

Personal HEART POWER

Unconditional Love Meditation

Imagine being in your dream home. Find your favorite chair or sofa looking out at your favorite view. Now wrap yourself in a comfortable blanket. This blanket protects you from the outside world: the stress, responsibilities, and burdens. This blanket keeps outside stressors at bay.

You are now ready to focus on your breath. Imagine breathing in loving energy directly into your Personal Heart. With each slow, deep breath, you feel calmer. You feel yourself relaxing into the safety of the nurturing blanket. You feel safe and relaxed at this moment.

If you have any pain or discomfort, imagine that you can let go of it as you focus on loving energy with each breath. As you exhale, release any thoughts about the past or future, any frustrations occupying your mind, anything else distracting you from experiencing the flow of Unconditional Love.

As you experience this flow of Unconditional Love coming into your Personal Heart, begin to recognize the loving flow going out from your Personal Heart to every cell of your body. Feel this flow of love like gentle waves rolling calmly and magically into each cell. This is healing Unconditional Love connecting at the deepest cellular level. Imagine less pain here. Feel compassion and Unconditional Love for yourself in this moment. Continue to feel this flow of Unconditional Love the best you can until you are ready to return to the outside world.