

THE LOVE SANCTUARY GUIDE

30 Days to Deepen Your
Relationship To
Love & Abundance

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The Love Sanctuary Guide: 30 Days To Deepen Your Relationship To Love & Abundance

By: Angela N. Holton

Welcome to The Love Sanctuary Guide, a free 30-day tool to help you achieve greater love, health, purpose, and abundance in your life. I created this powerful guide to share with you the practical and empowering tools that have radically changed my life and helped me to navigate through life with more grace, ease, and purpose. These tools have also been very powerful in helping me realize my dreams and intentions.

I know very well what it's like to have big dreams of love, success, happiness, and prosperity, but finding many struggles and obstacles to achieving them. I never fully understood what was getting in the way of me actualizing my dreams until I decided to delve deeper into my spirituality, where I discovered that my own unconscious and limited thinking and beliefs were keeping many of my desires away. I was, in fact, the ONLY source that was keeping my dreams and desires at bay.

Once I made the conscious choice to invest in my life and my dreams, I decided to work on changing the way my mind thinks. And as I did, I discovered many unconscious beliefs

that I didn't realize I ascribed to, many of which were negative. Most of them were beliefs ridden with fear, fear of death, fear of dying alone, fear of aloneness, fear of not "making it", fear of not discovering my life's purpose, fear of this or that thing not happening. Fear was my sidekick, but also the greatest albatross in allowing me to truly open up and expand my life with deeper meaning and purpose.

But several years back, I discovered the power of affirmations, and by employing them, along with meditation and other tools; my life began to quickly change. I soon discovered my life's purpose as a Life Coach, Teacher, and Speaker. I realized that I was a writer, something that I had diminished all of my life by my own negative stories I repeatedly told myself of how bad I am as a writer and how much I resisted and despised it. Yet, now, I have two published co-authored books, including a Best Seller, I am a contributing writer for the Huffington Post, I write a weekly blog for my own site, Love Sanctuary, as well as other published articles. This all happened through acknowledging and embracing my fear, changing many of my negative thoughts to more positive, higher vibration thought, and releasing old, stagnant emotions.

I also stepped into one of my biggest dreams of living on an island, when I moved to Bermuda in 2015.

Because I believe so much in the power of our mind and our thoughts, I wanted to create a guide that could help many others come into their greatest life. The only thing keeping us from living with richness and wholeness is the limited and preconditioned aspects of our own mind.

Provided within are 30 personal affirmations that you can use in your own life to become the change you want to see happening around you. You will learn how to become aware of your current mindset, how you might be blocking your potential with limiting thoughts and behaviors and how to shift your thoughts into alignment with love and abundance. These affirmations will help you overcome a victim mindset and empower you to believe that you are in control of aspects of your life and that you worthy of your desires. My hope is that this guide will serve as a tool to help you build newer, more powerful beliefs that align authentically to the life you want to create.

I suggest reading through the content fully to familiarize yourself with this new practice. Then come back and start with Day 1, following along thereafter with each day. If you'd like to spend more time on a particular day, then practice it for two days or more. Move along at your own pace. Repeat your affirmations as often as possible. Remember that they only work if we use them. I also suggest keeping a journal and writing each affirmation down 10 times per day, as well as noting any thoughts or feelings that come up. Give your desires power by sealing them in ink.

Lastly, Keep post-its handy as you follow along.

Affirmations

What are Affirmations?

Affirmations are positive statements you can use to shift a negative and limiting belief that's been trapped within the unconscious mind. Affirmations help us become witness to and change any negative scripts unconsciously playing throughout our lives, affecting our choices and experiences on a daily basis. In order for us to manifest more love and abundance into our lives, our thoughts and beliefs must be in alignment with our actions.

If you want to counteract years of negative internal dialogue, using repetitive affirmations is a great way to start. Like all new practices, affirmations take time to work, effectively -- so, don't give up! Remember, it took years of accepting old beliefs that have conditioned your present state of mind so it will take some time to uproot and plant new seeds.

Use each experience that triggers any judgmental thoughts as an opportunity to practice using a new, loving response.

Outlined below are 10 steps to help you develop new, aspirational beliefs, with guidance on exactly how to use them to create change and growth in whichever area of your life that you choose.

10 Tips In Creating Your Own Affirmations:

1. List all positive phrases, attributes, and aspirations that you would like to experience in your life. Keep them brief so that you can easily recall them from memory.
2. Write your affirmations as powerful declarations such as, “I can,” “I am,” or “I have.” Refrain from using “I will,” “I hope,” or “I want.” The subconscious mind does not distinguish between time and space. So, repeating will or want keeps the affirmation a desire in the future rather than attainable now. Affirm your new belief as if it is happening now, in the present moment.
3. Post your written affirmations where you will see them often. You may consider writing them on post-its and leave them on your bathroom mirror, nightstand, desk, computer, wallet, or refrigerator. Also, enter them into your phone with alarm clock reminders.
4. Practice repeating them in first, second, and third person. For instance, “I am beautiful and happy.” “Angela, you are beautiful and happy.” “Angela is beautiful and happy.”
5. Repeat your affirmations as often as possible, in your mind and out loud. Take any moment alone as an opportunity to practice – while driving in the car, taking a shower, or riding up an elevator.
6. Speak them into existence with your family and friends. Communicate with those close to you the changes you are trying to cultivate and ask for their support in gently reminding you of your intentions.

7. Visualize the manifestation of your affirmations regularly in your mind's eye. See and feel the power of your new belief. Imagine opened doors associated with your new beliefs. See new horizons of all the possibilities that you can attract now.
8. Act as your new belief. This might feel forced or contrived at first, but practice acting as if you are already this new belief. Embody these aspirations as best as you can, with love and compassion. "Work it, own It!"
9. Meditate on all ways that you may act as a barrier to what you're trying to achieve. If this is difficult, pray for revelation. Notice situations that trigger you to react by old patterns. Notice your body language and what negative thoughts appear in the presence of fear and self-doubt. The more self-aware you become, the more power you have to make change happen
10. Spend some time searching for opportunities to create a reality for your new beliefs. For instance, if your affirmation is, "My life is filled with fun and adventure," seek new ways to make fun and adventure a priority rather than focusing on all the dull moments that lack fun and excitement in your life.

