

Deep at the center of my being
there is an infinite~ well of Love~.

I now allow this Love to flow to the surface~. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied. The more Love~ I use and give~, the more I have to give~, the~ supply is endless.

The use of Love makes **Me feel good**, it is an expression of my inner joy. I Love~ myself therefore, I take~ Loving care of my body. I Lovingly feed it nourishing foods and beverages, I Lovingly groom it and dress it, and my body Lovingly responds to me with vibrant health and energy. I Love myself therefore~ I provide for myself a comfortable home, one that fills all my needs and is a pleasure~ to be~ in.

I fill the rooms with the vibration of Love so that all who enter, myself included, will feel this Love and be nourished by it. I Love myself therefore, I work at a job that I truly enjoy doing, one that uses my creative~ talents and abilities, working with and for people~ that I Love and that Love me, and earning a good income~. I Love myself therefore, I

behave and think in a Loving way to all people~ for I know that that which I give out returns to me multiplied. I only attract Loving people~ in my world for they are~ a mirror of what I am. I Love myself therefore, I forgive and totally release the past and all past experiences and I am free~. I Love myself therefore, I Love totally in the~ now, experiencing each moment as good and knowing that my future is bright, and joyous~, and secure~ for I am a beloved child of the~ universe~ and the universe~ Lovingly takes care~ of me now and forever more~. And so it is~.

From "Heal Your Body"
~by Louise L. Hay