

LOVE HEALING

I am open and willing to accept and receive love.

I am willing to release the things that no longer serve me, and accept goodness into my life.

I know that I am deserving of love and abundance in every area of my life.

I am worthy of love.

I am a beautiful person, inside and out.

I have everything that I need.

I am grateful for the love that is in my life, and I am open to receiving even more love.

I radiate love and goodwill to others.

I am deeply and completely loving and accepting of myself.

I know that I am constantly expanding in love, success, and abundance; and I inspire others around me to do the same.

I am magnetic to love.

The vast ocean of life overflows with love for everyone, including me.

I am willing to forgive myself.

I am willing to forgive others.

I am ready for love.

I am fully capable of having loving, happy relationships, and a joyful life.

I am always supported and guided.

All is well and I am safe.

Loving relationships are my birthright.

At my deepest core, I am shining and whole.

I breathe in peace and I breathe out love.

I look forward to each new day.

I love myself unconditionally.

I feel my cells vibrating with the energy of love.

Love supports me and protects me.

I know that my true nature is love.

I release everything that no longer serves me, and I look forward to my beautiful future.

I take loving care of myself.

I know when to affirm boundaries, and when to be close to others.

I trust myself.

I am kind to others and kind to myself.

I am compassionate to others and compassionate to myself.

I give myself permission to put my self-care first.

I do not spend precious energy trying to change others.

Instead, I give my gifts in service of the world and trust in my example to inspire others.

I lovingly give myself time to rest and recharge.

I love taking care of myself.

I love meeting new people.

I am willing to change and grow.

Love is kind to me.

Love loves me.

Wherever I go, I make new friends.

I am open to love in unexpected places.

I am willing to release my blocks to love.

I am willing to release my grief.

I know that I will be sad sometimes; I accept and honor all of my feelings and I let them pass into joy and peace with ease.

I take care of my body.

I love and respect my body.

I make room in my life for fun.

I move through my life with intention, courage, and grace.

I am powerful.

I am love.

I believe in love.

I speak respectfully of love.

I give out what I want to receive in return.

I am always safe.

Love is my divine birthright.

I am magnetic to love and love is magnetic to me.

I open the flood gates of love, and my love is returned to me tenfold.

I am love personified.

I love freely and fully.

Everyday, I am becoming more and more loving.

Everyday, I receive more and more love.

I can have the good love I see others having.

It's my time to have love in my life.

I am more than worthy of having love.

I am a desirable and attractive person.

I learn from my past and grow stronger each day.

I notice the love in my life right now.

I feel every cell in my body tingling with love and joy.

I thoroughly and completely love and accept myself in every way.

I wake up with joy and excitement about today's possibilities.

I sleep in peaceful contentment with gratitude for the goodness in my life.

By taking care of myself, I show others I am worthy of being cared for.

By taking care of myself, I honor myself.

I am a powerful being and I can create what I want for myself.

I know that every new day brings goodness and love to me.

I am grateful for the love in my life now.

As I behave with kindness, I receive kindness from others.

I am joyful.

I do fun things with people I love.

I am a fun person.

I'm open to new experiences.

I love to meet new people.

I am aware of the good in my life right now.

My life overflows with love.

I have more and move love in my life every day.

When I am sad, I let myself be sad.

When I am afraid, I let myself be afraid.

I know that each emotion is sacred and moves me forward in my journey to love.

I experience my emotions fully.

It is safe for me to feel sadness and grief, and it is safe for me to release it.

When I am in pain, I feel it fully so that it can pass.

I honor my feelings.

When I need to cry, I cry.

I know that my tears are healing and necessary.

I acknowledge sadness and let it go.

I know that I am on a constant journey of growth, and I accept each stage along the way.

I am proud of my courageous heart.

I am grateful for my ability to love.

I am surrounded by good friends; I let them support me when I need it.

I am a good friend to others.

My life is rich and full of love.

I know that I am loved.

I know there is always plenty of love for me in the world.

My world is a loving and beautiful place.