You can step out of the comfort zone of your old beliefs and create what you want in your life. As you affirm it, speak it, and take actionable steps to create it, your life will naturally become more of what you desire. Give yourself permission now to break free of the past and create a new present.

Here are 30 Affirmations that you can use as a guide to follow or modify to fit your unique goals and desires.

30 Day Affirmations

Day 1:

**YOUR SPIRIT IS IN
UNISON WITH THE
UNCONDITIONAL
LOVE OF OUR
CREATOR.**

I let go of my past and open my heart to Love again!

If you want to awaken all of humanity, then awaken yourself.

*If you want to eliminate the suffering in the world, then
eliminate*

All that is dark and negative in yourself.

*Truly, the greatest gift you have to give is that of your own
Self-transformation.”*

~ Lao Tzu

Before we can open ourselves to greater love, in the equivalence of joy, health, and abundance, we must be willing to let go of all the energetic attachments to past experience.

Remember that your spirit is in unison with the unconditional love of our Creator. This truth sets you free from any burdens of pain, fear, and anger and allows you to receive again, all of the Creator's unconditional gifts. This simple, yet profound, act of awareness is the key to creating transformation.

Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts.”

~ Marianne Williamson

In your journal today, take note of any seeds of anger, fear, or sadness that exist within you now. Without judging or seeking to abandon them, simply bring your awareness to them. By simply acknowledging emotional pain, you are permitting light to enter and begin cleansing any emotional residue.

It is helpful to identify the origins of these emotional wounds and ask them what they have come to teach. Consider, how these emotions might guide you to step out of an old belief and love yourself more into a new belief. Ask yourself, what current relationships, situations, or experiences are challenging you to step out of old, painful beliefs.

Begin today's affirmation by closing your eyes and meditate on offering yourself more love and compassion, knowing as you do that you are subconsciously burning away the conditions of the past.

Day 2:

TRANSFORMATION
BEGINS WITH
UNCONDITIONAL
LOVE AND
ACCEPTANCE.

I deeply and wholly love, honor, and accept myself.

“The greatest gift I can give myself is unconditional love.”

~ Louise Hay

God loves us just as we are. The problem is that we often don't love ourselves enough. We aren't born with a manual on loving ourselves so we often unknowingly choose thoughts and behaviors that are unloving and unkind; but we are perfect, whole, and complete just as we are.

As wounded, fractured, or fragmented as we may feel at times, we can accept where we are in the moment, and love ourselves with greater compassion and understanding. Transformation, of any kind, begins through unconditional love and acceptance.

Louise Hay popularized a practice known as Mirror Work: life mirrors back to us who we believe we are from within, revealing whatever truths we hold inside of us. Our mirrors never lie. They are the gateway to our soul.

This practice suggests that if you feel unloving or unworthy, you will create an experience in your life to mirror these beliefs back to you, perhaps in the form of toxic relationships, sabotaging behaviors, or negative, conflicting experiences.

Use your journal today to see what feelings and beliefs the mirrors in your life are reflecting back to you. This is helpful in shifting from a blaming mentality to an understanding and acceptance that our “mirrors” reflect back to us what we give them permission to.

Repeat today’s affirmation while looking into the mirror. Look directly inside of your eyes through the mirror and speak with love and compassion, “I deeply and wholly love, honor, and accept myself.” Anytime throughout the day that you’re able to glance in the mirror, send a silent, loving shout out to yourself.

Day 3:

WHAT WE
ATTRACT IN OUR
LIVES WILL
ALWAYS ALIGN
WITH WHAT WE
BELIEVE WE
DESERVE.

I am worthy of a life that excites me!

“Worthy now, not if, not when, we’re worthy of love and belonging now. Right this minute. As is.”

~ Brene Brown

What we attract into our lives will always align with what we believe we deserve, not what we wish for. Give yourself permission to deserve better, knowing that Spirit loves you so much that it gave you the entire Universe to create from and all of its divine powers within you to bring to life what you desire.

You deserve all that is good, all that is pure, and all that’s bright and loving. You don’t have to earn the Universe’s goodness and grace. It is yours. It is available to you now.

In your journal today, envision yourself living an exciting life and write about it as in the present moment. What would that look like to you?

Day 4:

MIRACLES DON'T
HAPPEN
OCCASIONALLY OR TO
A SELECT FEW.
MIRACLES HAPPEN
ALL THE TIME.

I am a magnet for miracles.

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

~ Albert Einstein

Miracles don't happen occasionally or to a select few. Miracles happen all the time. Because we are often conditioned to believe that miracles cannot happen to us, we might ignore or dismiss the possibilities of them.

Close your eyes and reach into your heart and imagine removing any dense, unwanted emotions that separate you from experiencing miracles. Ask yourself, is it the miracle that I believe not to exist, or is it my struggle of worthiness that prevents me from believing and receiving it. Once we open up to the belief in miracles, more miracles begin to happen.

“I am realistic—I expect miracles.” ~ Dr. Wayne Dyer

Today, take note of all the miracles that are showing up in your life. Write a list of them, saying thank you to each one, and watch as the synchronicities around you begin to multiply.

Day 5:

**LOVE IS WHO
YOU ARE.
IT'S WHAT
YOU'RE
MADE OF.**

I release any blocks and barriers to love.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against It.”

~ Rumi

Often times what keeps Love from flowing into our lives is our own unconscious barriers that we once created from painful past experiences. Judgmental thoughts hold us emotionally hostage from attracting greater love, but a simple shift in awareness can bring you out of a subconscious torment and into a space of receiving.

Remember Love is who you are. It's what you're made of. If you have been hurt by someone who has forgotten their own truth and passed onto you a painful experience, give yourself permission to detach from their experience, their beliefs, and their projections, and create a new one for yourself that resembles your spiritual truth.

Today, while in meditation, pray for deeper healing as you consciously shift your thoughts and beliefs into alignment with Love. You may journal whichever emotional blocks you recognize as a struggle and some action steps you can take towards releasing them. Meditation, journaling, and inner-child work are a few tools to support you.

Day 6:

WHEN WE LOVE
OURSELVES
DEEPLY ENOUGH,
WE UNDERSTAND
THE IMPORTANCE
OF FORGIVING
OTHERS.

I forgive those that have harmed me and I set myself free.

“If self-love and forgiveness ever got together, their baby would be freedom.”

~Amanda Christian

Forgiveness is an act that we offer to others not because we agree or condone egregious behavior, but because it is an act of self-love and spiritual consciousness.

