

Daily Affirmations for Love

365 Days of Love in Thought and
Action

Dr. Mamiko Odegard

BIZ Life Success Publishing, LLC
Scottsdale, Arizona

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Praise for Daily Affirmations For Love

Every moment, small gesture, and awareness becomes a gift. Dr. Odegard designed a collection of daily thoughts to reflect upon and open our hearts throughout the year. She has captured a slice of humanity with her thoughtful and loving approach to each day. Dr. Odegard clearly has a keen eye for the simple pleasures in life. Each page is filled with gentle, funny, and at times, profound insights. This is a must read for every person who is passionate about their personal journey into relationships. Dr. Odegard challenges us to stop... reflect... and smile... as we live each day to the fullest. This little book will bring joy to your heart and those you love.

~ **Jessica Browne**, Actress | [Murder She Wrote](#)

Dr. Odegard has captured the essence of a truly loving and committed relationship in her daily book of gentle reminders. As I read through each day, I am reminded of what's really important in life and love. She touches about every emotion I have by writing about the many facets of a love relationship. After reading it, I never realized how rewarded, fulfilled, and deep two people can be in relationship. And sometimes how much work is involved in a relationship. This book is a beautiful expression of gratitude for another being in someone's life. I've learned a lot from it.

Filled with gratitude,

~ **Lisa Jane Vargas**, Lead Clinical Outreach Coordinator | Sierra Tucson

Touching to the core of my consciousness – that is the level of personal empowerment Dr. Odegard's *Daily Affirmations For Love* brought to me. Thinking I would find the way to build romance into my relationships, I found instead a pathway to interacting with more love, honor, commitment and respect with anyone who matters to me. The surprise at the end of this book is who you become in the process of reading it! Embrace that it is little actions, consistently engaged on a daily basis, which can transform any relationship. The lessons learned allow us to consciously choose actions that will leave our love marked indelibly on the lives of every person with whom we connect.

~ **Anna Weber**, Entrepreneur's Business Strategist | 4-Dimensional Success

Beautiful! I like it. The daily readings... It's very personal... It's passionate... It stimulates good thoughts and actions... I ran right in to give my wife a warm embrace and a "come and get me" kiss! I like how you repeat the themes through the year. December 1st - Purpose, which in my way of thinking drives everything. Of course I like your acknowledgement of God's blessing and guidance in your life. For me He is the essential in purpose and the power of love to transform. He is the author of marriage and all the "magic" you and Greg have discovered in your life together. You and Greg do have a unique relationship of focus, care, support, energy and passion. Many can read and be inspired. Congratulations on yet another achievement.

Best wishes for the success of *Daily Affirmations for Love!*

~ **Edward G. Masters**, Executive Consultant | MAP

Although this book is about current relationships, I reflect on the memories of my late husband, my soul mate. All the thoughts, gestures, warm fuzzes, commitment, and activities we shared are reflected in your book. Having my personal thoughts written in the margin, as the years go by, these notes will be priceless. Each key word on the pages will be etched in my mind reminding me how precious a relationship can be if you “reach out and touch someone”. 1 John 3:18 “My little children, let us not love in word or in tongue, but in deed and in truth.”

~ **Francine Masterson**, Grief Recovery Specialist

Imagine having the relationship of your dreams and then being able to maintain the deep love and connection you felt when you first met... Are you excited to read this book yet? Because as you read through the pages, you will find it is about letting go of tired, worn out ideas that have kept you stuck and bringing in new ideas to awaken your best. It is about empowering yourself and your partner to create happiness, harmony and a holy union between you. It is about taking daily small steps that will lead to a whole new way of engaging each other, and in the process – finding out that you have changed and achieved the relationship you've always wanted.

~ **Ken D. Foster**, Founder | PremierCoaching.com

Dedication

Dearest Greg,

You are absolutely the love of my life and this book is an anniversary present and tribute to you for the many ways that you expressed affection for me. The words that follow throughout this book reflect how much you mean to me. I very much want to continue to love, honor, and appreciate you.

