

THE CENTRE OF  
**MY BEING**



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## DEEP IN THE CENTRE OF MY BEING THERE IS AN INFINITE WELL OF LOVE

I now allow this love to flow to the **surface**. It fills my heart, my body, my mind, my consciousness, **my very being**, and radiates out from me in all directions and returns to me **multiplied**. The more love I use and give, the more I have to give, the **supply is endless**. The use of love makes **ME FEEL GOOD**;  
it is an expression of my inner joy.

I love myself; therefore, I **take care of my body**. I lovingly feed it nourishing foods and beverages, I lovingly groom it and dress it, and my body lovingly responds to me with **vibrant health and energy**.

I love myself; therefore, I provide for myself a **comfortable home**, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, myself included, will **feel this love and be nourished by it**.

I love myself; therefore, I work at a **job that I truly enjoy** doing, one that uses my creative talents and abilities, working with and for people that I love and that love me, and earning a **good income**.

I love myself; therefore, I **behave and think in a loving way** to all people for I know that that which I give out **returns to me multiplied**. I only attract **loving people** in my world for they are a mirror of what I am. I love myself; therefore, I **forgive** and totally release the past and all past experiences and I am free.

I love myself; therefore, I live totally in the now, **experiencing each moment** as good and knowing that my future is bright and **joyous and secure**, for I am a **beloved child of the universe** and the universe lovingly takes care of me now and forevermore.

AND SO IT IS



## DIEP IN MY WESE IS 'N ONEINDIGE BRON VAN LIEFDE.

Ek laat die liefde nou na die **oppervlakte** vloei. Dit vul my liggaam, my gemoed, my bewussyn, my totale wese. Dit straal uit reg rondom my in alle rigtings en dit kom **tienvoudig** terug na my. Hoe meer liefde ek uitstraal en gee, hoe meer het ek om te gee, want die voorraad is **onuitputbaar**. Om liefdevol te wees, laat **MY GOED VOEL**; dis 'n uitdrukking van my innerlike vreugde.

Ek het myself lief; daarom **versorg ek my liggaam** liefdevol, voed en verkwik ek myself met gesonde kos en drank, versorg en klee ek myself liefdevol, en my liggaam beloon my met **stralende gezondheid en energie**.

Ek het myself lief; daarom verskaf ek vir myself 'n **gemaklike, pragtige woonplek** wat aan al my behoeftes voldoen en 'n plesier is om in te wees, sodat almal net soos ek self die vibrasies van liefde daarin kan voel en daardeur **gevoed kan word**.

Ek het myself lief; daarom doen ek **werk waarvoor ek lief is**, waar al my kreatiewe talente en vermoëns gebruik word, werk ek saam met en vir mense wat ek lief het en wie lief is vir my, en verdien ek 'n **wonderlike inkomste**.

Ek het myself lief; daarom **tree ek liefdevol op teenoor en dink liefdevol** aan alle mense, want ek weet wat ek gee sal **vermenigvuldig vir my terug gegee** word. Ek trek net **liefdevolle mense** na my toe aan, want hulle is 'n **weerspieëling** van wie ek is. Ek het myself lief; daarom **vergewe** ek myself vir alles en laat ek die verlede en alle ervarings van die verlede gaan, sodat ek vry kan wees.

Ek het myself lief; daarom lewe ek absoluut in die **oomblik**, ervaar ek elke sekonde as **goed** en weet dat my toekoms **helder, vreugdevol en veilig** is, want ek is 'n **geliefde kind van die Heelal en God** versorg my liefdevol nou en vir altyd.

EN SO IS DIT



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