

10 POWERFUL SELF-LOVE PRAYERS

INSPIRED BY A COURSE IN MIRACLES



PRAYER 1

Dear God, I come to you today to ask for Your help in healing my mind of all negative thoughts and beliefs about myself. I surrender my fears, doubts, and insecurities, and ask that Your love fill my mind and heart. I choose to believe in my worthiness and accept Your love for me, just as I am.

I release all false beliefs about myself, and I choose to see myself as You created me – whole, holy, and worthy of love. I ask that Your love shine through me, and allow me to extend this love to myself and others. I trust in Your guidance and presence in my life, and I choose to live in peace and joy.

Thank You for always being with me, and for the endless supply of love and light that You offer. I am grateful for Your endless love and for Your unwavering support. Amen.

**"I AM WORTHY OF LOVE AND RESPECT,
CREATED BY A LOVING AND PERFECT GOD."**

PRAYER 6

Dear Jesus, I come to you seeking your love and guidance as I work towards cultivating self-love. You taught us to love our neighbors as ourselves, and I ask that you help me to love myself in the same way. I ask for your forgiveness as I release any negative thoughts or beliefs that prevent me from loving myself fully. Help me to trust in my own worth and value, and to accept myself just as I am. Fill me with your love and light, so that I may see myself through your eyes of unconditional love and acceptance. Teach me to be kind and gentle with myself, to be compassionate towards my own needs and to take care of myself with the same love that you have for all of us. Thank you for your unwavering love and support, and for always being with me on my journey towards self-love. Through your guidance and grace, I know that I can achieve a life of inner peace and happiness. Amen.

**"I TRUST IN MY OWN INNER WISDOM AND
THE GUIDANCE OF LOVE."**

PRAYER 9

Dear Divine Spirit, I come to you seeking your love and guidance as I work towards cultivating self-love according to the principles of A Course in Miracles and the Hawaiian practice of Ho'oponopono. I ask for your forgiveness for any thoughts or beliefs that prevent me from loving myself fully. I take full responsibility for my experiences and choose to release any negative thoughts or emotions that prevent me from experiencing self-love. Fill me with your love and wisdom, so that I may see myself through your eyes of unconditional love and acceptance. Teach me to trust in my own worth and value, and to be kind and gentle with myself. With the power of Ho'oponopono, I declare the following: I am sorry for any negative thoughts or beliefs I have towards myself. Please forgive me for any hurt or harm I have caused myself. Thank you for showing me a better way to love and accept myself. I love you and am grateful for your unconditional love and support. Thank you for always being with me, guiding me, and loving me unconditionally. Through your guidance and grace, I know that I can achieve a life of inner peace and happiness. Amen

HOW TO PRAY ACCORDING TO A COURSE IN MIRACLES

Prayer according to A Course in miracles involves quieting the mind and opening to the presence of Love, which is always available and accessible within. Here are some steps you can follow to pray according to this philosophy:

1. Find a quiet place to sit or lie down and close your eyes.
2. Take a few deep breaths to calm your mind and release any tension in your body.
3. Invite the presence of Love into your mind and heart. You can say something like "I am open to the presence of Love."
4. Surrender your thoughts and worries to the presence of Love. Release any judgment, fear, or doubts, and allow yourself to be in a state of complete stillness and peace.
5. Ask for guidance and support in your life, and express gratitude for all the blessings in your life.
6. Hold the intention of love in your mind and heart, and let go of any attachment to specific outcomes or results.
7. End the prayer by affirming your connection to Love and expressing gratitude. You can say something like "I am grateful for the presence of Love in my life."

The key to prayer according to A Course in Miracles is to be open, receptive, and surrendered to the presence of Love, and to trust that the universe is supporting you in your journey.