You were the catalyst for my emergence as a happy, confident, and self-assured woman. Over the years, you have gently and steadfastly believed in me and encouraged me in my career and all aspects of my life.

You also brought me more joy, love, and peace than I ever thought was possible. You expressed love openly and freely in so many ways. Emotionally and physically you have been my biggest advocate. You are an excellent listener. You offered words of support by demonstrating unconditional love and acceptance. Your gentle, humorous, lighthearted, nurturing and affectionate ways gave me permission to be myself. Your daily acts of love through kindness and consideration touched my heart and sped the passage of our many years together.

I am eternally grateful to you, Greg, for being such an incredible husband, lover, friend and confidant. Later you demonstrated what a devoted and natural father you are to our daughter, Mariesa.

You've always possessed an uncanny ability to help me feel special – as the most important person in your life. Your trust, your hugs, your passion, your love, and your belief in me have lead to the best possible version of me. You've taught me what intimacy is. May our love continue to grow year after year along with continued magic and fun.

I also appreciate your assistance with this book as my Editor-in-Chief. The birth of our daughter completed our circle of love making

us a family, and finding you and Mariesa typing and organizing the format. We wept tears when moved by passages within. I feel blessed far beyond my wildest dreams.

Thank you, my love. I am eternally grateful to be your chosen one, your wife.

All my love forever,

Mamiko

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About the Author



Dr. Mamiko Odegard is an author and coach who teaches and practices with passion and heart. She is known as an expert in love and self esteem. Mamiko met her love and soul mate when Greg Odegard entered her life, at the college library. It was practically love at first sight as they were drawn to the other's magnetism – especially to their joint sense of humor and their ability to converse so easily. Greg's ready wit truly amazed and fascinated Mamiko. To this day, after close to 40 years of marriage, she still adores and is in awe of Greg's many ways of demonstrating daily statements and actions which speak clearly of love. Thus, this book was borne to commemorate that a true and lasting love can be as fresh, lively, and passionate as the early years together.

Mamiko experienced her own sense of shame when she moved from Japan to the US as a young child, living through the effects of being teased by other kids, looking different, having difficulty speaking and writing, and experiencing volatility and abuse in her family. She shares the benefit of her experiences and personal growth - from one of shame to confidence and self-esteem, and ultimately learning to love and accept herself.

Mamiko provides credibility and experience through dynamic coaching and psychology practices which encompass over 30 years of counseling, teaching, consulting, and working with a diverse population. She is also a highly entertaining and sought out speaker who has developed many workshops ranging from mindful loving to healing past wounds.

Mamiko's genuine concern and care for all who cross her path is readily apparent. Her lifelong passion is helping individuals feeling the

happiness and peace from loving themselves, to experience: success in work and life; the true love, passion, gratitude, and joy of being in love with one's best friend and lover; and a partner who treats them as the most important person in the world. Yes, all of us deserve to be cherished!

Foreward

Foreword by Robert Allen

Mamiko's purpose in life is to help others fully experience the love and exuberance in loving and being loved by another. We all dream of having the type of love that is sustaining, fun, passionate, novel, yet familiar and supportive. Mamiko provides us an easy formula...consciously being open and taking small steps each day through affirmations.

Yes, we are all familiar with affirmations. We have come to associate these with the power of positive thinking. Mamiko takes a different approach. Hers is more than merely thinking that our love will become richer. She gently encourages us to continually view our partner in tender loving ways and to demonstrate daily multiple acts of love to our beloved. It is in carrying out these actions that the true essence of our love toward another is fully communicated and expressed. Our partner knows and can absolutely feel the adoration that emanates from genuine love.

The miracle is not in meeting Mr. or Ms. Right...It is the moment by moment gestures, comments, and ways of perceiving that special someone which contribute to the longevity of passion, commitment, and partnership. When we find our deepest lover, we find ourselves being emotionally, physically, and spiritually intimate. We can talk about our hopes, disappointments, frustrations, irritations, excitement, happiness, and fulfillment. No topic is off limits. We know the other fully and completely.

