



Heart Chakra AFFIRMATIONS

- I am open to giving and receiving love.
- My heart is overflowing with gratitude.
- Love flows freely from my heart.
- I am worthy of love and affection.
- Forgiveness comes easily to me.
- I trust the Universe to bring me the love I desire.
- My heart is pure and radiates love.
- I choose love over fear.
- I am surrounded by loving people who support me.
- I am at peace with myself and others.
- I am healed and whole.
- I love and accept myself unconditionally.
- I am grateful for all the love in my life.
- I see the beauty in everyone and everything.
- My heart is full of compassion.
- I release any pain or hurt from my heart.
- I am connected to the Divine and feel their love.
- Joy and happiness fill my heart.
- I am a magnet for love and positive relationships.
- I am deserving of great love.
- Love is abundant in my life.
- I am free to love and be loved.
- My heart is filled with positive energy.
- I am open to experiencing deep intimacy.
- I am surrounded by love and light.
- I forgive myself and others easily.
- I allow love to flow through me.
- I give and receive love effortlessly.
- My heart is open to new experiences.
- I am willing to take risks in love.
- I am proud of my ability to love deeply.
- Love is the foundation of my life.
- My heart is a powerful force for good.
- I am grateful for every opportunity to love and be loved.
- Love is my birthright, and I claim it now.

The Know It By Heart Affirmations

Sam Crabtree



The Know It By Heart Affirmations:

The Know It by Heart Affirmations Holly Kay, 1999-10 As we know we grow as we grow we glow A delightful learning tool for children of all ages from 6 to 106 The Know It By Heart Affirmations book encourages loving courteous behavior Having a sense of good is a natural instinct the more we know this sense from the inside the more good is a natural instinct the more we know this sense from the inside the more good we have to offer to the outside The Know It By Heart Affirmations is a colorful sixty page book featuring cartoon character Lucy Lovelight Lucy s creative helpful suggestions on how to apply positive affirmations into our daily routines lend charm to this learning process Accompanying the book is a collection of twenty four cheerfully illustrated 5x7 plastic coated cards that can inform teach just like traditional flashcards Twenty cards are preprinted with simple yet fundamental statements of truth such as I have choices Four of the cards are left blank for students to create their own personalized affirmation cards with a write on wipe away marker All items book cards marker are provided conveniently packaged in a bright Know It By Heart drawstring bag To order In Vision Publishers tel 1 877 1 AFFIRM fax 760 245 9969 www.knowitbyheart.com

The Heart of Religion P. D. Mehta, 1987 **The Griever's Guide** Debra Ann, 2018-04-28 The messaging process is a tool that allows you to dialogue and write through the negative thought patterns associated with grief and move you toward living a healed life The messaging process will guide you through a fifteen day process of writing and introspection allow you to gain an understanding of your emotions and recognize these internal signals for empowerment and healing encourage you to gain an awareness to visualization affirmation and meditation and invite you to be willing to release your grief and allow you to integrate the experience into your life **100**

Words of Affirmation Your Wife Needs to Hear Matt Jacobson, 2019-10-01 Every one of us has tremendous power to either build others up or tear them down through the words we speak every day and nowhere is this more evident than in our marriages Are you being purposeful in how you use the power of your words to speak encouragement strength and love breathing life into the heart of your spouse Or are careless words having a negative impact on your marriage and on the heart of the one you love most Matt and Lisa Jacobson want you and your spouse to discover the powerful ways you can build one another up in love with the words that you choose to say every day words that every husband and wife need to hear These books offer you 100 Things to say to your husband or wife that deeply encourage affirm and inspire Start speaking these words into each other s lives and watch your spouse and your relationship transform before your eyes [Affirmation and Healing Within Spiritual Direction](#) Cynthia Herman, 2020-05-26 ABSTRACT Key to the process of spiritual growth is the knowledge that human beings long for love They desire to know their worth and value This seeking leads to a desire for a relationship with God In order to grow in faith to a deeper relationship with God it is important to first have a strong sense of one s own worth as a basis for growth This involves an accurate self perception and a loving self acceptance Affirmation can help to develop a loving self acceptance where one can experience feel and see one s worth Affirmation is a gift of love from

