

Affirmations for the Heart Chakra

I deeply and truly love and approve of myself.

I am adequate, at all times, to do that which is required of me.

I love who I am.

I am willing to love everything about myself.

I trust in love.

I open my heart to love.

I forgive myself

I forgive those who need forgiving for not being what I wanted them to be.

I acknowledge my own loveliness.

I am pure, good, and innocent.

Love is the purpose of my life.

Love is everywhere.

I open myself to the healing powers of love.