

Attracting More Love Into Your Life

Do you want more love in your life? How would you like to have more loving relationships with everyone that is in your life? Would you like to find more inner peace? Would you like to attract more loving people into your life?



Krystalya@EmpoweredSpirit.com

www.OneMinuteEnergyTuneUp.com

Published by: Krystalya Marie, 'The Empowered Spirit'

Most of us would like to have more love in our lives. On the path of a lot of heart ache and nearly committing suicide I discovered how to attract loving people into my life. Today my life is filled with wonderful loving supportive people. I've learned to love everyone that comes into my life and I've learned how to shift the energy of anger within a room to love.

Following are several images that can be used for opening and balancing your body's energy and shifting that energy so that you may attract what you desire into your life. This report along with the Attracting More Love recording provides you with an easy step by step process to have more love in your life.

Chakra Opening & Balancing

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.

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2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your eyes, and take a deep breath. If possible, visualize the symbol as you do so.
3. Continue to hold the symbol until you sense that you are “complete.”

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people they would shut that energy center down.



The chakra opening and balancing symbol automatically reopens all of the seven main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with only 4 of the 6 sparks plugs the car would not run very well, yet most of us go through life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person.

Belief Transformation

It is important for you to identify those beliefs that are not supporting you to creative loving relationships. What you believe is what you create. After opening you chakras as outlined above, sit quietly for a few moments and write down any non-supportive beliefs that may be blocking you from having the love you want in your life. For example: I am not loveable, No one loves me, I hate myself, I'm not worthy of love, God doesn't love me.

Once you have identified your non-supportive beliefs, reopen your chakras and begin writing down positive supportive beliefs that can be used to replace the non-supportive beliefs you identified in the previous step. These supportive beliefs along with the ones suggested with each symbol will help you to create more love in your life.

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The recording contains a full explanation on writing your new positive affirmations. Following are some examples that you may want to use. Be sure to change them into your own words making sure though that every word is positive.

- ♥ I Desire to Love Myself totally & completely
- ♥ I Deserve to Love Myself totally & completely
- ♥ I am able to Love Myself totally & completely
- ♥ I Love Myself totally & completely
- ♥ (Your Name) I Love You totally & completely
- ♥ (Your Name) I Love Myself totally & completely
- ♥ I Love how I easily Love Myself totally & completely
- ♥ I AM total & Complete Love
- ♥ God Loves Me Totally & Completely
- ♥ I desire to Surround Myself with People who Love Me totally & completely
- ♥ I Love How I Easily Surround Myself totally & completely
- ♥ I Desire to Love All Others Totally & Completely

Heart Center



The heart chakra symbol is used to open the heart center located in the center of your chest area. Using the same technique as described above with the Chakra Opening & Balancing symbol you can open your heart center. Although the Chakra Opening & Balancing symbol opens the heart center, this symbol focuses more attention for opening your heart center.

The following affirmations can be made while using this symbol. You can of course also use any other affirmations that you desire as well.

- ♥ I Love Myself Totally & Completely
- ♥ I Love All of God's Creations Totally & Completely
- ♥ I Surround Myself with People Who Love Me Totally & Completely
- ♥ I Attract People Who Love Me Totally & Completely

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Love & Trust



This symbol is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.

From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was happening.

I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.

The following affirmations can be made while using this symbol. You can of course also use any other affirmations that you desire as well.

- ♥ I Love & Trust God
- ♥ I Love & Trust Myself
- ♥ I Trust that God is Always With Me
- ♥ I Trust that God Love's Me Totally & Completely

Connecting Your Heart Center to God



This symbol work to connect your Heart with God. You will feel an energy connection between your heart center and the God connection center that is approximately 18" above the top of your head. When you connect your heart center with God the experience can be amazing as things begin to shift in your life very quickly. Once you know that God loves you and you begin to truly trust God you will feel a much stronger

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love for people, especially those for whom you have had distain for in the past.

The following affirmations can be made while using this symbol. You can of course also use any other affirmations that you desire as well.