one person to another where one receives oneself as one experiences one's own goodness and dignity from the other and one learns one is lovable Another key to spiritual growth is self knowledge Self acceptance and self knowledge are the beginning of the spiritual life Developing emotional awareness leads to greater self knowledge Emotions need to be listened to and interpreted as part of the development of self knowledge and self acceptance This emotional awareness is the beginning of understanding the negative patterns of behavior that comes out of one's woundedness With the healing presence of Christ through prayer one can experience God's love for them in one's woundedness and know that God dwells within and desires to transform and heal wounds with his love This affirms one in one's worthiness enabling one to be able to open to receive love and then return love In spiritual direction one seeks a relationship with God It is a sacred time of growth conversion and transformation It is a time when one looks at a relationship with self others and God One is empowered by the grace of God to enter this process and continue the development of these relationships The ministry of spiritual direction is called to be the sacred place where humanity in their fullness meets their God and accepts his mercy When one surrenders to this grace one is surrendering to love mercy and affirmation One's self image and relationship with others and God are touched and experienced in a new light

Messaging Debra Ann, 2011-02-07 The Messaging Process is a tool that allows you to dialogue and write through the negative thought patterns associated with grief and move you toward the truth of spirit that exists in your heart The Messaging Process will Guide you through a 15 day process of writing and internal exploration as you begin the healing journey through grief Discover love and truth in the midst of grief Allow you to gain an understanding of your emotions and learn to recognize and appreciate these internal signals as messengers toward self empowerment and healing Encourage you to gain a greater connection to spirit through visualization affirmations prayer and meditation Invite you to be willing to release your grief and allow the experience to be integrated into your life as you awaken and remember the sanctuary of your soul Allow you to understand and implement the power of creativity into your healing This Process will return you to love spirit and wholeness as you journey through grief on your spiritual path toward healing This book also includes Heavenly Messages Forever In My Heart poems written by Debra Ann They are her unique brand of messages that offer words to the silence of grief These messages are published as spiritual eternity cards They were inspired by the memory and written in honor of all who are no longer with us but who remain in our hearts forever

Praying by Heart Stephen Cottrell, 2024-10-10 Archbishop of York Stephen Cottrell argues that the first two words of Christianity's most famous prayer the Lord's Prayer encapsulate the radical heart of the Christian faith that we belong to each other and that we all have access to God And if we could understand both these ideas they would truly change our lives and the world

Unpacking each clause of this ancient prayer both for those who want to encounter it afresh and those beyond church circles this is the Lord's Prayer recast as a manifesto for the 21st century church and all who are searching to belong

Practicing Affirmation (Foreword by John Piper) Sam Crabtree, 2011-01-19 It happens in marriages parent child relationships

friendships workplaces and churches Communication falters friendships wane teenagers withdraw marriages fail and bitter rifts sever once strong ties Christian communities are no exception Why do so many of our relationships suffer from alienation indifference and even hostility Author Sam Crabtree believes that often at the heart of these breakdowns is a lack of affirmation He observes in Scripture that God grants mercy to those who refresh others and in life that people tend to be influenced by those who praise them Crabtree shows how a robust God centered affirmation ratio refreshes others and honors God Practicing Affirmation sounds a call to recognize and affirm the character of Christ in others When done well affirmation does not fuel pride in the person but refreshes them and honors God All who are discouraged in relationships will find wisdom and practical insight in this book

The Eye of the Heart Frithjof Schuon, 2021-09-07 This new edition of The Eye of the Heart one of perennialist author Frithjof Schuon's earliest works features a fully revised translation from the French original as well as over 50 pages of new material including previously unpublished selections from the author's letters and other private writings Also featured is a foreword by renowned religion scholar Huston Smith an editor's preface extensive editor's notes a glossary of foreign terms and phrases an index and biographical notes Schuon's perspective is that of the sophia perennis or perennial wisdom which is capable of discerning the spiritual intentions behind religious doctrines forms and practices The essays collected here cover a wide range of subjects including the fundamental principles of spiritual symbolism the enigmatic nature of evil questions on the afterlife and many invaluable insights concerning the integration of everyday activities into the spiritual life Schuon also evokes the sacredness of creation and the message of beauty which when seen with the eye of the heart leads back to God

