



L O V E

aligning to the
FREQUENCY OF LOVE

Affirmations:

I am worthy of love just as I am SB123

I know who I am in truth SB123

I am forgiven for my past and I am free SB123

There is nothing that I need to do to be deserving or worthy of what I desire SB123

It is safe to be powerful SB123

Love is the only truth SB123

I choose to hear my Soul with clarity. I ask for any distortions or low frequencies to be cleared by Source, Creator God and the Angelic Realm. I choose to hear the truth with clarity. SB123

You can't heal what's hidden. Where in your life are you feeling the most guilt and shame about something? Where do you see feelings of unworthiness show up most for you? (relationships, career, body image/health)

Once you've identified the above, remind yourself that you are/were doing the best you knew how to at the moment and have the ability to change direction of energy right now. What can you begin to do today (or stop doing) that will help you step into the victor mindset and energy?

Is there someone you've been refusing to forgive? Write them a letter telling them exactly how you feel and then forgive them at the end. This is for YOU, not for them. You can actually envision seeing a cord disintegrated between you two and releasing. You can then rip or burn this letter after you express yourself so you disintegrate the energy.

Use the Ho'oponopono prayer a few times this week. This is a Hawaiian term that means "correct a mistake" or "make it right"

One by one, name a person from your past (including yourself) who you're choosing to forgive (or who you are asking forgiveness from) and state the following:

- 1. I'm sorry**
- 2. Forgive me**
- 3. I love you**
- 4. I am grateful**