

Deep at the centre of my being there is an infinite well of love.

I now allow this love to flow to the surface.

It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied.

The more love I use and give, the more I have to give, the supply is endless.

The use of love makes me feel good; it is an expression of my inner joy.

Yes, I love myself, therefore I take loving care of my body.

I lovingly feed it nourishing food and beverages.

I lovingly groom it and dress it and my body lovingly responds to me with vibrant health and energy.

I love myself, therefore I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in.

I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.

I love myself, therefore I work at a job that I truly enjoy doing, one that uses all my talents and abilities, working with and for people that I love and love me, and earning a good income.

I love myself, therefore, I behave in a loving way to all people for I know that that which I give out returns to me multiplied.

I only attract loving people in my world for they are a mirror of what I am.

I love myself, therefore I forgive and totally release the past and all past experiences and I am free.

I love myself, therefore I love totally in the now, experiencing each moment as good and knowing that my future is bright, and joyous and secure, for I am a beloved child of the universe and the universe lovingly takes care of me now and forever more.

And so it is.

Loving your Self Foundation

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