Mamiko provides real tools for all of us to manage our emotions and to talk and be supported by the ones who mean the most to us. Her wisdom for creating happiness, harmony, fun, and excitement allows all of us to feel our emotions and recapture those times when we felt so silly and totally in the moment. Too often we get caught up in

being too serious, busy, and falling into mundane routines. This is why, Mamiko is like a breath of fresh air, allowing ordinary times to be savored and remembered.

She has a way of writing that is easily understandable and sometimes makes you want to smile or to be moved to tears...that a relationship has the possibility to be so close and beautiful. In the process of going through thoughts and acts of love, we notice we like ourselves more, accept ourselves and others, as we begin to deliberately view and treat ourselves and our mates with deep love, respect, and honor. Yes, cherishing does begin within each of us.

Congratulations! You are destined to have the love you deserve.

Robert G. Allen, Businessman, financial writer, real estate investor and motivational speaker. Allen is the author of several personal finance books and recently released a new book, which he co-authored with Mark Victor Hansen titled *Cash in a Flash: Fast Money in Slow Times*. It is the sequel to *The One Minute Millionaire: The Enlightened Way to Wealth*.

Acknowledgements

Many people over the years have contributed to the love, passion, and ideas presented in this book. The completion of this book took place due to labors of love and acts of kindness emanating from these significant persons in my life. My deepest gratitude and thanks to:

Rhonda Zaccone steadfastly believed in me and provided emotional and technical support throughout the publication process.

Francine Masterson helped me grow spiritually through her giving nature and through her prayers for our family and me.

My parents, Michiko and Enrique Martinez, nurtured my growth and contributed to the person I am today.

Our daughter, Mariesa, has taught me many lessons in love and patience and how beautiful a family relationship can be.

Anna Weber worked tirelessly to bring my book to fruition by designing the cover as well as the exquisite format contained within. She also used her creative talents to draw from me the right phrases and words to fully express my words of love.

Martina Martin inspired me to further explain some of my ideas so you, the reader, could more readily understand concepts and steps for building more loving relationships.

My friends and countless valued clients - who over the years touched me with their warmth, trust, and wisdom, and taught me that respect and love extends to all people that we meet as they contribute to our lessons of life.

Greg's parents, Christine and Jerry Odegard, gave the gift of a son who has made my daily life a miracle of love and blessings.

Finally, my profound and genuine appreciation to the pioneers in the field of counseling and healing who influenced my professional and personal skills, and growth through their innovative concepts and techniques. Carl Rogers formulated the art of reflective listening to

show understanding and empathy. Sharon Wegscheider-Cruse focused on healing the ‘inner child’ to grow into a healthier, more fulfilled adult; and Albert Ellis emphasized the importance of recognizing and changing erroneous thinking. Centuries old Buddhist practices such as mindfulness merging with modern approaches serve to foster more acceptance in oneself and others. More contemporary therapists, such as Barbara DeAngeles and John Gray defined the “love letter” approach to encouraging and writing about one’s feelings which affect a relationship; Harville Hendrix and Helen Hunt refined techniques in listening and responding to another; and Gary Chapman delineated and raised the awareness of the five ways we can express love.

Mamiko

Introduction

This book was inspired and written to express love and gratitude to my husband, Greg. As our anniversary approached, I wanted to give him a very personal present. I felt the ultimate gift would be a book expressing my many sentiments about him. I not only wanted to acknowledge and celebrate our relationship, but to thank him for being such an incredibly loving person. He has brought me complete happiness and affection – more than I ever imagined was possible. This is my way of openly proclaiming my love to my darling.

Daily Affirmations for Love can be used daily to recognize, remember, and celebrate the love and warmth toward a special someone in your life. It is my hope that this book can be read as a couple or individually to grow in one's awareness of how to truly love oneself and to show that same type of tenderness and love towards others. These expressions of love through verbal communication and acts of kindness can be shared with lovers, parents, children, and friends.