Forgiveness severs any emotional bondage we may have to another and sets us free of the experience. When we love ourselves deeply enough we understand the importance of forgiving others. Forgiveness is one of our greatest, and perhaps most challenging assignments as humans. However, the weight of withholding forgiveness is too heavy a burden. It is detrimental to our personal experience in manifesting blessings and miracles into our lives.

The act of forgiveness is often a lifelong process with multiple layers. Like peeling back the layers of an onion. Even when we believe we've forgiven someone, certain triggers remind us that we have further layers to uncover. As you peel back each layer, you will continually clear and expand from your heart.

In your journal write, “I forgive _____ for the harm they caused me. I free myself from this experience.” Take this idea with you into your meditation and visualize a release happening between you and your persecutor. Send them away with your light and loving thoughts. Then imagine severing the cord that connects you and end the unhealthy cycle.

What is additionally very helpful and cathartic to your healing process is writing a forgiveness letter. This could be a letter to yourself or another. Let this be a safe place for you to express your true feelings freely. Write as if you’re going to send the letter, but safely burn or discard it. As you do, imagine the flames releasing any painful emotions from your mind, body, and soul.

Day 7:

WHEN WE ARE ABLE TO LOOK
DEEPLY WITHIN OURSELVES
WITH GREATER AWARENESS,
SELF-LOVE, AND
UNDERSTANDING, THEN
WE'RE BETTER ABLE TO LOOK
AT OTHERS WITH THE SAME
RESPECTS.

**My heart grows everyday in compassion toward others
and myself.**

*“If we are able to look deeply into our suffering and embrace
it tenderly, great compassion can be born.”*

~ Thich Nhat Hanh

Developing compassion for others begins with cultivating it from within. When we are able to look deeply within ourselves with greater awareness, self-love, and understanding, then we're better able to look at others with the same respects.

To grow more compassion within your heart, look and listen deeply with mindfulness into your own heart and into the struggles of another. Release the need to judge, condemn, or abandon yourself. The moment we judge another, including ourselves, we separate from Spirit and away from the light. We then welcome an experience of darkness into our lives. As you focus on being the light instead, you naturally grow in compassion.

As you meditate on this affirmation today, bring your awareness to the center of your heart. Imagine Love existing here as

golden, bright ball of light. Allow this light to penetrate through judgment and condemnation, into the depths of your heart. Focus on expanding this energy into love, compassion, peace, forgiveness, and equanimity to all whom need it.

Just as you offer compassion to others, be equally kind to yourself. Offer understanding and forgiveness when necessary. Be gentle with your thoughts. Refrain as much as possible from judgment and blame.

Day 8:

WHEN YOU MAKE A
SHIFT TO
TRANSFORM YOUR
IDEALS, YOU
CREATE A RIPPLING
EFFECT IN THE
ENERGIES OF YOUR
RELATIONSHIPS.

As I heal, my family and relationships heal.

“Family is supposed to be our safe haven. Very often, it’s the place where we find deepest heartache.”

~ Iyanla Vanzant

It has been said that when we heal ourselves, we have the power to heal seven ancestral generations back. When you make a shift to transform your ideals, you create a rippling effect in the energies of your relationships. You give birth to the idea that others around you can also transform by simply being the light. You invite and give permission for them to heal as well.

“Everything that’s coming to you in terms of relationships and everything else is a perfect reflection of the vibration that you’re offering it. Every single time.”

~ Abraham Hicks

If you want to improve your relationships with your family members, spouse, children, friends, or colleagues, the work starts within. Reflect back to Day 2 and recall the mirror exercise. Relationships are mirror, showing us areas within our own hearts that need healing and care.

While turning the light on within, here are some thoughts for you to journal on today: where might you need to grow and heal in order for you to show up to your relationships in a new, empowered way? What emotions are heavily gripping at your heart and who triggers them? How do I see myself in this person? What conditions of my past are my current relationships revealing need healing?

Day 9:

SOUL MATES ARE THE
PEOPLE WHO LOVE US
UNCONDITIONALLY,
UNDERSTAND OUR PATH
AND LIFE'S MISSION, AND
HELP US SERVE OUR
PURPOSE.

A loving soul mate is in my life now. I am worthy of great love.

“People think your soul mate is your perfect fit. And that’s what everyone wants. But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life.”

~ Elizabeth Gilbert

Soul mates are not exclusive to romantic partnerships. A soul mate can be anyone that comes along our path to teach us valuable, and sometimes painful, lessons. Although our experiences with soul mates might be challenging at times, we can embrace them because soulful relationships help us grow. They make us better.

Soul mates are the people who love us unconditionally, understand our path and life’s mission, and help us serve our purpose. They understand us from an intrinsic, spiritual level because our healing paths are similar.

As you pray for these connections to enter into your life, may you know that you are worthy and deserving of it all. May you open your heart and recognize that Spirit may send love to you in many different shapes and forms. These connections may not always look the way you want them to, but they will always be what you need to bring you closer to what you hope for. No matter the form, let love in! True love is formless – love is love! In your journal today, write a list of the people that are your soul mates. What have you learned from them? What are you there to teach them?

Day 10:

OUR DREAMS ARE PLACED
INTO OUR HEARTS AS PART OF
THE SOUL OF THE UNIVERSE,
UNIQUELY DESIGNED FOR
EACH OF US TO SPEAK THEM
INTO EXISTENCE.

My dreams and goals are real and important!

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

~ Earl Nightingale

It's easy for us to convince ourselves that our dreams are silly and unimportant and therefore impossible to achieve. But, our dreams are very real. And, no matter how big or small, our dreams are important. Our dreams are placed into our hearts as part of the soul of the Universe, uniquely designed for each of us to speak them into existence. In spite of inevitable obstacles and challenges, no dream is placed into our hearts without us already having the inner tools and talents to create it.

Speak love, power, and existence into your dreams today. Ask the Universe for strength and guidance. Affirm that your dreams are coming true for you. Write one of your dreams on paper and then break that dream down into concrete, actionable steps. Then set a goal each day that will bring you closer to your dream. You can start with even a small step, but take a step. Goal setting is an important and powerful aspect of dream building because it gives us the task of exacting the actions that we need to achieve in order to create a desired life.

