

Prayer For Self Love

From "The Mastery of Love"

By Don Miguel Ruiz

Today, Creator of the Universe, I ask that you help me to accept myself just the way I am, without judgment. Help me to accept my mind the way it is, with all my emotions, my hopes and dreams, my personality, my unique way of being. Help me to accept my body just the way it is, with all its beauty and perfection. Let the love I have for myself be so strong that I never again reject myself or sabotage my happiness, freedom, and love.

From now on, let every action, every reaction, every thought, and every emotion, be based on love. Help me, Creator, to increase my self-love until the entire dream of my life is transformed, from fear and drama to love and joy. Let the power of my self-love be so strong, that I no longer need to live my life according to other people's opinions. Let me trust myself completely to make the choices I must make. With my self-love, I am no longer afraid to face any responsibility in my life or face to any problems and resolve them as they arise. Whatever I want to accomplish, let it be done with the power of my self-love.

Starting today, help me love myself so much that I never set up any circumstances that go against me. I can live my life being myself and not pretending to be someone else just to be accepted by other people. I no longer need other people to accept me or tell me how good I am because I know what I am. With the power of my self-love, let me enjoy what I see every time I look in the mirror. Let there be a big smile on my face that enhances my inner and outer beauty. Help me to feel such intense self-love that I always enjoy my own presence.

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Let me love myself without judgment, because when I judge, I carry blame and guilt, I have the need for punishment, and I lose the

perspective of your love. Strengthen my will to forgive myself in this moment. Cleanse my mind of emotional poison and self-judgments so I can live in complete peace and love.

Let my self-love be the power that changes the dream of my life. With this new power in my heart, the power of self-love, let me transform every relationship I have, beginning with the relationship I have with myself. Help me to be free of any conflict with others. Let me be happy to share my time with my loved ones and to forgive them for any injustice I feel in my mind. Help me to love myself so much that I forgive anyone who has ever hurt me in my life.

Give me the courage to love my family and friends unconditionally, and to change my relationships in the most positive and loving way. Help me to create new channels of communication in my relationships so there is no war of control, there is no winner or loser. Together let us work as a team for love, for joy, for harmony.

Let my relationships with my family and friends be based on respect and joy, so I no longer have the romantic relationship be the most wonderful relationship; let me feel joy every time I share myself with my partner. Help me to accept others just the way they are, without judgment, because when I reject them, I reject myself. When I reject myself, I reject you.

Today is a new beginning. Help me to start my life over beginning today with the power of self-love. Help me to enjoy my life, to enjoy my relationships, to explore life, to take risks, to be alive, and to no longer live in fear of love. Let me open my heart to the love that is my birthright. Help me to become a Master of Gratitude, Generosity, and Love, so that I can enjoy all of your creations forever and ever. - So be it!