

Heart Chakra

Open To All Love

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you feel complete connection and acceptance of all yourself and all people.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more loving and accepting of yourself and others. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I open to love

All love resides in my heart

I deeply and completely love myself

I nurture my inner child

I love my inner child

I am wanted

I am loved

I am appreciated

I live in balance

I live with gratitude

I live with gracefulness

I forgive myself

I forgive others

I am grateful

I am connected to others

I feel a sense of unity

I am one with nature

I am one with spirit

I am one with animals

I am peaceful

I am natural

I am eternal

I open to kindness

I open to forgiveness

my heart is open

my heart is filled with love

my heart is filled with forgiveness

my heart is filled with appreciation

my heart is filled with gratitude

my heart is filled with abundance

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