Day 11:

OFTEN TIMES, OUR
PRAYERS ARE NOT
ALWAYS ANSWERED
ACCORDING TO OUR
TIME SCHEDULE
BECAUSE WE ARE
STILL BEING
PREPARED TO
RECEIVE THEM.

I trust in the divine, perfect timing of my life.

“When you let go and trust God things happen in a way you couldn’t have planned. Sometimes you just have to release worry and hold onto faith. It’ll happen how it’s supposed to happen and exactly when it’s supposed to happen. I call it divine timing.”

~Tony A. Gaskins Jr.

Waiting for the Universe to fulfill a deep and personal desire can often be painstakingly frustrating. Sometimes we grow weary and impatient with the Universe, perhaps feeling our dreams are being ignored or dismissed. But the Universe makes no mistakes. It operates on its own time and space. Often times, our prayers are not always answered according to our time schedule because we are still being prepared to receive them. The Universe uniquely designs each delay, challenge, or setback for our spiritual edification and our preparedness to receive. The Universe always knows when we are fully ready to embrace its magical gifts and blessings.

However, there are obstacles that can delay our blessings, namely our inner barriers to love and receive. Deep within your

soul, do you disbelieve or doubt the Universe? Do you question your self-worth in receiving Spirit's miracles?

Fear and withholding forgiveness are the two biggest blocks that interfere with our reception of miracles. Notice if there are areas in your life where you are not offering forgiveness. Refer to Day 6 for this exercise. If negative emotions grip at your heart, a daily meditation practice helps you release unwanted thoughts and emotions while guiding you to choose a more loving perspective.

Trust that you can count on the Universe to provide you with everything you need at just the right time. Remembering that your life is unfolding exactly as it's supposed to creates a more buoyant and enjoyable perspective. Therefore believe, and trust in the magical unfolding of your life!

In today's lesson, practice surrendering and trusting in what is. Believe that whatever current circumstances you find yourself in that you are exactly where you're supposed to be. When you're ready for the next step, the Universe will reveal a specific door for you that no one else can close. Whatever is meant for your life's path will make its way to you.

In times of distrust, pray for daily for discernment, strength, guidance, clarity, trust, faith, and patience. Be reminded to relax in a knowing sense that your life is unfolding perfectly.

Write today's affirmation 10 times while repeating it in your mind's eye.

Day 12:

**BELIEVE IN THE
MOST
OUTRAGEOUS
AND MAGNIFICENT
DREAM COMING
TO PASS.**

I believe in infinite possibilities.

“When you become comfortable with uncertainty, infinite possibilities open up in your life.”

~ Eckhart Tolle

Life has so many powerful and magical ways of unfolding. The Universe is vast and infinite. It is only our own limited mind that cannot always conceptualize it and therefore places limits on it. As we believe that the possibilities of the Universe are limitless, we create more magic and synchronicity in our lives.

Bring your attention to your dreams or to a desired outcome to a challenge in your life, meditate on the infinite possibilities for a positive and loving outcome. Believe in the most outrageous and most magical dream coming to pass. Release the need to know or frame the possible outcome. Believe and allow the Universe to pleasantly surprise you.

**ANYTHING
THAT HEALS
OR INSPIRES
LOVE IS
CREATIVE
ENERGY.**

Day 13:

I am a vessel of creative energy. Creativity flows from me naturally and effortlessly.

“Creativity is our birthright. It is an integral part of being human, as basic as walking, talking, and thinking,”

~ John Daido Looi

Creativity is our birthright. We were born as creative energy, therefore our inherent ability to create is always within us. We don't have to go searching for it nor struggle to find it. It springs from the natural well of our magical existence. As we offer more love to ourselves by burning away any of our negative emotions or patterns that we may hold onto and silence our minds for greater connection to Spirit, creativity shines through us like the brightness of the sun and flows out of us like water down a stream. It's already there, simply waiting to pour out.

Whatever we hope to express in our lives, whether we are an artist, fashion designer, author, doctor, salesperson, or bus driver, if we extend it with love and inspiration, we are in fact creative. Anything that heals or inspires love is creative energy.

Draw on your creativity today while affirming your creative power! Write down all of the unlimited ways in which you use your creative power. Look beyond the conventional ideas of creativity.

Day 14:

**WE ARE ONE
WITH THE
POWER THAT
CREATED US;
THEREFORE WE
ARE ACTIVE
PARTICIPANTS
IN CO-CREATING
OUR LIVES.**

I am in alignment with Spirit as a powerful co-creator of my life.

“There’s no such thing as being alone in the universe, and so there’s no such thing as creating alone. Everything – every impulse, every creative gift of beauty, everything is a co-creation.”

~ Gary Zukav

We have the ability to co-create anything in lives. The more we embrace that life is not just happening to us, but is happening for us, and we are integral to our lives’ unfolding, the more power we have in manifesting our dreams and desires. The power of the Universe dwells deeply within every fiber of our being and we are designed to tap into that power and call our dreams into existence. We are one with the power that created us; therefore we are active participants in co-creating our lives.

Today, call forth your dreams and honor your ability to co-create with the Universe. Listen and follow guidance from your inner teacher and open your heart to receive the right opportunities and the right people that come along your path to bring you closer to your dreams.

Day 15:

**WE BECOME MAGNETS
TO LOVE BY LOVING
OURSELVES MORE
DEEPLY.**

I am in a loving, committed partnership

“Love is our deepest longing. Just as the body needs food the soul needs love – it is nourishment. Without the food, air and water, the body will deteriorate; without love the soul starts shrinking. “

~ Osho

There is nothing wrong with desiring a loving, romantic relationship. We were created for love. We are hardwired to be in partnership and connection, as we were born in connection through attachment to our mother's umbilical cord. So, wanting partnership is natural. Whether you're already in a marriage or committed relationship, or desiring for a partnership, creating more love in our lives occurs when we become magnets to love.

You become a magnet to love by loving yourself more deeply. While waiting on partnership and or growing in your existing relationships, focus on becoming the embodiment of pure, unconditional Love. Become the love you wish to attract. We all have the power to create Love.

If you would like to become a more loving partner and a magnet to Love, create more ways to be more loving and honorable with yourself. Do something kind and loving for yourself today. Be mindful of any unloving thoughts and habitual patterns of judgment and criticism you have toward yourself. As you notice them, speak positive energy to them.

text

Day 16:

A SMILE, A COMPLIMENT, OR A HUG ARE SIMPLE GESTURES THAT COST US NOTHING BUT MAY GO A LONG WAY IN IMPACTING SOMEONE'S HEART.

