

# 10 Ways to Love Your Body

In her beautiful book **Love Your Body** Louise Hay explains that as babies we had no shame, no guilt and made no comparisons. Then, as we began to grow up, we started to listen to negative things others told us, like you're 'not good enough' and we began to criticise ourselves and our bodies.

When we return to loving ourselves, our bodies respond positively and start to work for us perfectly, as a harmonious whole.

Here are some powerful affirmations or thought patterns we can use to start planting new seeds into our fertile subconscious minds. What we constantly affirm becomes true for us, so Louise recommends you choose a part of your body you're challenged by and start repeating the corresponding affirmations daily, or even twice daily, until you notice positive results.

**1. I love my stomach.** It is with joy that I digest the experiences of life. Life agrees with me. I easily assimilate each new moment every day. All is well in my world. I choose the thoughts that glorify my being. I trust life to feed me that which I need. I know my self-worth. I am good enough just as I am. I am a divine, magnificent expression of life. I assimilate this thought and make it true for me. I love and appreciate my beautiful stomach!

**2. I love my skin.** My individuality is safe. The past is forgiven and forgotten. I am safe in this moment. I choose the thoughts that create joy and peace for myself. My skin is youthful and smooth on every part of my body. I love to caress my skin. My cells have eternal youth. My skin is the mantle that protects the temple I live in. I love and appreciate my beautiful skin!

**3. I love my nose.** I am at peace with everyone around me. No person, place, or thing has any power over me. I am the power and authority in my world. I choose the thoughts that recognise my own true worth. I recognise my own intuitive ability. I trust my intuition, for I am always in contact with Universal Wisdom and Truth. I always go in the right direction for me. I love and appreciate my beautiful nose!

**4. I love my teeth.** My teeth are strong and healthy. I bite into life with joy. I thoughtfully and completely chew all my experiences. I am a decisive person. I make decisions with ease, and I stick to them. I choose the thoughts that create a solid inner foundation. I trust my inner wisdom, knowing that I will always choose what is best for me at any given moment. I love and appreciate my beautiful teeth!

**5. I love my arms.** I am protective of myself and my loved ones. I welcome life with joy. I have great ability to embrace life's experiences. My capacity for the enjoyment of life is enormous. I choose the thoughts that enable me to accept change easily and move in any direction. I am strong and able and capable at all times. I love and appreciate my beautiful arms!

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**8. I love my heart.** My heart lovingly carries joy throughout my body, nourishing the cells. Joyous new ideas are now circulating freely within me. I am the joy of life, expressing and receiving. I now choose the thoughts that create an ever-joyous now. It is safe to be alive at every age. I radiate love in every direction, and my whole life is a joy. I love with my heart. I love and appreciate my beautiful heart!

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**10. I love my mind.** My mind enables me to recognise the beautiful miracle of my body. I am glad to be alive. I affirm with my mind that I have the power to heal myself. My mind chooses the thoughts that create my future moment by moment. My power comes through the use of my mind. I choose thoughts that make me feel good. I love and appreciate my beautiful mind!

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