



# Abiola's Love University Guide...

*My Dearest Soul Mates,*

*Our words and thoughts have real, actual, physical power. That's right. Words are spells.*

*Every time we speak we are affirming what we want in our lives and what we don't want. I don't mean spells as in airy-fairy magic, but if you go around complaining about how awful life is, your life will continue to reflect that.*

*Do you know what an affirmation is? An affirmation is a statement in the positive that states a circumstance or condition that you would like to affirm or attract into your life. Repeating affirmations over time begins to train our subconscious thinking to work toward creating our better good. I recommend combining affirmations with a thought-interrupting therapy such as [Emotional Freedom Technique](#). Add a practice for [the love you already have](#) and you will find clear alignment.*

*To the skeptic's ear this may sound like garbage but we're already creating what we affirm with our words whether we are being deliberate or not. After all, I'm good enough, smart enough and, doggone it, people like me. Aha! I see you smiling. Even if you are not yet in a relationship, an affirmation like, "I am so grateful for my wonderful relationship" helps you to create this as a reality.*

*Are you looking for love? Wanting to keep the love you have? No matter what is happening in your love life, there are positive affirmations that can make it even better.*

*Here are 40 love and relationship affirmations that I created, straight from Love University just for you. Whether you believe that affirmations can work for you or not, you are absolutely right.*

xo, Abiola



## *Abiola's Love University Guide*

1. *I am worthy of love.*
2. *I have more love than I ever thought possible.*
3. *I am so grateful for my incredible relationship.*
4. *Good & positive love is flowing to me & through me at all times.*
5. *I deserve to be loved.*
6. *I want love and love wants me.*
7. *I attract only healthy and loving people into my life.*
8. *My lover accepts me and loves me just as I am.*
9. *I treat others the way I enjoy being treated.*
10. *I trust my own power and open the door to love.*
11. *My soul mate loves me above all others.*
12. *I am in a loving and supportive relationship.*
13. *My partner believes in me and supports me fully.*
14. *My love life is a priority.*
15. *I have attracted my best mate.*
16. *My heart is open to love.*

17. *Love surrounds me every day in every way.*
18. *The true lover in me recognizes the true lover in you.*
19. *My relationship is loving, committed and long-lasting.*
20. *I allow love to flow to me and through me.*
21. *I allow myself to be loved fully.*
22. *I am a magnet for my perfect, loving match.*
23. *I am focused on love and beauty.*
24. *My perfect partner loves and appreciates me.*
25. *The love of my life is gorgeous inside and out.*
26. *My partner is generous and kind.*
27. *Loving and being loved feels wonderful.*
28. *My soul mate knows me when we meet.*
29. *I feel joy being in love.*
30. *I only attract positive people into my life.*
31. *I welcome love with open arms.*
32. *I am loving and forgiving.*
33. *I deserve to be treated well because I am worth loving.*

34. *Being this lovable feels good.*
35. *I love loving and I love being loved.*
36. *I am always attracting perfect love.*
37. *I am open, free and loving.*
38. *My love respects me.*
39. *I feel safe and secure whenever I am with my mate.*
40. *I am always connected to my highest and best good.*





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