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## Awakening to Light and Love

*Prayers and affirmations for the heart's journey*

### Awakening to Light

1. **Breath of Dawn**

As morning unfolds, light enters softly.  
Each breath renews the spirit,  
each exhale releases the past.  
Peace begins in stillness.

2. **Affirmation:**

*I awaken with clarity and calm; light flows through me with ease.*

3. **Inner Radiance**

The sun rises within as much as without.  
Every thought, every heartbeat,  
carries the spark of creation.  
The light I seek is already here.

4. **Affirmation:**

*My inner light shines brightly, guiding my path with wisdom and grace.*

5. **Gratitude of Being**

Gratitude opens the heart to abundance.  
Each breath, each moment,  
is a gift of renewal and possibility.

6. **Affirmation:**

*I am thankful for this life, this breath, this new beginning.*

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### Journey to Love

1. **Opening the Heart**

Love begins with presence.  
In stillness, the heart remembers its wholeness.  
Compassion flows naturally when fear dissolves.

2. **Affirmation:**

*My heart is open and safe; love flows freely through me.*

3. **Embracing the Self**

To love another, the self must first be held in kindness.  
Every flaw is a teacher, every wound a doorway to healing.

4. **Affirmation:**

*I honor myself as I am; I am worthy of deep and lasting love.*

5. **Union with All**

Love is not found—it is remembered.  
It lives in every connection, every act of care,  
every moment of truth.

6. **Affirmation:**

*I am connected to all beings through the energy of love.*

7. **Walking in Love**

Each step can be a blessing,  
each word a seed of peace.  
Love is the path and the destination.

8. **Affirmation:**

*I walk in love, speak in love, and see love in all things.*

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**Closing Blessing**

May light awaken the mind,  
and love awaken the heart.  
May every journey begin and end in peace.