Dear readers, I hope that you can all experience the closeness, romance, passion, joys, peace, and dreams that are possible in all relationships. Although you will find yearlong meditations for each day, you may begin anytime or anywhere in the book. It is not a workbook but rather a collection of daily affirmations to promote love. It can be used to increase the awareness of the gifts and possibilities open to us all in every loving relationship. Whether you read it as a couple or individually, have fun doing the suggested activity for the day. Many of the activities can be modified to do with a partner or they can be done alone. Simply open to any page and begin. There are ideas for small and large actions, and changes in perspective that you can use daily to show your love. Thoughtful gestures and words can quickly enhance the dynamics of a relationship.

A number of affirmations detail looking inward within ourselves. It is to emphasize the importance of starting with ourselves first. When we desire improvements in our relationships, we typically expect the other to change, thinking that our lives would be instantly transformed for the better. Unfortunately, this thinking is flawed, as it only encourages us to be manipulative, both subtly and outwardly - resulting in anger, resentment, and even more resistance to change by our loved ones. By cherishing ourselves and extending our affection to another, we increase the chances of attracting, developing, and keeping the loving relationship that we've always wanted.

This book encompasses more than the lessons learned throughout close to 40 years of marriage. I began to realize how the book captured a lifetime of skills developed in my careers as a psychologist and professional coach. It is also a chronicle of my own personal journey to self fulfillment. By promoting your own growth as well as offering communication and interpersonal strategies, I hope to empower each of you to create more personal happiness in a loving relationship.

The work is derived from a heart of love and my knowledge as a therapist and coach. May your relationships continue to grow into healthier, more vibrant, loving, joyful ones, and you can become more closely connected with all who are dear to you. Most importantly, may you continue to grow in your own awareness of your feelings. You are unique and precious. May you continue to grow individually as you practice mindful loving toward yourself and others. After all, true love starts within you, my dearest reader. May you treasure your greatest gifts: you, and your ability to love.

Mamiko Odegard

January

JANUARY 1

New Beginnings

Our love is just the beginning.

As we start each New Year, we face the future with a fresh approach. Today is the beginning of our love. We plan to create special events to help transform our love to a greater closeness, commitment, happiness, and fulfillment. **We start the new year with a commitment to make each day memorable in the ways we communicate and express our love.** We may renew our wedding vows to love, honor, protect, and cherish the other or we may read this book together and engage in the suggested activities. "You are the most precious person in the entire world to me. I love you today and always. I pledge my heart to you."



JANUARY 2

Writing Daily Notes Of Love

Each day we write a message of love that is recorded in a notebook.

Days quickly melt into weeks, months, and even years. This year we commit to commemorate and chronicle our relationship by writing our thoughts, impressions, emotions, and poems... all of which we want to share with each other. This loving act could be at night when we each contemplate what we mean to each other, allowing us to see a beautiful message by our beloved first thing in the morning. This could also be written in the quiet of the morning, when we feel fresh with inspiration and appreciation for each other. In this notebook, we can write responses to one another or express a completely different thought or emotion. **Today we commit to daily sharing our thoughts of love.**

JANUARY 3

Past And Present

We travel side by side on our journey to exquisite love.

Oftentimes, to know where we are going, it is necessary to look back from where we came. Today as a couple we look at our past together, remembering the numerous treasured moments we experienced during this past year. Did these tender memories result from an unusual hardship or a peak time of fun and light heartedness? What made these events so memorable to us? What were some special words we recalled? Perhaps there were various expressions on our faces of glee, amazement, and affection we remember. Was there a particular touch, a notable loving gesture, or a remarkable harmonic time of playing and working together we

recall? We discuss each of these things, uncovering the unique people we are. This helps us to better know ourselves as individuals. By conversing, we learn what we each hold sacred about the other. We can be catalysts to make our love blossom. We can assist each other to be the best possible self by examining our past so we can identify and expand these experiences to enjoy even more love.

JANUARY 4

How Are You?