I practice random acts of kindness.

“Spread love everywhere you go; first of all in your own house. Give love to your children, to your wife or husband, to a next-door neighbor.... Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.”

~ Mother Teresa

Loving-kindness is a beautiful and natural gift we offer to others. Not because we expect anything in return but because it is our life’s purpose to love others. Doing random acts of kindness doesn’t have to be overly complex. A smile, a compliment, or a hug are simple gestures that cost us nothing but may go a long way in impacting someone else’s heart.

Consider offering a random act of kindness to someone. During your meditation send loving-kindness to your family, your friends, your colleagues, your world leaders, your spiritual teachers and community, your church, random people on the streets, and strangers you haven’t met yet. Repeat from your heart and your mind’s eye something similar to: *May you be well. May you be happy. May you be healthy. May you have peace. May you be free from pain, suffering, and affliction.”*

Day 17:

**WHEN WE CHOOSE OUR
THOUGHTS, WE GET TO
CHOOSE WHETHER TO
SURROUND OUR
SPIRITUAL ENERGY AND
MAGNETIC POWER WITH
POSITIVE ENERGY OR
NEGATIVE ENERGY.**

**Today, I choose positive thoughts. I speak positive words
and I choose positive actions.**

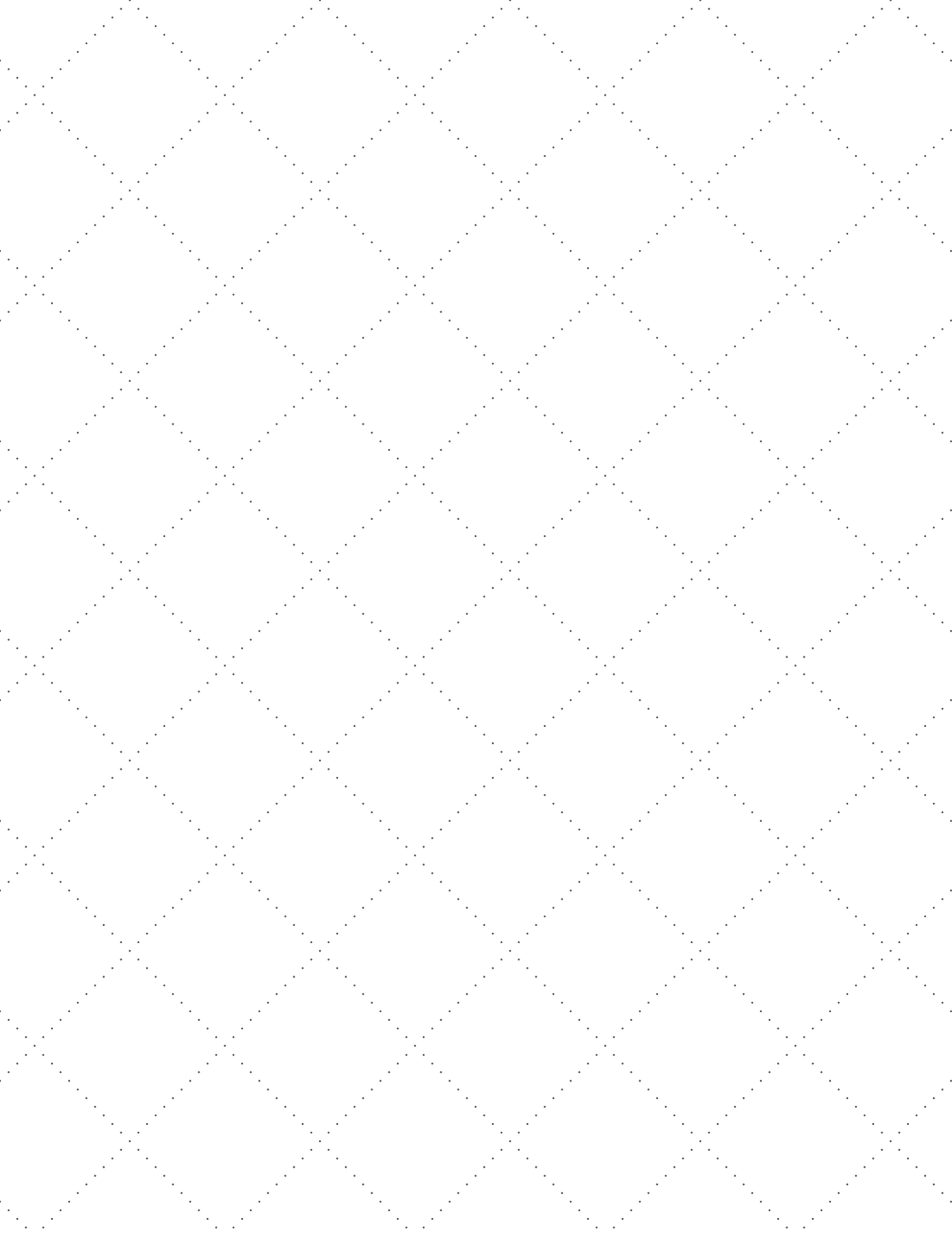
“The thought manifest as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So, watch the thought and its ways with care. And let it spring from Love, born out of concern for all beings.”

~ Buddha

Thoughts become things, so, each thought we have carries an energetic frequency, either a low vibration of fear, hate, anger, sadness, or judgment, or a high vibration of love, joy, hope, compassion, equanimity, and peace. Our omnipotent and omniscient Universe receives the vibrations we send out and responds with a vibration that matches it. When we choose our thoughts, we get to choose whether we surround our spiritual energy and magnetic power with positive energy or negative energy. Whichever we choose, it will follow us and act as a magnet in attracting relationships and experiences that match our vibration into our lives.

Are you experiencing more negativity in your life or positivity? Your thoughts become beliefs. Your beliefs become your patterns. Your patterns become the words you speak and actions you take. Your actions become your character.

Today, reflect on the experiences that are happening in your life and closely examine the thoughts you might be keeping that match the experiences in your life. If you want to change your life experiences by the opportunities and people showing up, begin by changing your thoughts. Meditation is a powerful exercise to bring awareness to your thoughts and help you shift them.



