

daily affirmations for love

365 days of LOVE in thought
and action

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and action

Mamiko Odegard, Ph.D.

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*

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

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 Strategist | 4-Dimensional Success

Although this book is about current relationships, I reflect on the memories of my late husband - my soul mate. All the thoughts, gestures, warm fuzzies, 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 become 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

Dr. Odegard is magical in her writing. To have gone so far, and provided so much, in such a short book takes magic as well as discipline. In this book you will find simple heartfelt insights into aging, remorse, redemption, renewal, giving, receiving love, and the succession of love from one state into another. Mamiko shows us that love doesn't need to age as we do. Now that is astonishing! However, it is rare to see people keep love together as they age; that is what makes this book so special, and needed. She takes advantage of one ordinary moment after another and building the magic of love from it.

~ **Bruce Piasecki**, President and Founder | ACH Group

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 led 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 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. She is the creator of the One Heart One Mind Method™ and the VIP Love Makeover Program™, helping individuals and couples achieve greater love of self and others.

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

Foreword

~ 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, **New York Times Best Selling Author, 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 encourages us to be manipulative,

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