



SELF-LOVE PRACTICE



Here are two simple practices to help you deepen self-love and acceptance:

1 Mirror Practice

Stand in front of a mirror and look gently into your own eyes.

Call your Higher Self forward and say to yourself:

"I love you."

At first, this may feel unfamiliar or even uncomfortable—that's okay. Stay with it. The more you practice, the more natural and genuine it will begin to feel.

2 Morning & Evening Practice

Before going to sleep and upon waking, say to yourself:

"I love you [your name]"

or simply

"I love you."

Repeat this several times (around 10), allowing yourself to slow down and feel the words.



Integration

In both practices, the key is to feel the emotion of love as you say the words. If this feels difficult at first, that is part of the awareness this practice brings. It gently opens the door to deeper self-love and compassion within your being.



Closing Reflection

You are a magnificent being of Love and Light. Allow yourself to walk in the certainty of your light—more and more, each day.

HEART CHAKRA AFFIRMATION

I am love. I am worthy. I am enough.

