

THE CHRONIC FATIGUE SYNDROME MANIFESTO

♥ I BELIEVE THAT I AM NOT MY ILLNESS- I AM SPIRIT, I AM SOUL, I AM THE UNIVERSE.

♥ I BELIEVE THAT MY BODY IS NOT BROKEN. NEITHER IS MY MIND AND SO, NEITHER AM I.

♥ I BELIEVE THAT THIS ILLNESS IS HERE TO TEACH ME SOMETHING AND I HAVE FAITH THAT THE LESSONS IT BRINGS WILL CHANGE MY LIFE FOR THE BETTER.

♥ I BELIEVE THAT HIDING AWAY IS FEAR AND THAT SHINING MY LIGHT IS THE ULTIMATE LOVE.

♥ I BELIEVE THAT CONNECTING WITH OTHERS HELPS ME IN A HEALING AND AUTHENTIC WAY.

♥ I BELIEVE THAT THE PAST IS HISTORY, THE FUTURE IS A MYSTERY, SO I FIND JOY IN THE CERTAINTY OF THIS MOMENT.

♥ I BELIEVE THAT I AM HEALED, WELL AND PERFECT AS I AM.

I BELIEVE THAT ALL IS LOVE. PURE LOVE.