Day 18:

LOVE IS CREATED IN THE
PRESENT MOMENT.
CREATIVITY IS
CULTIVATED IN THE
PRESENT MOMENT.
LIFE HAPPENS IN THE
PRESENT MOMENT.

Everything I need is in the present moment. All is well in this moment.

“When your attention is in the present moment, you are in the presence of God and God is present in you.”

~ Deepak Chopra

Much of our pain and suffering is caused by our sometimes inattention to the present moment. If fear, pain, and sadness plague our hearts, more than likely our minds are fixated on the past. With anxiety, worry, and doubt our focus is heavily on the future, wrought with anticipation. However, when we bring our awareness to each moment as it comes, we discover that we have all that we need in this moment. All is well and as it should be for that moment. Spirit connects with us only in the present moment. Love is created in the present moment. Miracles happen in the present moment. Creativity is captured in the present moment. Life happens in the present moment.

In your meditation, bring mindfulness to your breath. Be mindful of your thoughts, your beliefs, and your choices in this moment. Are your choices aligning with the right energy to create your desires? Each time your mind wanders to the past or to the future, gently guide it back to the present moment where all is well!

Day 19:

**AS WE DEEPEN OUR
CONNECTION TO OUR
SOULS, WE CULTIVATE
A PARTNERSHIP WITH
THE UNIVERSE THAT
TRANSCENDS ANY
EARTHLY
RELATIONSHIP.**

I am safe. The Universe always guides and protects me.

“We are part of this Universe; we are in this Universe, but perhaps more important than both of those facts, is that the Universe is in us.”

~ Neil deGrasse Tyson

In a world of over 8 billion people, sometimes we feel alone and unsafe. Indeed we are born alone and our journey is ours alone to face, so this is understandable. However, as we deepen our connection to our souls, we cultivate a partnership with the Universe that transcends any earthly relationship. We experience a deeper sense of connectivity, as a part of the whole Universe.

Since our lives become the beliefs that we keep, if we believe we're unsafe and alone, we may unconsciously choose and attract experiences that match our beliefs. If you exercise faith and trust in the Universe, Spirit will show itself in your life and fill any voids of aloneness or insecurity. God can send you soul mates, your like-minded people that not only demonstrate his love for us, but also create a spirit of collectivity.

If you're feeling unsafe, alone, or lonely today, bring your attention to your heart and ask Spirit to fill your loneliness and

insecurity. Allow your heart to open to receive the blessings God sends to protect and fill your heart. Find ways, aside from external people and things, that you too can fill your own voids

Day 20:

**AS OUR SELF-LOVE
DEEPENS WE
HONOR THE GIFTS
INSIDE OF US THAT
DESERVE
EXPRESSION AND
OUR DREAMS THAT
DESERVE
FULFILLMENT.**

I protect my time, energy, and space and use my time wisely.

“Know the value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till tomorrow what you can do today.”

~ Philip Stanhope, 4th Earl of Chesterfield

Procrastination is a vicious killer of our dreams and a thief of our time. When we put things off, we put our dreams on hold and our lives on hold. We may tell ourselves that we're not worthy enough of our dreams, so we delay them. And so we delay our lives. However, in order to accomplish our dreams, it requires our dedicated attention and focus.

As our self-love deepens we honor the gifts inside of us that deserve expression and our dreams that deserve fulfillment. Through self-love we protect and create our boundaries from negative and toxic relationships or activities that cause us harm; we safeguard our energy by sharing it carefully and mindfully; and we value our time as we value the time of others.

Today, consider one goal or project you've been putting off. Exercise the deep practice of self-love and take that initial step to reaching toward it. Love and value yourself and know that you

are worthy and good enough to see your dreams and goals fulfilled. If fear stares you in the face, acknowledge it but don't back down. Make that long anticipated phone call. Send that letter or email. Submit your resume for a job that may seem out of your reach. Clear out and clean out any clutter in your home. Begin wherever you are today.

Day 21:

THE DETRIMENT OF
NOT SPEAKING YOUR
TRUTH IS FAR
GREATER THAN THE
TRUTH ITSELF.

I honor myself by speaking my truth. It is safe for me to speak and act in my truth.

*“I was once afraid of people saying ‘who does she think she is?’
Now I have courage to stand and say, ‘This is who I Am.’”*

~ Oprah Winfrey

Withholding our true and authentic Self can often feel stifling and gripping to the heart. During times that we may walk away from situations where we quieted or diminished our true selves in order to appease and comfort others, we may feel disappointment and self-criticism within our hearts. Rather than judge and act unloving toward yourself, which may further disconnect you from Spirit and your higher self, speak up and live your truth. When we speak and act in self-awareness and truth, acknowledging and engaging with our own fear, we ignite self-love and self-empowerment.

Notice today if there's an area in your life or a relationship where you might be holding back, not revealing your true nature. First, ask yourself why and what am I holding back from? What am I afraid of? Where might I feel judged or not good enough?

Repeat today’s affirmation embracing that you are already good enough. You are valued. The detriment of not speaking your truth is far greater than the truth itself. So, take a small step and practice speaking your authentic voice and showing up fully for yourself. Say ‘No’ when you mean ‘No’ and ‘Yes’ when you mean ‘Yes’. Call on a trusted friend or family member and practice speaking any truths you may be holding back.

Day 22:

**WISHFUL THINKING
DOESN'T CREATE
MIRACLES OR
PROSPERITY. IT
REQUIRES OUR
HARD WORK AND
COMMITMENT.**

Abundance and prosperity are my natural birthright. They flow into my life with grace and ease. And so it is.

“You can’t tell me you have a prosperity mindset and then tell me you don’t have the abundance and wealth you desire in your life. If you don’t already have what you desire, then you have a poverty mindset.”

~ Sandy Forster

One of the most important conditions in creating abundance in our lives, whether in health, money, love, wisdom, etc., is the honest recognition that we are ENOUGH already. We live in a society that often conditions and indoctrinates our minds to believe that we’re not enough. We need this thing or that thing to be happier, to be more beautiful, more successful, or to feel better about ourselves. That we must be, act, or achieve something outside of ourselves before we’re deserving of abundance.

As we peel back the layers of untruths and align with the belief that we are enough and we have enough, and we’re deserving of abundance, then life begins to pour out greater abundance to us. Furthermore, in order for us to manifest prosperity, we have to believe that we are the co-creators of wealth. Wishful thinking doesn’t create miracles or prosperity. It requires our hard work and commitment.

