



BOOKLET



# 10 POWERFUL SELF-LOVE PRAYERS

INSPIRED BY A COURSE IN MIRACLES



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# 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."



## **PRAYER 1**

Dear God,

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

I surrender my life to You! I surrender my fears, doubts, insecurities, and ask that Your love fill my mind and heart with your Truth. I release all false beliefs about myself and others. 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. May I love my self as You Love me Father. I am ready to experience all of You in my life.

Amen.

**“I AM worthy of Love. Love is my Birthright! I welcome the love of God into my life NOW!”**



## PRAYER 2

Dear God,

I know that I am Your holy child, created in Your image and likeness. I release all thoughts of unworthiness and embrace my true identity as Your perfect creation. I choose to see myself as you see me Father. I am worthy, deserving and capable of experiencing joy, peace, and abundance no matter what my head says. I trust in my true nature and accept my trust Self fully. I am confident in my love-filled decisions and actions that come guided by you Father. I release all limiting beliefs and choose to live in the truth of my worthiness and goodness. Thank You, God, for this reminder of my true nature. I accept this as my reality now and always.

Amen.

**“I AM fearless, I AM strong and I  
trust in God. All is Well!”**



## PRAYER 3

Dear God,

It is not I, but You within me, that's in charge. I allow Your healing Love to flow through me, to guide me, to be me! I let go of EVERYTHING now that is not of You. I celebrate life and let Your happiness overwhelm me. I ask for Your love and guidance as I embark on this journey of self-love and healing. Help me to accept myself fully and unconditionally, just as You do Father. Let me remember my perfection in You Father. Let me remember that I can't mess it up! I am willing to let go of any fear, anxiety, or stress and replace them with feelings of love, joy, and peace. I am grateful for this opportunity to love and heal myself, and I know that my journey towards self-love will bring me closer to my true nature and to your unconditional love God. I am ready, Father. I am so ready!

Amen

**“I rest in God. I rest in the Love of God. My heart is filled with joy and unconditional love!”**



## PRAYER 4

Dear Holy Spirit,

I ask for your divine presence and guidance as I seek to cultivate radical self-love! Help me to let go of all limiting beliefs about the past, present and future. I know as I let go of judgements about myself and others, I am living true forgiveness. Show me the how and the way to truly forgive, as I know, there ,I can find my freedom! I remember to laugh again and remember I have never left the mind of God. I take your hand now Spirit. I run into the sunset with you. I am your eternal sunshine. Thank you for your unwavering love and support, and for always being with me on my journey towards the Love that I AM. Through your guidance and grace, I know I can live in true peace, love and happiness!

Amen

**“The Holy Spirit guides me  
effortlessly towards my truest  
Self. I say YES to this LOVE now!”**



## PRAYER 5

Dear Mary, Mother of God,

I come to you seeking your guidance and love as I work towards cultivating self-love. Just as you accepted and loved Jesus, the son of God, without reservation, I ask that you help me to accept and love myself in the same way. I ask for your intercession as I release any negative thoughts or beliefs that prevent me from loving myself fully. Help me to fully let go of any past mistakes and to trust in the divine love that I am. I ask that you fill me with your maternal love, 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 a mother has for her child.

Amen

**“My love radiates. My truth radiates,  
There is no holding back. I am the  
fullest expression of love in my life.  
I am so amazing I can’t take it!”**



## 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 strength as I release any negative thoughts or beliefs that prevent me from loving myself fully.. 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. I come to You today seeking love, peace, and self-acceptance. I understand that I am a reflection of the love that You embody and that self-love is the key to my happiness. Through the teachings of A Course in Miracles, I have come to know that I am worthy and deserving of love, just as I am. I embrace my this now!



I ask that You bless me with the strength and courage to continue to love and accept myself, despite any fear or doubts that may arise. I trust that Your love is always with me, guiding me towards a life of peace, joy, and fulfillment.

