

*Dear Divine Spirit,*

*Thank you for the love I feel from you, today & always. You comfort me when I am in need — even the times I may not realize it.*

*I feel your presence. I know you are with me & a part of me. I know you are within each & every cell of my being.*

*There is your love, coming from within my heart & within my soul. I feel your love expand out until all of me is overflowing & enveloped with pure Divine love. Your love expands out around me & beyond.*

- I am comforted by you.*
- I am whole & complete with you.*
- I am in Divine flow.*

*There is love filling me from within to overflowing. I am safe & cared for, in every moment. I feel this & know this at my core.*

*Thank you for always being with me.*

*I feel your love, your comfort, your essence with each breath.*

*What no longer serves me, I release, easily & willingly, to you & your Angels, now. Thank you.*

*I fill with Divine love, to each space freed up by this loving release. I fill with your healing essence, with your all knowing, with your love, with your joy.*

*Thank you Divine Spirit.*

*I love you!*