*“The strongest single factor in prosperity consciousness is self-esteem: believing you deserve it, believing you will get it.” ~
Jerry Gilles*

Write down any of your unconscious, limiting beliefs you have around money and prosperity. Do you believe you are worthy and deserving of it? That you can have it? That prosperity is limitless? Or is it lacking? Are prosperity and success difficult or impossible to achieve? Do you feel guilty if you have more than others? Do you believe that being noble is having less than others? Or perhaps only a few, chosen people are given wealth and prosperity? Do you believe all prosperous people are bad?

Then, as you decode your old belief around money and reprogram it into a new, positive one, meditate on that new belief. Affirm your belief and practice by thinking and acting in ways of abundance. Consider sharing your own unique gifts with others less fortunate than yourself. Whether it's our time or our money there are always many ways we can share our blessings with others.

Day 23:

**EVEN IN THE
ABSENCE OF OUR
DESIRES, THERE IS
ALWAYS, ALWAYS,
ALWAYS
SOMETHING TO BE
GRATEFUL FOR.**

I am grateful for the blessings and miracles in my life.

“Your mantra is thank you. Just keep saying thank you. Don’t explain. Don’t complain. Just say thank you. Say thank you to Existence.”

~ Mooji

Gratitude is a subtle yet powerful art form. It is the spirit of giving thanks that creates the gateway to greater joy, fulfillment, and abundance in our lives. As we focus more on what we have in our lives, rather than on what’s missing, we invite the frequency that attracts more into our lives. And we develop a softer, easier character that brings greater happiness and buoyancy into our lives. There may always be something we perceive is missing in our lives, but even in the absence of our desires, there is always, always, always something to be grateful for.

No matter the challenges you might be facing today, list 10 things that you’re grateful for in your life. This might include things from your past, your present, and even your future desires. If you want to go even deeper, choose an area that you’re struggling in the most and within that situation list things that you’re grateful for. For instance, maybe you’ve lost your job, but maybe you’re grateful that it allows you to spend more time with your family.

Day 24:

**BEFORE WE CHANGE
OUR DRESS SIZE, WE
CAN CHANGE OUR
THOUGHTS ABOUT
OUR BODIES.**

I love myself; therefore I choose nourishing foods and activities that support my body.

“If we had a rampant epidemic of self-love then our health care costs would go down.... dramatically.”

~ Dr. Christiane Northrup

Creating good health and fitness begins with a mindset. Before we can change our dress size, we must change the thoughts we have about our bodies. Can we love and accept our body just as it is as we work to improve it? When we deeply love and embrace ourselves, we choose right thoughts and right actions that will be beneficial to our health and bodies. We get plenty of rest. We exercise regularly. We eat lovingly, we speak lovingly, and we act lovingly.

Reflect today on ways that you can make better, more loving, and more conscious choices toward your health. Choose one area in your life that needs improving and make a commitment to begin today. Maybe choose a healthier meal for lunch or dinner. Go for a short walk. Retire to bed earlier. Take a relaxing, hot bath or shower before bedtime. The ways that we can lovingly nurture our bodies are numerous.

Day 25:

**SO MUCH OF
HOW WE FEEL IN
OUR PHYSICAL
BODIES IS A
RESULT OF HOW
WE FEEL
EMOTIONALLY.**

My body is alive and healthy and each cell within my body is filled with energy and vitality.

“If you don’t think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend. There will always be dark days.”

~ Kris Carr

Age is just a number – so much of what we experience in our physical bodies is a result of how we feel emotionally. Our emotions affect us on a molecular and cellular level; so, what we think about and embed into our subconscious mind has the power to either improve or deteriorate our health and bodies.

Your physical energy and vitality begins with the energy of your cells. In Chinese medicine and other traditional practices our emotions are linked to specific organs in the body. For example, grief is related to the lungs, anger is associated with the liver, fear resides in the kidneys, anxiety affects the lungs and the large intestine, fright affects primarily the heart, as well as the lungs, and joy (including overstimulation and excitement) affects the heart.

So, are your cells vibrating at a high vibrational frequency, or are they weighed down by heavy, negative emotions? To engender feelings of youth, energy, and vitality, begin by shifting your emotions to higher frequency. Imagine that these positive vibrations are feeding and nurturing the cells, tissues, ligaments, muscles, and bones of your body.

Meditate today on your body and internal organs. Imagine fear, negativity, toxic beliefs, depression, anxiety, or anger washing away from the cells of your body. As you inhale, breathe in healthy, positive emotions and as you exhale, breathe out negativity and toxic emotions. Breathe in youth, vitality, and strength and breathe out exhaustion, depletion, and weakness. Repeat this meditation daily in your practice.

Day 26:

**YOU DON'T HAVE
TO GO
SEARCHING FOR
YOUR LIFE'S
PURPOSE.
IT'S ALREADY
INSIDE OF YOU.**

I am now working in a career that I love and which gives me purpose.

Let the beauty of what you love be what you do.”

~ Rumi

Waking up each morning with purpose and goals helps us to experience our days with greater joy and fulfillment. When we know where we're going each day in the direction of our dreams, and create tangible and actionable steps toward them, then we are more aligned with the energy and the hard work to manifest them. We spend more than half of our waking time working, so creating work that we enjoy is paramount to our overall life's satisfaction.

What a feeling it is to wake up with motivation, deeply inspired to share your life's work with the world. We all have the same life's work and purpose, to serve and to deeply love others and ourselves. However, the expression of the Love that we share through our work is unique to each of us. It does not matter if we're an astronaut or a customer service representative, if we do our work with Love then we're fulfilling our purpose. Our purpose is designed to inspire and heal others. As we work, may we perform with kindness and to the best of our ability in sharing our strengths and talents with others.

“If you can’t figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.” ~ T.D. Jakes

If finding your life’s purpose and ideal work has eluded you, spend time daily in quiet meditation and reflection. As you remove the layers that may cover your heart you are better able to hear more clearly and listen to your wise inner teacher. You don’t have to go searching for your life’s purpose. It’s already inside of you. It will reveal itself to you at the right moment. Meditate and ask for Spirit to guide you to your life’s purpose, to assist you in finding work that you love. Then look and listen mindfully to the people and opportunities that show up to guide you.