Songs of the Heart Florli Zweifel Nemeth, 2012-06 THIS BOOK is based on the dialogue between the Shulamite Maiden and the Bridegroom in the Song of Solomon and is written as a devotional book with a verse by verse dialogue of the writer's conversations with God The author invites you to peer into her intimate dialogues with God and as you do so you may find yourself opening your heart to receive what God is saying to you Then when you turn the Scripture into personal prayer recording in your own journal the secret longings and prayers of your heart as well as the things that God says to you you may find to your amazement that God is crazy in love with you and passionately pursuing you as a lover of God Embracing the love of the Bridegroom for yourself you discover the joy of embarking on your own enjoyable journey to the high places of intimacy with God your love relationship with God ignited into passionate desire for His presence

Heart to Heart: A Guidebook for Relationship Recovery Kristen Burkhardt-Hanson, 2014-11-22 This is a relationship recovery guidebook that teaches couples who are currently experiencing damage and dysfunction in their marriage how to have healthy and functioning marriages This is an excellent book for those who are dealing with abuse addiction co dependency divorce illness infidelity love addiction low self esteem sexual assault and more We teach people how to work through the darkest times of their life to achieve love and happiness

Take Back Your Lost Heart Victoria C. Leo, 2011-08-31 A comprehensive guide to reconnecting to your courage your inner fire and

your deep values with specific techniques that anyone can follow no matter how busy they are You are guided to create a personalized map for your individual journey to re ignite your Life and connect to your wellsprings of courage your lost heart Appendices and references

The Heart of A Course in Miracles Michael Mirdad,2016-04-04 One of today s most respected spiritual teachers Michael Mirdad provides a profound yet easy to follow guide to understanding and applying the 12 primary principles of A Course in Miracles Michael has a gift for taking complex concepts and making them easy to understand and integrate His latest book is no exception A extraordinary guide and teacher Michael walks us through the Course s 12 core principles from Bliss Oneness vs Separation Love vs Fear God s Holy Spirit vs the Ego Reality vs Illusion and so much more Each chapter is an unfolding towards greater understanding with tips and strategies on how to apply each principle in our daily lives Michael Mirdad will take you from confusion to clarity from intellectual understanding to practical application from drifting to a daily spiritual devotion

This Is No Secret Joy Kapur,2009-02-19 It is almost impossible to capture the richness and the beauty of the idea contained in this book within the confines of one book or thousand books This is the essence of my own thinking and reflection based on my spiritual studies from various sources of knowledge and the wisdom of the ancient seers in the last forty years or so of my life It will be more appropriate to say that it is a product of my new awareness or call it the gift of grace that I have been able to put together multi faceted ideas about the Heart in a new frame of light We hear about the heart everywhere whether it is in a romantic tune or about love from the heart or emotions emanating from the heart or somebody singing about his or her broken heart Contrary to the popular belief that it is the brain that does everything and that it is mind or the brain that is the seat of consciousness we now know that it is the heart not the physical but the spiritual heart that is linked to the source of infinite intelligence Since ages in every culture and every religion much has been written about the heart metaphorically As per the wisdom of the ancient Hindu seers Greek and Buddhist scholars heart is the seat of human consciousness Here are the lines from Rig Veda X129 written more than 3 000 years ago In the One arose Love Love the first seed of the Soul The truth of this the sages knew Found hidden in their hearts Seeking therein the essence of wisdom The sages found that bond of union Between the known the Unknown Mankind has reached the highest expression of life or perhaps coming close to the ultimate states of human evolution when it comes to emotions feelings perceptions and subtler or higher realms of consciousness The natural laws of the universe are coaxing the humanity to seek the oneness the unity and the harmony in the hearts of everybody and everywhere by rising above any barriers of divisiveness and separateness It is true that we can observe the mind through that faculty of the mind which observes the mind call it the faculty of reflection or self introspection It is the mind that observes the lower mind or the monkey mind and through developing this new awareness becomes the higher mind Let us call this the super mind This super mind has the faculty to absorb the heart based consciousness beyond the limited and conditioned consciousness of the baser mind In other words it is only through the light of this new awareness that mind becomes the super mind It is only

through unity of the mind with the heart that the aspirant can experience a quantum leap in awareness and bestows the aspirant with keen intelligence This keen intelligence is not a product of the lower mind but the mind that soaked in the heart consciousness and the ennobling qualities connected with the heart The heart is far more than a mere organ that pumps blood all day long it is a generator of information energy and its cells are storehouses of info energetic memories Heart is a feeling thinking receiving and communicating organ having spiritual powers Heart is the most sophisticated internal cosmic antenna capable of receiving and remitting healing rays through thoughts feelings and prayers in the form of positive vibrations This not based on some heresy or some old man s tale or hunches it is based on self knowledge wisdom and discernment and qualities of head and heart It is your thoughts and passions deep down your heart that determine who you are and your core passions and what you will be based on knowing first and then implementing those passions through a plan of action When we know what we are deep down in our heart it is easy to go about following what we love and loving what we do All our desires ambitions fears loves and passions reside in embryonic form in our heart center We are naturally attracted to whatever we secretly harbor in our heart s DNA and whatever we harbor with passion has the p

