

Loving Kindness: Become a More Positive Person, Raise Your Vibration and Increase Your Inner Peace with Affirmations and Meditation

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Introduction This is the script version of the audiobook. The audiobook is highly recommended for the full effect. For personal use only. Do you find yourself seeing the glass as half empty most of the time? Does it sometimes feel like there is a cloud of negativity hanging over you, and you don't know where it came from? Optimism and a sunnier disposition might seem elusive at times, but with the right mindset you can change your way of thinking and looking at the world around you. This program has been designed to help you become happier and more optimistic in your outlook. This program can help you:

Become a more positive person

Raise your vibration levels

Increase your inner peace The audiobook includes powerful affirmations for increasing loving kindness and positivity in your life. Listen during any part of the day or evening. You can become a more hopeful and generous person. Your new positive feelings will be a breath of fresh air for your mind and will overflow to those around you. **Affirmations 1-50**

I feel love all around me.

There is love in my heart.

The universe is a wonderful place.

I enjoy my own company.

I enjoy the company of others.

I allow myself to feel empathy toward others.

I relate to other people.

I am now aware that we are all very similar.

Everything is connected.

I now open my heart to love.

I love myself.

I love people.

I choose to be kind.

Being kind and loving suits me.

Being loving and kind is a part of my personality.

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