

SIGIL INSTRUCTIONS

Place near your heart and say this three times:

I am love of the one holy and true.

I belong to the heart of love.

I allow all the love in the world to enter my heart and expand ten times fold and ignite sacred truth in the heart of love.

I allow myself to breathe love, feel love, and create love with everything that I do.

I feel love in my whole body now and always now.

I increase love inside of me wherever I go.

I allow love to lead me, guide me, and heal me at all times.

I protect my heart of love with healthy boundaries for myself and others.

I flame love within me, inside of me, and all around me.

I am the flame of love, and I hear the call of love inside of me to be the very best version of love I can be now.

I say this with open heart and sacred truth:

I am love.

I am love.

I am love.

And so it is.

Say this three times, then place the sigil under your bed for seven days and seven nights. On the seventh day, remove the sigil with a gratitude prayer. You may then place it somewhere that makes you feel good.

Your ritual is complete.