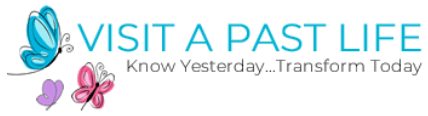


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Suggestions/Affirmations - Release Emotions of the Past - Move Into Self Love & Forgiveness

1. I have always released any lingering fear, easily and effortlessly allowing it to dissolve like the morning fog.
2. I have always easily and effortlessly released any lingering guilt, which allows me to forgive myself, and be joyous in the now moment.
3. For as long as I can remember, I have always chosen to release any regrets that I've carried, knowing that my past does not define my present.
4. I have always easily and effortlessly lived in the present moment, savoring each experience as it unfolds.
5. I have always had a deep sense of gratitude for the now moment, acknowledging the beauty and wonder that I am.
6. For as long as I can remember, I have always released the past, allowing myself to move into my future with grace and ease.
7. I easily and effortlessly release and dissolve any old emotions of guilt and fear, making room for more peace, and joy to fill my heart.
8. I have always recognized my inner strength and courage to overcome any challenge. I love, honor and respect myself in every moment.
9. For as long as I can remember, I have always chosen self-compassion over self-doubt, guilt or fear.
10. I am confidently stepping into the future, excited for the limitless possibilities that await me.
11. I have always believed in my ability to create a positive and fulfilling future for myself.
12. For as long as I can remember, I have always focused on the present, laying the foundation for a brighter tomorrow.
13. I am effortlessly releasing self-deprecating patterns, and I make room everyday for



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an abundance of loving self-talk.

14. I have always trusted in the flow of life, knowing that every challenge is an opportunity for growth.

15. For as long as I can remember, I have always approached the future with curiosity and optimism.

16. I am releasing any attachments to any painful emotions of the past, allowing myself to fully embrace the possibilities and potentials of the present.

17. I have always valued the lessons I've learned from my past experiences, using them as stepping stones to a better future.

18. For as long as I can remember, I have always loved, honored and respected myself, attracting an abundance of joy into my life.

19. I am effortlessly letting go of any lingering need to feel guilty, making space for self-love to grow and strengthen within me.

20. I have always practiced forgiveness of myself and others, which frees me from any resentment allowing me to embrace a future filled with love, compassion and joy.

21. I am radiating always basking in self-love, acknowledging my inherent worth and embracing the beauty within me.

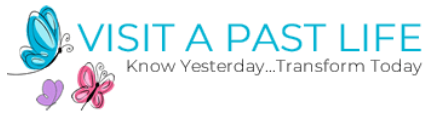
22. I have always recognized the importance of self-forgiveness, releasing any judgments or criticisms I hold against myself.

23. I have always easily and effortlessly extended compassion towards myself, understanding that I am a work in progress.

24. For as long as I can remember, I have always nurtured a deep sense of self-love, appreciating the unique qualities that make me who I am.

25. I easily and effortlessly let go of any past mistakes, recognizing that they do not define my worth or my potential.

26. I have always treated myself with kindness and respect, acknowledging the value I



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bring to the world.

27. I have always easily and effortlessly embraced self-forgiveness, understanding that it is a gift I give to myself.

28. For as long as I can remember, I have always chosen self-compassion over self-criticism.

29. I easily and effortlessly release any negative thoughts about myself, making space for self-love to flourish.

30. I am always mindful of my own needs and desires, prioritizing self-care and self-respect in every aspect of my life.

31. I have always easily and effortlessly forgiven myself for any perceived shortcomings, knowing that I am constantly evolving.

32. For as long as I can remember, I have always treated myself with the same kindness I extend to others.

33. I easily and effortlessly let go of self-doubt, embracing the confidence that comes from acknowledging my own strengths.

34. I am always recognizing and celebrating my achievements, big or small, fostering a sense of pride within myself.

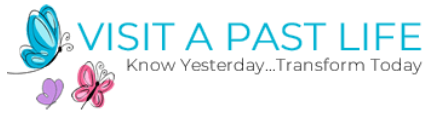
35. I have always easily and effortlessly honored my boundaries, respecting the importance of self-care and personal space.

36. For as long as I can remember, I have always chosen to see myself through the lens of love and acceptance.

37. I easily and effortlessly release any lingering judgments about myself, creating space for self-love to blossom.

38. I am always aware of my worth, confidently expressing myself and standing up for my own needs.

39. I have always easily and effortlessly forgiven myself for any past missteps,



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understanding that growth is a continuous journey.

40. For as long as I can remember, I have always treated myself with the utmost love, forgiveness, and respect.