



GRATITUDE OF SELF-LOVE

DAY 19

Today we are spending time in celebration and meditative pretend.

Go within. See a huge open field filled with people. This is the world that is acknowledging you. See yourself on stage in front of this world of people ready to acknowledge you.

Now state a few words: Hi World! I am the God of _____ who has chosen to love Myself. I have allowed myself to experience unconditional love for myself, and
IT FEELS GOOD!

See the masses of people cheering and clapping and loving you for loving yourself!