

Flowing with Love

Love is like water. If we try to grasp it tight, it would just slip through our fingers. However, if we create a container by opening our hands, it would be happy to be with us.

There is only one thing we can do with our love – release it. There is also just one thing we can do with someone else's love – create a space where it can be expressed freely and unconditionally. When freedom and allowance are both present, unconditional love can flow, and we can flow with it.

By following these steps, it is possible for us to open up to the unconditional love that's always there. Each step can be treated as its own exercise, so you may proceed at your own pace, giving yourself time to process each experience. You would need a mirror, some personal time and a private space.

Step 1

Take deep breath in, look at yourself in the mirror – right into your own eyes, and say "I am".

You may start it as a whisper, then build up the volume until the sound in your voice resonates with confidence and conviction. Say it as a declaration to the universe that you exist, and because you exist, it means that you deserve to be here and that you are a valuable part of Creation. Acknowledge that the person you are right now is perfect for the experience you are choosing to have in this life.

Step 2

Take deep breath in, look at yourself in the mirror – right into your own eyes, and say "in Love".

Acknowledge that love exists. It is the energy of Creation and everything is made of it. As you say these words, again and again, feel the vibrations in your voice resonate through your whole being, and open your senses to the loving energy that permeates through all things.

Step 3

Take deep breath in, look at yourself in the mirror – right into your own eyes, and say "I am in Love".

Feel your heart open up and vibrate with unlimited unconditional love. Know that you are unique, appreciated, and deeply loved by All That Is. You are made of love, so being in love is a natural state for you. Feel your whole body hum and radiate with these sensations each time you breathe.

Step 4

Take a deep breath in, look at something in front of you, and say "I am in Love, with you".

Feel your love radiate out towards them, enveloping them, and permeating through them. As you release your love, feel another energy flowing into you. It is the unconditional love of everything around you, now flowing into the space that is being created. Guide this energy up through your body and out with your next breath. Feel wave after wave of loving vibrations cascading through you.

Love is always present, and now, you are allowing it to flow through you.