

Self Love Mantra (Man)

“I love myself. With all the changes I’ve been through, I love the man I have become.

✨🙏 Thank you ✨🙏”

Repeat this all throughout the day, every day.
See yourself in the mirror and say: **“I love myself”**.

Speak it directly to your Soul!

“I truly love the man I have become.” ❤️🌸

And also **“Hello handsome! I love you!”**

😊 Have fun with loving who you are. 😊

The self-love mantra is, in fact, a form of healing. It elevates your vibrational frequency above the dense energy of fear. In the space of loving yourself, you allow your true self to emerge, enabling your authentic life to flow 🌻. You will quite literally 'become Love'.

When repeated hourly, the healing energy accumulates throughout each day, every day, for an entire month, until a dramatic shift from fear to love takes place. This mantra facilitates a life-changing transformation and healing. You will experience your empowered self, and you will truly love and understand who you are 🙏🌸 more than ever before.

The App Store has an app called Mindfulness Bell. My favorite option is the ancient temple sound, which is the last choice in the selection. It produces a very gentle gong sound with vibrations every hour on the hour throughout the day. It serves as a wonderful reminder to pause, recite the self-love mantra 🙏🌻, and connect with your Divine Energy 🙏🌻.

Much love,
Tracy