**I ask, "How are you?"
You reply, "I'm so in
love with you!"**

Your response warms my heart and lights my spirit each time I hear your words. I never before realized that I would experience such immense joy and spontaneous affection that clearly speak volumes of your passion and commitment to me. No one has ever treated me so tenderly and lovingly before. I want to be kind, thoughtful, gentle and creative in returning my love to you. You deserve the best life has to offer; the best I can offer. **The next time you ask how I'm doing, I reply, "I'm so in love with you!"**

JANUARY 5

Blessings

**I count my blessings
each time I awaken to
you.**

You are the first person I awaken to each morning and the last person I want to see before I drift off to sleep at night. I've never considered myself a morning person, yet when I wake up next to you, I am so happy you

are here by my side. I count my blessings. What a wonderful way to start each day! When I view our beautiful environment, whether the sun is shining and flooding our room with cheerfulness and optimism for a new day – or cloudy and rainy with thunder and lightning, I am eager to start our adventure together. Finally, at the end of the day, nothing could be sweeter than to kiss and hold you. I gaze upon you one last time before I close my eyes, feel your body, and hear your rhythmic breathing. **Today and every day, as I awaken to you, I count you as my most precious blessing. Thank you, my dearest one, for being in my life.**

JANUARY 6

Surprise

Today I willingly initiate a gesture of my love and devotion.

So often your thoughts and actions fill me with such a deep sense of awe, wonder, and gratitude. You could be softly awakening me with a kiss or making coffee for us in the morning without a complaint. Other ways you show me love include washing the car, taking me to my favorite restaurant, or sensing my thoughts and feelings. Each word and gesture is pure joy. **Today I consciously store these true gifts in my heart and initiate a loving act to show my love, devotion, and appreciation.** For instance, when you awaken there is fresh coffee waiting for you with your favorite breakfast, clothes are neatly laid out for an outing, bags have already been packed in the car, or a lunch or takeaway bag is filled with goodies... a love note tucked inside, or perhaps a secret destination is in store for you.

JANUARY 7

First Meeting

We take a moment to remember when, where, and how we met.

I can remember the moment my eyes first met yours. As you started speaking, I was completely and totally spellbound by your attractiveness, humor, and wit. You piqued my interest; my excitement and intrigue grew. Our first meeting is reborn as we talk about how we met and the qualities that drew us to each other. Thank you, God, for bringing me my greatest treasure... a soul mate who provides me with total unconditional love! **Today we discuss how we met and the moment your eyes met mine.** How did we feel, what did we think, and what did we see and hear?

JANUARY 8

Acceptance

To love you is to accept you just the way you are.

I can show my love to you in the deepest way by allowing you to be you. You are the very reason that I was attracted to you. You are perfect the way you are. I love you even when I try to change you. Each time I find myself trying to change you, I remind myself that I was attracted to you just the way you are. **Today I rediscover and redefine how cherished you are to me by reminding myself to suspend my judgment to better appreciate the person that you are.**

JANUARY 9

Kissing

**I give you a soulful
kiss.**

A quick peck here and there just wouldn't do. Today we playfully and sensually give each other long, lingering kisses. Can we do this for 30 seconds, even one minute? We sense the way we wrap our arms around each other, and how our lips, mouths, tongues meet, exploring ways to show our affection even more. I leave for the day with your sweet kiss upon my lips. **Today and every day, we take the time to give each other a passionate kiss.**

JANUARY 10

Listening

**Carefully listening and
understanding are the
richest gifts we can give
to each other.**

You don't have to agree with me or like my feelings. I deeply need you to actively listen with your eyes, ears, and heart to my joys exuberance... and my fears, anger, hurts, and disappointments. When you truly hear and understand my thoughts and feeling by repeating them in your own words, I know that you are validating and emotionally supporting me. These revered times are when I feel the closest and most intimate with you. **Today we practice taking turns talking and carefully listening to each other as we repeat the other's thoughts and feelings.**

JANUARY 11

Loving Self

Today I reflect on the qualities I love about myself.

It is important that I take time to examine and write the behaviors and characteristics

I like and love about myself. I

know that unless I can love myself, I cannot truly love anyone else. Otherwise, I look to you to confirm my own existence and worthiness. I acknowledge the unfairness of my demands for you to love me, to accept me, and to make me happy and whole. I realize that I can be proud of who I am, which is important to my own self-esteem. This isn't limited to career or financial success. **Today I celebrate my own being as I look back from where I came and see the growth I've experienced.** By loving myself, I can now more fully love you.