Write down your passions and talents, including what others’ mention are your strengths. Create a thought map of your ideas. Without too much thinking, just write them down. Write your first thoughts. Explore ways that you might bridge your passions and a working profession together. Connect with your higher self and your creative Source. Grant yourself permission for your passions and desires to spring forth from you. Until you find your ideal work, explore everything. Be willing to try new and different things. You will eventually discover what stirs your soul.

Day 27:

THINK WITH MINDFULNESS.
SPEAK WITH MINDFULNESS.
ACT WITH MINDFULNESS.

Today, I live mindfully. I think mindfully. I eat mindfully. I speak mindfully. I act mindfully.

“Be the silent watcher of your thoughts and behavior. You are beneath the thinker. You are the stillness beneath the mental noise. You are the love and joy beneath the pain.”

~ Eckhart Tolle

Mindfulness is the practice of bringing our attention to the present moment and meditation is the practice that creates and cultivates mindful living. Mindfulness involves both concentration and acceptance. While practicing mindfulness meditation we sit in stillness and bring our attention and awareness to our thoughts, feelings, and sensations, without judging them or attempting to alter them. We simply cultivate the practice of being fully aware of ourselves, which aids us in choosing our behavior and making sound decisions.

Mindfulness helps us to become more reflective and less reactive in our interactions, both in our personal and professional lives. It increases the pause, the gap, between our triggers and our responses. It teaches us to be more compassionate toward Self, which then allows us to be more compassionate with others. The technique of clearing and quieting the mind also allows for fostering greater creativity, reduced stress and

anxiety, weight loss, better sleep, lowered blood pressure, greater job performance, and more creative solutions to challenges and obstacles.

“If your relationship to the present moment is not right – nothing can ever be right in the future, because when the future comes – it’s the present moment.”

~ Eckhart Tolle

Today, make the commitment of being mindful. Think with mindfulness. Speak with mindfulness. Act with mindfulness. Practice eating with mindfulness, brushing your teeth with mindfulness, cooking with mindfulness, driving with mindfulness, and speaking to your partner, your boss, or friends with mindfulness. Whatever you do today, do it with intention. Be fully awake in your own life.

Day 28:

**GIVING AND
RECEIVING BOTH
REQUIRE AN
OPEN HEART
AND A BELIEF IN
SELF-WORTH.**

The more I give, the more I receive. The more I receive, the more I have to give.

“When you learn, teach. When you get, give.”

~ Maya Angelou

Giving and receiving is an energy exchange, created as a complete circle. If we block the natural flow of the energy within the circle, we throw things off balance and disrupt a natural flow of abundance into our lives. Giving and receiving both require an open heart and a belief in self-worth. We give, knowing that we have enough of everything that we need. We believe in our abundance. When we receive we accept gifts with an open and gracious heart, knowing that we deserve it. Receiving is a perpetual practice of self-love and self-worth. It allows us to be loved and creates an opportunity for someone else to love and to serve.

Practice the cycle of giving and receiving with an open heart today. Keep in mind again that giving does not always mean a tangible gift. Some of the best gifts have no monetary value. You can give smiles, hugs, compliments, support, assistance, and love. Giving can go along way in making a powerful impact in the life of someone else. Remember, whatever you give away will always come back to you. Give with a gracious and abundant heart, trusting it will all return to you tenfold.

Day 29:

**JUST AS EXERCISE
IS FITNESS FOR
THE BODY,
MEDITATION AND
OTHER TOOLS
ARE EXERCISES
FOR THE SOUL.**

My spiritual growth is important and I make time for my spirit everyday.

We are not human beings having a spiritual experience, we are spiritual beings having a human experience and infinite love is the only truth everything else is an illusion.”

~ Pema Chodron

Nurturing our spirit each day is as important as nurturing our human bodies, if not more important. Our bodies feel only as good as we feel in our spirits. Finding time for our spiritual growth through meditation, prayer, solitude, time in nature, journaling, engaging our inner-child, and creating adventure and lightheartedness, are a few tools we can use daily to stay connected to our spirituality.

Just as exercise is fitness for the body, meditation and other tools are exercises for the soul. When we don't practice either regularly, the body and the spirit weaken. Stay connected to your spiritual path by utilizing the aforementioned tools daily. You can strengthen your spirituality by loving yourself deeply and unconditionally.

Today release old, negative emotions from your past, forgive others, send loving-kindness to others and yourself, change your thoughts to reflect higher consciousness, practice gratitude, strengthen and listen to your intuition, and align your intentions with the Universe.

Day 30:

YOU DESERVE A LIFE YOU
LOVE, A LIFE THAT
MAKES YOU SMILE
DEEPLY AND BECOMES
CONTAGIOUS TO OTHERS!

I partner with myself in creating a life that I fully love and embrace.

*You will find meaning
In life only if you create it.
It is not lying there somewhere behind the bushes,
So you can go and you search a little bit and find it.
It is a poem to be composed,
It is a song to be sung.
It is a dance to be danced.*

~ Osho

“If you’re lucky enough to find a way of life you love, you have to find courage to live It.”

~ John Irving

We are each given all the tools we’ll ever need to be happy and to create a life that we love. What often gets in the way of our own success, is our limited thinking and our natural propensity to often beat ourselves up. However, a magical life requires that we partner with ourselves and be our own best friend.

Be kinder, gentler, and more patient with yourself. Let go of judgment, consternation and condemnation. Trust yourself! Speak your truth authentically! Know your value and self-worth! Listen to your inner teacher! Trust your magnificent Creator! Co-create with the power of the Universe!

You deserve a life you love – a life that make you smile deeply within and becomes contagious to others!

“Our deepest fear is not that we’re inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.”

~ Marianne Williamson

Congratulations, you have completed our 30-Day journey together. I hope that you feel lighter, happier, and more purposeful in your own life.

No matter how many days you achieved during this journey, embrace and honor even the smallest step you’ve taken to create greater awareness, deeper self-love, compassion, purpose, miracles, prosperity, and health in your life. Wherever

you are, I hope that you will continue to use this guide to deepen your transformational practice.

A magical life happens through constant and diligent work. It rarely just happens. We must go out each day and utilize the skills that expand our hearts and our consciousness. The spiritual path is never an easy task, but it is the most important journey we'll ever take. Don't give up. Each day do your best to cultivate and strengthen your practice. As you practice, your tools will expand and so will your life.

I wish you a beautiful life, one that you love and wake up each morning ready to begin all over again.



Angela N. Holton

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