- ♥ I Love How God Always Loves Me
- ♥ I Love How God is Always With Me
- ♥ I Love How God Guides Me
- ♥ I Love the Total & Complete Love I Receive from God

Total & Complete Love



This symbol represents and attracts the type of love where there is no judging. When I am in this space I feel very serene and very much at peace. Although I still find myself occasionally judging someone or something, as it has become less and less frequent I find my life to be so much more enjoyable.

My belief is that God loves us totally and completely for whom we are, and that God loves everyone equally. So once I realized that if God loves us totally and completely then I also realized that God does not judge us. Assuming I am correct that God does not judge us then I had to ask myself if God doesn't judge us, then by judging others am I saying that I am better than God. Knowing that I am not better than God I realized that I needed to accept that there is no such thing as 'Right' or 'Wrong' there are only different opinions.

To love totally & completely has freed my energy hence causing me to be more still, be more understanding and to be more compassionate with others. In addition as I stopped judging others I found that people stopped judging me, and finally when you can stop judging your self that is when you know you have truly mastered total & completely love.

The following affirmations can be made while using this symbol. You can of course also use any other affirmations that you desire as well.

- ♥ I am Loved Totally & Completely

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- ♥ I Love Myself Totally & Completely
- ♥ I Love Everyone Totally & Completely
- ♥ I Love God Totally & Completely

Love, Light & Laughter!

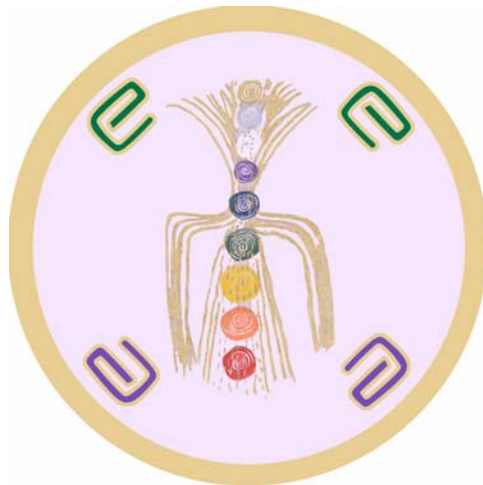
Krystalya Marie'

For further information you may contact Krystalya as follows:

Email: Krystalya@EmpoweredSpirit.com

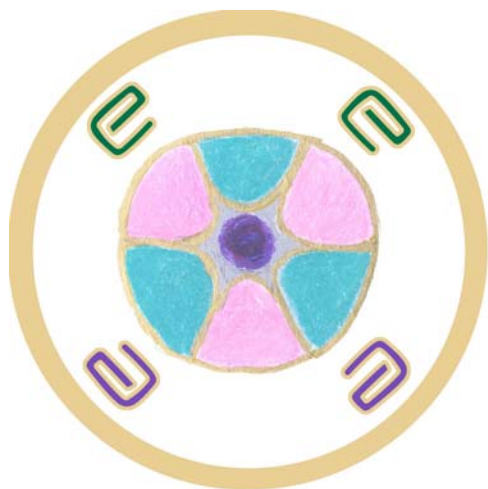
Website: <http://www.OneMinuteEnergyTuneUp.com>

Phone Numbers: 1-877-Symbols



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Heart Chakra©

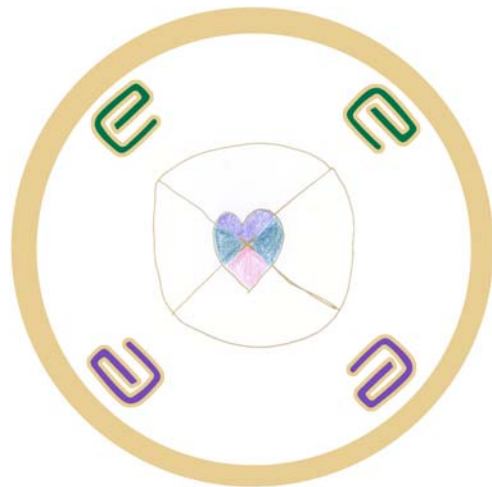


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Connecting One's Heart Center with God©



Total & Complete Love©

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