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Creating Loving Relationships

101 Affirmations to Think By



by

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Throughout the ages, Mystics, Truth Teachers, and even modern-day Self-Help Gurus have all lauded the effectiveness of positive affirmations. Most of us are very good at negative affirmations like: “I never get along with my family.” “We always fight.” “People can’t be trusted.” Positive affirmations work best when we say them, not to make something come true or to make us believe something, but because they are the Truth (with a capital T) and stating them reinforces our acknowledgement and acceptance of them in our lives. Read these affirmations often. Say them out loud. Write them down and post them in a place where you will see them every day. Begin to understand the Truth behind every statement.





39. I am never alone, therefore I can never be lonely.
40. My relationships are constantly improving.
41. I release any hurts of the past and start fresh.
42. My past experiences have no influence on the present and future.
43. Only my thoughts of past experiences have an influence.
44. I know greater now, so I experience greater now.
45. The love I give out is returned to me multiplied.
46. There is perfect, right relation with everything in the Universe.
47. There is perfect, right relation in my universe.
48. Only harmony and balance exist in my relationships.
49. I am a benefit in everyone's life.
50. Everyone is a benefit in my life.

