

**From:** Cheryl Olson at Transform & Radiate [cheryl@transformandradiate.com](mailto:cheryl@transformandradiate.com)  
**Subject:** A special Christmas invitation and a gift for your soul  
**Date:** December 11, 2018 at 7:44 AM  
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## Transform & Radiate with Cheryl



Live Radiantly

### **A powerful health tool: affirmations**

In last week's Holy Yoga, we dug into another piece of our spiritual armor, the Helmet of Salvation. Specifically, we talked about our thoughts. And how negative thoughts literally change our brain structure and translate into positive or negative impact in the physical body.

I quoted Dr. Caroline Leaf: "If you realized how powerful your thoughts are, you would never think a negative thought." And I'll add a quote from Dr. Mark Hyman: "Thoughts literally change the flora in your gut" - your microbiome that drives everything in our wellness.

As a tool, we were encouraged to see the helmet as protection of our thoughts...our mind. our soul. And where toxic thoughts came in. we could

...alignments, and can learn that more some insights come in, we learn  
usher them out with truth.

We have so many ways to take in the truth (the Word of God). Bible reading, bible studies, fellowship in faith communities, worship music, prayer, meditation, and other spiritual disciplines. **A great on-the go tool is scriptural affirmations.** These are bible verses translated into the first person. You can listen to them anytime, anywhere - listen slowly to meditate and chew on them, or ideally repeat the affirmations, **literally speaking life into yourself.** *"I speak and listen to pleasant words, they are healing to my body and nourishing to my soul."* (based off Prov 16:24).

I have posted an mp3 of 25 scripture affirmations on my site. May they be a blessing to you. Listen as you cook, as you walk, as you drive, wherever... my gift to you.

*SPEAK LIFE!*

[Listen here](#)

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## **Holy Yoga Invites you to Next Week's Slow Flow Yoga**

### **Sword of the Spirit**



Today:  
On South Roscoe Blvd

Monday December 17th  
6:30 PM 201 South Roscoe  
Blvd, Ponte Verda

Tuesday December 18th  
9:00 AM 201 South Roscoe



Blvd, Ponte Vedra

## "And take the mighty razor-sharp Spirit-sword of the spoken Word of God." Eph 6:17 TPT

Donation based (\$5 suggested) and bring a  
yoga mat and water (and a block if available)

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The final week in our Armor of God series, the Sword of the Spirit. I can't tell you how excited I am to talk about this one -- our only *offensive* piece of armor.

Call me a fighter, but I'm passionate that we all need to learn how we can use the concept I will share to protect ourselves heart, soul and strength. PLEASE NOTE THE CHANGE OF LOCATION FOR MONDAY'S CLASS. Both classes will be held at 201 South Roscoe.

*Week 5 (today at 9:00) we will be meditating on the Shield of Faith.*

Be sure to check out class listings

at: <https://transformandradiate.com/pages/classes>. Don't forget to register!

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# Holy Yoga Invites you to a special Christmas Flow for Charity

Roscoe, Mon. & Rest. &

reconnect with the reason for the season

December 16th at 3:00  
p.m.

Titanium Yoga Studio  
111 Solana Rd, Ponte Vedra Beach



**HOPE**

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Also join me on Sunday at Titanium Yoga for a special Christmas-themed Holy Yoga.

It's hard to stop and pause this time of year, which is exactly why this gentle flow should be a priority for you - and may be just what you need to reinvigorate yourself heart, soul and strength.

This class is donation-based and charity-focused, benefitting Operation New Uniform. Do something good for yourself and something good for our local veterans as well! Members and non-members welcome.

Operation New Uniform is dedicated to training veterans and their families for fulfilling careers and developing their skills as they grow within an organization, producing confident veterans who are coveted and embraced in the business community.

Be sure to register at: <https://titaniumyoga.com/schedule/>.



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