

# Love attracts Love



## Mirror Technique

### Cultivating Self-Love, Confidence & Positive Transformation

Beloved soul, this sacred practice is designed to help you nurture unconditional love for yourself, build unshakable confidence and reprogram your mind with empowering thoughts. By aligning with your highest self and seeing yourself through the eyes of divine love, you open the door to manifesting a life filled with joy, abundance and peace.

♥ Let us begin this gentle journey of self-adoration and affirmation.

♥ Let's Begin

Each morning and evening, look into your mirror with kindness and curiosity. Gaze softly into your own eyes and speak words of love, appreciation and encouragement.

Imagine you are seeing yourself through the loving eyes of a divine guide or a spirit who loves you unconditionally, accepting and honoring your divine essence.

### **Step 1: Write Your Affirmations**

Start by writing down loving and nurturing words about yourself:

Examples include:

"I am worthy."

"I am enough."

"I am deserving of love and happiness."

"I am a divine being of light."

Read these aloud, then look into your eyes in the mirror and say:

"I love you."

Repeat this with genuine feeling.

### **Step 2: Speak Positive and Empowering Words**

Nurture yourself with kind affirmations: Say them slowly, feel their truth and allow them to resonate deep within your heart.

Examples:

"I am confident."

"I attract love and positivity."

"I am capable of creating my dreams."

♥ As you do this, trust that your vibration is shifting. Feel every word as an energetic truth.

### **Step 3: Believe and Embody**

Continue repeating these affirmations until you genuinely believe them: Until they become a part of your soul's truth.

♥ This is the moment when your vibration begins to align with your highest potential, paving the way for a beautiful life transformation.

♥ Remember every day is a new beginning, a chance to love yourself more deeply and to affirm your divine worth.

♥ Keep going, beloved one. Your radiant light is awakening, and your manifestation journey is unfolding beautifully.

