



Heart Chakra

Healing Affirmations To Open and Activate the Heart

Love is my guiding truth and I follow it.

I choose love every single day.

I am peaceful.

I nurture my inner child.

I am wanted and loved.

I live in balance, in a state of gracefulness and gratitude.

I love the beauty of nature and the animal world.

I am open to love and kindness.

I am grateful for all the challenges that helped me to transform and open up to love.

I accept things as they are.

I am connected with all beings.

My heart is free from all past hurt and trauma.

I give and receive love effortlessly and unconditionally.

There is an infinite supply of love.

It is safe for me to love and be loved.

I am grateful for all of my many blessings.

I create loving and supportive relationships.

I choose to see myself and others in a compassionate light.

My heart and the love I have to share grows more and more every day.

My heart is filled with joy and gratitude.

I deeply, and completely, love and accept myself.

I forgive myself and I forgive others.

I am worthy of the pure, unconditional love.

I direct love and light towards myself.

I live in harmony with all living beings.

I release and let go of all resentment.

I forgive myself for all my past mistakes and I grow from them.

I love myself unconditionally.

My heart is open and my heart space radiates powerful green light.