. Had it not been for my family, friends, therapists, coaches, authors, and programs I wouldn't be where I am today.

12 Step programs are now online and they are free. Everything from emotions, under-earners, co-dependents, adult children of alcoholics, and the obvious substance abuse programs are available. The National Alliance On Mental Health has a free HelpLine. To me, expressing one's vulnerability is a sign of strength, and one of our greatest superpowers.

I wish you success, happiness, and most important a life filled with love and gratitude.

-Lisa

# Affirmations:

*I am worthy of love. I give and receive love fully.*

*Every cell in my body radiates with health and vitality. I trust in my body's ability to heal.*

*I am grateful for my health. I nourish my body and mind with exercise, water, and healthy food.*

*I am enough exactly as I am. I love and accept myself.*

*I am willing to take risks to achieve my goals. I trust in the uniqueness of me and believe in my talents.*

*I am willing to let go of what I cannot change. I am willing to take the action steps to change the things I can.*

*I am self-reflective and own my choices. I let go of blame. I forgive others and myself. I am living in the present.*

*I am grateful for the good in my life. I attract positive people and express my gratitude to those I love.*

*Everyday I remind myself to stay in the present. Each day is a gift that I embrace. I let go of self-doubt and choose self-love.*

*I inhale calm and exhale stress. I practice slow conscious breathing. With every breath I am nourishing every cell in my body. I inhale for a count of 5 and exhale 5 counts through my nose throughout the day.*

*I am open to success and the universe supports me. The right people and the right opportunities always show up in my life. I am on the lookout and I seize opportunity when it presents itself.*

*I am open to kindness. I release fears and past hurts so I am free to love today.*

*I see the beauty in people and feel the love of connection.*

*I love and accept myself. As I continue to embrace myself, I am a magnet for love.*

*I love and accept myself as I am. I love and accept others as they are. I no longer feel the need to change other people. Other people's opinions of me do not change how I feel about myself.*

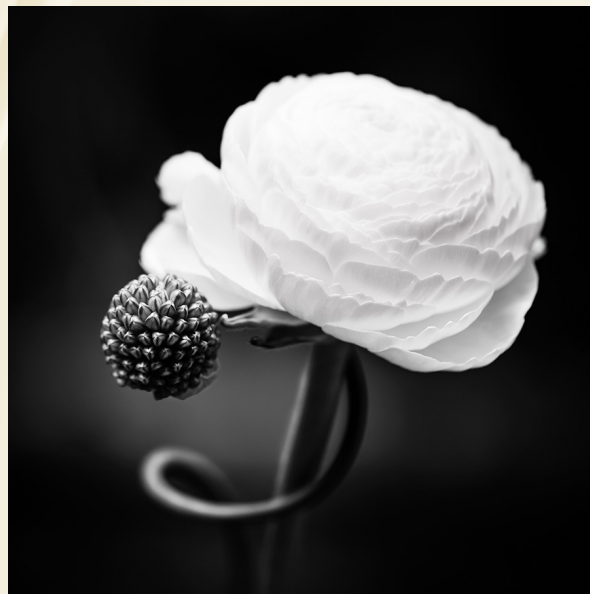
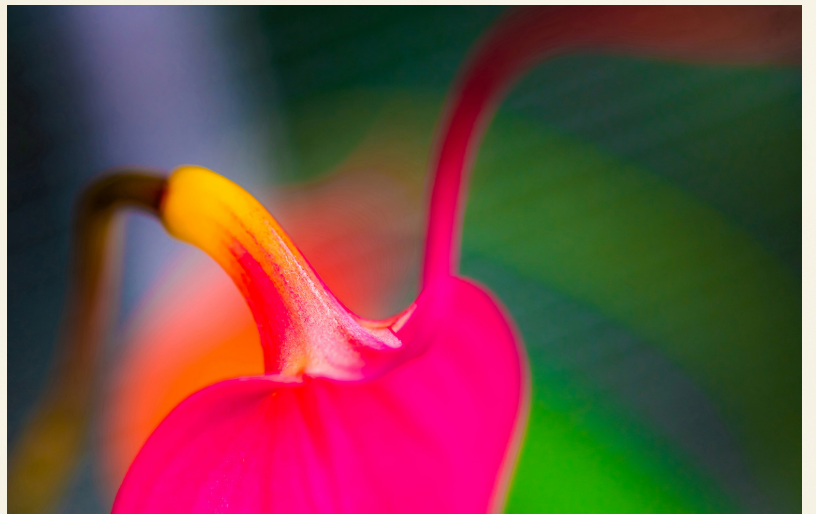
*I am successful. I am a money magnet. I am focused and take action to create my dreams.*

*I am connected to a power greater than myself and I take the time everyday to nourish my soul.*

*I embrace my superpowers. I am unstoppable.*







[EXPLORE SHOP](#)