The Way of the Psychic Heart Chad Mercree, 2014-06-08 Developing your natural psychic skills begins with an open heart and the more you connect with your heart the easier your abilities flow In this introduction to psychic development you ll learn to embrace your spiritual gifts and expand them based on the system of three pillars awareness auric vision and intuition The Way of the Psychic Heart is an easy to use guide to rediscovering your forgotten spiritual gifts Everyone is psychic it s a normal state we ve forgotten and can reconnect with through the quizzes exercises personal stories and simple instruction provided within Explore a variety of topics including psychic protection automatic writing working with dreams communicating with spirit guides and more With his friendly and approachable style author Chad Mercree shows you how to integrate intuition into everything you do Praise Readers will enjoy learning about the role of the heart in extraordinary experiences spirituality and ESP Henry Reed PhD author of Awakening Your Psychic Powers

Getting to the Heart Athene Raefiel, 2020-02-14 Getting to the Heart is a book filled with information that helps individuals understand the soul s journey and its importance Many spiritual and personal growth topics are explained in short excerpts that can be easily read and understood The main theme of this book is to transform soul consciousness through understanding and using the Aura and Chakra centers This unique book gives a complete explanation of what chakras are and how to align and activate them to help oneself Getting to the Heart also explains the Art of Meditation the Astral Plane The Souls Journey and so much more This book embodies teachings of Spiritual Initiation and Empowerment Part two of Getting to the Heart is an amazing workbook designed and filled with exercises that walk individuals through step by step processes for clearing old emotional baggage and creating new feelings of love and joy in life These powerful exercises cover Forgiveness Affirmations Re Programming Self Dialog and Visualization Rarely can one find all of these tools melded together to show how they work hand in hand with one another

Getting to the Heart is a must for those wishing to explore and expand consciousness **The Sovereign Heart** Alex K. Warren, 2016-04-14 Take in your surroundings What do you hear What do you feel Is your heart beating at a steady pace Or is it beating fast with the worries of tomorrow I encourage you to take a deeper look at what is taking place in the present and change what seems wrong with your life I use what I refer to as the path to show the continual transition from being afraid of the truth to accepting it and thriving This book will take you to the depths of what matters and what doesn't what is optional and what is necessary to find what you believe is truly important to living a full life I embrace independence while also showing how to trust those you may come across This book reveals the importance of knowing your true self along with the necessity to reevaluate what keeps you motivated The book remains in a format of taking a journey down your destined path The poetry in this book is a reminder of why you should stay on the path and it shows how the aspect of why is more important than how I wrote this book to help all audiences young and old men and women scholar or novice The simple lessons provided make it applicable to all who want to find the truth The preparation and delivery of this work shows how we all can make the journey if only we pay attention to our sovereign heart We: A Manifesto for Women Everywhere Gillian Anderson, Jennifer Nadel, 2017-03-07 Explores how women can use psychological and spiritual tools to create a more fulfilling way of life and to attain happiness and freedom from the have it all superwoman culture **The Seven Desires of Every Heart** Mark R. Laaser, Debra Laaser, 2008 In this instructive and inspirational book Mark and Debra Laaser teach us how to have richer relationships with God and others Using stories and straightforward observations they examine seven desires we all share and illustrate how understanding those desires can enhance our relationships and enrich our lives **Outsiders on the Inside** David Couper, 2010-08-05 Does your gender ethnicity sexual orientation accent mannerisms quirky clothing piercing or outlook on life make you feel like a fish out of water in your workplace from the moment your workday begins until you leave at the end of the day Find out how to capitalize on your differences and become a successful outsider on the inside Outsiders on the Inside provides specific guidance and simple but effective strategies to help outsiders recharge their careers You will learn Crucial marketing strategies to help match your unique professional qualities with employers and customers A painless step by step process for meeting new people Unique strategies for resumes cover letters and other job hunting tools Coping strategies to confront and educate critics

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