

LOVE AFFIRMATIONS

How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

Affirmations:

- I am surrounded by love and everything is fine.
- My heart is always open and I radiate love.
- All my relationships are long lasting and loving.
- I see everything with loving eyes and I love everything I see.
- My partner is the love of my life and the center of my universe. He loves me as much as I love him.
- In life, I always get what I give out and I always give out love.
- I encounter love in all my relationships and I love these encounters.
- I deserve love and I get it in abundance.
- I have attracted the most loving person in my life and life is now full of joy.
- I love myself and everybody else and in return everybody loves me.
- Everywhere I go, I find love. Life is joyous.
- My partner and I are perfect match for each other and the love between us is divine.
- I radiate pure, unconditional love to my partner and s/he to me. We complement each other.
- I always express my feeling openly to my partner. That way, s/he doesn't have to guess anything.
- I understand my partner perfectly as I can see his/her point of view.
- Whatever be my relationship, love and forgiveness is the foundation of that relationship.
- In all my relationships, with my parents, siblings, my life partner or my friends, I only give love and seek love.