Thank you for the gift of self-love and the abundant blessings that come with it. I am forever grateful for your love and guidance.

**”I am a beloved child of God, worthy of love and deserving of self-acceptance. I release any limiting thoughts and choose to love and embrace the love I AM completely.”**



## **PRAYER 7**

Dear Angels,

I come to you today in the spirit of love and gratitude. Through the teachings of A Course in Miracles, I have come to understand that I am as God created me.

I ask for your guidance in releasing any thoughts or beliefs that separate me from experiencing the fullness of your love. I ask for the strength and courage to see the world with a heart of compassion and understanding, and to extend love and kindness to all those I encounter. I am grateful for the blessings in my life, and for the opportunities for growth and learning that each moment presents. I trust in your presence and your plan for me, and I am open to the unlimited potential that comes from living in alignment with your will. Thank you for your constant love and support, and for the peace and joy that come from knowing my true nature as a reflection of your divine love. I am forever grateful for your love and guidance.

Amen.

**“Love unfolds and envelopes me!  
I am a LOVE magnet.”**



## PRAYER 8

Dear God,

I come to you today in a state of gratitude and surrender. I ask for your guidance in releasing any limiting beliefs, fears, or doubts that block me from experiencing the fullness of your love. I ask for the strength and courage to see the world with a heart of compassion and understanding, and to extend love and kindness to all those I encounter. I choose to focus on the love that I AM, to nurture my mind, my heart with your love, and to treat myself with kindness, respect. I AM grateful for the blessings in my life and for the opportunities of growth and learning that each moment presents. I trust in your constant presence and your plan for my life, and I am open to the unlimited potential that comes from living in alignment with your will. I understand that self-love is a journey, and I ask for your support and guidance along the way. Thank you for the gift of my innocence, there is nothing wrong with me. I live and breathe in your perfection.

Amen

**”I am fearless and trust in God’s love and protection. I release all fear and confidently walk my purposeful path in love and happiness!”**



## PRAAYER 9

Dear Holy Spirit,

I come to you today with an open heart, ready to give everything over to you. I recognize that I am a child of God and that you are always with me, guiding me and loving me. I ask for your help in letting go of all the worries and fears that weigh me down. I surrender my thoughts, my emotions, and my actions to you. I trust that you will lead me to where I need to be and that you will guide me in all I do.

I release my attachment to outcomes and trust that all is unfolding according to your divine plan. I surrender my ego and choose to align my will with yours. I trust that your love is always guiding me and that everything is happening for my highest good.

I am grateful for the peace that comes from giving everything over to you. I feel light and free, and I know that I am always held in your loving arms.

Thank you, Spirit, for your love, your guidance, and your wisdom. I trust in your love and give everything over to you.

Amen

**”I trust in the guidance of the spirit within me, knowing that it leads me towards my highest good. I trust the flow of life and let effortlessnes guide my way”.**



## PRAYER 10

Dear Holy Spirit,

I come to you seeking healing and transformation. I ask for your guidance as I work to align my chakras and my thoughts with your truth. Starting with my root chakra, I ask for your healing light to release any feelings of insecurity or unworthiness. Help me to trust in my true worth in God and feel grounded in Love.. Moving to my sacral chakra, I ask for your grace to release any negative self-image and to cultivate self-acceptance and self-love. At my solar plexus chakra, I ask for your wisdom to let go of any self-doubt and to increase true self-confidence. In my heart chakra, I ask for your love to heal any wounds and to cultivate self-compassion and self-care. At my throat chakra, I ask for your power to release any self-criticism and to speak kindly and lovingly to myself. At my third eye chakra, I ask for your insight to release any limiting beliefs and to see myself through your eyes of love and truth. At my crown chakra, I ask for your divine presence to fill me with your love and light, and to cultivate a deep sense of trust and peace .

Amen

**“The power to heal is within me! I trust in Spirit to align and heal my chakras, bringing love and peace to my life. I am worthy of love and happiness.”**