

THE CENTRE OF
MY BEING



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

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 gesondheid 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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