JANUARY 12

Quality Of Time

It is not the amount of time spent with you; rather how our time is spent together.

We often describe our weekends as honeymoons since we spend so much time apart while working away from home.

Yet, when we are together, we

maximize our time, talking, laughing, having fun, and loving each other. I want to spend our times together, as if every moment is precious and will disappear all too suddenly. **Today I make you my priority by giving you my complete focus.** My dearest, I want to give you my total undivided attention to enhance our time together. If you ever sense I am not, please gently remind me by kissing me and whispering in my ear that you want my attention.

JANUARY 13

Anger

Arguments let us know the other's deepest hurts and disappointments.

Despite the most obvious fact that disagreements can be disruptive and create a degree of anguish, they can also be beneficial. They are an outlet to air our differences, frustrations, hurts, disappointments, fears, and how we view situations differently. The next time we have a disagreement, I promise to listen to you to discover how you think and feel. I remind myself your feelings do make sense when I listen with compassion and remain nonjudgmental. I communicate to you that I do understand what you said by paraphrasing in my own words your feelings and the reasons behind your feelings and actions. **Today I listen for other emotions hiding beneath your anger, so I can better understand your thoughts, feelings and actions.**

JANUARY 14

Weekly Dates

Our relationship is a priority.

Our relationship can become lost inside the busy day-to-day activities, finding ourselves working, performing tasks at home, and taking care of our family. **Today we set a weekly date to keep our relationship fun and fresh.** Unless we take the time to care for our relationship, we allow events to control our lives. Having a weekly date permits us to have something to look forward to when we go through our week. We discuss and plan where we will go, and

what we can do this weekend. I'm looking forward to having time alone with you.

JANUARY 15

Communication

From the beginning we talked and talked and talked.

The moments seemed to pass into minutes, followed by hours. We had so much to say to each other even from the beginning of our relationship. Now after all

these years, we are still filled with ideas and feelings eagerly waiting to be expressed. **Today we talk as if we're getting to know each other for the first time.** We talk about the qualities that make us stand out, our passions and interests, and our concepts of our ideal mate, values, and important influences from family. We also discuss lighter topics we clearly enjoy such as sports, food, current events, politics, or our favorite ways to relax and have fun.

JANUARY 16

Self Nurturing

The greatest gift I can give to myself and my loved ones is to gently consistently meet my own needs.

Because far too many of us are taught not to be selfish, we often neglect our own needs and wants, and unwisely put the needs of others before us. This practice

actually harms us by robbing us of our energy, joy and self-care. Thus, I remind myself to be mindfully aware of my needs and know that it is healthy for me to put myself first. By taking care of myself, I give an

incredible gift to all those around me by being happier and more pleasant to be around. I also free others of the responsibility of taking care of my needs. **Today and every day, I give myself permission to meet my own needs by prioritizing myself.** I can thereby give myself love, which then spreads to those around me.

JANUARY 17

Awareness

Change begins with my awareness.

I communicate with you immediately about specific actions or comments that hurt, sadden, or anger me. When I am direct and specific about your behaviors while remaining calm, I enhance the chances of a positive outcome for both of us. If I hold in my feelings, convincing myself that “it’s no big deal,” they continue to fester over time resulting in a major explosion over a minor incident. When I am aware of my emotions blowing out of proportion, I realize my reaction is from the past as well as the present. **Today I pledge to communicate with you as I become aware of my feelings, and I will do so calmly shortly after it happens.**

JANUARY 18

Reminiscing Through Photographs

Looking through photographs together remind us of the many joys we’ve shared.

We share many joyful memories paging through the photographs of our lives – frequently taking notice of how young and carefree we appear in our pictures. We remember and discuss the places we’ve been and the

sights, conversations, and special moments that have touched us. How amazing we have thus recorded the story of our lives. Here is our love story unfolding and deepening with its many twists and turns. We've experienced such phenomenal happiness through many adventures, and discoveries together. All of these experiences have enhanced our passion for each other and for life. **Today we leaf through the photographs of our lives, relating experiences and feelings as we bond our past, present and future together.**

JANUARY 19

Healing

I look at my wounds from my past to begin my emotional healing.

