

I

LOVE

*aligning to the*  
FREQUENCY OF LOVE

## **Written Transcript of Morning Affirmations Meditation**

**I am worthy of love and loving myself no matter my past.**

**No one determines my worth or deservingness but myself and I get to claim this at any moment.**

**I don't wait for someone to tell me I'm worthy or deserving, I decide it.**

**I am forgiven for all of my past and any time I acted out of alignment with my higher self.**

**I am in my knowing and my truth and I am leading with my heart and my soul.**

**I don't need to do anything to be worthy of love, I am love therefore I don't have to do anything to be deserving of it.**

**No one is more worthy than I am of the miracles and gifts that are meant for me specifically as a soul.**

**I am in my power. I am asking for any energy I willingly gave away to be sent back to me and I am now conscious of who I give it to next.**

**I love being in my own energy because I generate how I want to feel, first thing in the morning.**

**I know who I am, I know what I am and I know how I SERVE.**

**No one knows the path of my soul except me. I lead with my authenticity and with my higher self above ALL.**

**Love is just as easy to come by and experience as water is available from a faucet. I just have to remember to turn on the faucet instead of cutting it off and tap into its energy.**

**I am in a higher vibration.**

**I am aligned to the frequency of pure LOVE and JOY.**

**Miracles are everywhere.**

**Gifts are always available to me.**

**I am open to receive them.**

**I am choosing to let everything in life be easy and fun.**

**I'm not available for struggle. I am now allowing everything in my life to be in flow and done in ease.**

**I am worthy of receiving all of the magic in the universe without having to "do" anything.**

**Heaven is inside of me, not outside of me. I can create my heaven on earth with my intention, alignment and my frequency.**

**I am in control of my future. I co-create with the powers and love of Source.**

**I am always protected and safe. I give my attention to what I do want therefore i create more of what I desire.**

**I find inner peace and joy being in my own energy and spending time with my soul. I'll never miss out on anything that's truly meant for me.**

**I always take my attention off of things that I don't want and put my focus on what I DO.**

**I am well, I am radiant and I am full of life. I am energy filled and full of higher frequencies and of a high vibration.**

**Everything is aligning exactly in my favor. I just have to hold the frequency to allow it to catch up to me.**

**It is safe to be powerful and to be seen. I allow my soul to shine in everything I do.**

**I am worthy of experiencing all life has to offer and it is safe to now lead with my soul and with my heart.**

**I now allow anything that isn't aligned with the truth of who I am to fall away.**

**I am now stepping into the frequency of love and a higher vibration because I deserve it. It's my birthright to be in joy and a state of bliss and I don't have to do anything to be worthy of it.**

**There's no rush. Everything that's meant to come to me will in divine timing. All I have to do is align to what feels good to me and the rest isn't my responsibility.**

**I am always taken care of. I am always divinely guided with the next steps. I am always supported in ALL that I do.**

**I am never alone and always supported. Always supported, I just have to ask for assistance.**

**I am love.**

**I am surrounded by love.**

**I am worthy of love and I am always in my heart.**