

Unconscious Openness

**Radiate Acceptance and
Kindness**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are completely open to others, and they can feel a positive, attractive energy coming from you.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more open to 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 am open to truth

I accept who I am

I accept life

I accept truth

I relax my resistance

I am open to change

I release the past

I forgive the past

I forgive myself

I forgive others

I understand my truth

I understand others

I see all angles

I see things from many perspectives

I understand their point of view

I understand where they are coming from

I recognize their truth

I appreciate their truth

I believe in myself

I accept myself

I trust myself

I let go of past pain

I let go of past trauma

I allow myself to heal

I allow myself to move on

I am open

I appreciate myself

I appreciate others

I appreciate my life

I appreciate the lives of others

You are open to truth

You accept who You are

You accept life

You accept truth

You relax your resistance

You are open to change

You release the past

You forgive the past

You forgive yourself

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You are open

You appreciate yourself

You appreciate others

You appreciate your life

You appreciate the lives of others