Too often we carry excess emotional “baggage” from which we feel a sense of shame. Shame surfaces when we

experience events that lead us to feel inadequate, less than, different from others, and unworthy. Today I look inward and examine the source of my shame so I can begin to heal. Perhaps it was from growing up poor, looking different in some way, struggling with school, or living in a family where there were problems with chemical dependency, abuse, or not receiving demonstrations of verbal or physical signs of affection. **Today I take the first step by identifying my sources of shame, and I affirm to help the child in me grow to become healthy, to feel worthy, and commit to re-parenting myself with nurturing, love, and support to be all that I can be.**

JANUARY 20

Roses On The Pillow

Romance is created by our imagination.

No matter how financially rich or poor we may be, we can be rich in our imaginations. We can choose to create romance by just thinking and acting upon what might please our loved one. Candles diffusing an irresistible fragrance can help create a romantic mood. Similarly, a dinner at home or in a restaurant, eaten in a relaxing manner, during which time you “eat me with your eyes,” can express the most endearing messages to me. A simple note on the bathroom counter to be viewed first thing in the morning, the unexpected message in my lunch bag, or the act of spreading flower petals or chocolate Hershey Kisses on our bed say “I love you.” I am indeed rich in love. **Today I use my creativity to show you a way of demonstrating my love for you.**

JANUARY 21

Teaching

Teaching a loved one a skill is an act of love and patience.

The thought of teaching you to ski filled me with excitement; to introduce you to the joy of gliding down mountains and feeling weightless and free. I coached you about the techniques and you were a receptive student, listening attentively and doing your best to follow my instructions. We took it one step at a time until you could stand up on your own and begin to carve your turns in the snow. I felt like a proud parent, my heart singing with joy. Thank you for your commitment to learn a skill

that is important to me. **Today I commit to learning a skill or activity that brings joy to you.**

JANUARY 22

Gatherings

You whisper words of love when we're in a crowd.

No matter the size of our gatherings, sometime during a long evening you whisper, "You are the most beautiful woman in the room." Your words are magical to me. After all these years, we do still consider each other to be physically attractive despite our changes in appearance. We are not perfect, but you are by far, the most attractive person to me. We are seeing with our hearts. How sweet to know you find me so appealing. **The next time we are at a gathering, I will tell you, with a smile and look of adoration, that you are absolutely the most irresistible and attractive person in the room.**

JANUARY 23

Patience

Love is patient. Love is allowing you to find your own answers.

Love takes the time to listen, to learn, to support... love waits for you to discover and then decide your own solutions, and not be pressured by my ideas for the way you might solve your problems. Although I continually want the best for you and am filled with the best intentions, my verbal responses to you may not be what you want to hear from me. You may think I am not taking enough time listening to you, or

prematurely being too focused on your taking action in the ways I believe are appropriate for you. You are the expert on what is the right solution for you. **Today I ask you to please communicate with me directly if I am too pushy with solutions or advice for you.** Indeed, you do have the answers and I want to respect this.

JANUARY 24

Sharing Responsibilities

Any household responsibilities are easier with you by my side.

No matter how mundane the task, each one seems to go faster and smoother when we work together. I remember when we were

in college, how sitting next to you while we studied brought such anticipation and excitement. When we do yard work together, or when we clean the house, these chores seem to speed by with your involvement. Our conversations and unity of effort fortify us while we tidy our home and landscape. **Today we share a task we've been putting off and recapture the romance and commitment to each other by becoming engrossed in conversation while we work together.** We look on these tasks as a life process. We can become energized simply by working together while accomplishing everyday chores.

JANUARY 25

Seduction

I want to make your heart flutter with my eyes.

