

## **Chapter 17**

### **Affirmations**

Please absorb the healing intent behind all of the following affirmations where appropriate:

#### **Love**

I deeply love and accept myself just the way I am.

I resonate with the love that exists in every cell of my body.

This love is limitless; a bottomless well that radiates out from me in all directions, uplifting all who come into contact with me.

In return, I feel the love of those I meet and recognise the source of love within them.

I attract loving people and situations into my life, returning the love I exude many times over.

I allow the unconditional love of the Universe into my life and let it work within me, lifting my life to new realms of possibilities.

By allowing love into my life, I am filled with a constant state of bliss. I see the perfection and purity in all people and all situations I encounter.

I live in the flow of life and the flow of life lives within me. Loving events and people seek me out, recognising that I totally deserve them.

I give thanks for the loving gifts I receive and my gratitude enhances my gifts in an ever increasing virtuous circle.

#### **Relationships**

I understand my needs and desires. I attract other people into my life who will help me manifest my needs and in doing so I help them meet theirs.

I attract others into my life who help me express my completeness.

My life is harmonious.

I have the perfect partner.

## **Healing**

Now is the time to heal. I accept that whatever loving support I receive, the ultimate choice and responsibility to heal is mine.

Every cell in my body vibrates with perfect health.

I heal quickly and easily

I choose events and people in my life that support my healing. I choose to consume vibrant food and drink and to take all other steps that respect my body and help my healing.

I love my body and treat it accordingly.

## **Abundance**

I deserve unlimited abundance in my life.

My career is rewarding and fulfilling and I am paid appropriately for my efforts.

I trust the Universe to provide me with all that I need.

I am a successful person and my intuitive and creative abilities flow through me at all times.

I have complete confidence and faith in myself.

## **Forgiveness**

I make no judgement about myself or other people.

I forgive everyone who has ever harmed me physically or emotionally, whether intentional or inadvertent.

I forgive myself for being weak when I should have been strong, dominant when I should have been sympathetic and silent when I should have spoken up.

When I forgive, I do so completely and unconditionally.

I accept that there are no mistakes, only learning opportunities, and that sensible risk taking is a necessary part of my growth and development.

I live in the moment and release any worries that past or future events create within me.

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