

Heart Affirmations

4th Chakra

I am ready to forgive whether they deserve it or not

I am willing to travel beyond the limitations imposed on me regardless of the discomfort it creates for others

I am a grown up now. I am the wise and capable caretaker of my emotional state

I allow others to be the caretaker of their emotional state. I have compassion for their suffering, but I realize the pathway out of their pain is through their own journey to self-love, I will direct them to their own power.

My spiritual growth is not dependent on others, nor is it their responsibility, it is mine, alone.

My ability to effortlessly love and accept others increases as my ability to love and accept myself.

I am generous and kind regardless of whether others have earned or deserve it.

The greatest gift I can give others is my efforts to nurture and care for myself.

I can be myself and be loved

I am increasing my capacity to receive the love, light, and joy awakening within me.

The praise and criticism I receive from others never affects whether I am lovable.

The feelings of loss are being replaced with feelings of love, love I experience by finding myself.

I communicate to myself with gentle kindness and compassion. It is safe to be under the accepting and encouraging influence of my self-talk.

I acknowledge my emotions as indicators of how I feel things are going. When I am feeling down, angry or defeated, I take action to realign my life to be in harmony with what my heart truly desires.

I am dedicated to allowing myself to become the gift I was born to be

I embrace all that is precious, beautiful, and sacred in life. I allow it to move within me and speak its subtle tones of awakening.