How long has it been since I've seduced you? When we were dating, we'd playfully bat our eyes at each other, allowing the other to notice just how interested we were. You'd flirt and tease with your lashes and kisses, starting at my cheeks and ears - seeking your way down my neck, sending shivers of excitement down my spine and giving me goose bumps. You'd love the way you could elicit such immediate reactions. Almost simultaneously, I would whisper softly in your ears, my warm breath producing low moans of ecstasy from you. **Today we practice the art of seduction, learning even more ways to arouse the fire of love.**

JANUARY 26

Physical Attention

Today is for loving and honoring our bodies.

So often we think we must have sex in order to feel connected with another. **Today we take quality time to become reacquainted with our bodies, and how we react to each other's touch.** We take turns massaging each other, noting when the other relaxes and breathes deeply and slowly, and when our respiration quickens or our muscles tighten. We are vulnerable and open. We cherish getting to know our bodies and pleasuring each other without sex, allowing us to just enjoy and relax, reveling in the sensations.

JANUARY 27

Dance

Slow dancing with you is nostalgic and allows me to feel close to you.

We pick some of our favorite tunes, wrap our arms around each other, and sway slowly to the music. Then we close our eyes and imagine ourselves in a ballroom, listening only to the sounds and noticing only the rhythm of our bodies. We match the other's steps and movements as we seemingly float away together. If we are jarred back to reality by the stepping on the other's toes, we giggle and relish the moment. **Today we dance to the music - creating fun, romance, laughter and memories.**

JANUARY 28

Tears

Sometimes your tender acts of love can touch me with tears.

When tears flow, my emotions are pure. Sometimes the way you look at me, the way you hold me, or the ways you speak to me move me to sentimental tears of joy. I feel overwhelmed at times that I could be married to someone who is as unbelievably wonderful as you. We allow ourselves to recall and speak about a previous endearing event. For example, even when your funds were limited in college, you would stop by the campus greenhouse and select a handful of roses to delight me. My heart would melt. **Today, I allow myself to remember and express a tender gesture which moved me by the way you expressed your love.**

JANUARY 29

Personal Time

We love deeply for each other and ourselves by creating personal time.

Sometimes the best way to show how much you love me is by allowing me to have my own space and time. Perhaps this is so I can be with my friends or family. Other times, it's allowing me to be alone and indulging in a long, luxurious nap on the weekends. You might have taken care of our child while I slept, exercised, or leisurely read the newspaper. By having my own personal time to rejuvenate, I am refreshed – now more fully able to be with you. **Today we give each other the gift of personal time to use as we wish.**

JANUARY 30

Connectedness

No matter how tired you are when my body touches yours, you turn towards me.

As you sleep, your body gravitates toward mine, reaching for my face, my hand, or my chest as we snuggle. As completely as pieces of a puzzle – we fit perfectly together. Even in your sleep you whisper words of love as I come to bed. Thank you, my darling. We are truly one. **Tonight we consciously nestle together as we fall asleep.**

JANUARY 31

Communication

Communication keeps us connected.

Our relationship is based on great conversations. By being so enveloped in our thoughts and words we forget the passage of time. Each day brings a discovery of thoughts, feelings, and dreams. Our thoughts flow like a stream bursting with a life force that vitalizes and clarifies. **Today we take time to truly communicate our dreams and emotions.** We might discuss the goals we want to accomplish together this week, this month, or this year. Instead of just making a list of things we must accomplish, we share our responses and feel the synergy of our minds and affection. Let's steal time to talk together. Moments like these are kept forever as we grow even closer together.

I trust that you have thoroughly enjoyed this book, and that it will help you transform any relationship you wish so that you, too, can experience the magic of sustaining that “falling in love” quality. I know that reading ***Daily Affirmation For Loving*** might pique your curiosity and leave you with some unanswered questions.

As my way of thanking you for engaging in this “journey” to an enriched and empowered relationship, I wish to provide you the gift of an mp3 download, ***The Ultimate Q & A About Relationships***, an engaging interview with Anna Weber of Voices in Print, where she asks the tough questions which inquiring minds want to know.

You can register for this gift at

<http://www.dailyaffirmationsforloving.com>

May your relationships be blessed,

Dr. Mamiko Odegard