

I AM LOVE MEDITATION



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Here's a meditation to begin to increase and strengthen your Core Self love. Enjoy!

Take a few moments to center yourself and begin to relax.

Imagine a huge nose on the top of your head at your crown center. Take a few breaths from this nose and really get the feeling of it filling and revitalizing you.

Now take a deep breath through this nose. Begin breathing in Creator's rose colored Love and Light through the imaginary nose that sits on your crown. Capturing the Divine Love that floats all around you.

Feel the color rose saturate your face and head, removing all that is unlike love. Allowing Divine Love to fill and saturate you.

Continue to breathe this rose colored love consciousness and infuse your neck and shoulders. Allow it to remove all that is unlike love.

Now, on automatic mode, continue to breathe through the nose on your crown. Pulling in the Creator's healing color of rose. Filling all the areas of your body.

Into your arms and hands. Feel them get warm and tingly in love. Allow these vibrations to remove all that is unlike love.

And into your chest, lungs and heart. Notice how warm and peaceful your heart is. Allow it to remove all that is unlike love. Making space for new and true love.

And the color rose continues to pour down into the trunk of your body. Allow these vibrations to remove all that is unlike love.

Your pelvis, hips. Allow it to remove all that is unlike love.

Down your legs and feet. Allow these vibrations to remove all that is unlike love.

And this color rose comes out your toes and through the soles of your feet into the earth. Allow it to remove all that is unlike love.

Breathing in Love. Filling with Love.

Healing in Love. Core Self love.

Allow yourself to sink more deeply.

Breathing in Core Self Love.

Filling with Love. Healing in Love.

And deeper. Breathing in Love.

Filling with Love. Healing in Love.

And deeper still.

Breathing in Love. Filling with Love. Healing in Love.

Becoming Love.

Being Loved. Loved. Inside and out.

Feeling Loved. Totally. Absolutely.

You are Loved.

Being Core Self Love.

You are Love.

Keep repeating inwardly.

I AM LOVE.

I AM LOVE. And more.

I AM LOVE.