

I release feelings of fear and give no power to thoughts of apprehension or worry.

I express love as understanding and compassion that strengthens my relationship with my care recipient.

I now surrender my little human self and become one with my higher, spiritual self and I am at peace.

I bless, forgive and release the past and I am open and receptive to the newness of life.

I honor my responsibilities as a Family Caregiver and I also honor my responsibility for my own health and well-being.

I affirm that true courage lives within me and I am now confident and competent.

On the wings of prayer, my soul soars above any problems I am experiencing.

I lovingly take care of my mind, body and emotions and all is well in my life.

I move through this day with a light and joy-filled heart.

The miracle-working power within me is manifesting harmony, guidance, freedom, happiness, peace, prosperity and order in my life now.

# *Spiritual Conditioning*

## Ten Affirmations to Support the Family Caregiver

An Affirmation is a Positive Statement of Faith and Truth, the “yes” action of the mind. Stating Affirmations helps you to take charge of your life and shift from a negative state of mind to a positive and creative one. It is the power of the word and it will lead to true believing, great overcoming and life enrichment. It is a transformational process of positive energy that will attract positive experiences. An affirmation also helps establish a faith-filled acceptance of the good that is ours by Divine Birthright. Using affirmations such as these can help Family Caregivers move through the challenges of family caregiving with hope, strength and courage.

Spiritual Conditioning for the Family Caregiver helps family caregivers meet the daily struggles of caring for a loved one using affirmations, meditation and non-disease specific support groups. We demonstrate how meditation can be an easy way to take care of oneself each day. We do this through simple steps to maintain a healthful unity of Mind, Body and Spirit. This program is designed to introduce you to a daily self-care healing practice and therapeutic exercises to help in releasing the harmful effects of everyday stress, anxiety and tension. Meditation has been proven to counteract the harmful effects of stress of common ailments as well as serious life-threatening illnesses. To replenish mind, body and spirit, there is no substitution for meditation. The healing daily practice of meditation can provide an overall improvement in health and feelings of peacefulness. Discover a new inner reservoir of strength and well-being as you learn to center yourself, become still and experience calmness, relaxation and quiet inner knowing. Experience an uplifting daily energy boost through meditation and enjoy a richer and more balanced life on every level of your being.

**Spiritual Conditioning for the Family Caregiver -  
Ten Affirmations to support the Family Caregiver**  
was made possible by support from



**Spiritual Conditioning for the Family Caregiver**  
**Rev. Marion A. Gambardella**  
212-873-9650 · magambardella@yahoo.com

Rev. Marion Gambardella is an Ordained Interfaith Minister, Spiritual Life Coach, Licensed Unity Teacher/Counselor and Energy Balancing Healing Therapist and a Co-chair of the New York City Partnership for Family Caregiver Corps. Marion provides one-on-one Spiritual Counseling and conducts monthly Group Support Meetings for Family Caregivers in New York City. Marion also conducts A Guided Meditation and Self-Healing Exercise Program entitled "The Peaceful Me" for seniors at senior community centers throughout New York City.